



BYELAWS FOR ROWING

Updated March 2009

Any queries please contact: captain@broxbournerowingclub.org

1. The River

- 1.1. The normal stretch of river used by the club is the River Lee Navigation between Carthage Lock (upstream) and Aqueduct Lock (downstream). A reference map will be on display in the clubhouse indicating access points to the river.
- 1.2. The river may be closed for rowing by a member of the rowing committee for any reason (e.g. adverse weather, or club regattas).
- 1.3. All craft shall boat from and return to the landing stage with bows pointing upstream.
- 1.4. Each crew will display a number corresponding to their class of boat (1, 2, 4, or 8) on the board on the clubhouse so it is clear which boats are on the water at any one time. The numbers will be removed at the end of the outing.
- 1.5. All craft must abide by the rules of navigation, i.e. keep to starboard or right hand side of river in direction travelling.
- 1.6. All crew members, especially scullers and crews in coxless boats, will exercise extra care and maintain a lookout at all times. This is particularly important around major bends and when passing through the bridge when entering the cut (between King's Weir and Aqueduct Lock).
- 1.7. Boats coming downstream have right-of-way at the Crown Road Bridge and King's Weir.
- 1.8. All boats must take care when entering the cut (under the bridge between King's Weir and Aqueduct lock).
- 1.9. Boats must only turn at the weirs or the white bridge or where there is clear vision in both directions of at least 50m
- 1.10. All boats must slow down when negotiating corners and proceed with care.
- 1.11. Members aged under 18 may not use the river unless a supervising adult is on site.
- 1.12. Members must not use foul or abusive language.
- 1.13. All members must be courteous to other river users.

2. Health and Safety

- 2.1. All members must be aware of and adhere to the ARA 'Row safe' guidelines (<http://www.ara-rowing.org/row-safe>)

- 2.2. All incidents should be reported in the incident book that is located in the club house. The health and Safety Adviser or a member of the rowing committee should be made aware of the incident immediately. Incidents that should be reported include collisions, capsizes, injury or health issues related to rowing activities, equipment failure and any near misses. If in any doubt consult the safety adviser.
- 2.3. Beginners and novice crews may not use the river unless accompanied by a senior member. Beginner crews should not be coxed by beginner coxes unless supervised.
- 2.4. All active rowing members must be able to swim a minimum of 100 metres in their rowing kit.
- 2.5. All crew members should be aware of equipment safety features such as working heel restraints, bow ball, adequate buoyancy.
- 2.6. All coxes should wear life jackets on top of all other garments.
- 2.7. Members must be appropriately dressed on the river for the conditions prevailing.
- 2.8. All single scullers or bow seat crew members should wear highly visible clothing at all times (navy blue and black are unsuitable)
- 2.9. In the event of a boat being swamped or sinking, all crew members should normally stay with the boat.
- 2.10. The ARA advises that rowing in the dark can be hazardous and should be avoided wherever possible. Crews rowing in the dark must take extreme care and follow the local rules:
 - 2.10.1. Extreme care must be taken and local night rowing rules of navigation must be followed: a white light at the front and a red light at the rear.
 - 2.10.2. Weather conditions should be assessed and boating in poor visibility conditions should be avoided.
 - 2.10.3. All crew members of all boats should be aware of each other's movements; use of tidal flow is encouraged where appropriate.
 - 2.10.4. Visible clothing to be worn by bow person.

