

## **GUILDFORD ROWING CLUB**

# **SAFETY MANAGEMENT PLAN**

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<b>Record of changes</b>		
Issue	Date	Detail of Changes
A	04/02/05	Initial Draft Version
B	18/02/05	Second Draft
1.0	07/04/05	First issue
2.0	23/03/06	Second issue Minor amendments to text including addition of instruction about boat signing out and revisions to capsize drill and adequate clothing in light of inquests during 2005.
3.0	15/09/07	Third issue Review to reflect lessons learned over last year
4.0	18/01/08	Fourth issue Changes to red board procedures
5.0	10/12/13	Fifth issue Adaptive Rowing/Sculling Risk Assessment added
6.0	15/12/15	Sixth issue Red/Yellow Board Procedures amended Risk Assessment added for Rowers with Epilepsy and risk of Blackout Risk Assessment added for Big Row – sponsored row Weybridge to Guildford Risk Assessment added for Firework Display at GRC

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# 1 Background - General Information

## 1.1 Objective

This Safety Plan is intended to promote safe and responsible use of equipment and enable the club to operate in a safe and organised manner.

## 1.2 Terminology

In this document, the term “club” relates to the Guildford Rowing Club and all its members.

The term “clubhouse” relates to the building within which the equipment is housed and the club holds some of its social events along with ergo training.

The term “rowing” relates to both rowing and sculling.

The following convention in the use of “shall”, “must”, “should” and “will” is applied within this document.

- “shall” and “must” are used in instances where it is MANDATORY that the action/requirement is met;
- “should” is used in instances where it is DESIREABLE that the action/requirement is met;
- “will” is used to indicate a statement of intent.

## 1.3 Mission Statement

Guildford Rowing Club (GRC) views safe and responsible rowing as a foundation for successful recreational and competitive rowing. The club believes – *“to row well is to row safely”*.

## 1.4 Safety Plan

This Safety Plan supplements the British Rowing Water Safety Code [1] and the club bylaws [2]. It is divided into three parts.

- Part 1 provides general information about this plan, Guildford Rowing Club and the Wey Navigation.
- Part 2 covers the general safety of all rowers at all levels and ability.
- Part 3 relates more specifically to the safety issues surrounding inexperienced rowers.

*The Safety Plan shall be reviewed with each member of the club, who shall complete a personal safety audit acknowledging that they have understand the principal safety issues at GRC. A copy of the Safety Plan shall also be displayed in a prominent position within the Club.*

## 1.5 The Wey Navigation

The section of the Wey Navigation on which the Club is situated stretches approximately 800m from the footbridge opposite the Clubhouse to the corner upstream of the Pilgrims Way footbridge at St. Catherine’s priory. There is one bridge on the reach, the footbridge for the Pilgrim’s Way, which spans the whole river at St Catherine’s. Appendix A shows the relevant section of the Wey Navigation along with other notable features.

## 1.6 Guildford Rowing Club Facilities

The Clubhouse is situated on the south bank of the Wey Navigation just off the A281 between Shalford and Guildford. From this site the majority of the rowing activity occurs. The club does not have a requirement for the use of motorised coaching and safety launches at this site.

## **1.7 The Rowing Year**

Rowing continues throughout the year at GRC. At the beginning of the year the river is often in flood and fast flowing, although the boathouse is rarely flooded; this, together with extremely cold winter weather, can stop or restrict rowing activity. Rowing is restricted to daylight hours only. In the late spring and summer months, rowing in the evening becomes more practical. During the summer, traffic using the river (both rowing and other boats) increases significantly and while rowing times tend to be outside times when other river traffic is busy i.e. early morning and evening, care is required in navigating the river. During the autumn the clocks go back and evening rowing is restricted. As the end of the year approaches, cold weather, fast streams and floodwater can be prevalent. Specific safety issues to cope with seasonal weather changes are addressed in Part 2 of this Safety Plan.

## **1.8 Changes and Annual Review**

Discussions take place between the Club and representatives of the National Trust on a bi-annual basis, or more frequently as required, to highlight any safety concerns.

The contents of this Safety Plan shall be reviewed annually or more frequently if required, and modified taking account of any safety issues which are not adequately covered or requirements of the plan which are felt to be inappropriate. The Captain and the Safety Adviser shall then sign the administration page after appropriate consultation with the Club Committee and the club as a whole. The club members shall be informed of any changes. The Environment Agency, National Trust and BR should also be consulted if major changes in policy are considered necessary.

