

Strathclyde Park Rowing Club



SPRC Safety Guidelines May 2018

SPRC adopts and fully endorses the advice given to clubs and rowers in the Scottish Rowing Water Safety Code, a copy of which is available from the Downloads page on the SR web site www.scottish-rowing.org.uk. In addition, members are expected to adhere to the following guidance which is relevant to our particular situation at Strathclyde Country Park.

Common Sense should be applied at all times.

1. **All rowers and scullers must be able to swim 50 m in light clothing. All should be prepared to demonstrate this at the request of the Captain or Vice-Captain.**
2.
 - a. The most senior committee member present has the sole responsibility for deciding whether it is safe for boats to be launched. For this purpose, the Captain, followed by the Vice-Captain, is the most senior committee member.
 - b. Juniors may only boat if there is present a senior club member who has given them permission to do so, having taken into account weather and water conditions, the boat it is proposed to use and the ability of the young sculler or crew. The senior club member should withhold permission and tell the Junior(s) not to boat if there are any doubts about the safety of the young people.
 - c. A Junior who wishes to boat at times when there is no senior club member present must make a formal advance request to the Committee for

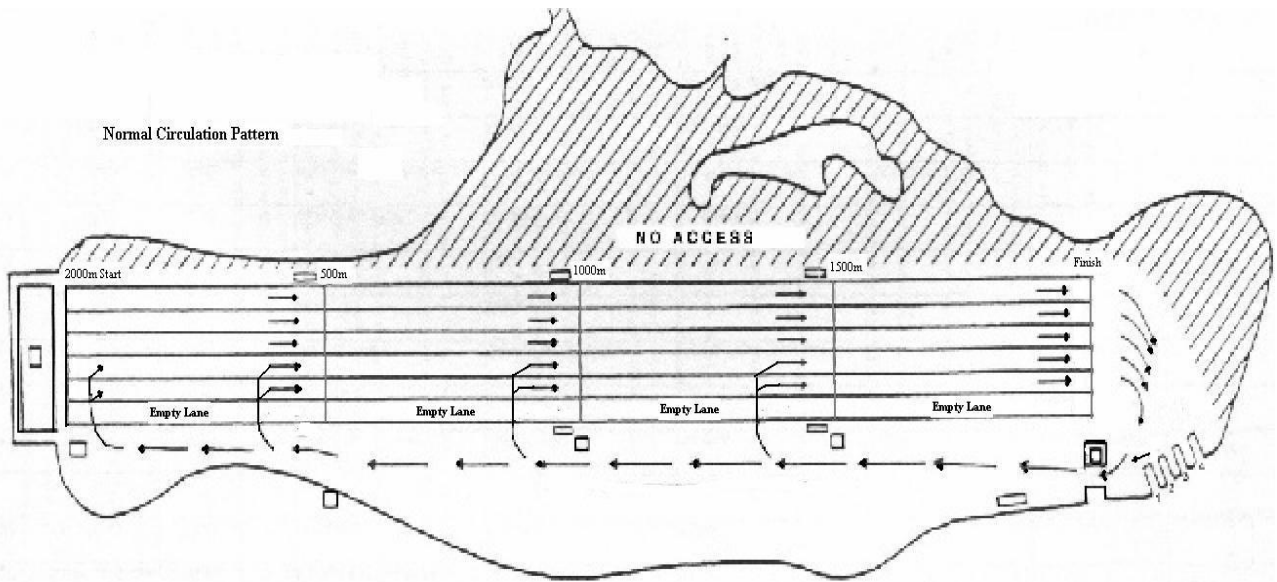
authorisation. The Committee will advise the member's parent or guardian that such a request has been made and may only proceed to consider the request once parental consent is given. The Committee will consider the rowing ability and experience of the Junior and any other factor it thinks relevant. The Committee will advise the Junior of its decision and, where permission is given, access to the water will be subject to any conditions imposed by the Committee and permission may be varied or withdrawn at any time. **This procedure applies to private boat owners as well as to those using club boats.**

3.
 - a. All members must make sure that they are fully acquainted with, and at all times obey, the local rules of navigation specific to Strathclyde Park Loch (see Circulation Maps).
 - b. Rowers must check out at the Booking Office before boating for each outing.
 - c. Boats should be launched with their bows facing the Loch.
 - d. Before moving away from a pontoon, make sure that a rescue launch is manned.
4.
 - a. Adhere to the circulation pattern for rowing craft - including action to avoid any obstacles which are present - see maps.
 - b. Boats heading away from the Watersports Centre towards the body of the Loch must pass under the bridge between the Hamilton shore and the timing tower.
 - c. Before moving onto the rowing course, always look both ways (stopping if necessary) and give way to oncoming craft.
 - d. At busy times, all pieces of work being done off the course, heading towards the 2000 m start, by crews or scullers must terminate at the 500m mark, dropping to one quarter pressure unless the crew is being accompanied and guided by a coach in a launch/cat or on the bank.
 - e. All crews and scullers must drop to light pressure once they draw level with the white (or blue) lane buoys at the top of the course.
 - f. **Use of the course lane nearest the motorway should be avoided.**
 - g. Wide turns onto the course to facilitate long, continuous pieces of work must be undertaken near the 250 m marker buoy, or earlier, and only after **careful** assessment of the on-course situation.
 - h. Wide turns off the course for similar reasons require an equal amount of care.
5.
 - a. In coxless boats, the bowman is responsible for acting as lookout no matter who is steering the boat.
 - b. All coxwains must learn and use the simple, standard commands for boat control both on and off the water. These commands must be used correctly, clearly and exclusively.
6. Coaches must ensure that all members of the crews in their charge are aware of appropriate safety procedures.
7.
 - a. Beginners must not use equipment without prior and adequate instruction and

must not boat unsupervised.

