

Strathclyde Park Rowing Club



Circulation Guidelines

Updated

February

2023

Common Sense should be applied at all times.

- **Never assume that you have priority – priority is given, not taken.**
- **Never assume that you have right of way over another craft.**
- **Clear, early communication can prevent confusion and collisions.**

All water-users 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.

1. Navigation

- 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.
- e. In coxless boats, the bowman is responsible for acting as lookout no matter who is steering the boat.
- f. 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.
- g. Coaches must ensure that all members of the crews in their charge are aware of appropriate safety procedures.
- h. Coaches on the water must carry a rescue line or throw bag with them.
- i. Adhere to the circulation pattern for rowing craft - including action to avoid any obstacles which are present - see maps.
- j. Crews must be aware of any other water users in their immediate vicinity, especially at the launch/finish area and the start area – refer to the maps. Do not assume that you have priority or 'right of way'. Be prepared to communicate with crews around you to check their intentions and to make your intentions clear.

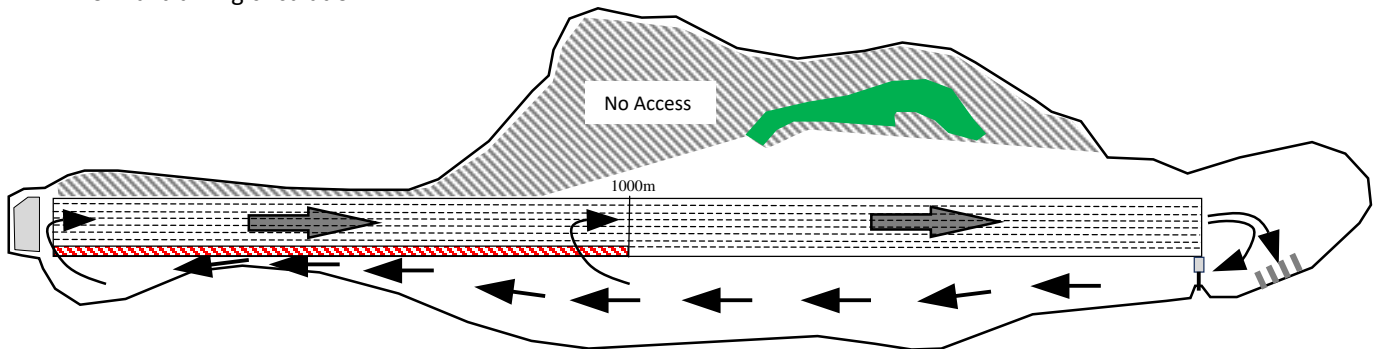
- k. Boats heading away from the Watersports Centre towards the body of the Loch must pass under the bridge between the shore and the timing tower.
- l. Immediately on leaving the pontoon, row quickly through the bridge and continue rowing until you have passed the distant end of the presentation pontoons. Do not stop in the area near the bridge.
- m. When rowing towards the Start, keep well away from the lanes. Be aware of the position of obstacles, such as the large circulation buoys the timing pontoons and the water outflows.
- n. Take extra care approaching the 'pinch point' at the water outflow near the 500m marker. Be prepared to communicate with crews around you to check their intentions and to make your intentions clear.
- o. 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.
- p. 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.
- q. Do any preparatory activities such as taking a drink, removing clothing layers etc. before moving onto the rowing course. Always look around (stopping if necessary), communicate with other craft in the vicinity and be prepared to give way to oncoming craft.
- r. Once in the lanes, be prepared to move off smartly. Do not 'lane hog', especially at busy times. When moving off, be aware of potentially slower crews who may be ahead of you in the lane, and also of faster crews who may be behind you.
- s. Use of the course lane nearest the motorway (Lane 8) should be avoided between the start and the 1000m mark. This is to provide a safety buffer at the pinch point, between crews on the course and those heading towards the start.
- t. Once the crew has crossed the finish line, they must continue in their lane until they have passed the second line of large orange buoys before they attempt to turn towards the pontoons or to go through the bridge.
- u. Care must be taken when manoeuvring in the area between the finish line, pontoons and bridge, as there may be boats turning to return through the bridge toward the start and boats crossing toward the pontoon at the end of their outing. Again, be prepared to communicate with crews around you to check their intentions and to make your intentions clear.

