Barn Elms Boathouse
Safety Rules

**Rowers**

- Before participating in a Barn Elms session, all rowers must have completed a registration form.
- All participants must be able to swim 50m or will be required to wear a buoyancy aid.
- All new rowers will learn basic technique on the rowing machines and in the tank until they are ready to go on the river. Rowers will start in tub boats until competent to row in fine boats.
- It is the duty of all crews to follow the tideway code.
- To go out unaccompanied, rowers must be a recreational member of the club, have completed the navigation test and been signed off by a coach.
- No crew may go out onto the river if a coach decides that the tide and weather conditions are unsuitable, i.e., fog and high winds.
- Participants must wear suitable kit – layers of lightweight clothing suitable for the weather conditions and sports shoes. These must provide adequate warmth (e.g. windproof clothing) and protection from the weather (e.g. long sleeved tops and hats) for training and competitions. If in doubt please speak to a coach.
- Crews on coached sessions must not proceed past the Harrods Depository wall unless accompanied by a coach or been given permission from a coach to continue through Hammersmith bridge.
- All crews must assist with launching and landing of boats.
- All rowers must assist with the returning of boats, oars and launches to the correct part of the boathouse at the end of their session.
- All crews must be in view of their coach at all times until a coach has certified they are competent steers.
- Rowers should ensure their boat is in full working order before boating - check the heel restraints, bow ball and hatch cover.
- Any damage to boats must be reported.
- All incidents/accidents must be reported to a coach.
Coaches

All coaches must:

- Consider the wellbeing and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience to those taking part.
- Promote the positive aspects of the sport.
- Display consistently high standards of behaviour and appearance.
- Follow all guidelines laid down by British Rowing and Enable leisure & Culture.
- Hold appropriate qualifications and valid British rowing membership.
- Never exert undue influence over participants to obtain personal benefit or reward.
- Never condone rule violations, rough play or the use or prohibited substances.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance.

Coaches are expected to follow the below guidelines:

Pre-session

- Arrive at the boathouse 15 minutes prior to the session start time and sign in.
- Get your kit ready, including radio and megaphone.
- Check tide times and weather conditions.
- Find the register for the session.
- Check launches have fuel and put at the top of the ramp ready to go in the water.

Starting the session

- Take the register and organise the rowers into crews. For intermediate rowers ask if they have any preference as to crews/boats.
- Allocate crews to coaches.
- Get the launch on the water before rowers start to boat.
- Ensure crews know which boat to take out and ensure this is done so safely.
- Ensure rowers know the navigation rules and where they are turning (i.e. stay between Harrods wall and FFC) before they push off.
- For juniors, a launch must be on the water (with engine running) before any boats push off.

Finishing the session

- Ensure boats and oars are put back in the correct place.
- Bring the launch up and put on trailer.
- Check that there are not any issues with boats used – if anything needs repairing either fix it or write up on white board in the office.
- Return your megaphone to the office.
- Ensure lifejackets and wellies used by rowers are returned to the rack and welly rack.