

## WEATHER CONDITIONS RESTRICTING BOATING

RIVER STATUS	RIVER HEIGHT/CONDITIONS	WEATHER	RESTRICTIONS	FLAG	PASTORAL CARE
<b>Green</b>	Within normal limits	Fair	No restrictions		Always advisable to bring a change of warm dry clothes to change into after the outing.
<b>Amber</b>	River above the upper limit of normal (0.52m)	Fair	Experienced, competent rowers. Self assessment of ability to remain safe whilst on the water. No single sculling after dark.		Always advisable to bring a change of warm dry clothes to change into after the outing. Increased risk of making a wet foot launch.
	River within normal limits	Strong winds either constant or gusting at or <40mph.	Experienced, competent rowers. Self assessment of ability to remain safe whilst on the water. No single sculling.		Always advisable to bring a change of warm dry clothes to change into after the outing.
	River within normal limits	Cold and wet. Ambient temperature 2 degrees C or less	Only experienced juniors to boat. Learn to row members should land train.		Wear suitable attire for the weather conditions, and bring dry warm clothes for after the outing.
	River within normal limits	Strong sunlight. When the UV index is 8 or above	Whenever possible avoid boating between the hours of 12 midday and 3pm.		Wear high factor broad spectrum sunscreen. This will give some protection against UVA and UVB rays. Wear a hat and have a good amount of water with you. When at an event find shade between races and keep hydrated. Follow the risk assessment guidance for that event.
<b>RED</b>	River above the upper limit of normal (0.52m) and when the height is above 0.66m* on the government website. All rowing clubs on our stretch of the river are restricted from boating when the level is 0.75m or higher.	Not applicable.	No boating allowed.		
	River levels are above the upper limit of normal.	Wind speeds gusting at or greater than 40mph.	No boating allowed.		
	Storm conditions	Wind speeds gusting at or greater than 40mph.	No boating allowed.		
	Electrical storms	When electrical storms occur return to the boat house directly. If an electrical storm breaks before boating obey the 30/30 rule in both cases.	No boating until the 30/30 rule has been satisfied.		
	Extreme temperatures	When the temperatures drop to or below -10 degrees C or when the temperature exceeds 40 degrees C	No boating allowed.		

\* this level is pertinent to Bedford Rowing Club Ltd because the edge of the hard is not visible and increases the risk of harm to individuals and damage to boats.