

Nottingham Rowing Club
Revised! October 2023
Safety Summary



1 Before Going on the Water

- Be familiar with the Safety Plan, Emergency Action Plan, Circulation Pattern and Water Hazards Map.
- Rowers not supervised by a coach must sign for the boat using the logbook. Boats that are 'quarantined' with a red tag must not be used.
- Conduct a 'bow to stern' safety check of the boat.
- Coxes must wear a PFD.
- Each crew/boat must have a phone in a watertight pouch.
- Check the river conditions and weather forecast. Be suitably clothed and do not row in conditions inappropriate to your level of expertise/experience.

4 Night and Twilight Outings

- No inexperienced rowers/coxes are to be on the water in the dark or in poor visibility.
- Lights must be fitted on the canvas using raised mounts to enable clear sighting as follows:
 - White flashing light facing forward (bow).
 - White steady light facing aft (stern).
 - All lights must be bright and seen from a 120° arc. Do not use red lights or head torches.
- Reflective clothing or lightly coloured clothing must be worn.
- No side-by-side racing. Slower boats must move close to the bank when being overtaken.

6 Adverse Weather

- No river outings during thunderstorms and lightning or when such conditions are predicted. Observe the 30/30 rule (Safety Plan Section 1.6).
- No boats should go afloat in poor visibility (<100m).
- Do not boat in very high winds.

2 Boating and Landing

- Boat and land with the bow upstream. Be vigilant for boats partly hidden by Trent Bridge.
- Wait on the north (City) side to cross before landing and give way to all traffic on crossing.
- All crews must comply with the Circulation Plan for Trentside.
- Light pressure between Trent Bridge and Lady Bay Bridge.

5 Single Sculling

- Single scullers must be assessed by a Level 2 Club Coach before going on solo outings.
- Non-assessed single scullers must keep with other boats or be supervised from the bank or launch.
- Single scullers must show they can carry out a capsized drill and swim/float test.

7 Other River Traffic

- Motorboats and sailing dinghies have priority. Rowing/sculling boats must give way to avoid collision.
- Be especially vigilant for kayakers, swimmers and water boarders.
- Overtake on the outside of slower boats.
- Motorboats may use the central arches of Trent and Lady Bay Bridges in both directions. Be aware of boats exiting the lock.
- Treat all river users respectfully and report any abuse.

3 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 may turn at speed under the bridge.
- Steers 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.

8 And Afterwards

- Clean the boat thoroughly.
- Sign the boat back in.
- Use a red tag to quarantine the boat if it has been damaged or needs repair. Use the Q-code to report what is required.
- Notify your coach, Captain or CRSA of any incident, near miss or damage. Complete an online BR Incident Form.
- Wash your hands (especially before eating) and be aware of the risk and symptoms of Weil's Disease.