

## Nottingham Rowing Club

# Safety Summary



### Before Going on the Water

- Members should be familiar with the Club Safety Plan, the Emergency Response Plan, the Circulation Pattern and the Water Hazards Map.
- Sign for the boat using the log book/sheets.
- Conduct a 'bow to stern' safety check of the boat.
- Coxes must wear a PFD.
- Each crew should have a mobile phone in a watertight pouch.
- Check the river conditions and weather forecast. It is the members' responsibility to be suitably clothed and to not row in conditions inappropriate to their level of expertise and experience.

### Night Time and Twilight

- No beginners or novice scullers to be on the water in the dark (or when street lights are 'on').
- Boats must be fitted with lights:
  - White flashing light facing forward (bow).
  - White steady light facing aft (stern).
  - All lights must be of good luminosity and seen from a 120° arc.
- No red lights are to be used.
- Reflective clothing or lightly coloured clothing should be worn.

### Single Sculling

- Single scullers must be assessed as competent by at least a Level 2 Club Coach before going on unaccompanied outings.
- Non-assessed single scullers must keep in the company of other crews or be supervised from the bank or safety launch.
- All single scullers are required to demonstrate that they can carry out a capsized drill and swim test.

### Boating and Landing

- Crews must always boat and land with the bow upstream.
- Wait on the north (City) side to cross before landing and give way to all traffic on crossing.
- All crews and club members must comply with the detailed Circulation Plan for Trentside.
- Light pressure only between Trent Bridge and Lady Bay Bridge.

### Steering and Navigation

- Keep close to the north (City) bank when travelling upstream and to the south (County) bank when travelling downstream. Keep out of the middle of the river.
- Toll Bridge – Take the City arch going upstream and the County arch going downstream. Do not spin upstream between the bridge and the confluence with the River Leen.
- Trent Bridge – Take the City arch going upstream and the middle arch going downstream. Do not spin immediately upstream of the bridge.
- Lady Bay Bridge – Take the middle arch going upstream and the County arch going downstream. Do not spin immediately upstream of the bridge.
- Clifton Bridge – Do not stop or spin underneath the bridge. Progress 250m upstream to avoid kayakers who turn at speed under the bridge.
- Steersmen and scullers should look around at least every five strokes. Increase the frequency of looking when passing the Suspension Bridge.
- Downstream outings must terminate by the white water course entrance.
- Downstream pieces above Trent Bridge must terminate at the Princess pier opposite County Hall.

### Adverse Weather and Poor Visibility

- No rowing is to take place during thunderstorms/lightening or when such storms are predicted.
- No boats should go afloat in poor visibility (<100m).
- Do not boat in very high winds.

### Other River Traffic

- Motorised craft and sailing dinghies have priority. Rowing/sculling boats must give way to avoid collision.
- Rowers catching up with a line of kayakers doing timed pieces must wait and give way.
- Overtake on the outside of slower boats.
- Be aware that motorised craft use the central arches of Trent Bridge and Lady Bay Bridge in both directions.
- Treat all river users respectfully and report any abuse.

### And Afterwards .....

- Clean the boat thoroughly.
- Sign the boat back in.
- Report any damage and 'quarantine' any unsafe equipment.
- Notify your coach, Captain or WSA of any incident or near misses. Complete an online British Rowing Incident Form.
- Wash your hands (especially before eating) and be aware of the risk and symptoms of Weil's Disease.