

SCARBOROUGH AMATEUR ROWING CLUB

Est. 1869

SAFETY GUIDELINES

The ACCIDENT BOOK is located.....

These are the main safety Guidance notes, and cover the normal operations of the Club.

The **AMATEUR ROWING ASSOCIATION** has an excellent “**Water Safety Code of Practice**” handbook. Although it deals mainly with river rowing issues, it has a lot of good advice relevant to all forms of rowing, and should be studied. A Copy of the handbook will be available at the Clubhouse.

The following is a guide to preventing accidents:-

CLUBHOUSE & BOATHOUSE ACTIVITIES

- a) Always use the correct lifting techniques when moving the equipment.
- b) Most equipment requires more than one person to remove or store. Do not tackle such jobs on your own.
- c) Movement of heavy equipment will be co-ordinated by one person. Wait for their instructions.
- d) Do not leave any items loose on the floor; it could be at trip hazard for others maneuvering the equipment. General cleanliness applies to the whole Clubhouse.
- e) When transporting equipment from to and from the boathouse to the sea, ensure that passers-by are not put at risk by your actions.
- f) Standard road crossing procedures **MUST BE STRICTLY OBSERVED** when crossing the Forshore Road, especially when carrying the equipment.

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SAFETY AT SEA

- d) Rowing Committee instructions are MANDATORY.
- e) Always seek guidance from Rowing Committee if the sea conditions are doubtful.
- f) All coxes will wear Life Jackets, and boats will carry bailers.
- g) No crews are allowed to sea unless accompanied by a Club Coach, or an experienced Rowing member of the Club.
- h) **Always** inform another Club member at the Clubhouse if intending to use a different course to the other crews.
- i) **Always** get the boat away through the breakwaters as soon as possible after boarding. Do not delay adjusting footboards etc, wait until the calmer parts of the South Bay are reached.
- j) Continuously monitor the conditions at sea. Return immediately if the conditions deteriorate, **OR if any member of the crew** is uneasy with the conditions
- k) When returning, steer the boat at right angles to the shore or breakwaters. **DO NOT CROSS THE BREAKWATERS at any other angle.**
- l) In the rare event of a sinking, leave the boat, but stay alongside it. It will not actually sink. If possible raise an oar and hold it upright to indicate that an accident has occurred. **DO NOT PANIC**, help will be available.
- m) Coxswains to steer the courses as instructed by the Rowing Committee, or the Coaches. Any course marker bouys will be indicated to them.
- n) **Never steer across the Harbour entrance.** Except when actually entering the Harbour, maintain a clearance of at least 100mtr between your boat and the harbour and / or Marine Drive walls at all times...

Revised: 1997