



## **Introduction.**

In common with other sports, the Amateur Rowing Association published its safety code and guidance notes during 1994. The code became mandatory on 1st January 1995. The Club adheres to the code, we received Clubmark in 2007.

The Club does the following

1. Appointed a Club Water Safety Advisor. (CWSA)
2. Providing first aid boxes, launch safety equipment and Buoyancy aids.
3. Providing insurance for Club equipment. The Club does not provide personal accident insurance but recommends that members arrange suitable cover. Membership of the ARA includes limited personal accident and third party liability cover.

Every Club Member must assist in improving safety practice by adhering to these safety instructions.

## **You must**

1. Be able to swim 100 Mts. in light clothing.
2. Be in good health and wear suitable clothing.
3. Wear buoyancy aid for coxing, coaching and launch driving.
4. Know the local navigation rules. (See back page for map).
5. Record any accident in log provided. (Kept to left of Telephone).
6. Learn the rudiments of life saving and resuscitation.
7. If coaching, be aware of overall responsibility for the crew.
8. Record the outing on the board provided.

## **You must not**

1. Go out in dangerous river / weather conditions whether in Club boats or other boats housed at the Club when RED flag is flying. Experienced crew and coxes can boat when YELLOW flag is flying. If in the slightest doubt phone Teddington Lock.
2. Use defective equipment, pay attention to bow ball, heel restraints, bungs or corks, steering equipment, rudder. Report any defects to your coach or to Club Captain.
3. Go out without lights after dark.
4. Row / scull without leaving a record (see 8 above).

## **Launch drivers.**

All launch drivers must attend an induction on the Safety Aspects of launch driving before being allowed to use Club launches. A register of qualified drivers will be kept by the Safety Advisor.

## Safety Notes

Coxes, Launch Drivers, Coaches, Umpires must wear buoyancy aids properly zipped up, with waist belt fixed.

Coaching launches are issued with:

- First aid kit
- Hypothermia blanket (space blanket)
- Fire extinguisher
- Paddle
- Throw Bag
- Sharp knife (in first aid kit)
- Whistle
- Anchor

Launch drivers must make sure that this equipment is in the launch before boating and that all passengers are wearing buoyancy aids.

Read the Port of London Authority's **Notice to Mariners** and the ARA Water Safety Code posted in the Clubhouse

When it is dark carry white lights at the bow and stern of rowing and sculling boats and a white light in launches.

Fluorescent jackets are available for Bow and Cox.

If sculling wear light coloured clothing.

If the boat capsizes stay with it and try to get to the side while holding onto the boat.

The Club has a large First Aid Kit to the left of the telephone with spare space blankets.

Plasters for minor injuries are available in green dispenser to Left of telephone.

Emergency telephone numbers available on the board to right of telephone in clubhouse. Alternative payphone on Twickenham Embankment near footbridge

Any missing safety items must be reported to Safety Advisor.

There is a video on water safety by the PLA behind the bar.

### **TRAINING EQUIPMENT LAND BASED**

You must only use Club Equipment i.e. ERGO's Weights if you are competent to use them.

Juniors must use equipment only under supervision.

### **TOWING BOAT TRAILORS.**

Only drivers experienced in towing trailers with long loads should undertake this. The insurance of the towing vehicle must permit towing, and any special requirements must be complied with.

The driver should be conversant with, and comply with, the ARA's "The Towing Of Boat Trailors" and "Drivers Handbook".