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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. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Safety Notice Theme: Is it safe to row?** | | |  |  |  | | --- | --- | | |  | | --- | | The days are shortening and with it, dawn is later, dusk is earlier and the sun is sitting lower. The changing season also brings rainfall, slippy fallen leaves, morning mist and unpredictable temperatures! This mix of conditions means it's really important to think twice and check the situation on the river before boating.    **At ACRC our motto is always, if in doubt - don't go out**. If you feel unsure or you just don't feel like the conditions are right for you, stay safe and enjoy a land session as a crew. Our poster below shows some of the things to think about and you should **use the**[decision matrix](http://avoncountyrowingclub.org.uk/wp-content/uploads/2024/08/Decision-Matrix.pdf)**to help you decide if the conditions are right for you to go out.**  It's also the start of a new academic year and the university clubs are back, bringing more crews on the river and lots of new rowers finding their way. Please remember to keep a good look out. Bow of the crew and single scullers should always wear a bright, high-viz top that is easy to see in all conditions. | |  |  |  | | --- | --- | | |  | | --- | | [**Use the ACRC Decision Matrix**](http://avoncountyrowingclub.org.uk/wp-content/uploads/2024/08/Decision-Matrix.pdf) | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **British Rowing Learnings: Capsizes and Collisions** | | |  |  |  | | --- | --- | | |  | | --- | | This summer's learnings from incidents at clubs across the country include how easy it is to collide and capsize. Keeping a good look out is key to staying safe on the river, and this includes looking both ways. There were over 6 incidents across the UK in the last month where rowers collided and capsized because the crews were only looking one way.   Remember, it's all our responsibility when out on the water to keep each other and our equipment safe so all our safety notices include reminders at the bottom of the message of a few navigation Do's & Don'ts and our circulation pattern.  Capsizing is a part of the sport and we always want to avoid it where we can, but it's important to be prepared if it does happen. You can watch British Rowing's capsize and recovery video below to help remind you of what to do if you do capsize.   We organise capsize drills each year in a local swimming pool. Our junior capsize drills have already happened earlier this month and we will be arranging one for adults soon. Keep an eye out for more information on those.   **Kit reminder:**Always bring a change of clothes with you, no boat is too big to capsize and you never know what will happen. 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 caught in the rain), a towel and something to refuel with. | |  |  |  |  | | --- | --- | --- | | |  | | --- | | [A video of a video game  Description automatically generated](https://www.youtube.com/watch?v=A6un3TkbQUQ) | | Watch British Rowing's Capsize and Recovery video. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Navigation Reminders** | | |  |  |  | | --- | --- | | |  | | --- | | **Navigation: a reminder of what to do and what not do**   1. Do keep to the bow side (starboard) bank at all times whether going upstream or downstream, unless overtaking. Going upstream towards Bath this is the Tow Path bank. Coming downstream towards Saltford this is the Field Side / Minerva bank. 2. Steers people in all coxless boats (1x, 2x, 2-, 4x-, 4-) MUST look ahead at least every 4 or 5 strokes, even if you think the river is clear. Look over alternate shoulders to make sure you see the whole river ahead. Look more often if the river is busy & definitely when overtaking. 3. Aim to keep your blade tips approximately 2 meters from the bow side bank whenever possible. 4. Always be aware of moored vessels and other permanent or temporary projections from the bank, eg. bridge piers, fallen trees. 5. Always be aware of other river users and never assume that they have seen you. You have a legal duty to try to avoid a collision even if you think you are in the right place on the river. 6. When being passed by a faster boat, move to your bowside to let them by, faster boats must always overtake on the outside (no passing on the inside at any time).  If in doubt the faster boat should hang back or easy until the river is clear to overtake. This applies even if the faster boat is doing a race piece! 7. Do not overtake unless you are sure the river is clear & you have time / space to safely complete the overtaking manoeuvre. NEVER overtake on a bend or through a bridge. If a boat ahead is stationary on a bend politely ask them to move off. 8. When being approached by another boat always shout “LOOK AHEAD” very LOUD and never assume that they have seen you. Stroke can help the cox by calling to boats closing from the stern. 9. When stopping your boat always check that it is safe to do so and that you are not obstructing other boats and river users. Do not stop on bends or near bridges. 10. Always be on the lookout for swimmers & paddle boarders. 11. When turning the boat check that the river is clear and turn quickly and safely onto the other side so as not to block the river. Do not turn within 100m upstream of a bridge. Do not turn on or near a bend. 12. Beware bright sunlight at low levels. This can be a particular problem for morning outings in winter when the sun is directly inline with the regatta straight. Remember sun glasses, they can help a bit. YOU MUST STOP IF YOU CAN'T SEE AHEAD. 13. 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. 14. NEVER row before sunrise or after sunset. Manage your outing to be back at the club before it gets dark.   Remember IF IN DOUBT - STOP. Yours and others safety is paramount & is far more important than completing your training or race piece. | |  |  |  |  | | --- | --- | --- | | |  | | --- | | 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. | | |