

# TALKIN TARN AMATEUR ROWING CLUB SAFETY RULES

Everyone is expected to:

- take responsibility for their own safety both on and off the water.
- ensure that their actions both on and off the water do not put others at risk

## 1. Conditions for joining TTARC

### 1.1. Demonstrate swimming competence

- 1.1.1. All rowing members must certify they can swim at least 50m in light clothing.
- 1.1.2. All rowing members must attend a swimming test and capsize drill organised by TTARC.
- 1.1.3. Members must not swim in the Tarn voluntarily.

### 1.2. General Fitness

- 1.2.1. All rowing members must self-certify that they are fit enough to undertake the sport.
- 1.2.2. All rowing members are advised to notify their coach of any medical condition that by sharing this knowledge will help keep them safe.
- 1.2.3. You should wear a life jacket if, because of a medical condition, there is a risk you may become unconscious or immobile whilst rowing

### 1.3. Knowledge of TTARC Rules and Procedures

- 1.3.1. All members must read the Club Induction Pack
- 1.3.2. All members must read the Club Safety Policy and implement it to the best of their ability
- 1.3.3. All members must read and respect the Club Safety Rules and follow the guidance in the Club Safety Plans
- 1.3.4. All rowing members must conduct the online Cold Water and Hypothermia training  
[https://www.rowhow.org/free/cold\\_water\\_course\\_latest\\_version/](https://www.rowhow.org/free/cold_water_course_latest_version/)

## 2. Before you go on the water

### 2.1. Ensure there is sufficient light

- 2.1.1. TTARC does not row 'after dark' (half an hour after sunset until half an hour before sunrise)

### 2.2. Ensure the weather conditions support a safe outing

- 2.2.1. At scheduled training sessions, your coach will decide if it is safe to row and/or whether to impose restrictions on parts of the Tarn that are accessible. Their decision is final.
- 2.2.2. If rowing outside a scheduled training session you must notify the Captain (unless a L2/3 coach.)
- 2.2.3. Anyone rowing outside of a scheduled training session must have completed and have a certificate for Safety Basics <https://www.rowhow.org/free/riskassessment/basiclatestversion/>
- 2.2.4. The Club Safety Plans give guidance on how to assess the weather/water conditions.

**If in doubt, don't go out.**

### 2.3. Ensure you are prepared for the weather

- 2.3.1. You must be appropriately dressed and have sufficient water for keeping hydrated.
- 2.3.2. Your coach may prevent you going on the water if you are not suitably prepared for the weather .

**Please ask if you are not sure what clothing to wear.**

### 2.4. Ensure you have the necessary safety equipment or clothing

- 2.4.1. All coxes, launch drivers and launch passengers must wear life jackets while on the water.
- 2.4.2. Coxes of bow loader boats must wear a manually operated life jacket only.
- 2.4.3. Junior members who have not completed a capsize drill must wear a lifejacket when in a single scull.
- 2.4.4. Life jackets should be checked for wear and tear before each use and must be returned to the rack after use to dry out naturally away from a heat source.
- 2.4.5. TTARC Committee supports British Rowing's RowSafe advice. In each boat, at least one rower must wear high visibility clothing above the waist.
- 2.4.6. One member in a crew must carry a whistle to attract attention in case of capsize or other emergency
- 2.4.7. It is advised that members carry a phone in a waterproof cover if they are the only crew on the water.

**Please ask if you are not sure which safety equipment or clothing to use.**

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### **2.5. Ensure your boat is safe to go on the water.**

- 2.5.1. Before your outing you must check that:
- a the boat has a securely fixed bow ball
  - b the heel restraints are no longer than 7cm long and secure
  - c shoes can be released with a single hand action
  - d all hatches are closed or buoyancy bags installed
  - e the riggers and gates are tightly fitted to the boat
  - f the stretcher(s) is/are securely fixed
  - g the steering is working properly

**Please ask if you are unsure what checks to make.**

### **3. Getting on and off the water**

- 3.1 You must carry all equipment appropriately.
- 3.2 You must be aware that there are other users of the Country Park especially around the landing, café and especially be aware of children around the play area.

