



# Thames RC – Club Safety and Procedures

## ALL active members of Thames must...

- Be able to swim 400m in rowing kit, or wear a lifejacket on the water at all times.
- Confirm in writing that they have read the Basic Safety Awareness documents.
- Know how to perform an emergency stop.
- Not use a boat without permission.
- Be aware of the responsibilities of their cox, steer and coach.
- Know what to do in the event of an accident, on or off the water.

## Lights for rowing boats

- White lights at both ends, visible through at least 180°.
- Must be attached to the boat, with a proper bracket, and not to the crew.
- Must carry a spare and a means of fixing it to the boat.
- Must be Safety Committee approved lights (not the tadpole style) from <http://www.bblrc.co.uk/lights/>
- Wear light or reflective clothing.

## Certification Levels for Coxes, Steers and Scullers

This is just a reminder. Please talk to any member of the Safety Committee for further details.

Level	Ability
0	Beginner
1	Basic
2	Competent
3	Advanced
4	Expert

Conditions		Coaching		
		1 to 1	Group	None
Conditions	Normal	0	1	2
	Difficult	1	2	3
	Dark or 2xDifficult	2	3	4
	Dark + Difficult	3	4	n/a

## All Coxes, Steers, Scullers and Coaches at Thames must...

- Be members of Thames.
- Be certified by the club Safety Committee.
- Only go out in conditions they are certified for, with appropriate supervision.
- Log all their outings out and in.
- Make sure their boats are properly lit.
- Make sure all safety equipment (bow ball, heel restraints, hatch covers, lifejacket, cox box, launch kit...) is in working order.
- Perform a risk assessment before every outing.

## If there is an Accident...

- If you fall out, stay with your boat. Get as much of your body out of the water as possible, and swim your boat to the bank.
- If your boat gets damaged, tell your coach, a member of the Safety Committee, and fill in the damage log at the top of the stairs.
- If you have or see an accident, or even a near miss, tell a member of the Safety Committee immediately. They will help you file the necessary reports.
- If you see an accident happen, offer what help you can, but do not put yourself at risk.
- Use the emergency numbers on the safety noticeboard to call for help. (Save the numbers in your phone now!)

## Emergency Stop – “Hold it Hard!”

- Slap the blade flat on the water at hands away.
- Carefully rotate the handle slightly towards you until the blade just enters the water.
- With the blade parallel to the surface of the water, raise your hands slowly until the water is half way up the loom.
- If you haven't stopped yet, keep rotating the handle towards you VERY SLOWLY until the blade is at 90° to the water.
- Keep control of the handle as it comes towards your chest.
- Back down if you need to.

## Seen someone misbehaving?

Crews or launches on the wrong side of the river?  
Coaches washing you down?  
Report them online at <http://incidentreporting.britisrowing.org>

**Remember to take your shoes off BEFORE putting your foot in the boat.**

## Risk Assessments

Before every outing, consider the risks that day. This is a list of some of the things you should think about, but is by no means exhaustive!

### The Water

- What are the conditions like? Is it windy, is it choppy, is it dark, is the stream running very fast, is the tide very high or very low?
- Is there ice on the hard, or fog so bad you can't see Fulham FC? If so, don't go out.

### The Crew and Coaches

- Is your coach and cox or steer certified to handle the conditions?
- Does your cox have a lifejacket and working cox box?
- Is everyone appropriately dressed?
- Is anyone sick or injured?

### The Equipment

- Do you have a bowball, all your heel restraints and all your hatch covers?
- Are your boat and blades in good condition?
- Do your boat and launch have appropriate lights?
- Does your launch have all its safety equipment (launch kit, bailer, paddle etc.), enough petrol, a kill cord and a lifejacket for the driver?

**IF IN DOUBT, DON'T GO OUT!**

## Sound Signals

Large cruisers will sometimes use sound signals to let you know what they're doing...

- I am steering right
- — I am steering left
- — — — — What the \*\*\*\*?

## Basic Tool Kit

- 10mm and 13mm spanners
- Adjustable spanner
- Flat head and cross head screwdrivers
- 5m tape measure
- Permanent marker pen
- Duct tape or electrical tape
- Spare nuts, washers and shoe laces

## These are specific to Thames, but please DO NOT...

- ...go downstream of Putney Bridge or upstream of Kew Rail Bridge at night.
- ...do starts or pieces inside the line of moored boats at Putney.
- ...leave damage unreported. It can't be fixed if no-one knows about it!
- ...use parcel tape to tape riggers together. Use cling wrap, Thames tape, duct tape or electrical tape instead.
- ...steal parts off other boats. Go to the spares cupboards in the workshop to find what you need.
- ...leave one single sculler to lock up the whole boathouse and put all the launches away.
- ...use equipment that is not allocated to you without getting permission first.

## Launch Essentials

- At least one life buoy
- A paddle, in case of engine failure
- A bailing device
- A megaphone fitted with a klaxon device or similar device capable of making a warning signal, such as a whistle
- A green launch kit containing: thermal blankets, to cover anyone pulled from the water; a rope of at least 10 metres in length; and a sharp knife.
- A painter (and anchor if appropriate) of sufficient length and strength for the conditions and area
- Kill cord
- Enough petrol for the outing
- Lifejacket or buoyancy aid for the driver plus at least one spare, for anyone pulled from the water
- Proper (PLA compliant) lighting at night
- A driver certified by the Safety Committee!

## Safety Committee – Contact Details

Chris George	020 8874 2013	chrisgeorge@rowing.atics.co.uk
Caroline Smith	0773 646 9856	cs2thecox@hotmail.com
Dan Hickling	07714 749 978	dan.hickling@hotmail.co.uk

## Emergency Phone Numbers

Emergency services, including Lifeboat	999 or 112
Chiswick Lifeboat Station (non-emergency)	020 8995 5534
Charing Cross Hospital (Hammersmith)	020 8846 1234
St George's Hospital (Tooting)	020 8672 1255