## **1.9 Club Officers**

While safety is the responsibility of all members, the Club Committee shall oversee and administer safety. In particular the Club Captain, Vice-Captains and the Club Safety Adviser shall be specifically tasked in making sure that safe rowing practices are observed.

## 2 General Safety

### 2.1 Requirements of all active members

All members who intend to row/scull must be in good health and if in doubt should seek advice from their doctor. New members must declare any illness/disability on the application form. Existing members whose health changes to an extent that it could affect their safety while rowing must make their disability known.

All active rowers and coxes must be able to swim 100m in light clothing.

All rowers are required to dress suitably for the activity that they are undertaking whilst taking account of the weather conditions. Appropriate clothing in the winter should include leggings and long sleeved training tops and wind/waterproof layers. In the summer, clothing should provide some protection from the sun. Sun cream should also be used.

A change of clothes and a towel must also be brought in case of capsize.

#### 2.1.1 **Rowers with epilepsy.** BR advice for rowers who suffer from epilepsy is as follows: 'Rowers and coxswains with Epilepsy should not be allowed on the water when there is a significant risk of further seizures.

In line with the recommendations of the DVLA, this period of significant risk is defined as within one year following a fit and whilst reducing medication, and for six months after stopping it.

In these cases, where there is significant risk of further seizures, rowers and coxswains should not be allowed on the water, except where there is a special individualised risk assessment of the rower and the event.' An example of such a risk assessment is at Appendix D8.

### 2.2 Assessment of new members

All new members must have their rowing ability assessed and have the club's safety rules explained to them, prior to being allowed on to the water. Those who are assessed as inexperienced rowers will be required to comply with Part 2 of this Safety Plan.

### 2.3 Equipment

Club equipment can only be used with the Captains permission. The Captain may delegate this responsibility to other experienced members of the club. Amongst the factors the Captain will take into account is the ability of the person or crew requesting permission and the river and weather conditions?

#### 2.3.1 **Equipment Damage/Repair**

Boats that are reported as damaged or are in need of repair must not be used. Any damage incurred to a boat or other safety equipment within the club e.g. lifejackets and fire extinguishers, must be:

- detailed in the Damage Log book;
- placed in quarantine by putting a sign on the boat signifying it is damaged;
- reported to the Captain or a committee member.

In the event of an accident, an Incident Report must be made, as described in section 2.21, The Safety Adviser will review all incidents with the committee on a monthly basis.

No boat shall be used that does not have a bow ball properly and securely attached to the boat. Boats without bow balls must be reported as described above.

No boat shall be used without fully intact heel restraints in place. Heel restraints allow feet to be easily released from the shoe in the event of capsize. Heel restraints must be checked regularly at the beginning of each outing by the oarsman/woman intending to use the boat.

Heel restraints should be tested by tugging each shoe upwards so as to check the integrity of the restraint. Should the restraint be found to be broken or breaks on testing then it should be replaced with a new restraint and if not repaired immediately, reported as described above.

No boat shall be used without fully sealed buoyancy tanks. These are vital in ensuring that the boat is fully capable of supporting the crew's weight when swamped.

### **2.3.2 Private Boats**

Private boat owners are responsible for carrying out the necessary checks on their own boats.

### **2.3.3 Trailers**

The trailers are used to transport boats to and from training outings and competitions. They shall be serviced annually to ensure that they are kept in a roadworthy condition.

All people who tow the trailers must read the BR guidance notes on trailer safety given in the BR Water Safety Code.

## **2.4 Navigation**

The map in Appendix A Figure 1 shows the river and the landmarks referred to in this section. The section of the river considered safe for rowing extends upstream from the footbridge downstream of GRC, to the footbridge upstream of St. Catherine's priory. Members must not go further downstream than the footbridge near the Club unless supervised.

On the river, boats must keep to the right hand side of the river as they face the direction in which they are travelling. That is the Shalford side travelling downstream and Guildford side upstream. Crews travelling downstream have priority.

Turning of boats on the river should be done in a place where there are no hazards immediately downstream, which the boat may get swept onto, and where a good view of other river traffic can be achieved. The main turning points are:

- at the corner by St Catherine's, 20m upstream of the Pilgrims Way footbridge;
- beside the "No Mooring" sign by the boathouse.

When returning to the landing stage boats may turn at the corner downstream of the boathouse when the boating area is clear of beginners.

Boats may turn at the top of the straight with prior notification to all other boats on the water.

When Beginners are being taught in the vicinity of the Clubhouse, crews are requested to turn 20m above the *sluice* unless they are intending to come into the landing stage. Crews returning to the landing stage in these circumstances should proceed to the landing stage with caution.

