

## Rules and Safety Points to remember when out rowing.

- It is the coaches and rowers (adult or junior) responsibility to make sure that the boat is 'boat worthy' and safe to go afloat.
  - Bow ball in place,
  - Hatches are closed,
  - Heel restraints are fixed and right length (between 5 and 7cm),
  - No visible holes in the boat,
  - Any damage to the boat must be logged in the signing out book and John (the boatman) notified.
- Boats must be signed out using the book on the red box in bay 1 (and signed back in on return).
- Coaches and parent helpers must carry a throw line.
- Boats leaving the BRC landing stage must proceed with care downstream. Be aware that faster crews could be coming through the town bridge.
- Always row as close to the bank as possible. As with driving a car on a road it is your responsibility to stay on the correct side of the river. The bank must be on your left, right if you are the cox. For novice and junior rowers it is very important to look around every 4/5 strokes and on both sides.
- When overtaking you must move to the middle of the river, once you have clear water, move in front of the boat you have overtaken. Only overtake when safe to do so. Do not undertake, (pass on the inside of the crew).
- If a crew is approaching you fast, always shout...'Look ahead sculler' (pair or four etc.) If you do not know the boat type just shout "LOOK AHEAD", you may have to shout more than once, but please, DO NOT BE AFRAID TO SHOUT!
- Turn only at the recognised turning points (unless advised different by your coach).
- Always ask for permission to turn if there are crews either having a chat with their coach or waiting for their coach, or if you think you maybe faster than the crew in front of you.
- Do not turn close to bridges, especially on the upstream sides of Hitchin, County and The Town Bridge. The stream, especially when the river is in flood can be very strong and will soon draw you onto the bridge.
- Crews training on the 1k stretch between BRC and the little white bridge must turn to go back downstream, when they are opposite Monkey Island.
- Crews returning to BRC upstream from the Little White Bridge must stop just after Monkey Island and cross to the club when safe to do so.
- Crews returning to BRC downstream from the Twin Railway bridges must row past the club and spin between Monkey Island and the Weir, then row upstream, stop just after Monkey Island and cross to the club when safe to do so.
- Many small boats often practice skills in the bay in front of the club. Individuals are reminded that they must not drift into the racing line on the river (directly in front of the Town Bridge).
- If you fall in STAY WITH YOUR BOAT. If you are close enough to the bank, make your way to the bows of the boat and holding on to the boat swim on

your back to the bank. If you are too far out to swim, your coach will throw a line and tow you in. Never swim away from your boat. It is your buoyancy aid and will not sink. In the winter your priority is to get up on top of the boat and pull as much of your body out of the water as possible.

- Dress appropriately for the weather conditions, if sunny and hot wear sun-cream, hat and sunglasses. Carry a full water bottle.
- In adverse weather conditions the Captain will decide if it is safe to boat. There is a sign on the red box by the signing in and out book.
- Wash and wipe your boat down before putting away.
- Do up the gates before putting the boat away.
- Put the blades away tidily.

### **Parent Helpers...what does it mean?**

The junior club relies on volunteer coaches and parent helpers so that we can run sessions safely. This mainly applies to the water sessions, though we do need at least two adults on the land-based sessions as well.

To be a regular parent helper you must have a current DBS check, we are required by law and under British Rowing Guidelines to have these in place. The DBS check is quite simple and only takes a few moments of your time to complete and is free. Once you have the DBS check it is valid for 3 years.

### **Land based sessions.**

Your responsibility is to be in the clubhouse as a second adult in case of emergency. You can bring a book to read or work to do. You can have access to the meeting room upstairs if you wish or you can sit in your car. On a sunny day why not sit on the balcony.

### **River Sessions.**

(You must be prepared to cycle, the club does have a couple of coaches bikes, but please feel free to bring your own)

- Help juniors carry boats out of the boathouse.
- Help some get in their boats, most can do this by themselves, but when the river levels are low they may need some help.
- Cycle along side your given crew and just make sure that they are staying on the correct side of the river. See attached documents for Rules of the River and Turning Points.
- You must carry a throw line (you will be shown how to use this). In the event of a capsize the junior will stay with the boat and if close enough swim with the boat to the bank, if it is too far to swim then the throw line must be used and they are towed in.