



# Safe Rowing Note

Subject	<b>Beginner Rowing</b>		
Note number	10	Version	2
Date	13 October 2024		

All outings for beginners must be under the supervision of a Coach or experienced club member who is the responsible lead for the safety of a beginner crew for the duration of the session.

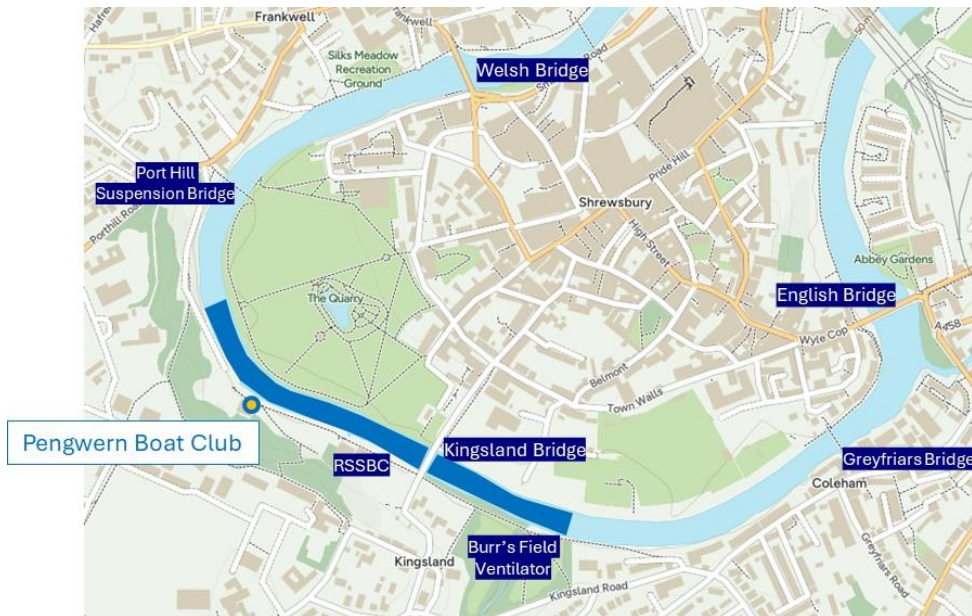
The Coach or experienced club member can be on foot, on a bike, in a launch, in a scull, or in the boat with the beginner.

Where the beginner is accompanied by the Coach or experienced club member in the same boat, additional experienced club member support must be stationed at the Clubhouse on call with mobile for the duration of the outing, ready to help or respond to an emergency.

The Coach and support must both carry a mobile phone.

Support from the riverbank must carry a suitable throw line and be practiced in its use.

Beginner rowing boats, not directly accompanied by an experienced club member or safety launch, must stay in sight of the Clubhouse in the blue coloured area of the river shown below.



Beginner Training Area

Once a Coach or experienced club member assesses a beginner to be competent, outings can extend to between English and Welsh Bridges.

No beginner rowing is to take place beyond English and Welsh Bridges.

Beginner rowing should be undertaken initially in stable wide restricted boats, either a single scull, double-scull, quad scull, or coxed four.

As the skill level of beginners progresses, the Club Captain in consultation with the Coaches may approve use of suitable finer boats.