A particular black spot on the river is the narrow channel upstream of the straight where there is risk of collision with river traffic travelling downstream cutting the corner and colliding with traffic going upstream traffic drifting wide. Members must be particularly aware at this point in the river.

Crews should avoid stopping by the *sluice* and in the middle of the narrow channel. They should continue beyond these points before turning.

## **2.5 Overtaking**

When overtaking, the faster boat is responsible for collision avoidance. Overtaking must only take place if the river is suitably wide and there is no opposing traffic. You should overtake on the outside of the slower craft (i.e. in the stream).

Overtaking on the inside is permitted only if the slower moving boat has called the faster boat through.

Overtaking is not permitted in the narrow channel upstream of the straight or by the weir.

## **2.6 Coxing**

It is club policy that the coxswain accepts responsibility for the safe conduct of his/her boat. However, many coxes are juniors who are not legally responsible. If a junior is used as a cox, the responsibility for the outing should be accepted by either the bow-man or stroke. In the case of Junior outings, the responsibility lies with the supervising adult.

Coxes must be tested under Part 2 as experienced coxes or accompanied and supervised by a senior competent rower. Those coxes with sufficient experience are classified as "Experienced" coxes. Only experienced coxes may cox GRC boats under red/yellow conditions with authorisation from the Captain or Safety Advisor. Coxes must wear an approved lifejacket at all times while in the boat. Coxes must be suitably dressed for the conditions on the river at the time of year.

## **2.7 Junior Rowing**

Junior rowing must be supervised by a competent senior member. Inexperienced Junior Rowers will be subject to Part 2 and Schedule B of this Plan.

A junior is defined as an under-18, but competent members over 15 years of age may be treated as Adult rowers and afforded a reduced level of supervision.

## **2.8 Adaptive rowing**

Adaptive rowing shall be subject to the conditions and rules as laid down in this plan, as well as having able-bodied persons available and ready to help whenever there are disadvantaged rowers on the water. *Each adaptive rower shall be subject to an individual risk assessment to ensure that any additional risks their disability may expose them to is mitigated.* Inexperienced Adaptive Rowers will be subject to Part 2 and Schedule B of this Plan.

## **2.9 Boating**

On removing the boat from the boathouse, care must be taken in observing and warning other members or members of the public using the footpath.

A safety board is placed on the club house door for any unusual hazards on the river to be recorded.

Boats will be placed in the water, bows facing upstream and will then comply with the following boating plan:

- Get into the boat quickly to prevent congestion on the landing stage at peak times.
- Look behind you before pushing out to prevent a collision with boats turning upstream of the landing stage and boats coming past to make their way into the landing stage.
- After pushing off boats will travel up to a position just downstream of the weir and give way to any crews coming downstream before proceeding upstream. This is to avoid collisions with rowing boats close to the weir and avoid unnecessary damage to boats and injury to rowers.

Figure 3 in Appendix A shows the boating pattern.

## **2.10 Landing**

Boats must be landed with their bows pointing upstream having turned downstream of the club.

## **2.11 Coaching**

All coaches must be experienced rowers and be willing to take the responsibility for the safety of his or her crew. *A register of coaches and their awareness of the club safety plan will be retained by the club*

Coaches must apply paragraph 3.4 entitled Rowing Standards. Part 3 of this plan provides the recommended format for training.

## **2.12 First Aid and Hospital Treatment**

There is a first aid kit in the boathouse. For injuries that cannot be treated with basic first aid, the nearest hospital is Royal Surrey County. Telephone numbers for emergency services are listed next to the telephone in the clubhouse.

## **2.13 Coaching and Rescue Launches**

*Launches are not used by the club on home waters. Should a visit to other waters result in the use of a launch then the member responsible for the visit must ensure that the launch users are compliant with all the regulations in force on that water and have all the necessary permissions.*

## **2.14 Rowing in the dark**

Rowing in the dark is not permitted.

Rowers out in the early morning and evening must wear light coloured clothing to aid their visibility to other river traffic.

## **2.15 Adverse Weather Conditions and Winter Rowing**

At times of adverse weather conditions the Captain, Safety Advisor or other committee member may restrict or suspend rowing should he or she feel it unsafe for whatever reason. In each case, a notice will be placed on the Safety Board detailing the suspension/restriction imposed.

When there is a strong stream running (most likely to be during the months of October to May), rowing will be suspended or restricted to certain categories of rowers following a Risk Assessment as given in Appendix E.

In adverse weather conditions, all crews and scullers on the water must ensure they stop well upstream of the usual turning points by the clubhouse.

