

WISEMANS BRIDGE



ROWING CLUB

BASIC SAFETY INDUCTION

MUST BE COMPLETED BY ALL ROWERS YEARLY

Before any boats are launched, the Pre Row checklist is to be completed. This is not an exercise in ticking boxes, but one where conditions can be assessed and whether the team are capable of safely completing the row.

Only two 'newbie's' are permitted in any boat at any one time, the cox and other crew must be experienced rowers.

Once the launch of the boat has started the coxswain is in charge (the only exception to this is when a trainee cox has the helm, in which case one of the experienced rowers will be assisting in the decision making). Unless there is a danger you believe the cox is unaware of, do not question the Cox's orders.

Never start to row or stop rowing unless the cox has given his/her authority to do so. If you require a break, inform the cox who will either call 'easy oars' or count you down to take a break.

If you are unhappy about the weather or sea conditions, inform the cox. The team can then decide whether to return to shelter, modify their route or continue. We are all here to have fun so even the most hardened coxes will abandon a row if team members are apprehensive.

If you are caught out in fog or bad weather, the row may be abandoned and the boat will be taken to the nearest sheltered area. The checklist requires an alternative landing place to be selected, do not be afraid to abandon the row and use this alternative landing place, crew safety is paramount!

Any injuries or medical problems are to be reported to the cox immediately. If required this will be entered into the club medical log.

Safety equipment

New rowers must always wear a lifejacket. Everyone must wear a lifejacket when rowing at night, during winter or in poor weather conditions. The cox should always wear a lifejacket. Be familiar with the type of jacket you have e.g. Does it self-inflate? Where is the manual inflation tube etc...? Always attach the crotch strap if one is fitted. Only lifejackets fitted with lights should be used during night rows. The club strongly recommends members to buy their own lifejacket. Approach a committee member if you need advice.

Flares

Distress flares are carried in the grab bag on board each boat. Concise instructions are printed on the flare container. Flares will usually only be used when the cox and/or most experience crew member feels it is appropriate to do so.

VHF radio

The club owns several VHF radios. The decision as to whether these will be carried on each row will be made when completing the Pre Row checklist. If a VHF radio is not carried, at least one mobile phone in a waterproof cover should be on each boat.

Other safety equipment

The boats usually have a painter/towline fitted and carry a bilge pump, bailers, heaving/throw lines and other safety related equipment such as a survival blanket, first aid kit and knife or scissors. Please familiarize yourself with the contents of the boat and grab bag.

During this induction only the basic safety issues have been covered. Please ask a committee member for further advice if you have any questions. Every few months safety related events are undertaken, for example the RNLI and MCA give free safety talks, and all members are encouraged to attend. These are advertised on the web page.