



## Newcastle Rowing Club - Safety Rules

These rules outline the conduct required to ensure safe rowing at Newcastle Rowing Club. It is the individual member's responsibility to be aware of these rules and that other harbour traffic must be considered at all times. **Members are responsible for their own conduct.**

All members are required to fill in the **Boat Checkout** sheet before taking to the water and on return.

### Who Is Permitted to Row?

- Any member considered competent in a boat class by the Club Captain & Committee may row at any time in that boat class. Boat classes are Sweep Oar, Single Scull & Multiple Scull.
- Members not competent in a boat class may row in that class under the supervision of a coach or competent member.
- Members must be able to swim 100m in rowing attire and have completed a current safety rules test.
- Members rowing a single scull in the harbour or Hunter River must have passed the capsized test.

### Who Is Not Permitted to Row?

- Any person who cannot swim 100m in rowing attire and novice rowers without supervision.

### When Can You Row?

- Between sunrise and sunset any day of the year provided the weather conditions are suitable.
- Rowing outside these hours, such as before sunrise, requires, fitting of a bow light and to be confined to Throsby Creek upstream of Cowper St bridge between sunset & sunrise.

### When You Cannot Row!

- When the weather is unsuitable, e.g. High winds, rough water, Lightning, thunder, times of low visibility or fog.

### Where Can You Row?

- The Harbour, the North arm of the Hunter River and on Throsby Creek, refer to training routes diagram.
- The basic traffic rule: always row with your bow side closest to the bank must be adhered to. Refer to training routes diagram. Boats travelling in opposite directions should only ever pass stroke side to stroke side.
- Junior rowers are not to row into the harbour past the yellow turning marker unless accompanied by a coach or senior rower.

### Where You Cannot Row!

- In the middle of the harbour i.e. in the shipping lanes, or in the Basin.
- Under Hannell St Bridge if the oyster shells can be seen on the piers, it will be too shallow.
- Upstream of Mount Carrington if tides is 0.50m or lower, it is too shallow. Check the Tide Chart.
- On the wrong side of the waterway, i.e. stroke side closest to the bank.
- Within 50 metres of a Tug, stopped or moving.
- Across in front of an oncoming vessel. Rowing craft DO NOT have right of way over any other craft.

### What Equipment do you need?

- Sun Protection: hat, sunglasses, sunscreen 30+, adequate clothing, a full water bottle and footwear.
- Boat and oars to be in good working order with all bungs fitted. **It is the rower's responsibility to check the boat before taking to the water.** Any damage to equipment must be recorded in the boat damage book.

### Hazards. On water: -

- Crossings of a waterway. Always row straight across the waterway when changing direction/sides. This gives maximum visibility of you to others and of them to you. **Diagonal crossing = danger.**
- Wash from powerboats especially tugs - all washes to be approached side on, ref diagram.
- Swirling water from tugs - avoid even if it requires you to wait.
- Other small craft, SUP, kayaks, boats, keep a lookout, be aware when encountering wash from unseen craft.
- Rowing on the wrong side of the waterway i.e. stroke side closest to the bank.
- Yellow turning Buoy at south end of marina. Always pass it on your **STROKE SIDE.**
- Red buoy just downstream of Cowper Street Bridge, may be passed on either side.
- Capsized - keep calm, stay with the boat and turn it right way up.

### Off water: -

- Moving from light to dark from outside to inside shed, vision can be reduced.
- Incorrect boat handling technique.
- Boats and riggers in the shed, particularly those at eye height.
- Sharps on Carrington beach - foot wear to be worn between the shed and the beach.
- **Driving in or out of the carpark, beware of pedestrians/small children DRIVE SLOWLY.**