2. Sailing craft and Strathclyde Park Sailing Club

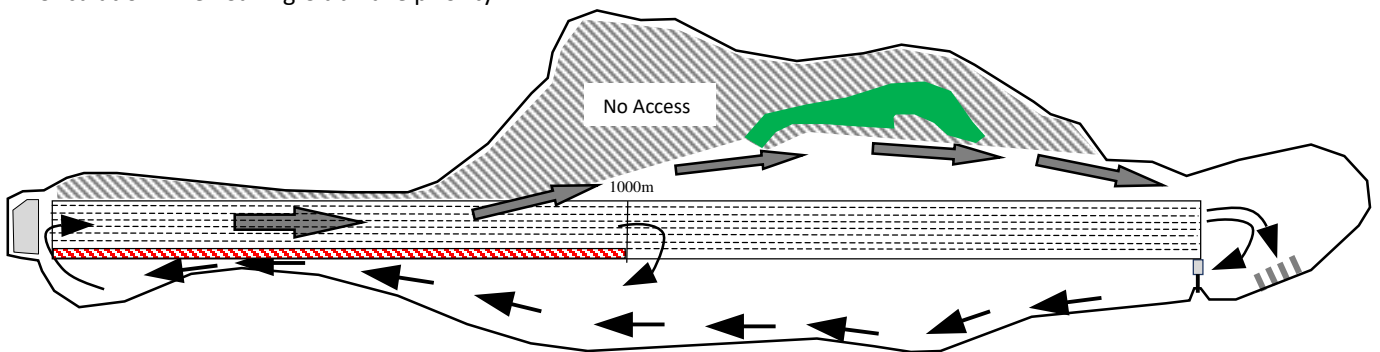
- a. Extra care must be taken at times when there are sailing craft on the water. At specific times, Strathclyde Park Sailing Club have priority on the water. This is generally late Sunday mornings (usually from 9:45 onwards). During this time, the sailing club will normally restrict itself to the 'bottom' half of the loch, i.e. from the 1000m mark to the finish line, however keep a look out and be aware of their position.
- b. Sailing boats are generally less manoeuvrable than rowing boats, therefore be prepared to change course or stop to avoid a collision. Again, clear communication between water-users can help to reduce risks.
- c. Crews on the water continuing training should turn off the course at the 1000m mark, turning toward the motorway side of the loch to proceed back to the start.
- d. Crews finishing a session and returning to the pontoons should move off the course prior to the 1000m mark, turning towards the Motherwell side of the loch. These crews should row down keeping near to the island but must not go behind the island – see maps. Care must be taken to keep clear of the sailing boats and stop rowing if necessary. During these designated times (see above) the sailing boats have priority.

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Normal training circulation



Circulation when Sailing Club have priority



Between the 1000m point and the start, Lane 8 is to be considered as a 'buffer' lane to improve safety round the pinch-point. Do not use Lane 8 until after the 1000m mark.

Under normal training conditions, turn onto the course only at the 2000m Start or at the 1000m point.

