

# **Strathclyde Park Rowing Club**



## **Safety Guidelines**

**Updated**

**January 2020**

Strathclyde Park Rowing Club adopts and fully endorses the advice given to clubs and rowers in the Scottish Rowing Water Safety Code, a copy of which is available from the Downloads page on the SR web site [www.scottish-rowing.org.uk](http://www.scottish-rowing.org.uk). In addition, members are expected to adhere to the following guidance which is relevant to our particular situation at Strathclyde Country Park.

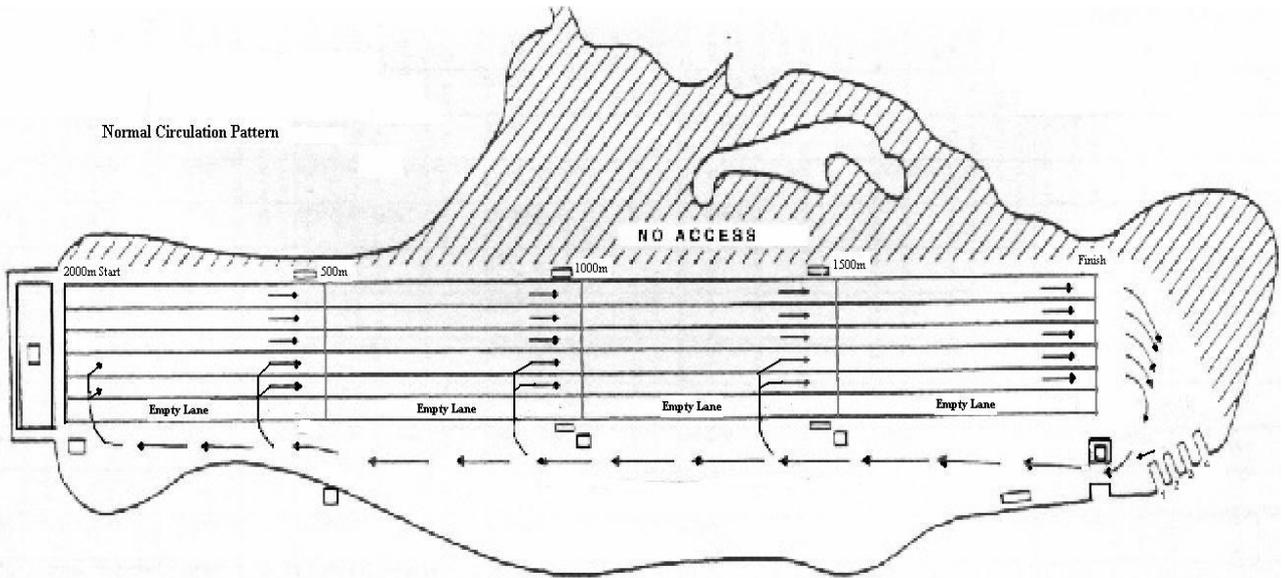
### **Common Sense should be applied at all times.**

1. **All rowers and scullers must be able to swim 50 m in light clothing. All should be prepared to demonstrate this at the request of the Captain or Vice-Captain.**
2.
  - a. The most senior committee member present has the sole responsibility for deciding whether it is safe for boats to be launched. For this purpose, the Captain, followed by the Vice-Captain, is the most senior committee member.
  - b. Juniors and Cadets may only boat if there is present a senior club member who has given them permission to do so, having taken into account weather and water conditions, the boat it is proposed to use and the ability of the young sculler or crew. The senior club member should withhold permission and tell the Junior(s) or Cadet(s) not to boat if there are any doubts about the safety of the young people.
  - c. A Junior (not a Cadet) who wishes to boat at times when there is no senior club member present must make a formal advance request to the Committee for authorisation. The Committee will advise the member's parent or guardian that such a request has been made and may only proceed to consider the request once parental consent is given. The Committee will consider the rowing ability and experience of the Junior and any other factor it thinks relevant. The Committee will advise the Junior of its decision and, where permission is given, access to the water will be subject to any conditions imposed by the Committee and permission may be varied or withdrawn at any time. **This procedure applies to private boat owners as well as to those using club boats.**
3.
  - a. All members must make sure that they are fully acquainted with, and at all times obey, the local rules of navigation specific to Strathclyde Park Loch (see Circulation Maps).
  - b. Rowers must check out at the Booking Office before boating for each outing.
  - c. Boats should be launched with their bows facing the Loch.
  - d. Before moving away from a pontoon, make sure that a rescue launch is manned.

