



## Chester-Le-Street Amateur Rowing Club Adult Safety Procedures

Before commencing any water based session you **must** undertake/consider the following **primary requirements**:

1. Is each rower experienced / competent / suitable for the type of boats and the conditions?
2. Does each rower have the right clothing for the conditions?
3. Weather conditions eg. strength of wind.
4. Are they suffering from illness that might impact on their rowing?
5. Ensure that a safety check is undertaken for each boat and that the blades are not damaged.
6. Check river level and flow.
7. Any incident must be recorded on an Incident sheet located on the notice board at the back of the clubhouse.
8. Any boat suffering damage must be clearly signed as damaged and not used. The Boat House Manager **must** be informed of this.
9. A list of emergency contact details is displayed in the clubhouse.

For an Adult based timetabled club session you must consider all of the following in addition to the **Primary**:

1. The security of the boathouse, (all doors must be locked and the shutter must be down) when there is nobody present at the boat house.
2. If a coach is present and is coaching either from the bank or in the launch, then any number of rowers can take part in the session
3. If a coach is not present or not coaching, then the guidance for an individual session take precedence.
4. Any rower in a single should row in the company of another boat.

For an individual session (two or more competent adult(s)) you must consider all of the following in addition to the **Primary**:

1. If two or more singles are rowing, then another competent adult must be available on the bank side, either at landing steps or cycling along the riverbank, with the crews. These crews must row in proximity of each other, in case of a capsize or a rower getting into difficulty.
2. If 1 double is rowing, then another competent adult must be available on the bank side, either at landing steps or cycling along the riverbank, with the crew.
3. If 2 or more doubles are rowing, plus any additional single(s), another competent adult should be available on the bank side. These crews must row in proximity of each other, in case of a capsize or a rower getting into difficulty.
4. If 1 or more quad/fours plus additional double / single or combination of, another competent adult should be available on the bank side. These crews must row in proximity of each other, in case of a capsize or a rower getting into difficulty.
5. If 1 an eight plus any other additional boat(s), another competent adult should be available on the bank side. These crews must row in proximity of each other, in case of a capsize or a rower getting into difficulty.
6. The security of the boathouse, (all doors must be locked and the shutter must be down).