



Safe Rowing Note

Subject	River Navigation and Other River Users		
Note number	11	Version	2
Date	08 October 2024		

General Safety Rules

All bow-seat and single scull rowers must wear a **yellow hi-vis top** when training on the water.

Depart and return to the pontoon in an upstream direction. As you cross over the river to return to the pontoon keep a look out for boats coming downstream.

Keep to the **starboard side of the river**

Avoid rowing in the middle of the river unless overtaking or on a clear straight stretch of water.

Do not stop on bends or when in middle of the river.

Rowers/scullers steering a boat should aim to look around at least every **fifth stroke**. Do this more frequently in the following circumstances:

- When rowing around bends.
- If not on the correct side of the river.
- When near on-coming river traffic.

If a rowing boat is travelling towards your boat and you believe there is risk of collision, shout out clearly to warn the other crew.

All crews should be able to stop quickly in an emergency. This requires **emergency stops to be practiced regularly**, particularly when in new crew combinations.

When overtaking other crews:

- If unsure do not overtake.
- Check you have space to avoid any boats coming in the other direction.
- Overtake on the left side (portside) towards the middle of the river unless the Coach, or Cox or Steers of the other boat has given a clear instruction.

Only turn your boat around when on a straight clear section of the river or designated turning zones.

Be aware that when travelling slowly upstream, the river stream will tend to pull the bows of a boat into the centre of the river or across the stream. This affect is more pronounced in faster stream conditions.

Training side by side with other boats is encouraged but should only occur on clear straight stretches of water. A crew in midstream must give way to boats coming in the other direction.

Keep a good lookout for powered craft and be prepared to give way if necessary: they have less manoeuvrability, particularly when going downstream.

All crews should be aware of all fixed obstructions on the river. Report any new obstructions or hazards on the river to a Coach or member of the Club Committee as soon as possible.



Leaving the Pontoon

Ensure that the river is clear of other boats before leaving the pontoon. Make sure that you will not impede any boat approaching the area from either direction.

Push off from the pontoon so that blades are in clear water. Take care to avoid damaging blades and riggers when leaving to the pontoon.

Move across immediately to the Quarry Park side of river upstream of the clubhouse before stopping for adjustments, as indicated in Figure 1.

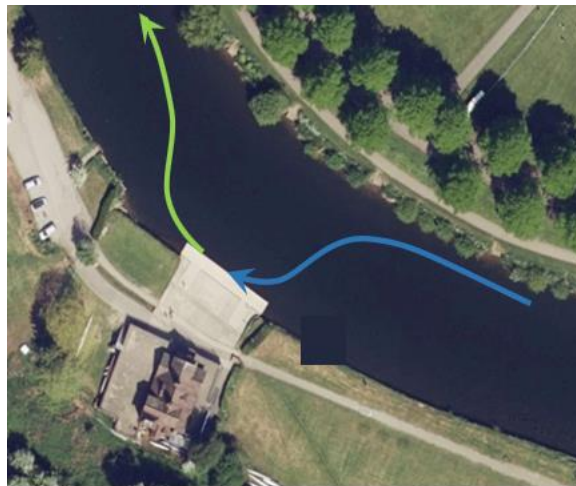


Figure 1 Pontoon Traffic Flow Diagram

Returning to the Pontoon

Keep to the starboard side of the river until approaching the downstream end of the pontoon, as indicated in Figure 1.

Stop and check whether it is clear and safe to cross the river. Be aware that boats coming downstream could be moving fast.

When clear, cross the river aiming for the middle of the pontoon.

Slow significantly for the final approach to the pontoon.

Straighten the boat parallel to the pontoon using starboard blades to “hold” the boat if required. The stream will naturally push the boat alongside the pontoon – just have patience.

If the stream is running fast, aim for a position further upstream on the pontoon – the stream will take you back onto the middle of the pontoon.

Take care to avoid damaging blades and riggers when returning to the pontoon.



Safety Look Out and No Turning Zone

Take particular care when navigating the bend between the Clubhouse and Port Hill Suspension Bridge to

- stay on your correct side of the river, and
- look out regularly for other river users.

When safe, turn outside of the 'no turning zone' zone indicated 'XXXX' in Figure 2.



Figure 2 Safety look out and no turning zones.



Other River Users

Members of Pengwern Boat Club must have consideration for other river users.

Shrewsbury School

Royal Shrewsbury School Boat Club (RSSBC) works in accordance with its own safety plan and risk assessments. These follow the same basic guidelines from British Rowing, but in some areas its safety requirements may differ from Pengwern Boat Club's.

Motor cruisers, canoes, paddle boards

Those using motorboats, canoes, and paddle boards are often unaware of the rules of the river. As such, they do not always stick to the right-hand side of the river.