Rowing shall be suspended and no boating allowed when there are large amounts of ice on the water or when the visibility is reduced to 100m or less.

## **2.16 River States**

A fixed river status board will be prominently displayed at the entrance of the clubhouse indicating when rowing is suspended or restricted respectively. The National Trust controls when the river is open for navigation.

New regulations for handling red and yellow boards were introduced in January 2008, have been updated regularly and are covered in Appendix E

## **2.17 Unescorted outings**

Members in small boats (singles, doubles and pairs) are encouraged to boat when there are other boats on the water.

## 2.18 Other River Users

Members are expected to show respect and courtesy to all other river users. This includes fisherman and other boat users. Particular attention should be paid to avoiding snagging the lines of fishermen. Other boat owners may appear to be inconsiderate in travelling too fast and causing large bow waves, but in most cases this is done through ignorance and not intent. Members are asked to be polite when informing them that they are travelling too fast. Many large boats have high-momentum and lack manoeuvrability. GRC members should give way to these boats wherever a risk of collision exists. This is most likely to occur in the vicinity of the landing stage, and when turning. Significant incidents should be reported to the Club Committee in order for concerns and evidence to be submitted to the National Trust.

## 2.19 Falling In/Capsize

In the event that a boat capsizes and the crew are in the water, the following shall be done:

- The crew ensures that everyone is safe and the rest of the crew provides any assistance needed to ensure a particular person's safety.
- The crew **must** always stay with the boat and make their way to the nearest bank.
- In a small boat (single, double or a pair) the boat should be returned to an upright position (if this is possible), and towed into the bank with one person grasping the bows and using the lifesaving kick stroke.
- If possible, the crew should try to get back into the boat and return back to the Clubhouse. (This is in accordance with the revised instructions on Capsize issued by the BR following the Coroner's inquiries held in 2005.)
- For larger boats, the crew should position themselves by each rigger and guide the boat to the bank swimming allowing the stream to help push the boat into the bank.
- Once ashore everyone must be checked for injury and hypothermia. If anyone is found to be suffering from injury or hypothermia, medical assistance must be sought immediately. Injured persons must not row back to the club. Persons suffering from hypothermia must be kept warm, if necessary using the body heat of others to help warm them.
- On return to the boathouse, persons suffering from cold should have a warm shower as soon as possible to help increase their body temperature. If hypothermia is suspected, the person should be actively warmed using clothing, thermal blankets, a warm shower and drinks while proper medical help is sought.
- A record of the incident must be made in the Incident Logbook in accordance with section 2.21

If other boats are present when a capsizes occurs, rowers are expected to stop their training and give assistance. Sometimes even simple obvious advice can be of great assistance to a disorientated rower who has just capsized.

## 2.20 Weil's Disease

All members should be aware of the risks of Weil's disease. A copy of the warning received from the Amateur Rowing Association is included in Annex B.

## 2.21 In the Event of an Incident

In the event of an incident, a representative of the crew must log it in the Incident Logbook.

There are two classes of incident:

- Recordable incidents are those involving a capsizes and/or minor damage to equipment and/or minor injury to a person.
- Reportable incidents are those where a serious injury has been sustained and/or major damage to equipment has occurred.

When a Reportable incident has occurred the Club Water Safety Advisor and Club Captain should be informed immediately or, in their absence, another committee member as soon as possible after the event.

The form must be returned to the Club Water Safety Advisor who will then discuss the incident with the Captain and the rest of the committee as is necessary.

All Reportable incidents shall be notified in writing to the relevant bodies including BR Regional Rowing Council Water Safety Advisor and BR Headquarters. This shall be carried out by the Captain and Club Water Safety Adviser.

A report of all incidents will be made to committee on a monthly basis. At the end of each year the Club Water Safety Advisor will be responsible for sending a summary of all recordable incidents to BR.

## **2.22 Breaches of the Safety Plan or the Water Safety Code.**

All breaches in the Safety Plan or the BR Water Safety Code shall be reported to the Club Water Safety Advisor or the Captain. Members will first be warned that they have breached club safety rules; if the member continues to ignore the safety rules listed in this plan then the committee will terminate the membership of the club member.

Where damage has resulted from a failure to adhere to the safety plan, the member(s) may be asked to contribute to the cost of the damages.

## **2.23 Safety Audit**

Each year a Safety Audit will be undertaken by the Club Water Safety Advisor to ensure that the club is meeting its requirements as set out in the BR Water Safety Code [1]. The results of this audit will be reported back to BR and to the Club Committee.

