



Safe Rowing Note

Subject	Checks Before and After Each Outing		
Note number	4	Version	3
Date	08 October 2024		

Before Each Outing

1. **Book a suitable boat** using the Club's online boat booking system. This secures the boat for your use and provides useful data to the Club to help monitor boat usage.
2. **Arrange a *buddy system*¹** - small boats only (pairs, doubles, singles) where you go out on the water with another boat, when possible, to assist in case of capsize or other emergency.
3. **Carry out a simple risk assessment before the outing**, following Safe Rowing Note 1 - Pre-Outing Assessment of Risk.
4. **Wear a yellow hi-vis top** - Bow / single scullers.
5. **Check safety of the boat**, including the following checks:
 - Damage to the boat hull, riggers, or fittings.
 - Fin and rudder (where fitted).
 - Bow ball, ensuring it does not deflect when pressure is applied to it.
 - Heel of each shoe does not lift higher than the front of the shoe.
 - Heel restraints free from damage.
 - Foot stretcher can be adjusted for height, rake, and length.
 - Ensure buoyancy tanks and lids (where fitted) are intact and watertight.
 - Riggers and gates on riggers are fastened securely.
6. **Faulty equipment** – if it presents a risk to the outing the equipment should be repaired or replaced before the outing, and the faulty equipment quarantined.
7. **Lift and move the boat safely**
 - Whole crew: follow instructions from cox or steers person when lifting or moving a boat
 - A crew should coordinate lifting of the boat together
 - **Be aware of and step-over the gap between the slipway and the floating pontoon.**
8. **Report damage** to equipment in the "boat damage" folder in the weights room, and to the Club Captain.
9. **Carry a rigger-spanner** in the boat to secure or adjust fittings during the outing if needed.

¹ There is a 'Pewgwen Scullers' WhatsApp group for informing members about sculling (or Pairs) outings. Members can ask to have their details added if they choose.



After Each Outing

1. Lift and move the boat safely

- Whole crew: follow instructions from cox or steers person when lifting or moving a boat
- A crew should coordinate lifting of the boat together
- **Be aware of and step-over the gap between the slipway and the floating pontoon.**

2. **Wash and rinse the boat** using equipment provided.

3. **Store** the hose on the reel when it is not in use and locate hose reel away from walkways.

4. **Check the boat** for damage and report new damage found.

5. **Ask for help** from club members to lift boats (all boats) safely to avoid injury or boat damage.

6. **Store** the boat on its rack, taking care to avoid damage to equipment while doing so.

7. **Fit tennis-ball halves** on outward riggers of racked boats to protect other boats (spares available in workshop).

8. **Store blades and trestles** securely in proper racks.

9. **Keep the boat house tidy and free from trip hazards**

10. **Report** any incidents and near-miss incidents.

Avoid Contracting Weil's Disease

Weil's Disease is also known as Leptospirosis. While it is rare in Britain, the disease is carried by water organisms, so those taking part in water sports can be at risk.

1. **Do not drink river water.**

2. **Wash or shower** after rowing.

3. **Cover minor cuts and scratches** with waterproof plasters before getting in your boat.

4. **Clean open wounds**, such as blisters or calf abrasions with an anti-bacterial substance.

5. **Wear trainers** to avoid cutting your feet before getting in your boat.

6. If you think you have **symptoms**

- a. Early diagnosis and treatment is important.
- b. If you develop flu-like symptoms after rowing, go to your GP and say that you are a rower.
- c. Leptospirosis is treated with antibiotics which should be administered early in the course of the disease.