

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