## **2.24 Safety Awareness**

**Safety is the responsibility of all members whether on or off the water. The Club expects members to be aware of the rules listed in the Safety Plan and to think about safety each time, before boating.**

## 3 Inexperienced Rowers.

### 3.1 Inexperienced Rowing

This part of the Safety Plan addresses the specific issues associated with Inexperienced Rowers who are just starting to learn how to row.

Inexperienced Rowers are defined as those members who have just begun to row or have been absent from the sport for a long time and whose standard has depreciated.

In addition to Part 1, inexperienced rowers must abide by the following guidelines.

### 3.2 Supervision of Inexperienced Rowing

Rowing by Inexperienced Rowers shall be undertaken in a supervised and controlled manner by a competent senior rower (ideally an IA, UKNCC Level 2 or higher, qualified coach) which follows a structured pre-determined training programme.

Normal coaching times for Inexperienced Rowers are:

Sunday 0930 to 1100 throughout the year unless otherwise stated.

One day each week between 6pm and 8pm to be set aside for Beginners. This time and day will be publicised at the beginning of the summer.

Rowing at other times is by arrangement with an IA, or higher, qualified coach.

### 3.3 Training of Beginners

Each new member or prospective member will attend an induction course. The induction course shall include the following issues:

- An introduction to the boathouse and the boats stored within.
- A description of the various boat parts and in particular the safety related equipment.
- An explanation of the rules governing the use of equipment in the club, times at which they can go out and in particular the requirement to seek the Captain's or Vice Captain's permission before using club equipment.
- The use of lifejackets.
- An explanation of the navigation and club rules governing the use of the river and pointing out, by way of a map, the location of hazardous areas of the river.
- The seasonal changes of the river and how the club reacts to such changes.
- What to do in the event of falling in.

Each new member shall be required to sign a declaration that they are a competent swimmer and that they can swim 100m in light clothing. In the case of Juniors this declaration must be signed by a parent or guardian of the Junior member.

Capsize drill will be undertaken in a swimming pool as soon as possible after a new member joins the Club. The drill will be rehearsed until the opportunity to undergo the pool drill is available.

Rowing and sculling outings will be based on a formalised training programme, see Appendix B.

Rowing outings will take place in coxed boats which are deemed suitable for inexperienced rowers.

Coxes will also undergo formal training.

While confidence on the water is being gained, for the first two outings or longer if the participant wishes, lifejackets may be worn by inexperienced rowers.

Inexperienced Rowers who go out unaccompanied must keep within the section of river described as the “Beginner Training Area” shown in the map in Appendix A, figure 2. Inexperienced rowers can only row beyond the training area if accompanied by a senior rower or coach.

### **3.4 Rowing Standards**

When the inexperienced rower has been coached sufficiently in all the disciplines listed in Appendix 2, a competent senior rower will carry out a practical test of their rowing skills. If the senior rower considers the crew or sculler to be competent in the basic fundamentals of rowing, then the crew will be allowed to row unaccompanied and outside the Beginner training area.

### **3.5 Coxing Standards**

Inexperienced coxes must be assessed by a senior rower before they are allowed to cox a crew unsupervised. Coxes with a high level of experience and competence will be classified as “Experienced” coxes by the Club Safety Adviser. Only Experienced coxes, with written permission from the Captain, are permitted to cox under Red conditions following a Risk Assessment as described in section 2.16.

## 4 Adaptive Rowers

### 4.1 Adaptive rowing

This part of the safety plan addresses the specific issues associated with people with disabilities that require specially designed or modified rowing equipment. As each type of disability will require an individual approach and capability assessment it is important that each adaptive rower, whether or not experienced, goes through an assessment process and risk assessment.

In addition to Part 1, adaptive rowers must abide by the following guidelines.

### 4.2 Supervision of Adaptive Rowers

Adaptive rowers will attend sessions where adequate support is available from at least one experienced rower supported by less experienced rowers and / or non-rowing volunteers. Ideally the experienced rowers will be IA, UKNCC Level 2 or higher qualified coach.

Normal coaching times for adaptive rowers are

- Friday 9am to 12 noon for adult adaptive rowers
- Saturday 10.30 to 11.30 for junior adaptive rowers.

Rowing at other times is by arrangement with a qualified coach.

### 4.3 Evaluation of adaptive rowers

Each new adaptive member or prospective member shall be required to sign a declaration that they are a competent swimmer and that they can swim 100m in light clothing. In the case of juniors this declaration must be signed by a parent or guardian of the junior member.

