



For Information Only - This has been superseded by any Covid Policy documents

Health and Safety Health & safety is paramount - always do a risk assessment before you take a boat out. The cox, in consultation with the crew, should make the decision if you go out.

- The crew **must** abide by the cox's decision. If you are not confident about weather conditions then say so. There are always other days.
- Plan a course which will maximise your safety and considers the experience of the crew. Stay within the confines of the harbour unless it's safe outside and be prepared to turn back if conditions worsen.
- All boats must carry enough life jackets, rowers may choose not to wear one in calm conditions but must be prepared to wear them if rough. The cox is expected to always wear one, regardless of the conditions.
- Juniors **must** wear lifejackets (under 18).
- Carry the grab bag (with flares) which **must** be attached to the boat.
- A throw bag **must** be in the boat at all times.
- Carry a mobile (and radio at night). We recommend that if a single boat is going out then a radio is carried.
- Tell someone on shore you are going out and what time you expect to be back? Make sure that person does know you are back.
- Ensure that someone fills in the details of your trip in the outings ring binder (inside the foyer of YC) **before** you launch. Any incidents should be noted in the Incident section of the outings ring binder.
- Use the lights if you go out at night or expect it to become dark before you return.
- Wear comfortable clothing and footwear which you are willing to get wet. The cox must wear warm clothing as it can become very cold when sitting still in the boat.
- Make sure the painter is secured in the bow.

Equipment

PLEASE...

- Take care with the oars (£1600.00 per set) and rudders (£120 each). Handle them with care when putting in and out of the boats and back in the shed.
- When launching, take great care not to bash the front or side of the boat onto the concrete slip.
- On return to the slip, come in very slowly to protect the boat and oars from collision.
- When the boats are back on trailer/launch trolley, ensure all covers and straps are secure and that cross bars are put back onto trailer/trolley.
- The throw bag should be stored in the grab bag after rowing.
- Hang lifejackets back up to dry off.
- Remember to put the keys to the shed and YC back in the key safe.
- If you notice any damage to the boats, oars or any other equipment please e-mail the Club Secretary (fgjrcsec@gmail.com) and Chair (marthaowen110@gmail.com) with the details.

We are all rowers and love to share our knowledge and experience but we are not instructors! You will find that in your first season you will go out with experienced rowers who will teach you techniques and ways to improve. However, if you do want to arrange a coaching session please contact Yasmin (fgjrcsec@gmail.com) who will put you in touch with someone in the club who is an experienced coach. There are also rowing machines in the Yacht Club which can be booked through FitClub.me. to which you will be invited once you have had your induction. (updated Dec 2020)