



Runcorn Rowing



RUNCORN ROWING CLUB

Safety Rules and Guidelines 2011/2012



SAFETY RULES AND GUIDELINES

PRINCIPLES

Runcorn Rowing Club, its members and visitors have a '**Duty of Care**' towards each other and to themselves. It is to ensure that all reasonable care is taken in order that neither actions nor omissions arise that can place any person(s) at RISK.

ROWSAFE GUIDE

Runcorn Rowing Club is affiliated too and operates under guidelines as issued by British Rowing. The guidelines are contained within the "RowSafe" guide. It is the responsibility of all members of the club to be aware of "RowSafe" and to ensure that they abide by it. Copies of the code are available in the Clubhouse on the Safety Notice Board or can be obtained from the Water Safety Adviser or on the British Rowing's web site.

The following rules and guidelines are an aid to ensure that the RowSafe guide is followed.

CREWS

PRIOR TO BOATING

It is the responsibility of each crew member to ensure that the equipment that they are about to use, is in a safe working condition, remember YOU may not have been the last person or crew using this boat. Check your boat and ensure that:-

BOATS SHOULD NOT BE USED IF ANY OF THE FOLLOWING APPLY:

Missing or broken bow ball

Broken heel restraints

Damaged hull

Missing or broken hatches

Damaged or loose fittings

Buoyancy compartments are not fully watertight

Should any of the above be found, advise the club Equipment Officer by emailing the issue to boats@runcornrowing.com or seek advice from any member of the committee, and then seek an alternative boat.

Remember your BLADES are also an essential part of your equipment, check carefully and report any damage.



CLOTHING

Appropriate clothing must be worn according to the existing and forecasted weather conditions at the time of boating.

As a guide, in hot conditions single layers should be worn to protect from the sun and under **No Circumstances** should athletes be “topless” on the water. Waterproof Sunscreen of at least factor 30 is advised.

In cold conditions, layers of bright close fitting clothes of waterproof fabric should be worn and a hat is advisable. Gloves and pogies can be worn.

Garments with HOODS, and the wearing of JEANS whilst on the water are STRICTLY PROHIBITED. Athletes wearing wide bottomed trousers should insert the bottoms into their socks, and all upper garments should be tucked into the waists of shorts or trousers.

All athletes should bring with them a full set of spare clothing and a towel.

Ensure that the COX has adequate warm clothing and wears a correctly fitting Buoyancy Aid.

ALWAYS TAKE A DRINK.

CONDITIONS

Check the conditions, in particular the weather forecast, height of the river, temperature and wind strength. Taking these factors into consideration, together with the experience of the crew and size of boat that you intend to use, you must (along with your coach) decide whether it is safe to proceed. IF UNSURE DO NOT GO. The Club Captain, Coaches and Safety Adviser have the final decision.

Listen to your Coaches instructions before going onto the water.

Keep the landing stage FREE of equipment and other obstacles.

ON THE WATER

Move away quickly from the landing stage, if safe to do so, to the correct side of the river, remember other crews may be waiting to boat. Where crews are coxed, he or she has sole charge and their instructions should be obeyed at all times.

Crews should at all times keep to the bow side (starboard) of the river. If going towards Dutton Lock you should be on the Frodsham side, returning on the clubhouse side, alternatively heading towards Ineos, row up on the clubhouse side returning on the opposite Frodsham side.

A SAFETY ZONE AREA has been designated between the **Railway Bridge and the end of the concrete tow path adjacent to the Jim Newcomb Boathouse**. Crews should take extra care when they are in the Safety Zone as this area is used extensively for the training of inexperienced crews and therefore you should be vigilant at all times. Crews should not race or undertake fast paced training in this area so as to avoid possible



collisions with crews coming from or returning to the Clubhouse. Racing within the Safety Zone should only take place during organised events (i.e. Junior Regatta) or at specific times authorised by the Club Committee following the completion of a full risk assessment.

Do not enter the approaches to the weir. Take special care on bends where your view is restricted, especially coxless crews. Keep a sharp look out for other craft on the river, be aware, they do not always obey the rules.