Each new adaptive member will be asked to disclose the full range of their disabilities and the medical implications of these. Where there is any doubt about the implications on their ability to row safely preliminary precautions may be required e.g.

- Use of a safety jacket where the disability may affect their swimming competency
- Restricted to rowing in a double scull with an experienced rower particularly where the disability involves sight or cognitive ability

Each new adaptive member will be evaluated first on an ergo to determine the type of adaptations that will be needed for him or her to row safely. Once this has been determined he/she will be given an induction session in an adaptive single that has been set up based on the ergo evaluation and is tethered by a coach or volunteer on the landing stage by means of a rope. The rower will be taken through a series of drills to;

- Experience the stability of the boat
- Row and back down with single sculls
- Turn the boat through 360 degrees in both clockwise and anti-clockwise directions
- Row the boat along the length of the landing stage

At the end of this session an experienced adaptive coach will decide whether the rower is capable of rowing without the leading rein.

All free, no-leading rein sessions, will be accompanied by a coach or volunteer on the towpath to assist with steering and a throw bag will be available for use in the event of a capsize or the rower getting into difficulties. Rowers who can demonstrate an ability to steer at an equivalent level to a non adaptive member may be allowed, with permission of the lead coach at an adaptive session, to progress without a volunteer on the bank. Under no circumstance will an adaptive rower be allowed to go out without bank support if outside an adaptive session.

Capsize drill will be undertaken in a swimming pool as soon as possible after a new adaptive member joins the club. The drill will be rehearsed until the pool drill is available. At each session the adaptive rowers must make sure that the boat is set up correctly and any straps securing them to the boat are fastened correctly to allow them to be undone in the event of an incident.

Each new adaptive rower will also be given an induction course normally as part of their evaluation to make sure that they are aware of the issues defined in the training of beginners, section 3.3

## River Wey – GRC reach

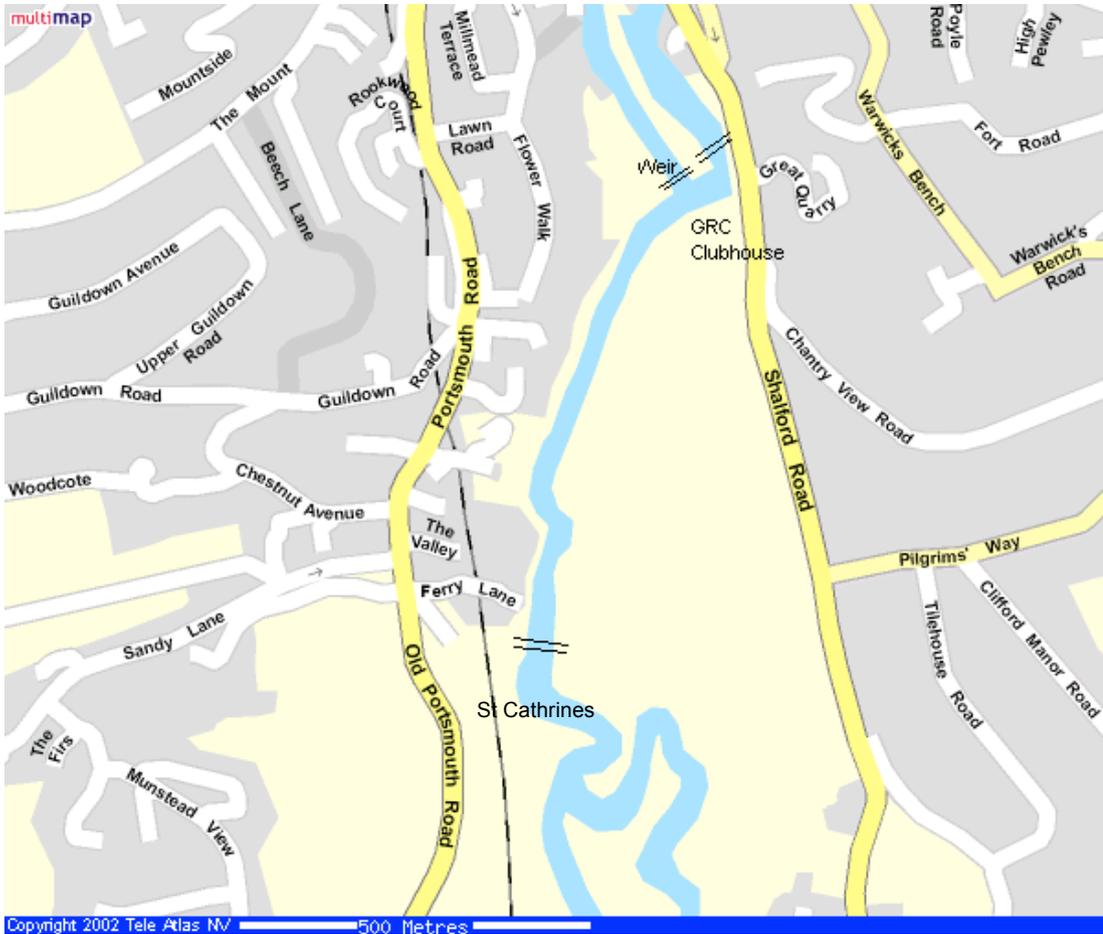


Figure 1 Map of the river showing local area.

