



## Shoalhaven Rowing Club: Member Awareness List – Season 2024/25.

All active Shoalhaven Rowing Club Members, please read the following at your earliest opportunity. Any questions arising from this document, please contact the Club Safety Officer.

- All rowers should have a medical checkup / Health screening at the beginning of the season to ensure in particular there are no existing cardiac abnormalities. An ECG and physical examination are highly recommended. Competitors in particular are strongly advised to undertake regular physical checkups and to discuss their health with their General Practitioner.
- All members are advised to read and understand Rowing Australia's On-Water Safety Code and Guidelines: <https://rowingaustralia.com.au/policies>
- Know our plan of the Shoalhaven River waterway showing the traffic circulation pattern, local rules of river/water use, hazards and safe landing sites in the event of an emergency.
- Always use our rower's out/in logbook.
- Know the day's weather conditions before rowers go on the water, (eg, high wind or poor visibility). You should not row where there is a small boat alert, where there are high winds causing whitecaps or where it would put you into the path of an active storm cell or lightning.
- Practice the procedures in the event of a rower or motorboat capsizing.  
[https://www.google.com/search?q=rowing+boats+capsize&oq=rowing+sculls+capsize+&gs\\_lcrp=EgZjaHJvbWUqCAGBEAAYFhgeMgYIABBFgDkyCAGBEAAYFhgeMg0IAhAAGIYDGIAGIloFMg0IAxAGIYDGIAGIloFMg0IBBAAGIYDGIAGIloFMg0IBRAAGIYDGIAGIloFMgoIBhAAGIAEGKIEMgoIBxAAGIAEGKIEMgoICBAAGIAEGKIEMgoICRAAGKIEGikF0gEJMTQ3OTJqMGo3qAIAAsAIA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:28ebb5a7,vid:VYfvuXcSuqs,st:0](https://www.google.com/search?q=rowing+boats+capsize&oq=rowing+sculls+capsize+&gs_lcrp=EgZjaHJvbWUqCAGBEAAYFhgeMgYIABBFgDkyCAGBEAAYFhgeMg0IAhAAGIYDGIAGIloFMg0IAxAGIYDGIAGIloFMg0IBBAAGIYDGIAGIloFMg0IBRAAGIYDGIAGIloFMgoIBhAAGIAEGKIEMgoIBxAAGIAEGKIEMgoICBAAGIAEGKIEMgoICRAAGKIEGikF0gEJMTQ3OTJqMGo3qAIAAsAIA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:28ebb5a7,vid:VYfvuXcSuqs,st:0)  
In case of accident, rowers should be instructed to stay with the boat rather than attempt to swim to safety. The boat, unless seriously damaged, can be considered a life raft. If the water is cold, rowers should be instructed to get as much of their body out of the water as possible by draping themselves over the upturned hull, if necessary, turning the boat over for this purpose. Rowers should also be instructed to "buddy-up", two holding on to each other until rescued to provide mutual support and to help ensure that all are accounted for.
- Understand the guidelines relating to rowing before sunrise and prior to sunset. Rowing before posted sunrise and after posted sunset can be dangerous, particularly where there are powered vessels using the waters at those times and should not be practiced without complying navigational lights. For individual scullers, consideration should also be given to the need for an accompanying safety boat or at very least, training together with other scullers. Rowing after sunset as an incident such as capsizing has to be dealt with in darkening conditions.
- Know your 'shed' layout – The first aid kit, emergency phone numbers on notice board, ensure doors are locked and turn lights off when last to leave, don't leave items on the floor in walkways, be mindful of club equipment components sticking out in walkways, water on floors making for slippery conditions and generally keep the shed clean and tidy.
- Rowers should be able to swim 50m in light clothing and be sufficiently at ease in the water not to panic and to be able to keep themselves afloat. They should also be able to tread water for 3 minutes. If a person cannot meet these requirements for physical or other reasons, an approved PFD should be worn when on the water. This is particularly relevant for beginners and adaptive athletes with minimal leg and trunk use.
- All vents on rowing shells should be closed when on the water to preserve their inherent buoyancy.

- Members should ensure that all equipment they use for rowing and coaching is safe and maintained in good order. Every rowing shell must have:
  - a white ball of not less than 4cm diameter made of rubber or material of similar consistency on its bow, unless the construction or nature of the boat is such that the bow is properly protected or its shape does not represent a hazard.
  - heel restraints to allow 'hands-free' release of feet 'quick release' mechanisms that are in effective working order in all boats equipped with fitted shoes.
  - lights as required by maritime law
- SRC encourages members to become fully conversant with lifesaving and resuscitation procedures, by attending training courses and other appropriate means.
- Be conversant with Cold and Hot weather rowing, be prepared by reading 'swamping in cold water' section and Hot Weather rowing preparation and prevention against the effects of heat in the Rowing Australia Guidelines as per above or the notes pinned to our Safety Notice Board.
- Members that are involved in an incident whether it is on water or on club property must report the incident directly to the Club Safety Officer or write the incident up in the book located on the kitchen door. Provide all relevant details including the date, time, equipment used, people involved, injuries, broken equipment etc.
- Any equipment damaged or seen to need repair, must report it in the 'rowers in-out' book and advise the Boat Captain.
- Any member feeling bullied, sexually abused, intimidated, threatened with violence or violence against them, misconduct, harassed, racially, religiously or gender offended can feel safe in approaching the Club President, Club Captain or any Committee officer and lodge a complaint in the security that all efforts will be taken to investigate in consideration to privacy , personal support and resolution of the matter.

*Be Safe, think Safety and enjoy your rowing!*