

## Avon County Rowing Club "The Club" Safety Policy (update Nov 2021 )

**The Club, through its Officers and Committee, will encourage safe practice having due regard for the guidance provided by British Rowing in RowSafe.**

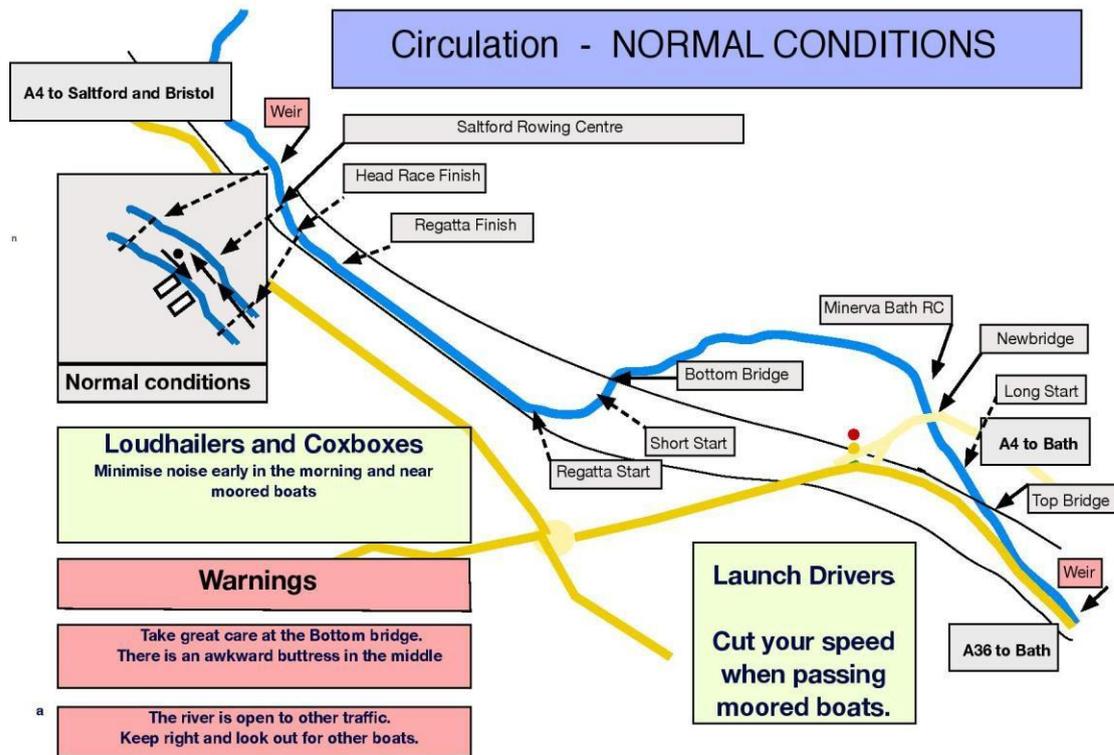
1	In the event of an emergency, phone 999 as soon as possible. If there is no mobile phone available, try the narrow boats near the clubhouse, or the houses on the A4.
2	Responsibility for the safe conduct of the Club's activities lies with its individual members. The member's signature on the application form acknowledges acceptance of this policy. The signature of a parent or guardian is required for all members under the age of 18.
3	<p>A First Aid Kit and thermal exposure blankets are kept on the shelves in the first aisle of the boathouse. There is a defibrillator in the Facilities Block. Life buoys are kept on the west wall of the boathouse. Throw lines and life jackets for coxes and launch drivers are hanging on the boathouse racking.</p> <p><b>Advice for the use of the defibrillator provided by the Resuscitation Council UK</b></p> <ul style="list-style-type: none"> <li>• Shout for help and shake the person gently</li> <li>• Look and listen for signs of normal breathing</li> <li>• If there are no signs of breathing, call 999 and leave the phone on loudspeaker</li> <li>• Fetch the defibrillator.</li> <li>• To start chest compressions: interlock your fingers; place your hands in the centre of the chest, push down hard and then release twice per second and don't stop. The ambulance call handler will help you.</li> <li>• If you have a defibrillator, switch it on and follow the voice instructions.</li> <li>• Continue the chest compressions until the defibrillator asks you to pause and give another shock if needed, a paramedic arrives or the person shows signs of life.</li> </ul>
4	Displays on water safety, life saving and resuscitation procedures, a plan of the local waterway, identifying local hazards and navigation rules and information on hypothermia and Weils' Disease are on the notice board in the clubhouse lobby. All members should familiarise themselves with this information
5	All members should be aware of the British Rowing Row Safe Guide, which is available for download from the British Rowing website.
6	Registered members of British Rowing (Race, Row, Coach and Support/Volunteer ) are covered by a policy arranged by British Rowing, which includes Civil Liability insurance and Personal Accident insurance. People with Coach Membership also have professional indemnity insurance. Details are at <a href="http://british-rowing-insurance.co.uk">british-rowing-insurance.co.uk</a> .
7	The Club has insurance in place covering all the equipment owned by the Club. This covers any loss or damage to the equipment, and also provides cover if the use of the equipment causes a legal liability to another person (Club member or outside the Club). The Club also has a separate Public Liability insurance policy, covering the Club against all legal liability for death or injury to members of the public or loss of or damage to their property in connection with the activities of the Club.