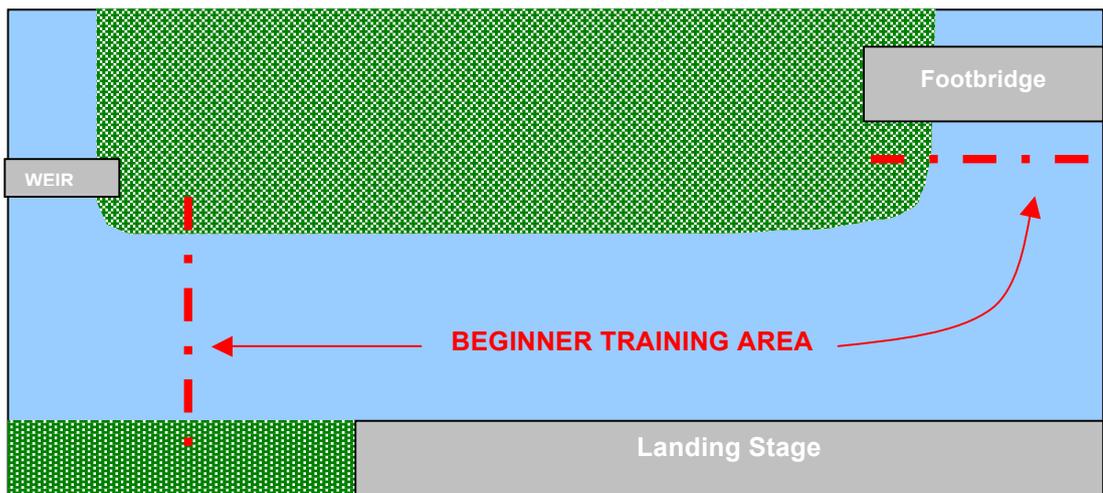


Figure 2 Beginner training area

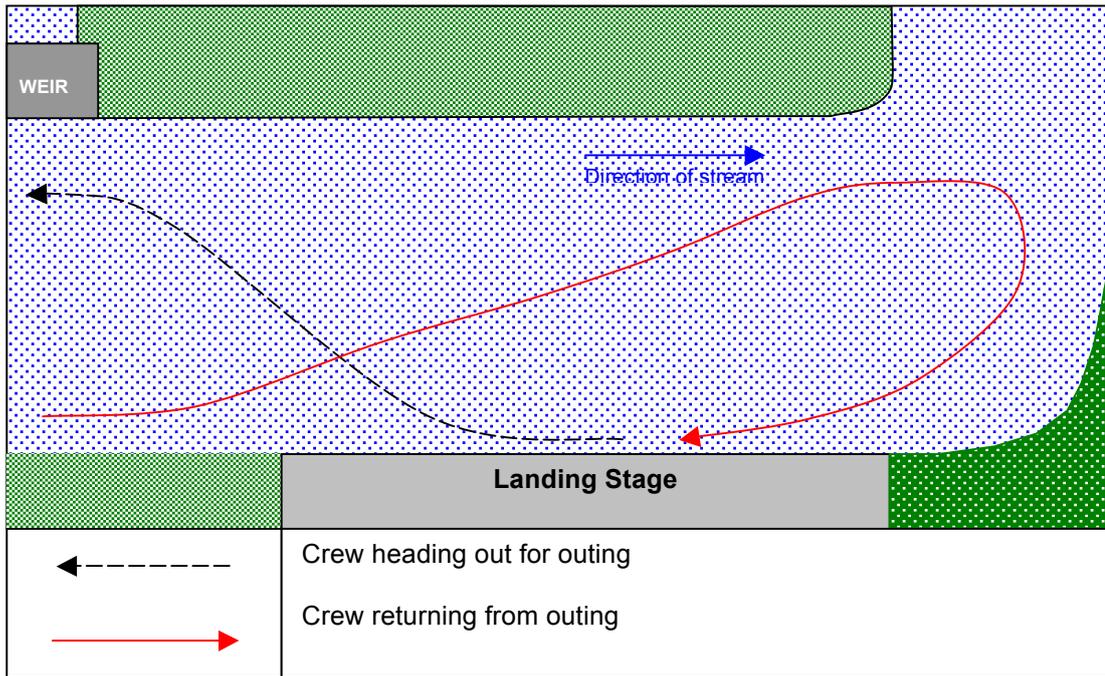


Figure 3 Landing stage boating pattern

## A Training Course for Inexperienced Rowers.

The following courses are designed to ensure that inexperienced rowers receive training sufficient to allow them to row safely without endangering themselves or other river users. Inexperienced rowers will have their training recorded on a log sheet and signed for by the instructor.

### **Introductory Course (2 - 3 hours)**

An introduction to the club covering a basic level of information regarding the following:

- The layout of the club
- Location of important safety related items
- A run through of the different types of boats rowed at the club
- The parts of the boat and blade
- General club rules
- Safety rules regarding health, swimming ability, navigation and falling in
- The basics of rowing technique, practising first on an ergo and then in a tethered boat

The course is concluded with a short supervised outing on the river.

### **Beginners Introductory Course “Go Rowing” (a minimum of 6 sessions)**

A course designed to teach the absolute beginner how to scull in a competent manner sufficient to allow him or her to scull safely on the river without being supervised. The course will use the club sculls or any other scull that the member has permission to row in. As well as reinforcing the elements of the Introductory Course, the Sculling Course will cover the following areas:

- The layout of the club
- Location of important safety related items
- A run through of the different types of boats rowed at the club
- The parts of the boat and blade
- General club rules
- Safety rules regarding health, swimming ability, navigation and falling in
- The basics of rowing technique, practising first on an ergo and then in a tethered boat
- Boat handling within the boathouse
- Confidence drills in the boat
- Manoeuvring skills
- Paddling technique
- Slidework
- Stopping the boat
- Landing

A full syllabus for the course is shown in table B-1.

### **Rowing Course (approximately 12 outings)**

A course designed to teach the inexperienced rower how to row in a competent manner sufficient to allow him or her to row safely on the river without being supervised. The course will use coxed four boats designated for novice rowing. As well as reinforcing the elements of the Introductory Course, the Rowing Course will cover the following areas:

- Boat handling within the boathouse
