

Northern Region

Rowing Safety

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BRITISHROWING

Programme



- Safety Alerts
- Capsize Training Incident
- Audits
- Incidents
- Equipment
- Skills
- Umpiring

Safety Alerts



- On British Rowing website
- Check Your Trailer
- Backstays
- What3words
- Keeping Clear of Weirs

Capsize Training Incident



- WEROW founder suffered ear damage
- During capsize without blades
- Hit water with side of head
- Similar local incident without injury
- Draft recommendations
 - Avoid capsize training without blades
 - Use swimming cap, not ear plugs
 - Get trainee to look at gate, not straight ahead

Audits



- Well done; all region's clubs on time
- Please upload your safety documents
- Holds RAs and other safety docs
- Include Events your club runs
- They are your documents – to help you
- I assume you have been honest
- I am not a policeman
- I want to help you improve

Incidents



- Very few reported – 205 (+31)
 - Simple capsizes – 100 (+22)
 - Collision – 49 (+2)
- Why do incidents occur?
- 77% caused by human error
- Circulation Patterns
- Lookout
- If in doubt, SHOUT!
- Indoor incidents - obstructions

Equipment



- Backstays
- Launch Safety
- Life Jackets
- Trailers & Roof Racks
- Lighting
- Boat

Backstays



- Protect crews in collisions
- Recommended in RowSafe (except singles)
- May be checked at events
- Reduce pin deflection
- Make the boat faster

Launch Safety



- Life Jacket
- Kill cord
- Starter interlock
- Launch Bag
- Training

Life Jackets



- Must be worn
- Fitted correctly
- Crotch strap
- Maintenance
 - Visual check for damage
 - Cylinder checks for tightness and corrosion
 - Webbing check for damage
 - Inflation check with pump

Trailers & Roof Racks



- Trailers must be maintained
- Every club should have a guidance leaflet
- Tow with an appropriate vehicle
- Check boat ties for damage
- Lights or flags on overhangs, including sides
- Drivers should be trained in towing
- Drivers should have a co-driver with them

Lighting



- Night and poor visibility
- ColRegs: White all-round, flashing on bow
- River Wear at Durham; white front, red rear
- Wear bright clothing at bow
- Minimum visibility 200m – day or night
- Bright, not emergency bike lights
- Visible from the side (turning around)

Boat



- **Heel restraints** – short and strong; $\leq 50\text{mm}$
 - 2019 new rules allow shoes to reach horizontal
 - This allows feet to be trapped during capsizes
- **Shoe laces** – not too tight
- **Bow Balls** – properly fitted
- **Hatch Covers** – properly fitted
- **Maintenance** – Formula 1
- **Boat ID** – no racing without ID

Skills



- Stopping
- Picking up a “Man Overboard”
- Turning around
- Getting attached to a stake-boat
- Getting Straight
- “Scratching”

Umpiring



- Safety is the primary duty of an Umpire
- Instructions for Competitors
- Control Commission
- Circulation Patterns
- Start Procedure
- Rules of Racing
- Local Guidance by Richard Mortimer
 - <http://www.nerowing.com/rules-of-racing/#/>