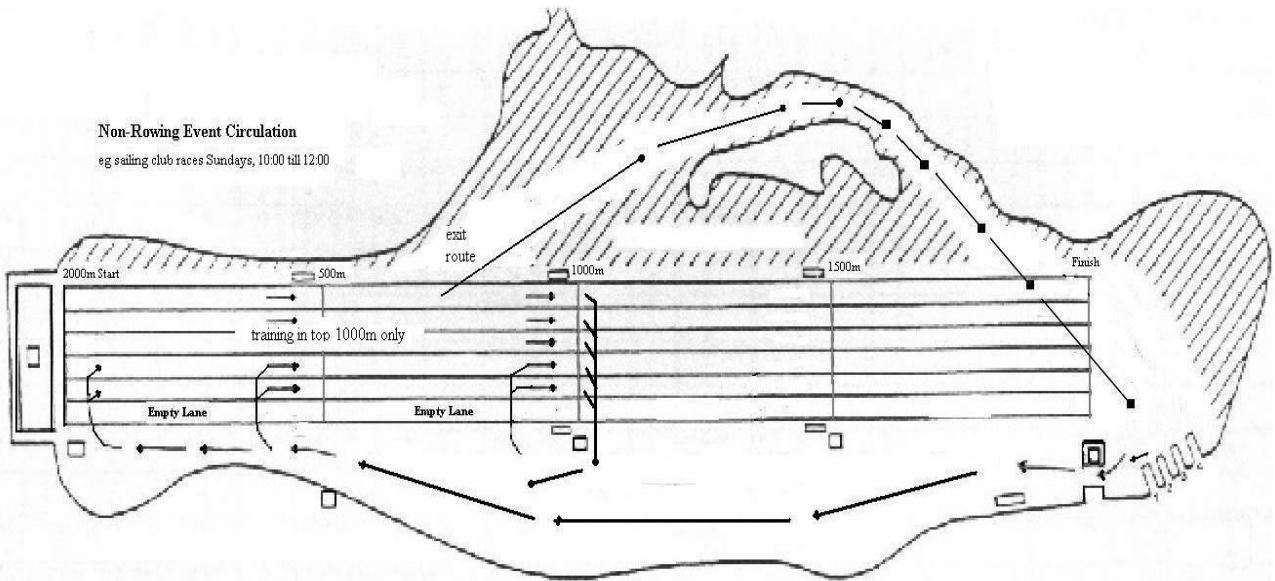
- b. Juniors are not permitted to use shell single sculls until they have successfully completed a swim test. Adults who have not completed a swim test successfully are strongly recommended to wear a life jacket or buoyancy aid for initial outings in shell singles.
 - c. Juniors who have not successfully completed a swim test may be allowed to use the training singles. The use of a life jacket or buoyancy aid is strongly recommended.
 - d. **In the (unlikely) event of a fall into the water, stay with the boat - it cannot sink! Hang on to a rigger, or sit astride the upturned hull.**
8. If a change of position is required within a boat, this must only be done at a launching platform.
 9. Safety equipment, **First Aid** and **emergency assistance** may be obtained from the East Wing boatshed stewards.
 10. A telephone may be obtained at
 - Reception in the Watersports Centre (01698 402060), or
 - the Gym, or
 - the East Wing boatshed public counter.
- For contact with the Emergency Services, dial **9 9 9** . Before dialling make sure you have ready
- the service which you require (police, fire, or ambulance),
 - the location of the incident,
 - details of the situation,
 - details of access.
11. The club's Safety Adviser is the **Captain**.
 12. **All incidents which have the potential for damaging equipment or injuring athletes must be recorded on an Incident Report Form which should be handed to the Captain or Vice-Captain once completed.**
 13. Finally, everyone must be constantly aware of the rights of others who use the Loch. Extend to them at all times the courtesy which you would hope to receive from them yourself.

Normal Circulation Pattern



Non-Rowing Event Circulation

eg sailing club races Sundays, 10.00 till 12.00



Clothing for Rowing

Specialist clothing is available (see rowing magazines for suppliers), but it is not necessary for novices. If you follow the advice below you will not go far wrong.

- Dress appropriately for taking part in physical exercise, and for the weather on the day. In good weather, lycra/cycling shorts and a t-shirt are fine. In wet weather a waterproof top or rain jacket plus hat becomes advisable. While in winter adding close-fitting leggings is ideal; trousers and jeans are not suitable for rowing. On cool days, wear several thin layers rather than one thick one.
- Try to ensure that your outer garment doesn't have pockets at the front. These can catch your oar handles when on the water and cause you to lose your grip. Folds in baggy jackets or shirts can also cause problems.
- If you can, wear something brightly coloured on the outside so that you can be seen on the water from a distance.
- Wear old trainers (new ones are quickly spoiled).
- Always bring a towel and a full set of spare clothing with you. Remember that in Scotland you can get soaked even if you don't fall in the water!
- Bring a sports bottle filled with water or still juice – not fizzy drinks.
- Bring a skip cap and sunglasses, and wear sun-block in sunny weather/summer.