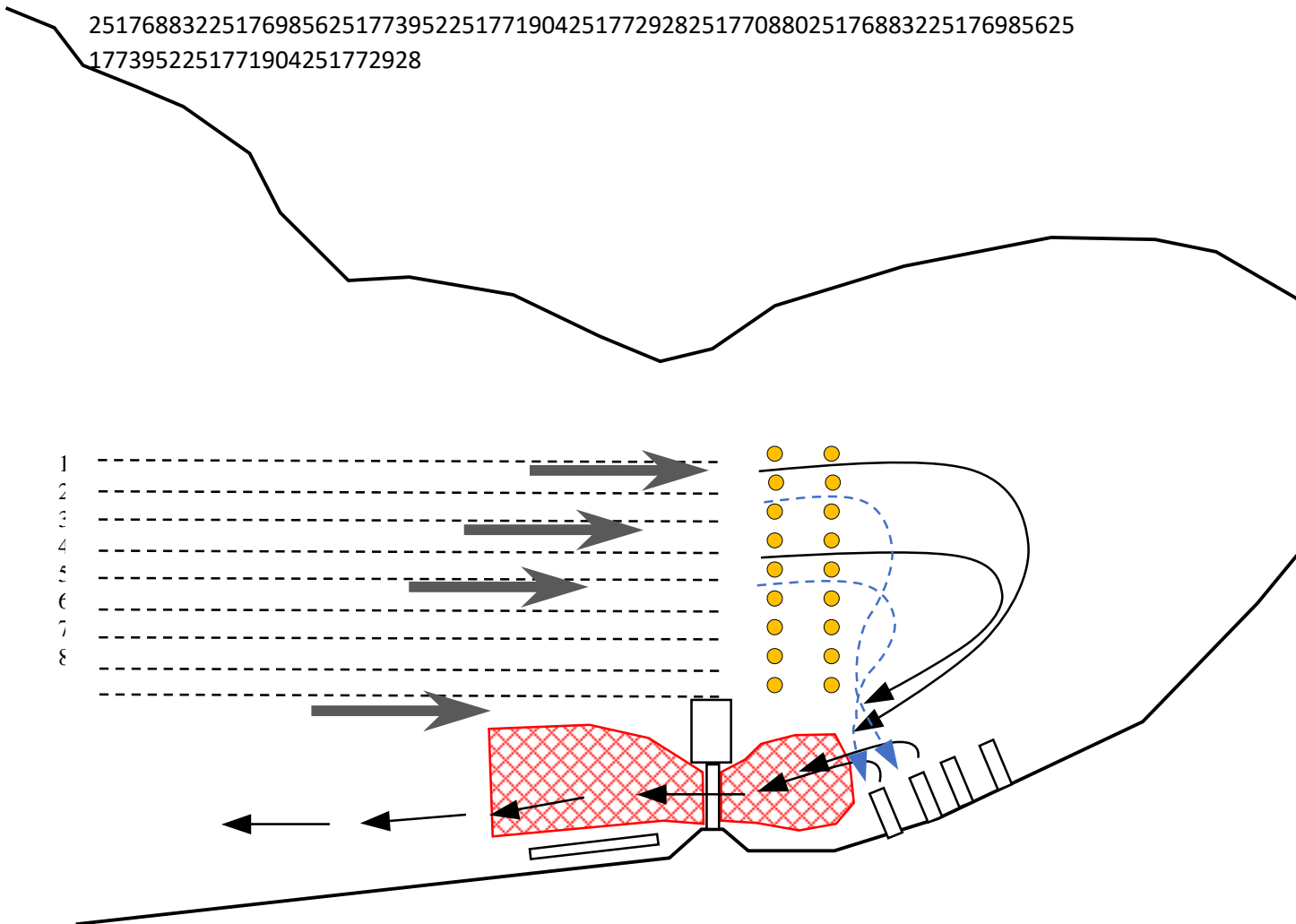
When turning onto the course at the 1000m point, priority must be given to crews already in the lanes coming from the 2000m Start.

If circumstances (e.g. equipment failure, illness etc) force you to turn onto the course at any other part the loch, take extreme caution, and again, give priority to crews already on the course.

Circulation

Finish and Pontoon area

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All rowing boats heading towards the Start must pass under the Finish Tower bridge.

DO NOT STOP in the area near the bridge. After passing under the bridge, keep moving until the boat is clear of the end of the Presentation pontoon.

Boats coming down the course must stay in lane until they cross the Finish line. They must then continue in a straight line until they have passed the second row of large orange buoys.