- Confidence drills in the boat
- Manoeuvring skills
- Paddling technique
- Slidework
- Stopping the boat
- Landing

The course will be concluded with a test where the instructor or other competent oarsperson will go out with the crew and assess the competence of all the above aspects for each oarsperson

**Coxing Course (approximately 12 outings)**

A course designed to teach an inexperienced cox how to safely handle, control, and steer a boat together with how to instruct the crew. The course will use the clinker tub and coxed fours and quads designated for novice rowing.

The course will take place alongside the Rowing Course mentioned above. As well as reinforcing the elements of the Introductory Course, the Coxing Course will cover the following areas:

- The safety responsibilities of the cox
- Coxing instructions
- Watermanship
- Steering
- Local conditions

The course will be concluded with a test where the instructor or other competent rower will go out with the cox and crew and assess the competence of all the above aspects.

## B Weils Disease.

### **What is it?**

Weil's disease is a bacterial infection carried in rat's urine that contaminates water and wet riverbanks. The bacteria do not survive for long in dry conditions. It can occur in any water, including swift streams and rivers. The likelihood of becoming infected is greater from stagnant or slow moving waterways.

### **How serious is it?**

It can be a serious illness requiring hospital treatment and can lead to kidney or liver failure. One in 19 cases are fatal. Weil's disease is a notifiable illness.

### **How do I catch it?**

The bacteria are absorbed through the skin and mucous membranes of the mouth and eyes. It gets into the bloodstream more easily if you have a minor cut on your skin or feet.

### **What should I do about it?**

If you fall ill with the symptoms after boating, particularly from 3 to 19 days following then see your Doctor immediately. The most common symptoms are; temperature, an influenza type illness, joint and muscle pains, (pains in the calf muscles are often particularly noticeable). Tell your doctor that you have been boating and where. Ask him if you can have a blood test for Weil's disease. Tell BR who will advise their medical panel.

### **In brief;**

- Wash and shower after boating.
- Cover any abrasions with a waterproof plaster.
- Use footwear to avoid cutting feet.
- If you have flu like symptoms after boating, go to your GP early and tell him/her that you are an oarsman/cox/coach.
- Advise BR.