

Individual Responsibilities

Everyone

- Dress appropriately for the weather conditions.
- See overleaf for more information.
- Drink water before, during and after an outing.
- Be responsible for your own medication (e.g. sun cream, plasters & tape).
- Have dry clothes to change into after an outing.

Coaches

Coaches must plan outings that are within the capabilities of their rowers and account of the weather conditions.

During an outing

- Carry a mobile phone programmed with all of the emergency phone numbers.
- Have easy access to space blankets and throw lines.

After an outing

- Ensure any boat damage is reported to the Equipment Officer.

Coxes/Steers

Prior to an outing

- Check that the Bow ball is securely attached.
- Check the steering lines/mechanism and rudder are working correctly.
- Ensure the boat is carried out safely and undamaged.

During an outing

- All coxes must wear a personal flotation device over their clothing and know how to use it.
- Coxes and steers are responsible for the safety of their crew and other water users.
- To boat out of LRC all coxes and steers must be able to demonstrate to the Club Captain that they are able to give clear voice commands, steer a straight course and be able to perform an emergency stop.

After an outing

- Assist with the boat cleaning.
- Ensure that the boat is returned to the boathouse safely and undamaged.

Rowers/Scullers

Prior to an outing

- Carry the boat to the water safely and without damaging it.
- Help carry the oars/sculls to the pontoon.
- Check your heel restraints are attached.
- Check the button on your oar is secure.
- Check your rigger and seat are working correctly.
- Close all hatches to buoyancy compartments.
- Ensure your gate is securely closed.
- When you number off you are confirming that all these check have been completed.

During an outing

- Respond to all calls from cox/steer immediately.

After an outing

- Help with the cleaning of the boat or return the oars/sculls to the boathouse.
- Disinfect your oar handle if a blister has burst during the outing.

Actions in the Event of a Capsize

Even in the summer the water temperature in the dock is low and so all members must act quickly so that those in the water are rescued as quickly as possible.

If you are in the water

- Stay calm and breathe deeply.
(The impact of cold shock can be dramatic and it is vitally important not to panic.)
- Stay with the boat at all times.
(Your ability to swim is greatly reduced in cold water. The boat can act as a life raft.)
- Do not try and climb out of the dock unless it is medically essential to do so.
(It is easier & safer to exit via the pontoon and you are more likely to get to a warm, dry place faster if you are towed. If you exit on the airport side the club is liable to be fined and excluded from the dock.)
- If possible attempt to right the boat
(This makes the recovery of the boat easier.)

- Arrange the oars parallel to the boat
- Place yourself along the length of the boat, reach over the hull of the boat and take hold of a rigger on the other side.
- Pull the rigger towards you whilst simultaneously standing on the rigger on your side of the boat.
- As the boat rights itself take care to avoid the oar in the gate by staying close to the hull.
- Get out of the water and on top of the boat as quickly as possible.

(Heat loss is greater in the water than out of it. It is easier to attract attention from this elevated position.)

- If you have a phone, raise the alarm.
- Either, try and paddle the boat towards the pontoon keeping as much of your body out of the water as possible (this is only practical if you are close to the pontoon) or wait to be towed back to the pontoon.
- Once you are out of the water, you must get warm and dry as quickly as possible.

If you see a Boat Capsize from the Dock Side

- Stop what you are doing.
- Assess the situation and raise the alarm.
- Either direct another nearby crew to help if it is able to do so or call the LRC to ask for a launch rescue.
- Ensure space blankets are ready at the pontoon.

If you see a boat capsize whilst afloat

- Stop what you are doing.
- Assess the situation and raise the alarm.
- Either go and assist or direct another nearby crew to help if it is in better position to do so or call the LRC to ask for a launch rescue.

Towing

- Only eights and senior fours are permitted to tow.
- Attach the tow rope to a substantial part of both boats. Do not use riggers.
- Tie the boats so that the bow and steer fully overlap in order to avoid potentially damaging "bumps".
- Avoid merely holding the boats together. This is very tiring and could result in injury or other complications.
- Whilst towing the cox/steer must not direct the crew to go "all eight/four".

Anybody who does not comply with these rules will need to demonstrate to the satisfaction of the Club Captain that they understand the rules before they are permitted to boat again.

Transgressions

All boats must comply with the circulation pattern set out by the LRC. This is covered in detail overleaf.

Circulation Pattern

- The 10000m mark is a moderate risk area. If the captain believes there is a moderate risk to the boat, it should be towed to the 15000m mark.
- The 15000m mark is a high risk area. If the captain believes there is a high risk to the boat, it should be towed to the 20000m mark.
- The 20000m mark is a very high risk area. If the captain believes there is a very high risk to the boat, it should be towed to the 25000m mark.
- The 25000m mark is a critical risk area. If the captain believes there is a critical risk to the boat, it should be towed to the 30000m mark.
- The 30000m mark is a severe risk area. If the captain believes there is a severe risk to the boat, it should be towed to the 35000m mark.
- The 35000m mark is a catastrophic risk area. If the captain believes there is a catastrophic risk to the boat, it should be towed to the 40000m mark.

Boating Protocol

Emergency Contact Details

In the event of an emergency contact the London Regatta Centre 0207 511 2211

Other Contact Details

Emergency Services 999
When calling the emergency services you will need to provide the following information:

- Location
- Access details
- Contact name

Airport Rapid Rescue 0207 646 0111
Local A&E (Newham) 0207 476 4000

Key Curlew Contact Details

Club Captain – Sam McPhee
sam.mcphee@hotmail.co.uk / 07540 535704

Secretary (H&S Officer) – Laura Binns
laura.lbinns@gmail.com / 07983 471563

Location of First Aid Equipment

- London Regatta Centre reception.
- Curlew equipment cupboard in boathouse.