4.
  - a. Adhere to the circulation pattern for rowing craft - including action to avoid any obstacles which are present - see maps.
  - b. Boats heading away from the Watersports Centre towards the body of the Loch must pass under the bridge between the Hamilton shore and the timing tower.
  - c. Before moving onto the rowing course, always look both ways (stopping if necessary) and give way to oncoming craft.
  - d. At busy times, all pieces of work being done off the course, heading towards the 2000m start, by crews or scullers must terminate at the 500m mark, dropping to one quarter pressure unless the crew is being accompanied and guided by a coach in a launch/cat or on the bank.
  - e. All crews and scullers must drop to light pressure once they draw level with the red lane buoys at the top of the course.
  - f. **Use of the course lane nearest the motorway should be avoided.**
  - g. Wide turns onto the course to facilitate long, continuous pieces of work must be undertaken near the 250m marker buoy, or earlier, and only after **careful** assessment of the on-course situation.
  - h. Wide turns off the course for similar reasons require an equal amount of care.
5.
  - a. In coxless boats, the bowman is responsible for acting as lookout no matter who is steering the boat.
  - b. All coxswains must learn and use the simple, standard commands for boat control both on and off the water. These commands must be used correctly, clearly and exclusively.
6.
  - a. Coaches must ensure that all members of the crews in their charge are aware of appropriate safety procedures.
  - b. Coaches should carry a rescue line or throw bag with them.
7.
  - a. Beginners must not use equipment without prior and adequate instruction and must not boat unsupervised.
  - b. Juniors and Cadets are not permitted to use shell single sculls until they have successfully completed a swim test. Adults who have not completed a swim test successfully are strongly recommended to wear a life jacket or buoyancy aid for initial outings in shell singles.
  - c. Juniors and Cadets who have not successfully completed a swim test may be allowed to use the training singles. The use of a life jacket or buoyancy aid is strongly recommended.

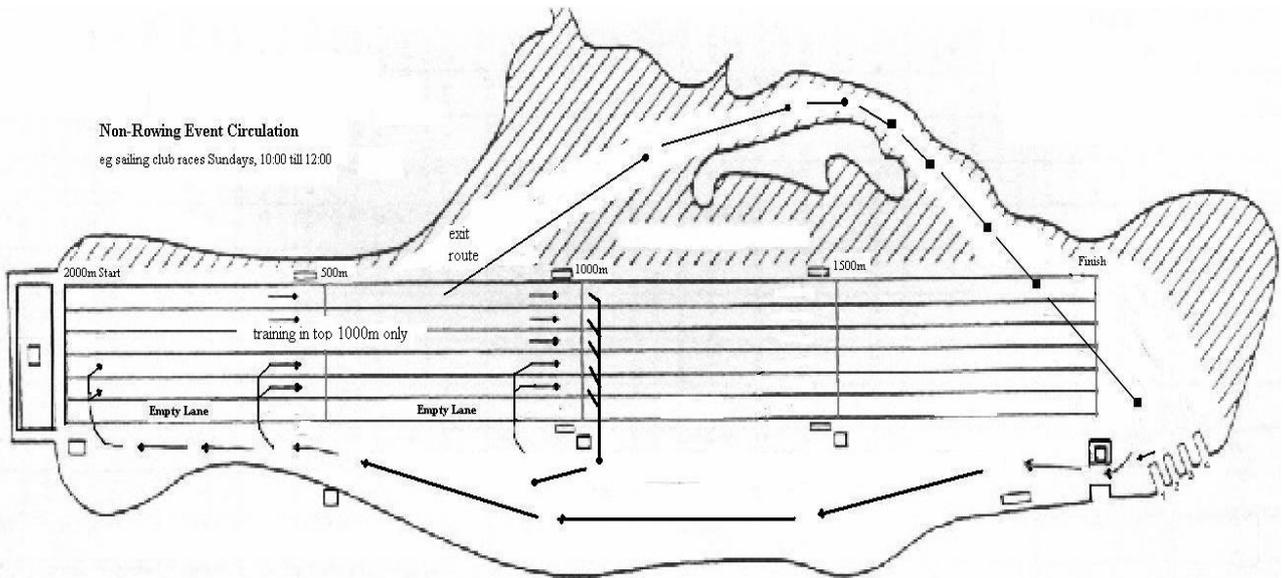
- d. **In the (unlikely) event of a fall into the water, stay with the boat - it cannot sink! Hang on to a rigger, or sit astride the upturned hull.**
8. If a change of position is required within a boat, this must only be done at a launching pontoon.
9. Safety equipment, **First Aid** and **emergency assistance** may be obtained from the East Wing boatshed stewards.
10. A telephone may be obtained at
- Reception in the Watersports Centre (01698 402060), or
  - the Scottish Rowing Centre, or
  - the East Wing boatshed public counter.
- For contact with the Emergency Services, dial **9 9 9** . Before dialling make sure you have ready
- the service which you require (police, fire, or ambulance),
  - the location of the incident,
  - details of the situation,
  - details of access.
11. The club's Safety Adviser is the **Captain, Alan Francis**.
- 12. All incidents which have the potential for damaging equipment or injuring athletes must be recorded on an Incident Report Form which should be handed to the Captain or Vice-Captain once completed.**
13. Finally, everyone must be constantly aware of the rights of others who use the Loch. Extend to them at all times the courtesy which you would hope to receive from them yourself.