### **4. Before you start rowing**

- 4.1. Before starting rowing those responsible for steering the boat must check:
- the way ahead. Ensure it is safe to set off
  - where other Tarn users are. You must not impede other users if you set off

### **5. Whilst rowing**

- 5.1. Those responsible for steering the boat must keep a good look-out. Single scullers and bow steersmen should look behind every 5 strokes
- 5.2. You must shout to notify other water users of your presence if you think they have not seen you and/or they are closer than you feel is safe. If you need to use an emergency stop to prevent an accident you must report the incident in the Accident book. What should be recorded and how is in the Safety Plans document.
- 5.3. You must follow the circulation pattern. The basic circulation pattern on the Tarn is anti-clockwise and is published in the boathouse. Different circulation patterns may be specified for special events or weather conditions and apply only on that day
- 5.4. Boats moving from Hollybush to Tarn End Hotel must keep into the bank to avoid the racing line
- 5.5. You must be aware there are other water users, anglers, yachtsmen, pleasure rowers and swimmers. These groups do not use the tarn circulation pattern
- 5.6. You must keep monitoring weather conditions. Any change in the weather you should re-evaluate the safety of being on the water
- 5.7. You must always act on instructions from your coach and cox
- 5.8. Slower or stopping boats should not impede faster or non-stopping boats. However, faster or non-stopping boats should be aware of the ability of slower or stopped boats to get out of the way.
- 5.9. If stopping, use the recognised areas of Hollybush, Tarn End and Sandy Bay. All stopped boats must be aware of moving boats in their vicinity and move to avoid moving boats or shout an early warning if unable to move out of the way.

### **6. In the event of a capsize**

- 6.1. You must understand the need to stay with the boat and use it as a life raft unless doing so results in greater danger
- 6.2. You must get free from the boat
- 6.3. You must get out of the water by getting on top of your boat
- 6.4. You must get off the water. If the safety boat is on the Tarn wait calmly for it to arrive. Otherwise, self-rescue by straddling and paddling you and your boat to the nearest bank
- 6.5. There is blue-green algae in Talkin Tarn. You must shower after a capsize
- 6.6. You must report **ALL** capsizes in the Incident Book. What should be recorded and how is in the Safety Plans document.

### **7. In the event of running aground**

- 7.1. You must get out of the boat in the shallow water and check for damage.

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- 7.2. If the boat is still safe to row, get back into the boat and return to the landing.
- 7.3. If the boat is unsafe to row, take the boat to the bank and get help to recover the boat.
- 7.4. You must report all incidents of running aground in the Incident Book. What should be recorded and how is in the Safety Plans document.

### **8. Finishing rowing**

- 8.1. All equipment must be cleaned and put away after use.
- 8.2. All damages must be reported in the book on the workbench. If the boat is not safe to use put a 'Do not Use' notice on the boat.
- 8.3. You must report any damages or unsafe incidents you witness in the Incident book. What should be recorded and how is in the Safety Plans document.

### **9. In the gym**

- 9.1. Members under 18 must not train unsupervised in the gym.
- 9.2. Members must only use equipment that they have been trained to use.
- 9.3. All gym equipment must be cleaned and put away after use.
- 9.4. You must report any accidents or injuries in the Accident book. What should be recorded and how is in the Safety Plans document.

### **10. Moving the trailer**

- 10.1. One person must be standing at the jockey wheel controlling direction and brakes.
- 10.2. Those pushing the trailer must stand behind the wheels of the trailer.

### **11. Using Launches**

- 11.1. Drivers must be 18 or over unless accompanied by a responsible adult.
- 11.2. Only qualified launch drivers may drive the launches
- 11.3. Launch drivers and any passengers must wear a life jacket. Auto inflation lifejackets are preferred. A kill cord must be used.
- 11.4. Launch drivers must carry a club radio at all times when on duty
- 11.5. Launches shall carry the following safety aids: paddle, bailer, throw line, thermal exposure blankets, basic first aid kit and sound signalling device.

### **12. Fire**

- 12.1. In the event of fire, leave the building by the nearest exit. Full procedure in Safety Procedures

**No written rules or plans can cover all situations and all members should continually assess likely risks and act to manage them.**