Before signing out and in, all crews must sign back in on their return desk. All crews must sign back in on their return.

Signing out and in

Water conditions

no white horses

500m minimum

17mph

Sunrise to sunset

Boating is subject to the following restrictions:

Light

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The Rules of Boating

This document covers the rules of the boating club.

The London Regatta Centre, Curlew Rowing Club, is a member of the London Regatta Centre. The London Regatta Centre is a member of the London Regatta Centre. The London Regatta Centre is a member of the London Regatta Centre.

Participation

Boating is subject to the following restrictions:

Water conditions

no white horses

500m minimum

17mph

Sunrise to sunset

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Light

Weather Conditions

Boating is subject to the following restrictions:

Water conditions

no white horses

500m minimum

17mph

Sunrise to sunset

Boating is subject to the following restrictions:

Light



Curlew Rowing Club

Water Safety Pocket Guide

London Regatta Centre

Dockside Road

London

E16 2QT

Tel: (+44) 0207 511 2211

Actions in the Event of Swamping

There is a very low risk of swamping in the docks as there are no currents, tides or wash to contend with. If the water conditions are such that swamping is likely you should not boat as to do so would be in breach of The Rules of Boating.

If your boat is swamped

- The boat will have sufficient buoyancy to stay afloat and keep your torso out of the water.
- Stay with the boat.
- Raise the alarm.
- Await a tow back to the pontoon.

If you witness a swamping from the dock side

- Stop what you are doing.
- Do not direct a crew to help if the risk of swamping remains instead call the LRC and ask for a launch rescue.

If you witness a swamping whilst afloat

- Stop what you are doing.
- Assess the situation and raise the alarm.
- Only help if you are not at risk of swamping otherwise call the LRC to ask for a launch rescue.

Cold/Wet Weather Risks

Cold Shock, dry drowning, swim failure

These are only likely to happen in the event of immersion in very cold water. They are rare and the most extreme physiological responses and do not happen to everyone. Cold shock and dry drowning can happen immediately after falling in. Swim failure will normally happen once you have been in the water for a while. They are all life threatening.

Key precautions if the weather is (very) cold

- Do not boat if you are concerned about capsizing.
- Do not boat alone but in groups and stay together so that a rescue can be undertaken immediately.
- If you capsize you **must** try and stay calm, stay with your boat and get out of the water as quickly as possible.

Dial 999 immediately

If, when you reach the person, they have a weak/no pulse or are struggling to breath. Do not wait until you are on dry land.

Acute/Immersion Hypothermia

This happens if you experience rapid and significant heat loss. It comes in mild, moderate and severe forms. In severe cases it can be life threatening. You will be at risk of hypothermia if you capsize no matter what the weather but the risk increases as the weather gets colder. There is a low risk in cold weather if you are drenched by the rain.

Key precautions

- Wear warm/waterproof clothing in cold wet weather.
- Curtail an outing if the crew has been drenched and they are feeling cold.
- If you have been drenched during an outing, change into warm, dry clothing.
- If a boat capsizes know how to respond so that the crew can be rescued as quickly as possible.

Mild Hypothermia

If a person is able to control their shivering they probably have mild hypothermia.

DOs with mild hypothermia

- On the pontoon wrap them in a space blanket.
 - Get them into the LRC ASAP and into warm dry clothing.
 - Wrap them in extra clothes or blankets.
 - Give them warm drinks and high energy foods
 - If the symptoms persist dial 999.
- ### DO NOTs with mild hypothermia
- Try and warm the person suddenly with a hot shower or heated pads.
 - Rub/massage the skin.

Moderate or Severe hypothermia

These require immediate medical treatment. Dial 999

- If the person cannot control their shivering.
- Other symptoms include very pale or blue skin, confusions and disorientation.

Hot Weather Risks

Sunburn

As a result of reflection off the water sunburn can happen even on cloudy days.

Heat Exhaustion and Heat Stroke

This is when the body overheats. If you feel sick or faint stop exercising immediately and cool off. If your symptoms persist or deteriorate, dial 999.

Key precautions

- Wear a hat and sunglasses.
- Try and keep covered up as much as possible.
- Apply and reapply sunscreen.
- Drink plenty of water before, during & after an outing.
- Avoid outings in the hottest part of the day.
- Rest in the shade.

Water-borne Infectious Diseases

The risk is low but these illnesses are serious. If you swallow dock water you should see your doctor regardless of how you feel.

Blue-Green Algae, Gastro-intestinal illness, Hepatitis A

These will make you feel extremely unwell and you should seek medical advice.

Weil's Disease - Leptospirosis

If flu like symptoms develop shortly after contact with the water (1 to 3 weeks) then see your doctor.

Sensible Precautions

- Only drink from your water bottle.
- Wash/shower after contact with the water.
- Avoid immersion in the water.
- Cover cuts and open blisters with waterproof plasters.
- Disinfect oar handles if a blister has burst.

Suitable Clothing

- You should never wear loose fitting clothing which might get snagged in the equipment.
- When it is cold make sure you wear several layers, wearing a hat and consider using poggies.
- When it is raining make sure that you wear a waterproof top.
- Always come to an outing with a spare set of dry clothes.

Royal Albert Dock: Rules of Navigation