8	Members under the age of 18, novice rowers/scullers, and coxes should not be allowed to use boats unless they are supervised by a qualified coach or until the Captain decides they are sufficiently proficient.
9	<p>Before and after every outing Club members should:</p> <ul style="list-style-type: none"> <li>• Tell their cox or members of the crew if they have any medical condition which might put themselves or the crew in danger during their outing</li> <li>• Make sure at least one person in the crew takes a mobile phone in the boat</li> <li>• Record outing in the log book in the boathouse (Coaches keep a log of all junior outings separately)</li> </ul>
	<ul style="list-style-type: none"> <li>• Ensure the AVN identification number is clearly displayed</li> <li>• Check for leaks/hull damage</li> <li>• Check buoyancy compartments, seals and ventilation bungs</li> <li>• Check riggers, swivels, seats and stretchers for wear</li> <li>• Check heel release mechanisms are effective</li> <li>• Check rudder lines, steering mechanisms, rudder and fin</li> <li>• Check the bow ball. Every boat must have a firmly-attached white rubber bow ball of at least 4cm in diameter affixed to the bows</li> <li>• Sign outing as returned in the log book</li> </ul>
10	Club members should be careful when getting boats off the rack so that other boats are not damaged. Carry the boat on the half or bottom up with people evenly spaced along the hull. If the boat is or may be too heavy for the crew to carry, ask for help. Step slowly and carefully onto the rafts, especially in wet and slippery conditions. Be prepared to come to the aid of crews which ask for help. Do not leave boats unattended on trestles in windy conditions.
11	Club members should wear light-coloured or hi-vis upper clothing and especially when in a single, sitting at bow in a crew and/or rowing at times when the light is poor.
12	Club members should end outings before sunset, and must not go out on the river when it is dark.
13	Club members should not go out in rough weather; when it's foggy; when the river is in flood; or when there is a threat of thunder and lightning. If in doubt, ask the Club Captain, Squad Leaders, a qualified coach or the Club Safety Advisor. Coaches and committee members have the authority to suspend rowing activities if they deem the conditions too hazardous. If in Doubt, Don't go Out – see the notice by the signing out book.
14	All coxes & launch drivers must wear a life jacket (BS 3595 or CE approved )
15	Club members of every crew, including the cox, must be able to swim 100m fully clothed. Junior members must take part in capsize drills and senior members are also expected to attend these sessions, which are held at regular intervals.

16	Safety Rules 8-15 inclusive apply to privately-owned boats, regardless of where they are stored. Club boats are not allowed on the water if any of the above rules are not met. Private boats may go out but may <b>not</b> use any of the pontoons or slipways. Private boat owners are reminded that they may invalidate their own and the Club's insurance if they go out with a boat that does not comply with the safety rules.
17	Club members should clearly mark any damaged equipment and advise a committee member so repairs can be arranged.
18	The Club maintains a safety incident log book. The log records details of all incidents and is reported at each Club Committee Meeting by the Club Safety Adviser. Club members should report all capsizes, incidents or near misses in the safety incident log book (which is kept by the sign out book ) and the club will report them via the British Rowing on line reporting system.
19	All Club organised land training should be properly supervised. All members should be made aware of the benefits of warming up and cooling down to avoid injuries. Weight-lifting should only be undertaken after instruction in the use of correct technique.
20	<p>Club members must be aware of the correct &amp; safe use of Club launches:</p> <ul style="list-style-type: none"> <li>• The launch driver and all passengers must wear life jackets (BS3595 or CE approved), or buoyancy aids at all times when afloat.</li> <li>• Launch drivers are required to hold RYA 2 certificate or to have been approved to use the Club launches by the Club Captain or Safety Adviser</li> <li>• As launch driver you should make sure the launch has the following equipment before you go out: <ul style="list-style-type: none"> <li>○ Bailer</li> <li>○ 15m grab line with a large knot, or a throw line</li> <li>○ Thermal/exposure blankets</li> <li>○ Life buoys and jackets</li> <li>○ Basic first aid kit with contents list</li> <li>○ Sharp knife in carrying sheath</li> <li>○ Paddle</li> <li>○ Handholds affixed to the side of the launch</li> <li>○ Engine kill cord, which must be fastened to the driver at all times</li> <li>○ Anchor</li> </ul> </li> </ul>

The Club Safety Adviser can be contacted on [safetyadvisor@avoncountyrowingclub.org.uk](mailto:safetyadvisor@avoncountyrowingclub.org.uk),

## AVON COUNTY ROWING CLUB NAVIGATION RULES



1. Normal river navigation rules apply. Keep to the right-hand side of the river at all times.
2. Always boat and return to the landing stage in an upstream direction.
3. Keep a good lookout for other river users. They may not know the normal navigation rules. Look ahead at least every 5 strokes if 1x or bow steers
4. At busy times there can be many boats on the river. Call out to boats that seem to be unaware of your presence. If in doubt, shout anyway and stop if necessary. It is better to upset a training piece than to run the risk of a collision.
5. Learn the international conventions of Port and Starboard sides.
6. Always turn shortly after passing the boathouse in a downstream direction. It is dangerous to get too close to the weir.