

# SAFETY INSTRUCTIONS

1. All boats may be checked by a member of the Control Commission before being allowed to go afloat.
  - Please make sure before approaching the stages that all boats:
    - have an approved ball securely attached to the bow
    - have secure hatches/bungs for all buoyancy compartments
    - have no holes in the canvases
    - have secure heel restraints for all rowing/sculling shoes
    - meet the British Rowing Guide to Safe Rowing - RowSafe
  - All coxswains should be wearing an approved lifejacket or buoyancy aid.
  - Coxswains of front loading boats must wear a lifejacket which will not inflate or provide buoyancy until the wearer is clear of the boat.
  - All members of the crew must be adequately dressed for winter conditions.
  
2. Any crew, which does not comply with the above, will not be allowed to go afloat.

*Crews that are withdrawn on the day for this reason will be **NOT** be refunded.*
3. Please make sure that your boat and its coxswain are fit to go afloat before approaching the landing stages.
4. Coaches, please make sure that all your crews are competent to race on the day, i.e. can cope with the weather, water & racing conditions pertaining.

*Crews that are withdrawn on the day for this reason will be refunded by post*
5. The Safety Advisor, in consultation with the Chief Umpire or Chairman of the Race Committee and the Control Commission, reserves the right to deny permission to race to any crew which is, in his opinion, not competent to race and may be a hazard to itself and other competitors.

*Crews that are denied permission will be refunded by post less a small administration fee.*
6. In the short days of December, lack of light and exposure may pose a safety hazard so it is very important that races start on time and that competitors are not kept waiting long at the start.
7. Please get on the water in good time and do not hold up the races.
8. During the race the whole course will be within sight of a number of Umpires and Race Monitors who are in radio communication with safety launches. Should you be unfortunate enough to fall in or get into other difficulties, please make every effort to get your boat to the side whilst awaiting the arrival of a launch.
9. Remember that your boat will float even when capsized so **STAY WITH IT** and be prepared to shout warnings to oncoming crews.
10. The launch will tow you to the bank where you can get into it and be taken quickly to the boathouse.
11. All competitors must comply with the requests of the race monitors. Failure to do so could risk lives and may lead to disqualification.

*“All boats where ‘fitted shoes’ are employed, must have effective heel restraints. These must be properly adjusted and in working order. Likewise the foot release from any other type of fitment that may be used must be self-acting and not require the intervention of the athlete or a rescuer”*