



October 2024

## Safety Memo

### **Winter Rowing for Junior Crew**

Following on from a Safety meeting called by the Club Captain earlier this month to emphasize several safety procedures that need improving. This Safety Bulletin has been created to highlight these points.

#### **Launch Plan**

A pre-launch plan will be created via the magnetic board. This coordinated plan will include crews with boats and coaches assigned to each crew. The designated coach will assist in launching his/her crew and in the case where he/she is in charge of more than one crew, will inform all crews where to rendezvous prior to proceeding down river.

At NO point should a crew proceed down river without their designated coach / safety launch.

Where more than one crew are assigned to a coach / safety launch, they must stay in close proximity to each other throughout the session.

Reminder for all cox and bow (in coxless) to sign the book on returning to the clubhouse.

#### **Winter schedule additional safety precautions**

As we approach the winter season, there will not be any evening rowing until the clocks go forward in March. (Dates to be confirmed closer to the time). As the weather depreciates with more frequent squalls and heavier rainfall leading to a faster flowing river additional precautions are now in place.

All members are to row in Quads, with the exception of experienced members as designated by the Club Captain.

Where possible, the more experienced member will go bow, on a coxless quad.

With the potential for a greater flow in the river it is especially important to launch and berth against the tide. All crews should be aware of the conditions when out on the water, with special attention given to turning in a fast flowing river.

As mentioned on several occasions the use of base layers and leggings should be utilized instead of hoodies or similar heavy clothes items. This will also assist with the wearing of Hi-Visibility tops worn as the outer layer. The policing of these will have to get more stringent.

In the event where there is not balanced number of crew for the quads, some people will have to be assigned to the ERG / gym training instead. This will be highlighted at the launch plan and where possible the crews will be swapped out during the session. In this event, the launch plan will try to designate one safety launch to the quad involved.

The weather conditions may dictate that only the more experienced crew can go on the water. In this case, there will be an ERG / gym session made available.

Regards

Liam Harrison  
WBC Safety Officer

Ger McCarthy  
WBC Captain