

Stirling University Rowing Club
Safety Regulations



1. Tides and Weather Conditions

- a) The Club President is responsible for determining when tides and weather conditions are unsuitable for rowing. Their decision is final and no crew will be allowed out on such occasions. Some conditions of the wind and tide call for special care, particularly when there is a strong offshore wind combined with an ebb tide. Advice should be given by the chief coach when such conditions prevail and he should indicate the precautions to be taken.

- b) All crews should return to the boathouse in the event of fog.

2. Maintenance

- a) Crews must be prepared to spend a portion of their time at the boathouse carrying out normal maintenance routine as directed by the staff at the centre, e.g., washing, cleaning, greasing, varnishing, etc.

3. Instruction

- a) All coxes must be trained to cope with hazards arising from manoeuvring traffic, and should always wear life-jackets.

- b) The ratio of students to instructing staff should not exceed 10:1.

- c) All crews should receive instruction on launching and landing techniques.

- d) Crews and individual students should not use light craft without permission from the Club President. Novice crews should train in tubs initially and instructors must be satisfied that their crews are competent to deal with the additional difficulties associated with lighter craft before they are allowed to use clinker fours and eights.

- e) Coaches shall keep all craft containing students in their charge within view so that they may deal with any emergency. (An experienced crew with an experienced cox or an experienced sculler may be given permission by their coach on specific occasions to row out of sight on a prescribed course.)

- f) All crews shall be instructed in what to do in the event of a capsize or other accident while rowing.

- g) There shall be no rowing after dusk.

4. Safety Boat

- a) A safety boat is to be available always for emergencies.
- b) If there is an accident beyond the range of the safety boat the crew should be encouraged to stay with their water-logged boat and not to immediately attempt to swim for the bank. The person in charge, when he realises that help is not available, should then give the crew directions to swim for the most appropriate bank using their boat and blades for support. In deciding which bank the crew should make for the person in charge should take into account the set of the river. Assistance can normally be obtained from any passing craft, but in most cases the safest way is to swim the boat ashore, as a crew which does not know how to co-operate with the crew of a large craft trying to rescue them may get themselves into even worse difficulties.

5. General Safety Precautions

- a) Non-swimmers may not go out in the club boats.
- b) Observe the rule of your river, especially when other craft are about. (On most rivers, it is 'Keep to the Right'.)
- c) Avoid navigating near lock cuts, weirs or weir streams. Also watch out for danger signs.
- d) When leaving the shore, look both ways.
- e) Keep clear of all racing and power boats, and sailing craft.
- f) Do not cross in front of oncoming craft.
- g) Beware of being carried across the bows of moored vessels, especially when a strong stream is running.
- H) Go well clear of bridges before turning.
- i) Do not change places in a boat while afloat.
- j) If your boat is swamped or capsizes, hold onto it until help comes, unless you are drifting into danger.
- k) Extreme caution must be observed when boating in bad weather conditions.
- l) Novice scullers must always be supervised until passed as proficient.

THE AMATEUR ROWING ASSOCIATION runs a coaching scheme, and it is advisable for club members to be acquainted with it.