

Capsize

Capsize occurs more frequently in single sculls than in any other boat class. It is important then to make sure that shoe heels are tied down properly, quick release straps are in place and that correct foot plates and stretchers are fitted to the boat. If inappropriate heel ties and quick release straps are fitted, you are limiting your ability to exit quickly from a capsized boat.

Single scullers should row in groups of 3 or more and where possible have a coach accompany the group.

Single scullers rowing on their own should wear a PFD 3 and be responsible for letting someone at the boatshed know what time you've left and when to expect you back.

In the event of capsize, crew members will follow the Buddy System as outlined in the Capsize Manual (available from Rowing Victoria or visit the *Health Through Rowing* and *Safety* sections at www.rowingvictoria.asn.au).

Buddy System

This safety procedure outlined in the Capsize Manual provides crews, coaches and coxswains instructions to successfully and easily recover from a capsized crew boat and what to do in the event of a serious collision or when a rower is thrown overboard.

For your copy of the Capsize Manual, contact Rowing Victoria or visit the *Health Through Rowing* and *Safety* sections at www.rowingvictoria.asn.au

Safety First

By doing your little bit and being a little bit clever, we'll be sure to continue to keep our sport safe, fun and healthy for everyone.

Be a WINNER – RowSafe®

Advertise your product or service here!

For further details contact Grant Cosgriff at
Rowing Victoria

Rowing Victoria

Level 1, 1A Bowen Crescent
Melbourne 3004

T 9820 6374
F 9820 6294
E admin@rowingvictoria.asn.au
W www.rowingvictoria.asn.au

RowSafe®

Victoria

Where Everyone's a Winner



Rowing accidents rarely occur, and if they do, is generally the result of someone not adhering to safety procedures & practices of the waterway.

Rowing safely is the combined effort of rowers, coaches, coxswains and other water users.

The information in this brochure highlights the important issues for consideration when rowing to ensure safe and injury free participation.

You Must Be Able To Swim

All members of a Rowing Victoria (RV) affiliated Club or School must be competent swimmers and must be able to swim a minimum of 50 meters fully clothed. Rowing Victoria can at any time request to see your swimming certification or ask for you to demonstrate your swimming ability to ensure that you are able to swim the required distance.

For some fun, Clubs & Schools may like to hold annual swim test days to ensure that all their members can swim! Speak to your Club committee or Rowing Coordinator for information and ideas on other ways to test members.

Personal Flotation Device

Rowers when participating in bona fide training & competition are exempt from wearing a Personal Flotation Device (PFD) or Life Jacket.

If coaching from a motor boat, you **MUST** comply with Marine Safety regulations at all times.

For more information on PFD's and Marine Safety regulations, visit www.marinesafety.com.au or contact Rowing Victoria.

First Aid & Water Recovery

Supervisors and Coaches are strongly encouraged to be trained in water rescue and first aid. In the event of capsizing or serious injury, coaches will be the first source of assistance from the water's edge. By being trained appropriately, coaches can rest assured that they will be able to provide assistance when required.

Rowing Victoria maintains a register of all qualified coaches in Victoria, and maintains a register of their first aid and water rescue certification. Rowing Victoria can at any time inspect coaches for their licences. Anyone not formally accredited places rowers and coxswains at risk of not being covered by insurance should and incident occur, and may be held liable.

Know Your Equipment

Before heading out for your row, be sure that you, your crew and coach fully understand and know the safety requirements and mechanisms in your boat. Some things to consider:

- ◆ The bow ball is fitted firmly and correctly.
- ◆ When rowing after dark ensure correct lights are affixed to the boat, i.e. white FLASHING stern light and white CONSTANT bow light.
- ◆ Shoe heels are correctly tied down and secured with correct safety straps and have a quick release mechanism.
- ◆ Riggers, gates, etc are in good working order and fitted correctly.
- ◆ The jetty/landing area is clear and safe.
- ◆ You are well educated and versed in boat carrying and handling.

More information can be found in the RV Policies & Procedures. A hard copy is available by contacting Rowing Victoria or you can download a copy for yourself via the Rowing Victoria website www.rowingvictoria.asn.au and selecting *Documents* from the left-hand menu bar in the Members section.

Know Your Water Rules

When heading out for a training session, leisurely row or competition be aware of the rules of the waterway you are using.

- ◆ Course maps are available for each rowing course via the Rowing Victoria website www.rowingvictoria.asn.au select *Competition* from the left-hand menu bar and then *Venues* (currently under construction)
- ◆ Know where and how to overtake other vessels by completing a Competent Coxswain Course or purchasing the relevant literature available from Rowing Victoria (available Sept. 05).
- ◆ Call out to oncoming rowers to make them aware of your position & presence
- ◆ Know where the stopping and turning zones are as illustrated on the course maps
- ◆ Take note and observe waterway closures and/or limited access by reviewing the information on the Regatta Calendar available on the Rowing Victoria website

- ◆ Remain observant at all times
- ◆ Work with your coach to ensure they're with you at **ALL TIMES**. If you lose sight of your coach, talk about how this can be prevented after your training session.
- ◆ Steer clear of faster moving boats.

For further information on water ways, regatta rules and Competent Coxswain programs, visit the Rowing Victoria website www.rowingvictoria.asn.au and make your selection from one of the headings located on the left-hand menu bar.

Respect The Weather

Weather can affect your ability to row, train or compete. During competition, the Regatta Referee will use their judgement and experience to determine if the conditions are unsuitable for competition. During training or social rows, rowers and coaches should use their own judgement and common sense to determine your safety:

- ◆ Do not row in rough water as it can be hazardous and can capsize.
- ◆ Avoid strong currents as these are dangerous by taking control of the boat
- ◆ **DO NOT ROW** during an electrical storm. At the earliest signs of lightning, leave the water **IMMEDIATELY**.
- ◆ Heat can cause dehydration, illness, exhaustion and can result in death. Make sure you take appropriate precautions to ensure that you are well hydrated during training, social rows and competition (refer to the RV Heat Policy).
- ◆ If conditions are foggy, take appropriate precautions with correct lights and bright clothes to make sure that you can be seen to avoid crashing into someone or something!

Further information and tips can be found in the *Health Through Rowing* and *Safety* sections of the Rowing Victoria website www.rowingvictoria.asn.au located on the left-hand menu bar.