TRAFFIC LIGHT WARNINGS

The following safety rules apply when the river has been classified as being under RED/AMBER/GREEN notifications. If a specific notification has been posted please adhere to the rules below. Conditions can change quickly and a notification may have been put in place to take account of this so even if conditions appear to be better than the classification please follow the rules. They are there for your safety and for the general safety of club members and equipment. Criteria used include height of the water, speed of the stream and temperature of the water.

RED

Conditions have been assessed as unsafe to allow rowing and no club member is permitted to go afloat either in a club or private boat.

AMBER

Conditions have been assessed as rowable but the following restrictions apply;

No club member with less than two full years rowing experience is allowed to go afloat whether in a single scull or crew boat unless prior approval obtained from the Director of Rowing or an approved nominee.

No junior club member with less than two full years rowing experience is allowed to go afloat unless prior approval obtained from the Director of Rowing or an approved nominee. A qualified coach must also be present.

No single scull/double scull/pair is allowed to go afloat on their own. Either they must have a person on the bank in sight of them at all times or go out with another boat which can an act as a 'buddy'. If this is the case the boats must remain in close contact throughout their outing. To single scull, or to steer a double scull/pair/coxless quad/coxless four, a member must have passed the club's amber assessment check.

Coxed crew boats (quads/fours/eights) should have an experienced coxswain (this will need to be self-assessed but the cox must be competent to take charge of the crew and deal with emergencies).

No crew is to go below the White House during its outing to avoid too close proximity to the weir and lock at Allington. No crew is to go above the Millennium Footbridge above the Archbishop's Palace to avoid becoming isolated in the event of an incident occurring.

The above restrictions apply to members using private boats as well as club boats.

Persons overseeing crews on the bank and coxswains should carry a mobile telephone to summon assistance in an emergency. It is strongly encouraged that all boats are accompanied by a person on the bank

Remember, if you have any doubt about the conditions and your ability to keep safe then the golden rule is **DO NOT ROW**.

GREEN

Conditions are assessed as safe for general rowing. Normal club outing rules apply. Some of the more important ones are listed below, for a full copy of the club rules see the website;

A record of the outing must be maintained on the Fitclub booking system. All boats, club and private, must be booked out.

All scullers and crews must observe the rules of the river and keep to the right hand side looking in the direction of travel (letting other boats pass on the left)

All boats must have been checked over prior to the outing with especial attention paid to having a bow ball in good condition, shoe heel restraints fixed (allowing the heel to rise no higher than the horizontal) and all hatch covers secured to ensure compartments are watertight.

Coxswains should be in control of their crews. In the case of a novice or junior coxswain then another crew member should be in charge and give the necessary commands.

When turning a boat around ensure that you are not placing yourself in the path of another boat or cruiser. When turning you should ensure you are on the correct side of the river before turning and then turn anti clockwise to end up on the correct bank.

All junior crews should be accompanied by a competent adult supervisor. If supervising any crew a throw line and mobile telephone must be carried. (emergency telephone numbers can be found on club notice board).

Always be courteous to other river users and people on the towpath – remember you are representing the club at all times.