Normal Circulation Pattern



Non-Rowing Event Circulation

eg sailing club races Sundays, 10:00 till 12:00



## Hazards at Strathclyde Park

### **In General**

Hazard	Means of Avoidance
1. Other boats	Look round frequently. Don't stop in narrow gaps. Shout clear warnings to crews which show signs of colliding with you.
2. Strong winds.	Keep well clear of leese side obstacles.
3. Rough water.	Row at a pace at which you can maintain safe control of your boat.
4. Algae in the water	Avoid the water. Keep your mouth and eyes closed if you fall in. Shower before you leave the Park.
5. Weed growth in sheltered margins.	Avoid.

### **On the Way to the Start**

Hazard	Means of Avoidance
6. The bridge	Look round and make sure of your steering line before beginning to row. Keep your starting speed low.
7. Large, orange, navigation buoys.	Study circulation map before boating. Look round frequently until you have passed all these buoys. Count the buoys and remember the number.
8. Level control weirs (3) along the SW shore.	Study the circulation map before boating. Stay away from the SW shore.
9. Large, white, cubic 250m course marker buoys.	Stay as far from the course as is consistent with 8 above.
10. Timing pontoons at 1000m and 1500m from the 2000m start plus the Aligner's island at the start.	ditto
11. Narrow section between 500m and 250m from the 2000m start, including a weir and the 2 marker buoys.	No stopping in this section. No faster than one quarter pressure.
12 'Repair' pontoon on SW shore.	Stay away from the SW shore.
13. Boats assembling in the top 100m.	Paddle light and look round.

**On the Course**

During Racing there should be no hazard ahead of your boat on the course. If a problem arises, the umpire following your race will direct you.

**During Practice**

Hazard	Means of Avoidance
14. There may be stationary or slower boats in the lane ahead of you, or crossing your lane. There may even be non-rowers in sailing boats or canoes or kayaks using the loch	Look round regularly and take avoiding action –including slowing down and/or changing lane if necessary. If yours is the stationary or slow boat give a clear warning shout to any boat bearing down on you.
15. At the end of the course there are 2 rows of medium-sized buoys marking the anchorage points of the lane guide wires.	Avoid them. Slow down

**Approaching the pontoons**

Hazard	Means of Avoidance
16. Other boats manoeuvring.	Use only the pontoons allocated for disembarking. Look round. Move slowly.
17. Strong winds	Approach on windward side of pontoon slowly– allow wind to help but allow plenty of space so wind does not push boat onto pontoon too fast leading to potential damage.
18. Excess speed	Look round, Move slowly