

TRAINING ON THE WATER - UNSUPERVISED OUTING



Each individual rower takes full responsibility for their own safety at all times

All river outings at ERC must be formally risk assessed by the person in charge using the Outing Safety procedure.

That person must:-

- Establish the level of risk using the “**Rowing Safety Matrix “Unsupervised Outings”**”
- Sign the outing book (in the main boathouse) stating the level of risk
- **If a BLACK or High Risk condition exists then all outings are forbidden**
- Must be approved by the captain and coach as being competent to row unsupervised (as a guide a minimum of 6 months experience for a crew boat, 12 months for a single)
- Where possible, go out with other boats and use the buddy system
- If an Medium risk level is determined the Rowing Safety Matrix – Unsupervised Outings form must be completed and signed and left in back of folder
- Conditions must be kept under review throughout an outing as they may change and present an unacceptable risk
- Hi Vis clothing must be worn by single scullers and bow person at all times.
- No under 17s to row unsupervised

March to October	Cold Water Months (November to February)
When in a crew boat or with another single	
<ul style="list-style-type: none"> • Must be able to swim at least 100m in light clothing 	<ul style="list-style-type: none"> • Must be able to swim at least 200m in light clothing
Additional rules when solo (only one boat)	
<ul style="list-style-type: none"> • Unsupervised Outing Risk Assessment must be completed and signed for all outings • Must take a mobile phone with you at all levels of risk • Must notify third person of outing times • Must have be able to recover self and boat in the event of a capsized 	

**The decision to go afloat rests with the athlete. No criticism will be faced by anyone unwilling to row when they believe it is unsafe to do so
No “learn to row” members either single or as part of a crew**

Rowing Committee March 2018