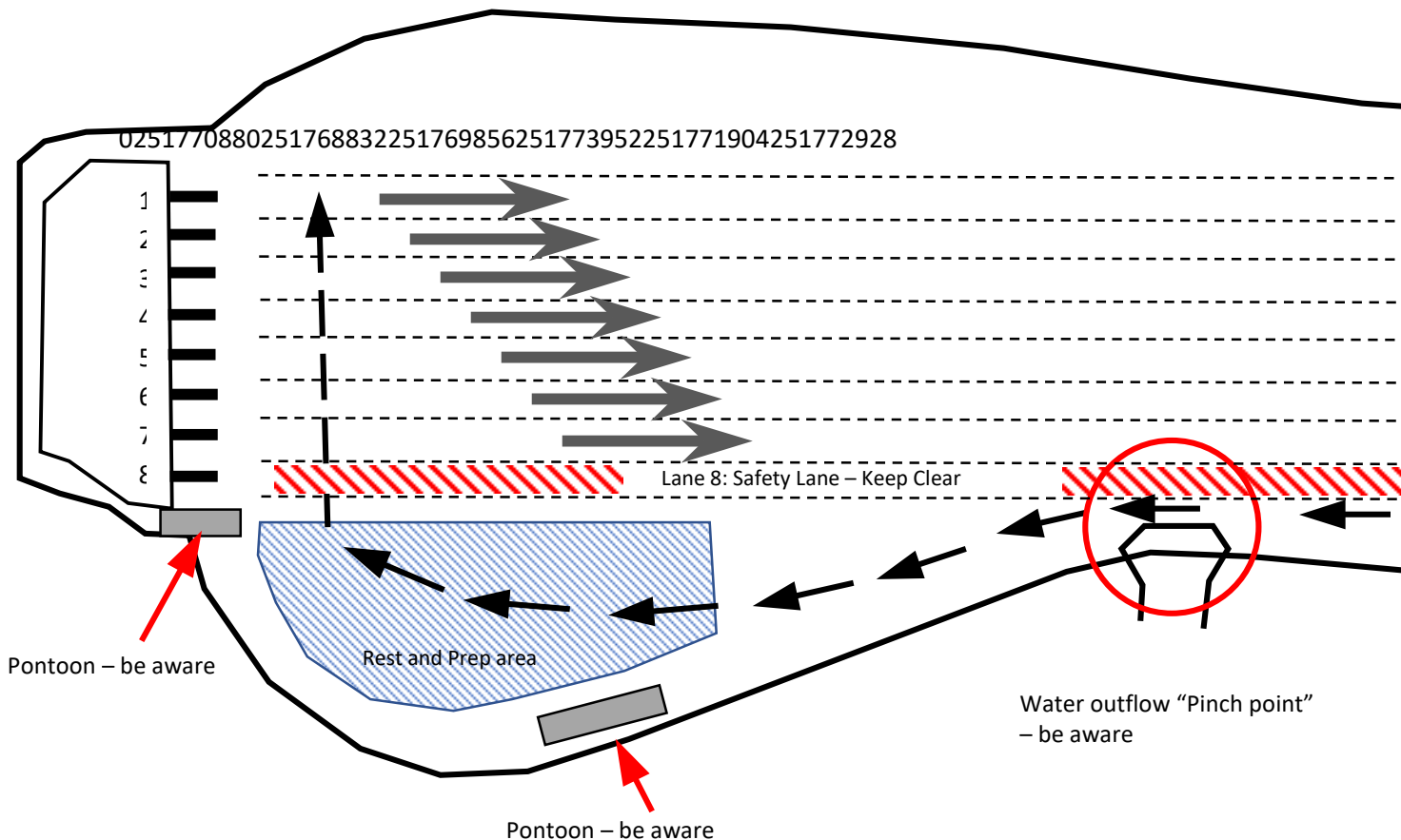
Boats returning to the start area must turn and pass under the bridge.

All boats in the area between the Finish line and the pontoons/bridge must keep a look out for other boats. This area can get very congested. No crew has automatic 'right of way'. Communicate your intentions to other crews to reduce the risk of collision.

Circulation

Start area

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Take care at the 'pinch point' at the water outflow. Look around in advance for any boats which may be approaching you or are just ahead of you. If necessary, adjust your speed to reduce the risk of collision. Shout to these other boats to alert them of your presence and to agree priority if required.

Do any preparatory work (such as removing outer layers, adjusting feet position, etc) in the bay area, keeping watch for any other crews.

Move across the lanes promptly and align the boat with the lanes as quickly as possible.

Beware of other boat who may be waiting in the lanes. Take care if crossing in front of them - they may set off unexpectedly. Again, good communication will reduce risk.

Try not to wait in the lanes . Get all of you preparation done in advance so that you can set off quickly once you are in the lane.