

Club Safety Rules



LRGC Safety Rules specify the behaviours that the club requires of its members.

EXPECTATIONS

Everyone is expected to:

- Take responsibility for their own safety and the safety of others affected by their activities and actions.
- Read, understand and abide by all the Safety Rules.
- Report all occurrences of disregard for the Safety Rules to the Club Safety Officer.

Club Officers (Committee members) are expected to:

- Produce Safety Rules for all its members, coaches and coxswains.
- Prominently publish and display Safety Rules to all its members.
- Modify the Safety Rules in light of incidents, Risk Assessments, Safety Alerts and developments in good practice.
- Actively promote a set of shared values and beliefs that make safe practice instinctive.

Coaches and coxswains are expected to:

- Educate and train their crews in understanding and following the club's Safety Rules and those of other clubs when training away.
- Lead by example.
- Report all occurrences of disregard for the Safety Rules to the Club Safety Officer.
- Encourage rowers to report incidents using the Incident Reporting System.

CLUB SAFETY RULES

- Coaches and coxswains should always conduct themselves in a way that does not compromise the safety of crews and other water users
- Coaches should compile a "coxswain's competence list" specifying the conditions (e.g. tidal/weather conditions and crew experience) under which inexperienced coxswains may go afloat unsupervised
- Coaches and coxswains should read and be conversant with Club Safety Plans
- Safety at sea equipment should be deployed in all club boats when going afloat
- Coaches and coxswains should be familiar with, and trained in, the use of all safety at sea equipment deployed in club boats
- All club members have primary responsibility for their own safety and the safety of others
- All club members should always act in a sportsman-like manner on and off the water
- All club members should familiarise themselves with, and comply with, the LRGC Code of Conduct
- All club members should familiarise themselves with, and comply with, LRGC Equal Opportunities Policy

Club Safety Rules



- All club members should familiarise themselves with, and comply with, LRGC Safeguarding Policy
- All club members should complete a medical declaration on joining the club and at any time that a pre-existing medical condition dictates
- New members should familiarise themselves with the information outlined in the **“new members induction and Seafit Gym information packs”** which can be viewed on the club web site
- **All club members should report boat/safety at sea and other equipment deficiencies and defects to the appropriate equipment support manager as soon as possible. Deficiencies and defects should be recorded on the appropriate fault registers.**
- Crews should be familiar with and trained in the use all safety at sea equipment deployed in club boats
- Crews attending regattas should always comply with CPGA racing and event rules
- Club members undertaking land training using club facilities (e.g. Seafit gym) should comply with the facility’s safety rules and with the guidance relating to the use of indoor rowing machines and gym facilities
- Club officials should read and be conversant with Club Safety Plans
- **Safety equipment should be checked at regular intervals with a evidential record of serviceability kept**
- Trolley steer persons should always wear “high-vis jackets” when moving boats to and from the slipway or other areas where the public have access
- Session crew lists should be made available to support club Safety Response Plans
- Coaches and coxswains should be familiar with, and comply with, Lyme Regis Marine Operations Plan and Harbour by-laws based on the local environment, the requirements of the local water authority and agreements with other water users
- Coaches and coxswains should liaise with the Harbour Master when assessing any local water activity that may affect session/event plans
- Coaches and coxswains should keep a good lookout and comply with the harbour circulation plan and navigation rules at all times when afloat
- Coaches and coxswains should always comply with the “rules of the road” (on the water) and avoid collisions at all times
- **Crew members must remove waders prior to the boat leaving the slipway after launching; waders must only be refitted on arrival of the boat at the slipway for recovery or crew change**
- **Dry Robes and Wellington boots should not be worn when rowing. They should be removed prior to the gig being launched.**
- **Coaches and coxswains should avoid launching and recovery through the muddy harbour during “spring” tide**

Club Safety Rules



- **Coaches and coxswains should exercise extreme caution and be mindful of tidal patterns and streams when manoeuvring through the harbour entrance during conditions of strong NE to SW winds**
- **Coaches and coxswains must at all times avoid operating over shelving ground close to the shore (e.g. Broad, Finger and Lucy's ledges)**
- **Coaches and coxswains must at all time understand the effect of tidal patterns, streams, wind directing and strength when planning their rowing sessions**
- **Coaches and coxswains should wear lifejackets at all times when afloat. Crotch straps, if fitted, must be connected to ensure the correct inflation of the lifejacket. Crews must wear a Personal Flotation Device (PFD) or lifejacket when afloat**
- Unless agreed or directed otherwise (e.g. club captains, local harbour authority, regatta control, event plan), coaches and coxswains should monitor Channel 16 when going afloat
- Coaches and coxswains should complete pre- and post-session boat (gig, skiff) checks before going afloat and on recovery
- Coaches and coxswains should be familiar with, and have practiced, casualty evacuation at sea
- **Coaches and coxswains attending regattas should always comply with CPGA racing and event rules including the wearing of lifejackets**
- Boats should not be taken to sea in poor visibility
- Boats should not be taken to sea when lightning warnings have been issued in the area of operation
- Suspension and resumption of rowing should follow the 30-30 rule: racing should stop when the flash-to-bang count is 30 seconds or less and should not resume until 30 minutes after the last lightning
- **Boats should not be taken afloat if the air temperature and/or the "feel like temperature" is zero degrees and below and/or freezing rain, hail or snow is present or forecast**
- Boats should not be moved on road/slipway surfaces covered by sleet, snow or ice.
- Pre-session warm ups of 5 minutes should be completed inshore before moving out to sea
- Post-session warm downs of 5 minutes should be completed inshore before crew change
- Coaches and coxswains should be familiar with, and comply with, the club's safeguarding policy relating to the training of junior members
- **Youth/junior/young rowers and non-swimmers must wear lifejackets at all times when afloat. If fitted, crotch straps must be connected to ensure the correct inflation of the lifejacket**
- **Skiff crews should always wear lifejackets/buoyancy aids when afloat. If fitted, crotch straps must be connected to ensure the correct inflation of the lifejacket**
- Only PB2 qualified members are allowed to take the LRGC rib afloat

Club Safety Rules



- Launch drivers should always use the “kill cord” when operating the LRGC rib
- **Rib crew should always wear life jackets/buoyancy aids. If fitted, crotch straps must always be connected to ensure the correct inflation of the lifejacket**
- Rib/safety boat drivers should always conduct pre- and post-rib checks before going afloat, mooring and on recovery ashore
- Rib/safety boat drivers should be familiar with, and have practiced, Man Overboard Procedure (MOB)
- Rib/safety boat drivers should be familiar with, and have practiced, casualty evacuation at sea
- Trailer towers should always complete pre- and post-trailer towing checks on trailers and load securing equipment
- Trailer towers should be familiar with, and comply with, Department of Transport trailer towing regulations