The river is open to powered craft and we will experience a considerable number of craft using the river. BE VIGILANT AT ALL TIMES. Beware of fishermen; if you get caught by a line you must STOP, otherwise you could be injured by the hook. Do not assume that other crews or craft have seen you, if unsure, shout words of warning and be prepared to take safe evasive action.

ILLNESS, INJURY OR CAPSIZE

Should you, or any crew member become ill or injured, advise your coach or a launch driver, then return to the clubhouse immediately, seek the First Aid Officer or other medical advice without delay. Similarly if any equipment malfunctions, advise those that are with you, and then return to the clubhouse safely.

In the event of capsize or fall out from the boat, DO NOT SWIM AWAY FROM IT, but keep hold of the boat as it will provide buoyancy. If possible swim to the clubhouse bank (walking access back to the clubhouse is possible from certain areas), attempt to re float and return to the clubhouse. If unable to do so, try to secure the boat to the bank and return to the clubhouse and seek assistance.

Athletes who have been immersed in the water should shower as soon as possible after the incident.

Remember to report the incident in the incident log.

END OF OUTING

At the end of your outing, take the boat out of the water without delay, wash and put away. REPORT ANY DAMAGE OR MALFUNCTION TO THE EQUIPMENT OFFICER

ADVISE OTHER CREWS OF ANY HAZARDS ON THE WATER. Again keep the landing stage clear of all equipment and obstacles.

TAKE YOUR DRINKING BOTTLES AWAY OR DISPOSE OF APPROPRIATELY.

LONE OUTINGS (Senior Members)

All lone outings should be entered on the outings board which is on the Clubhouse Door. Take a mobile phone with you that has an appropriate contact as accidents can happen.

Log out on your return.



NIGHT ROWING

The Captain's permission is required for night rowing. Should permission be granted, the appropriate lights must be used (White lights ensuring 360 degree visibility)

All entries must be entered on the outings board log.

COACHES

Please ensure that the crews under your supervision are aware of, and keep to the safety guidelines. Without fail you must take particular note of juniors who may lack experience to take the correct decision with regards to safety for themselves. Coaches should ensure that all juniors have passed their capsizing drill and are competent on the water. You should be aware of any medical condition that may present a risk to themselves or any other crew member.

Please ensure that your instructions are clear, precise and understood by crews in your charge. Listen to the crews under your supervision; they could be sick, injured or tired, take the appropriate action. If coaching from a launch, **you must be accompanied by a qualified launch driver**. Coaches should risk assess the number of crews they can safely supervise and limit to a suitable number given the prevailing conditions and the experience of the athletes.

LAUNCH DRIVERS

Only club personnel who have the appropriate RYA Level 2 Powerboat Certificates are allowed to drive the Club's launches and they must be accompanied by at least 1 other crew member at all times on the water. Ensure that all members of the launch are wearing a buoyancy aid, or buoyancy suits and correct clothing for the conditions and that you have sufficient fuel for your outing.

The following equipment should be resident in the launch on every outing.

Engine cut out lanyard (AND WORN).

Anchor and line.

Bailer and Paddle

Sound signalling device (whistle)

Thermal blankets

Throw lines

Knife

Basic First Aid Kit, Kit Bag.

Take a mobile phone.

Be aware of other river users and cut your wash accordingly when necessary.



BOAT LAUNCHING

A minimum of three adults or two adults and two juniors should be used when putting launches in, or taking them off the water.

LAND TRAINING

Athletes should wear appropriate clothing for land based training as well as water based training and this includes whilst using Ergos in the clubhouse (i.e. for hygiene reasons ensure that athletes wear tops whilst exercising in the clubhouse). Remember other Athletes use the clubhouse so you should ensure that equipment is wiped down after use. Land training outside the clubhouse should be undertaken in a well-lit area.

Weights for all juniors must only be used in the presence of a qualified coach. The use of the leg press for juniors is also forbidden.

ACCIDENTS AND INCIDENTS

Any accidents or incident (such as equipment failure, minor damage, collision or capsized) must be noted in the incident log book provided which can be found in the Club House. In addition a verbal report of the accident may be provided to the Club Captain or Safety Adviser at the earliest opportunity or via email to safety@runcornrowing.com . Incidents can also be reported via the British Rowing Web Site.