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| |  |  | | --- | --- | | |  | | --- | | **Hello! Your ACRC Safety Notice is here.**  We use this space to share learnings from our outings and any important tips for keeping safe on the Avon. We also include updates from British Rowing with insights from the experiences of clubs across the country. If you have anything you'd like to add, share or learn through these notices just let us know. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Capsize Drills: Sunday 24th November 3:00pm - 5:00pm** | | |  |  |  | | --- | --- | | |  | | --- | | **On Sunday 24th November we will be running capsize drills at Monkton Indoor Pool from 3:00pm - 5:00pm.**  **What is a capsize drill?**  Capsize drills give you the opportunity to experience a single scull overturning (capsizing) in a safe environment. As part of the drill you will learn how a boat capsizes, how to safely escape the boat and how to use the boat as an aid. The drills are run by ACRC qualified coaches following the British Rowing RowSafe Guidance.   **Who are the drills for?**  Everyone. Even if you've been rowing for some time, we encourage all rowers who have never taken part in a capsize drill, or who haven't in a long time, to sign up. It's not compulsory for adult members, however for anyone who rows or wants to row in small boats such as singles (1x), doubles (2x) or pairs (2-) this is a really important skill to have, a key part of being a competent and confident rower and most importantly could be life saving.   **How do I sign up?**  Contact your squad co-ordinator and let them know you would like to take part in the capsize drill on Sunday 24th. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Cold waters and warm layers** | | |  |  |  | | --- | --- | | |  | | --- | | The water is now at 10 degrees c and can be dangerous. British Rowing have shared important information about the importance of understanding cold water shock and how to stay safe.  "No matter how good a floater or swimmer you are, sudden unexpected immersion in cold water can cause an initial cold shock that affects muscular co-ordination and impairs the ability to float or swim. Heat loss from immersion can quickly cause hypothermia. Any of these factors can lead to drowning.  Everyone involved in rowing, including rowers, coxes, coaches, club officers and competition organisers, has a responsibility to assess and manage the risk of immersion in cold water and to know what to do if it occurs."   At ACRC we recommend no single sculler goes on the water alone, with safety in numbers. Be aware and try to avoid collisions, keeping good look out and stopping if you need to. If you do find yourself in the water:   * Try to enter the water as gradually as you can. This is not always possible. * Keep your head above the water to avoid inhaling water when you gasp. * Keep calm and get your breathing under control. * Remember that it will feel horrible at first but you will feel better later. * Get free of the boat. * Get as much of your body out of the water as soon as you can - this can be simply by sitting on top of the boat. * Get off the water without delay. * Re-warm with care, drink warm (not hot) chocolate or a cold, fizzy, sugary drink as the sugar will fuel your re-warming.   Always stay with the boat; it is your life raft. | |  |  |  | | --- | --- | | |  | | --- | | [**Read the full British Rowing notice and find out more**](https://www.britishrowing.org/2022/12/cold-water-kills/) | |  |  |  | | --- | --- | | |  | | --- | | It's also important to make sure you dress appropriately for the weather as we head into winter. You should always come prepared to a session with layers to wear whilst on the water, a set of warm, dry clothes to change into after (great even if you just get a bit sweaty or caught in the rain), a towel and something to refuel with.   Kit reminders: The person at bow in a boat & everyone in a 1x should always wear a bright coloured &/or hi viz top. This is especially important in the early morning or evening when light levels are poor or low.  Always bring a change of clothes with you, no boat is too big to capsize and you never know what will happen. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **It's better to be safe than polite** | | |  |  |  | | --- | --- | | |  | | --- | | A reminder to everyone that the most important thing on the water is your crew's safety.  With lots of boats on the water this might mean there is a need to make quick decisions especially at danger points like turning. Please remember that you do not need to wait for the boats ahead of you to turn, if this would make your turning unsafe or push you closer to the weir by the pontoons.  Turning should be quick and effective to get you to the right side of the river. If you arrive after another crew but need to turn for safety, do. Always be aware of the surroundings around you and make sure when you do turn you do not collide with others. | |  |  |  |  | | --- | --- | --- | | |  | | --- | | A diagram of a boat  Description automatically generated | | ACRC Circulation for normal conditions. | | |
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| |  |  | | --- | --- | | |  | | --- | | Thanks all, wishing everyone happy (and safe) rowing!   Emma Baker-Gaunt (Safety Adviser) and the ACRC Committee. | | |