



Health and Safety Health & safety is paramount – **someone** (usually the cox) **must always complete our online risk assessment before you take a boat out**. The RA link is on our website.

- The crew must abide by the cox's decision, who will make their decision in consultation with the crew. If you are not confident about weather conditions, then say so. There are always other days. We are all responsible for our own safety – if you don't feel safe, don't go out in a boat!
- 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 individuals must have flotation devices, seniors may choose not to wear one in calm conditions but must be prepared to wear them if rough or if they feel more comfortable with one on. The cox is expected to always wear one, regardless of the conditions.
- Juniors **must** wear appropriate flotation devices (under 18).
- Carry a Club 'grab bag' which **must** be attached to the boat.
- Carry a mobile (and radio, preferably, in the day but always at night). We recommend that if a single boat is going out then a radio is carried.
- Tell someone on shore that you are going out and what time you expect to be back. Make sure that person knows that you are back. Your expected route should be evident on the RA.
- Any incidents should be noted by sending an email of the details to our Health and Safety officer by following the link on our website which goes directly to our Safety Officer (Peter).
- Use the lights if you go out at night or expect it to become dark before you return.
- Wear suitably comfortable and lightweight clothing and footwear which you are willing to get wet. See advice from British Rowing on our website regarding suitable clothing for rowing. 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 (£800.00 each) and rudders (£120 each). Handle them with care when putting in and out of the boats and storing them.
- When launching, take great care not to bash the front or side of the boat onto the concrete slip.
- On returning 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.
- 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 responsible for the maintenance of the equipment that we all use.

We are all rowers and love to share our knowledge and experience, but most of us 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.site as per your welcome email.