

Northern Region

Rowing Safety

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Programme



- Safety Alerts
- Audits
- Incidents
- Equipment
- Skills
- Umpiring

Safety Alerts



- On British Rowing website
- Don't Get Cold at Heads
- Check Your Boat Before You Go Afloat
- Know the River

Audits



- New system – completely changed
- Keeps your records indefinitely
- 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 – 111 (-20)
 - Simple capsizes – 55 (-12)
 - Collision – 26 (-10)
- Why do incidents occur?
- 77% caused by human error
- Circulation Patterns
- Lookout
- If in doubt, SHOUT!

Equipment



- Launch Safety
- Life Jackets
- Trailers
- Lighting
- Boat

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
- Three potentially fatal incidents in 2016
- Every club should have a guidance leaflet
- Tow with an appropriate vehicle
- Check cable ties for damage
- Lights or flags on overhangs, including sides
- Drivers should be trained in towing

Lighting



- Night and poor visibility
- ColRegs: White all-round, flashing on bow
- 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



- Maintenance – Formula 1
- Heel restraints – short and strong; <70mm
- Bow Balls – properly fitted
- Hatch Covers – properly fitted
- Boat ID – no racing without ID

Skills



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

Umpiring



- Safety is the primary duty of an Umpire
- Instructions for Competitors
- Control Commission
- Circulation Patterns
- Start Procedure
- Rules of Racing