



Thames RC – Basic Safety Awareness



ALL prospective members of Thames must first agree to...

- Be able to swim 400m in rowing kit, or wear a lifejacket on the water at all times.
- Read and sign the safety induction document before getting in a boat or on the erg.
- 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 incident, on or off the water.

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

- Be members of Thames.
- Be certificated by Safety Advisers.
- Only go out in conditions they are certificated 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 and during every outing.

Seen someone misbehaving?

Crews or launches on the wrong side of the river?
Coaches washing you down?
Report them asap to safety@thamesrc.co.uk

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

Lights for rowing boats

- White lights at both ends, front one flashing and visible through at least 180°.
- Must be attached to the boat, with a permanent bracket and not to the crew or rigger.
- Must carry a spare and a means of fixing it to the boat.
- Must be Safety Sub-Committee approved lights.
- Wear light or reflective clothing.

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 paddle your boat to the bank with your hands.
- If your boat gets damaged, record it in the signing in/out book, tell your coach, tell Jack Clark, and report it to the CRSA as soon as possible.
- If you have or see an incident, anything out of the normal that *could* pose a risk, email the CRSA and/ or tell a member of the Safety Sub-Committee *immediately*. They will help you prepare the necessary reports for THEM to forward to BR.
- 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!)

Certification Levels for Coxes, Steers and Scullers

This is just a reminder. Please talk to any member of the Safety Sub-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

Emergency Stop – “Hold it Hard!”

- Put the blade flat on the water at hands away - straight arms body upright.
- Carefully rotate the handle *slightly* (5°) towards you until the blade *just* enters the water.
- With the blade *parallel* to the surface of the water, raise your hands progressively 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 (backing position).
- Keep control of the handle as it comes towards your chest.

Risk Assessments

Before every outing, consider the risks that day. This is a list of *some* of the things you should think about, but it 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 certificated to handle the conditions?
- Does your cox have a lifejacket *with crotch strap* and working cox box?
- Is everyone appropriately dressed?
- Is anyone sick or injured?

The Equipment

- Do you have a bow ball, all heel restraints at 50-70mm and all hatch covers?
- Are your boat, buttons 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 for each person and a lifejacket *with crotch strap* for the driver?

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 ****?

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

...go downstream of Putney Bridge or upstream of Kew Rail Bridge at night.

...go downstream of Wandsworth Bridge without a pre-approved risk assessment.

...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.

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
- Bum bag with strap to fix to boat

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 for each person in the boat
- 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 certificated by the Safety Committee!

Club Rowing Safety Adviser – Contact Details

Clare Harvey 07771 525282 safety@thamesrc.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 3311 1234
St George's Hospital (Tooting) 020 8672 1255