Therefore, PBC members on the water should assume these users may not understand the river navigation rules, so adjust their course to avoid potential for collision.

It is best to politely let them know where they should be.

Anglers

Try to avoid fishing lines where it is safe to do so and give a verbal apology if you are unable to avoid snagging a line.

If there are oncoming boats, then it is more important to maintain a correct course on the right-hand side of the river than move out towards the centre or left-hand side to get out of the way of anglers' lines.

Anglers hold completions at times during the year. PBC will aim to highlight these to club members. Club members are encouraged to maintain respect for these competitions by avoiding rowing close to fishing lines.

Sabrina Passenger Cruiser

Sabrina is a large heavy boat and is slow to change course. It is often in the river. Sabrina is restricted by its draft to the deeper parts of the river. However, the captain of the Sabrina should do their best to maintain course on the right-hand side of the river and give you warning if unable to do so.

When the river is low Sabrina must follow a channel up the wrong side of the river between the Boathouse Inn and its moorings by Welsh Bridge. Sabrina has less manoeuvrability than rowing boats, particularly when going downstream.

Sabrina occasionally travels upstream through Welsh Bridge depending on river levels and weather.

Risks for rowers

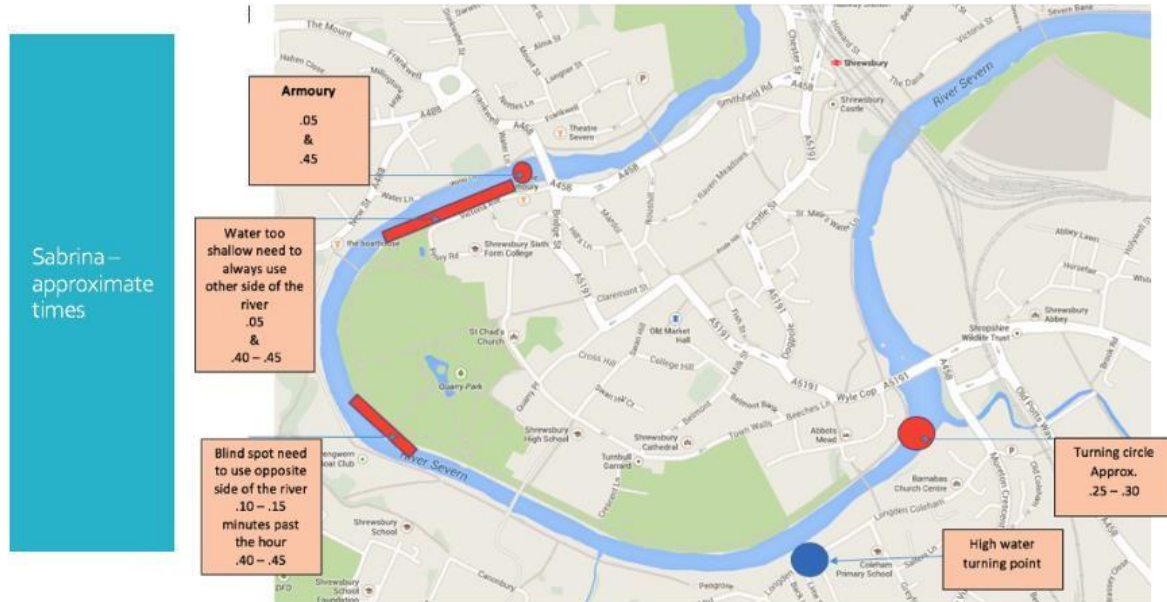
Movement of Sabrina on the river presents areas of higher risk to rowers, as explained and illustrated below.

- Along Victoria Avenue from Victoria Quay to Porthill Bridge
- The river Quarry side is shallow therefore Sabrina needs to travel on the right-hand side going downstream (normal) but on the same side going upstream (abnormal).
- Blind spot by Pengwern Boat Club
- Forward visibility is limited when going around the corner by the club; to maximise the view the pilot of Sabrina will hug the Pengwern bank



Sabrina normally turns in the pool between Grey Friars and English Bridges, however during fast flow/high water level Sabrina may use a mid-course turning point alongside the Brewery Flat.

- The captains try to abide by the rules of the river when/where they can.
- Sabrina will use 2 blasts on its horn to alert rowers to its presence – take a look
- The Captain will call “Hold it up, Rower” if a collision is imminent



Sabrina – River Risk Areas

Sabrina safety rules

Keep a good lookout for Sabrina when on the water and be prepared to give way if necessary.

Please plan your outing to consider where Sabrina may be.

Be aware of where Sabrina may turn around.

Be polite and courteous to the Captain and Sabrina’s Crew

Report any issues to the Club’s Rowing Safety Adviser - we wish to maintain a good relationship between parties.

Contact Details: Dilwyn Jones 07487 893 333; Office 01743 369 741