

Capsize Drill Policy

The club will organise two wet capsize courses every year. One course will be held in the Autumn and the other in spring. Dates of these courses will be published via the club Bulletin and a notice on the club safety board.

Juniors

All juniors within one month of joining the club or at the end of their taster sessions will be required, to attend a land based capsize training session supervised by either their coach, the club water safety advisor or the junior co-ordinator and undertake the next wet capsize training. Juniors failing to attend this wet capsize session will have to wear a buoyancy aid and will not be allowed to train in singles (or in unfavourable weather or river conditions) until they have completed the next available course. Unless there are exceptional circumstances, failure to attend this second opportunity to complete the training will result in them being suspended from all water based activities.

Exceptions to this rule can be made for those training in the participation group or for KES term time only members. These members will not be using small boats, and will have limited water time. Although the wet capsize training will be offered to these two groups it will not be compulsory. The land based training **will** be compulsory and will be given within the first month of their membership and repeated each year.

New Adult Members

Adult members wishing to join the club following successful completion of one of the clubs learn to row courses will be required to attend a land based capsize training session supervised by either their coach, the club water safety advisor or their captain before an application for club membership can be accepted and undertake the next wet capsize training. Members failing to attend this wet capsize session will have to wear a buoyancy aid and will not be allowed to train in singles (or in unfavourable weather or river conditions) until they have completed the next available course. Unless there are exceptional circumstances, failure to attend this second opportunity to complete the training will result in them being suspended from all water based activities.

New adult members applying to join the club, who already have some rowing experience, will also be subject to the above rules unless they can prove that they have successfully completed wet capsize training in the past. They will be required to sign the appropriate section of their membership application form to substantiate this.

Adaptive Rowers

Adaptive members wishing to join the club following successful completion of one of the clubs learn to row courses will be required to attend a land based capsize training session supervised by either their coach, the club water safety advisor or their captain before an application for club membership can be accepted and undertake the next wet capsize training. Members failing to attend this wet capsize session will have to wear a buoyancy aid and will not be allowed to train in singles (or in unfavourable weather or river conditions) until they have completed the next available course. Unless there are exceptional circumstances, failure to attend this second opportunity to complete the training will result in them being suspended from all water based activities.

Athletes with some disabilities will always require a PFD when on the water. Athletes with certain disabilities may be required to complete a drill prior to any water session to determine if it is feasible and what safety arrangements will be required. The water safety adviser and adaptive coach shall discuss each case and agree the policy for that individual.

Existing SUABC Members

Existing members for whom there is no record of them completing a wet capsize training session are strongly advised to do so at the earliest opportunity. These members will only be allowed to continue to row at the club if they sign a declaration to confirm that they:

1. Are competent in the instance of a capsize and decline to undertake a water based capsize drill.
2. Have watched the capsize video, a link to which is provided in the members area of the SUABC website.

Repeat Testing

The wet capsize training sessions organised by the club will remain open to **all** members and repeating the drill on a regular basis will be encouraged. The club reserves the right to insist on members repeating the training if it feels this is necessary based on any safety concerns.