3. Tidal Flow

- 3.1. Tidal flow will operate where required on Saturday and Sunday mornings between 8am and 9.30am between the Crown Bridge and King's Weir. This is to ensure that crews are able to train effectively in safe conditions where multiple crews are using the river.
- 3.2. Tidal flow may be used at other times if it is deemed necessary by a rowing committee member and the majority of crews using the river. An exception to this is 9.30-11am on weekends to permit slower crews to use the whole stretch of river.
- 3.3. The tidal flow sign will always be displayed during these times
- 3.4. Juniors and beginners are advised to use the stretch of water between the Crown Bridge and Carthage lock unless they are able to keep up with the pace of senior crews.
- 3.5. All boats will proceed such that fast moving boats are only travelling in one direction at a time. Boats will travel in an order such that the fastest boats go first, so that overtaking is minimised. Crews overtaken during one trip will yield to faster crews on the next trip.
- 3.6. Boats will spin quickly at either end of the river and move out of the turning area quickly. Prolonged stops for coaching or other purposes is not permitted.

4. Boats and equipment

- 4.1. Boats and equipment will be allocated within the squads by the Captain, Equipment Officer and appointed Vice Captain.
- 4.2. Members' use of boats will be in accordance with their competence category as deemed by a member of the Rowing Committee (Green: for use by any member; Amber: for use by competent members or crew only).
- 4.3. Boats Allocated as Red are to be used only with prior permission from the Captain or Equipment Officer.
- 4.4. All damage is to be recorded in the boat maintenance book and be advised to the Equipment Officer or any member of the rowing committee who will report to the Captain or Equipment Officer.
- 4.5. The Equipment Officer or Rowing Committee has the power to remove any boat from use, if it is in need of repair.
- 4.6. Boats are to be wiped down after every outing and cleaned inside and out with running water every weekend or as directed by the Rowing Committee.
- 4.7. Boats privately owned by members may be racked at the Club subject to space and prior approval by the Captain / Equipment Officer, and payment of an annual fee agreed by the Management Committee. Privately owned boats must be covered by marine liability insurance, a copy of which must be presented to the Club on request. The Club will not be liable for any loss or damage to any such boat, however this is incurred.

5. Regattas, events and training camps

- 5.1. An Entries Secretary appointed by the Rowing committee will be responsible for co-ordinating race entries.
- 5.2. Vice Captains will be responsible for providing event entries and payment/collection of entry fees and any other expenses to the entries secretary ahead of the event.
- 5.3. Coordination is essential when more than one group are taking part at an event and will occur between the Vice Captains, Entries Secretary and Captain.
- 5.4. Members shall abide by the rules of the event that they are competing at and be aware of any local rules of navigation, especially when competing abroad.
- 5.5. Club kit will be worn for racing and club kit and colours will be worn as outer layers where possible when representing the club at competitions.
- 5.6. All racing crews are responsible for loading and unloading boats and their return to a condition for use by the Monday after the event.
- 5.7. Towing drivers must be aged 25 or over with a minimum of one senior member as a passenger. The driver must have an appropriate licence for towing and be responsible for checking that the vehicles are roadworthy. All drivers must be approved by the Captain or Equipment Officer.
- 5.8. The Club vehicles are to be left clean and tidy and full with fuel. Any damage reported to the Captain or Equipment Officer

6. Gymnasium

- 6.1. Use of the gymnasium is restricted to Rowing members only.

- 6.2. Members aged under 18 must not use the gym without supervision.
- 6.3. The Rowing Committee may restrict the use of the gymnasium to certain groups for specific periods.
- 6.4. All equipment must be tidied away after use.

7. Boat House / Clubhouse

- 7.1. The Boat House is to be kept tidy at all times.
- 7.2. All fire doors and fire equipment to be kept clear and accessible and in working order at all times.
- 7.3. All equipment to be stored in the correct place, i.e. bikes, oars, riggers, etc.
- 7.4. The last person to leave the premises is to turn off all the lights/heaters and secure all doors and windows.

8. Schools/Colleges

- 8.1. Use of the Club's facilities by any school or college needs to be approved by the Rowing Committee and ratified by the Management Committee.
- 8.2. Schools and colleges shall abide by the allocated times of boating.
- 8.3. Schools and colleges can only use the allocated equipment.
- 8.4. All schools and colleges need to liaise with the Rowing Committee before submitting any of their own equipment for use.