

RAG – Red Amber Green Criteria - Rowing (inc. Sculling) Conditions

TRAFFIC LIGHT WARNINGS

River conditions can be viewed on the Environment Agency's website for [Allington lock](#) where the status of the river is published. The Environment Agency's advisory statuses are: "Strong Stream Warning – do not attempt to navigate", "Caution – navigate with extreme care" or "Not in force". These generally equate to the club's RED, AMBER and GREEN criteria. The club publishes its own river criteria on [Fit Club](#) and on the outings board next to the river gate, but if in doubt you should check with the Director of Rowing (DoR) or the Club Safety Advisor.

- The river is assessed as either RED, AMBER, or GREEN.
- The rules listed below must be adhered to depending upon the relevant river status.
- These rules are there for your safety and for the general safety of club members, visitors, and equipment.
- A status change (from Amber to Green, over-riding the Environment Agency's published status) can only be authorised by the DoR or the Club Safety Advisor (or a nominee appointed by one of these people).
- Rules apply to **BOTH** club and private boats.
- Criteria used include height of the water, speed of the stream and temperature of the water.

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

Rowing Condition Traffic Light System

RED – NO rowing on the river under any circumstances.

AMBER – Conditions have been assessed as rowable with the following restrictions;

- You **MUST** be on the approved AMBER sculling list to row a single scull or steer a coxless boat. A list of approved members is published on the [safety page](#) of the club website.
- NO club member with less than two full years rowing experience is allowed to go out (afloat) in a single scull or crew boat unless approved by the DoR or an approved nominee.
- NO junior club member with less than two full years rowing experience is allowed to go out (afloat) unless approved by the DoR or an approved nominee. An approved coach must also be present.
- NO single scull/ double scull/pair is allowed to go out (afloat) unaccompanied. You **MUST** have a buddy system in place:
 - Either in the form of another boat which **MUST** remain in close contact throughout the outing, or
 - A person on the bank with you at all times who should carry a throw bag and mobile phone.
- Coxed crew boats (quads/fours/eights) should have an experienced coxswain. The coxswain must be competent to take charge of the crew and deal with emergencies. Coxless crew boats (quads/fours) must be steered by a person on the approved AMBER sculling list.
- NO crew to go downstream below the White House, to keep clear of Allington lock and weir.
- NO crew to go upstream above Archbishop's Palace, to avoid rowing in isolation.
- Persons overseeing crews on the bank, (and it is advised for coxswains) should carry a mobile phone to summon assistance in an emergency.

GREEN – conditions are assessed as safe for general rowing.

A record of your outing must be maintained in the Fit Club booking system (Fit Club – <https://www.fitclub.site/login>). All boats, club and private, must be booked out.