

# Wars of the Roses Federation

## **HEALTH AND SAFETY RULES**

### **Water Carriers:**

All water carriers and non-combatants who take the field are subject to the same rules and conditions as every other person on the field and come under the control of the Federation Health and Safety officer and the Federation Battle coordinator. As with any other discipline involved on the battle field, water carriers should be sufficiently aware of their role and the safety issues involved and therefore should be accompanied by an experienced water carrier for at least two different battle scenarios to become aware of the issues relating to their own safety - horses, cannon and handguns, archery block, bill block, swordsmen - and for their role to be demonstrated.

At every event water carriers should be under the control of a Commander/Captain - usually their own, but if this is not feasible then another appointed Commander.

The Commander is responsible for making the water carriers aware of the following

- safe times to provide water to combatants,
- the positioning of horses, cannon, archery,
- The battle script and final outcome.
- The Commander is also responsible for making water carriers aware of anything that may be taking place during the battle that would compromise the personal safety of the water carriers, e.g. opposition block charging the line, if they are on the losing side.

### **Issues relating to Health and Safety of Combatants**

Each combatant group (assuming that archers and gunners are able to carry on and provide their own personal water as needed) is responsible for providing their own water and water carrier/s. Water carriers should be limited to providing water to one group. This is to ensure that any possibility of infection is limited, sufficient water is available, and that there is a limit to the number of combatants a water carrier can assist within the limited

‘water breaks’. In this age of awareness of cross infection it is not good practice for a water carrier to ‘walk the line’ offering water to anyone. They should be aware of health issues involved in this, and water should not be given to anyone with mouth injury, cold sores, etc. if they do, then they should NOT offer water to another re-enactor from the same vessel.

Only water from a mains water supply that has been freshly drawn for that day or freshly opened spring water should be used. No additives should be mixed with the water - there are risks involved in people consuming additives to which they are allergic or could have an adverse effect on any health issues they have, e.g. diabetes, heart problems, high/low blood pressure. Everyone on the field should be aware that it is much more important to consume sufficient quantities of water during the day prior to the battle, on hot days more will be required. It is also important to remember that food plays an important part. Although a natural instinct, consuming vast quantities of water during the battle when hot and tired can result in sickness, feeling bloated and becoming unwell for some.

Captains are to inform their membership that water carriers are never targets on the field. Anyone acting in an aggressive manner towards a water carrier will be immediately sent off the field and their captain spoken to. Smaller groups i.e. those with fewer than 8 on the field, should arrange either with other small groups to co-ordinate their water carrying, or take on water for their own consumption and ask water carriers to supply this to them during the battle. Archers are reminded that they need to have an adequate supply of water on the field.