

SAFE TO ROW: DECISION MATRIX

Regularly assess the environment around you.

Always be prepared to modify or adapt your session.

Think about the conditions in the next 2 hours, not just what they are now.

This decision matrix is designed to help you decide if you feel it is safe to go out on the water.



Remember we are all responsible for our own safety on the water. If in doubt - don't go out.



 River Level	 Wind Speed & Direction	 Visibility	 Temp	 Thunder and Lightning
<p>1.0 - 1.1 You can still see the edge of the bank. Flow is manageable for most rowers. Not learner or new rower appropriate. Flow can be unexpectedly fast - stay alert and adapt if needed.</p>	<p>15 mph steady conditions. below 15 is row-able for most people</p>	<p>Fog, Mist and Haze Looking from the pontoons: can you see the last of the official moored boats &/or the bend? If not - wait to see if it clears. If not, it's not safe to go out. Think about adapting your session for the land.</p>	<p>Water Temp Below 5 degrees - water is cold and dangerous if entered. Only skilled crews and bigger boats. Water temperature below 4 degrees - No small boats on the water. Only experienced crews in large boats. Below 2 degrees or ice on the water - no rowing</p>	<p>Follow the 30/30 rule. 30 seconds: Count between seeing lightning and hearing thunder. Less than 30s, lightning is still a potential threat. Get off the water wherever you can. After the last lightning flash, wait 30 minutes before leaving shelter. Half of all lightning deaths occur after a storm passes - come in once cleared.</p>
<p>1.1 - 1.2 This is a faster flow. You can't see the edge and landing can be difficult. Experienced cox and responsive crews needed.</p>	<p>15 - 20 mph Caution advised. This wind speed is not learner or new rower appropriate.</p>			
<p>1.2- 1.3 River flow is challenging for any boat. Experienced and confident rowers who are used to this stretch of the river may want to go out. No rowing at 1.2 and rising. If in doubt - it is better to not go out at this flow.</p>	<p>20 - 30 mph Experienced crews only. Be prepared to change your plan and stay on the straight. Gusts over 40 mph No matter the wind speed - Gusts over 40 mph are too dangerous - no rowing for anyone.</p>	<p>Sun height Check time of day and the height of the sun. Take caution in autumn and spring, Low sun heights can impact your vision. Look more frequently around you, be prepared to stop or change your outing to stay on the straight.</p>	<p>Air Temp Cold weather: Dress appropriately. Keep yourself warm – especially your hands. Wear several layers and keep moving. Plan your outing appropriately. Cold and wet is worse than cold and dry. No learners or new rowers in wet and below 3 degrees.</p>	<p>For all conditions, think about the skill and experience of the crew, how established you are, and your steering ability. Consider the amount of other crews, crafts and river users. Always be prepared to modify your outing.</p>
<p>1.3+ Flow is dangerous. No rowing for anyone.</p>	<p>Wind direction: S or W wind is channelled between the boat houses and landing is difficult. Experienced cox / steers person needed.</p>	<p>If you can't see - don't keep going.</p>	<p>Hot weather: Be aware of the impact of dry heat. Don't go out without a drink. Adapt your outing, think about the length of time you are out and the height of the sun.</p>	