

Green Templeton Boat Club



Safety document

Guidance provided by the GTBC Committee, to supplement the ARA water safety code.

In addition to the information provided on this document, all club members **MUST** be aware of the OURCs and ARA rules of the river. These can be found at the following websites:

1. <http://www.ourcs.org.uk> - Oxford University Rowing Clubs Homepage
2. <http://www.britishrowing.org> - British Rowing: The National Governing Body for Rowing

IT IS YOUR RESPONSIBILITY TO KNOW:-

1. How to look after yourself when exercising
2. What clothes are appropriate for rowing
3. How to check that a boat is safe to row
4. What to do if the boat capsizes
5. Where and when you are allowed to row
6. How to lift a boat properly
7. Small boat procedures

ALL COLLEGE MEMBERS MUST HAVE:-

1. Passed a University swim test.
2. Passed a University capsize drill if taking out small boats (2x, 2-, 1x).
3. Advised their captain of any medical condition which may affect their ability to row, cox or participate in training.
4. Read the OURCs rules of the river overleaf and abide by them at all times.
5. Appropriate clothing for rowing, i.e. T-shirts, shorts, leggings, shorts, waterproofs or lycra.

OUTING PROCEDURES:-

1. When you arrive you must assess the river and weather conditions and decide whether it is safe to boat.
2. Ultimate decision is made by the cox. Experienced captains or coaches should be consulted if in doubt.

3. Ensure that the outings book has recorded the outing and crew.
4. Check that you have the correct equipment and that it is not damaged or in quarantine.
5. If visibility is poor or if it will go dark during the outing, 2 white lights are required.
6. Ensure your coach and cox are suitably experienced for the current flag status and river conditions (see rules overleaf).

GETTING THE BOAT OUT AND IN:-

1. ALWAYS lift the boat with your legs while keeping your back straight.
2. Carefully follow the instructions of the cox or coach in charge of getting the boat out.
3. Make sure there are enough people to lift the boat comfortably.
4. Be aware of your and other boat's riggers and gates, making sure that they do not scratch or damage the equipment.
5. Be aware of puddles or ice that can form on the raft or area outside the boat bays.
6. Make sure that you strike out far enough from the raft that the rudder or fin is not bent.
7. Ensure that you use the correct blades and that they show no sign or damage or cracking.
8. Carry blades carefully, avoiding hitting other crew members or equipment.
9. Be gentle with our boats, we are extremely lucky to have such a modern undamaged fleet, make sure it stay's that way.

CHECKING THE BOAT IS SAFE:-

All rowers should know how to check that the boat is safe to row. You should check:

1. Heel restraints are tied so that the heels come no more than 2 inches from the footplate
2. The bow ball is securely fastened.
3. All nut and bolts are done up tightly (including top nuts).
4. There are no cracks or other signs of damage to the boat.
5. The steering system is functioning properly.
6. The cox should check that the boat is not in quarantine on the notice board in the club house.
7. If a piece of red material is tied around the boat then it is UNSAFE and MUST NOT be taken out.

OUTING RECOMMENDATIONS:-

1. Use bike lights when travelling to and from training when it is dark. It is illegal not to.
2. Always make sure you warm up and stretch properly before an outing.
3. Wear layers so that you are comfortably warm at all times during an outing.
4. Take a bottle of water with you to keep you hydrated at all times.

5. Warm down and stretch off during the coaches debrief. Put on your extra layers so that you do not get cold.
6. Have spare clothing which you can wear if you get very wet during an outing.
7. Avoid swallowing river water.
8. Treat cuts and blisters promptly, if you bleed on an oar handle it must be washed immediately after the outing

CAPSIZING:-

In the event of your boat capsizing you must follow this procedure:

1. Your feet will pull out from your shoes.
2. Stay holding on to the boat, it will always float.
3. Swim the boat to the nearest bank where you are able to climb out of the river pulling the boat along with you. Secure the boat.
4. Get to the boat house and get warm. Warm shower, towels, heating and dry clothes are available in the club rooms.
5. Inform your captain (telephone numbers overleaf). Drain, right and check the boat for damage. Return the boat to the boathouse.
6. Note any damage in the damage book in the boat bay.

Anyone wishing to practise a capsize may attend a capsize drill. Contact the Safety Advisor to arrange this.

USING SMALL BOATS:-

1. Anyone wishing to use a small boat (pair, double or single scull) must get permission from the president or a captain.
2. All outings must be logged in the outings book.
3. You must have passed a University Capsize Drill.
4. Be aware of OURCs rules regarding small boats.
5. Check the flag status and related rules.
6. Inexperienced users must be accompanied at all times by a bank rider with a throw line.
7. Make sure you understand how to steer your boat.
8. Be aware of your heading and traffic on the river.

FLOTATION DEVICES:-

Life Jackets:

Located in the clubroom.

Must be worn by all coxes.

Also available to anyone who feels they would like to wear one.

Orange Life Rings:

Located at regular intervals along the towpath.

Located in the boat bays.

Throw Lines:

Located in clubroom under the seating.

Must be taken by coaches who accompany small boats (2-, 2x, 1x).

BOAT HOUSE SECURITY:-

1. Always shut and lock all doors, shutters and gates behind you.
2. Secure all valuables and bags in changing rooms, not the boat bays.
3. Never give the erg room code to anyone.
4. Return boat house keys to the lodge immediately after you have finished with them.
5. Report any suspicious behaviour immediately to the lodge, the captains and the OU security services (telephone numbers overleaf).

BOAT HOUSE FIRE ALARM:-

1. If the alarm sounds evacuate everyone out of the boat house immediately. Check all college clubrooms, boat bays and the erg room.
2. Contact the lodge.
3. NEVER try to tackle a fire on your own.
4. If a false alarm, follow instructions in fire safety book, located at the control board at the rear of the eights boat bay.

FURTHER INFORMATION:-

If you have any further questions, require any more information or have any concerns regarding safety, please contact the GTBC Safety Advisor:

safety@gtbc.org.uk

OTHER USEFUL WEBSITES:-

FISA (World Rowing)

<http://www.worldrowing.com>

Richard Packer's Rowing Safety Advice

<http://www.rjpacker.org.uk>

Thames Regional Rowing Council Safety Information

<http://safety.thames-rrc.org>

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