

# THE RULES

## On Water Training:-

ALL CREWS MUST FILL IN THE LOG BOOK BEFORE AND AFTER EVERY SESSION

### *Accompanied Crews*

A Maximum of Three Rowing boats to be accompanied by one coach (safety) Boat.

A Maximum of 16 Rowers per safety Boat.

Learn to Row Crews – Ratio is 1 crew: 1 coach boat

Novice crews 3:1 coxed 2: 1 coxless

**ALL CREWS MUST REMAIN WITHIN HAILING DISTANCE OF COACHING BOAT AT ALL TIMES**

If Rowing inside the Yellow 5knot buoys – 1 crew: 1 safety Boat (due to high risk with other water users)

Unless swapping people in and out of boats on the beach in which case extreme care is necessary

### *Unaccompanied Crews*

Unaccompanied crews must have Club captain or Safety Officers Permission EVERY time they go out.

No Unaccompanied Crews inside the 5knt yellow buoys in Oriental Bay.

1x, 2x, 2-, 2+ The whole crew must have completed a capsized drill (witnessed by Club Captain/Safety Officer)

4-, 4x-, 4+, 4x+, 8+ Half the crew must have completed a capsized drill (witnessed Club Captain/Safety Officer)

For every person in the crew there must be a standard approved PFD in the boat.

To be unaccompanied crews must have rowed 3 seasons

## *HARBOUR RULES*

Keep Right on all areas of the Harbour unless collision is apparent – then take evasive action and fill in an incident report once back at the sheds.

Sailing Boats and Swimmers have right of way- so rowers must watch out and give way where necessary.

# THE CONSEQUENCES

## 1 WARNING GIVEN FOR:-

Not filling in the log book

Filling in the Log book after row completed

No Permission for Unaccompanied crews

Exceeding Maximum Numbers for Safety Boat

Coach Boat Missing Safety Equipment – Oars, Bailer, Petrol, Bailer, Cell Phone, First Aid Kit, PFD's, red curly cord

More than 3 people in Coach Boat

Blatant disregard for safety of self or others on or off water

## 3 WARNINGS GIVEN FOR:-

Crews obviously too far apart while training

Not Following Rotation pattern for Harbour

Crews inside the 5 knot Buoys either unaccompanied or more than one per safety Boat.

**If an incident occurs after receiving warning (1 or three depending on incident) then the Entire squad will be banned from training on the water for 1 week. Every further incident of either category will incur a subsequent week of off water training**

Warnings are reset three times a year –

September

December

April