

Nottingham Rowing Club

November 2024

Safety Summary



1 Before going on the water

- Be familiar with the Safety Plan, Emergency Action Plan, Circulation Pattern and Water Hazards Map. All available on the NRC club website.
- Boats that are 'quarantined' with a red tag must not be used.
- Conduct a 'bow to stern' safety check of the boat to include the efficacy of heel restraints.
- Coxes must wear a buoyancy aid or, preferably, a lifejacket.
- Each boat must have access to a phone in a watertight pouch.
- Check the river conditions and weather forecast. Do not row in conditions inappropriate to your level of expertise/experience.
- No boating is allowed when the height of the river is over 2.00m at Clifton Bridge.

4 Night and Twilight Outings

- No inexperienced rowers/coxes are to be on the water in the dark (before sunrise and after sunset), in twilight (30 minutes before sunset) 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/white/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 very 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.
- Light pressure between Trent Bridge and Lady Bay Bridge.

5 Single Sculling

- Single scullers must be assessed by a Level 3 Coach and have done a capsize drill before going on solo outings.
- Non-assessed single scullers must keep with other boats or be supervised from the bank or a launch.

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 paddle 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. Do not spin within 100m upstream of any bridge.
- Toll Bridge – Take the City arch going upstream and the County arch going downstream.
- Trent Bridge – Take the City arch going upstream and the middle arch going downstream.
- Lady Bay Bridge – Take the middle arch going upstream and the County arch going downstream.
- 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 before the white-water course entrance. At times of high flow turn earlier at the ¼ mile lock warning sign.
- Downstream pieces above Trent Bridge must terminate at the Princess pier opposite the County Hall flagpoles.

8 And afterwards

- Clean the boat thoroughly.
- Use a red tag to quarantine the boat if it has been damaged or needs repair. Use the QR-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.