

Seniors, if you are rowing at off-peak times please;

ASSESS THE RISKS OF YOUR OUTING

(things to consider)

1. Weather - Are the conditions suitable for boating?
How strong is the wind?
How good is the visibility?
Do you need to wear a hi-vis item of clothing?
2. River conditions - Is the water high?
Is it fast flowing?
Is it suitable for upstream rowing?
Do you need to turn early before the weir?
Is there any debris in the water?
If its cold check the temperature of the water and follow the cold water rowing guidelines
3. Type of Boat - large boats are more stable
4. Clothing, are you dressed appropriately for the outing, remember coxes will need plenty of warm clothes in cold weather
5. Can you swim? Have you done a capsize drill? Should you be wearing a PFD?
6. Is the river busy? Are there a lot of tourists on the river?
7. Remember the Clopton bridge is harder to come back through with the current than it is to go through against the current
8. All crews going upstream should carry a mobile phone in a waterproof case/container and have a person they can contact in case of emergency who would be able to come to their aid.
9. Human Factor - Know your own ability and be realistic
Be mindful of the ability of others in the outing
Respect each others views on the outing just because you did it last time doesn't mean they/you feel OK to do it today
10. In the event of a capsize consider how you and your boat will make it safely back to the club house and the time you have before cold water shock will set in.