



Safe Rowing Rule

Subject	Junior Rowing		
Note number	15	Revision	2
Date	24 March 2025		

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Safeguarding

Safeguarding support, arrangements, and requirements for Junior Club members and their parents are set out in a separate document, made available via the Club’s website.



Clothing - All Juniors

Bow / single scullers must wear a yellow hi-vis top for all outings

All Juniors should wear clothing and bring spare clothing appropriate for their activities:

Warm Weather Kit

Appropriate clothing for rowing in ambient temperatures (above 10°C).

- T-shirt - breathable moisture-wicking fabric, high-viz for single sculling or bow-seat
- All in one rowing suit, or rowing shorts
- Cap or hat appropriate for the weather
- Sliders or lightweight shoes
- Water bottle
- When sunny: sunscreen and sunglasses

Cold or Wet Weather Kit

Several thin moisture-wicking breathable layers are the best approach for ambient temperatures (below 10°C). It is recommended to use some or all the following:

- Warm weather clothing as above, and
- Leggings and long sleeve top mid-layer(s)
- Warm / wind proof water resistant top
- Warm socks

Shoes should not be taken into the boat.

Spare Kit

All Juniors should bring the following spare clothing:

- Spare warm dry clothes to change into following a capsized
- Towel

Unsuitable for Rowing - Not Allowed

The following types of clothing should not be worn whilst on the water:

- Materials that absorb and hold water readily, such as cotton
- Baggy clothing that will get trapped easily
- Hoodies
- Jeans
- Walking boots
- Wellington boots
- Long hair must be securely tied back or contained to prevent it from causing a safety hazard or interfering with rowing activities, including racing.



Boat Capsize Safety

Swimming and Capsize Competency Training

It is important for all Juniors to know how to swim and react properly during a capsize. The following steps are required:

1. Parents confirm in writing that your child is a competent and confident swimmer and can swim over 50m in rowing kit. This signed declaration is included as part of the annual membership form.
2. Each Junior and their parent must watch the following British Rowing capsize training videos together, then submit the completion certificate from the BR website to the Lead Junior Coach:
 - [Safety Basics](#),
 - [Cold Water and Hypothermia](#),
 - [Capsize Drill](#).
3. The Junior Lead coach will ask each Junior some questions on the training course, looking for evidence of a good understanding of the risks and the recovery procedure.

From time to time the Club organises training presentations to help understand the British Rowing training videos.

The Club also arranges a physical capsize drill in a swimming pool and Juniors will have an opportunity to take part, if wanted.

The Club maintains a training log, recording completion of these steps.

Capsize Rescue

The Safety Boat Crew, potentially supported by a Coach or other adult club member, will rescue any Junior rower that has capsized.

Following a Capsize

The following procedure must be followed if a junior rower has capsized:

- Assist the Junior into the safety launch.
- Use first aid and foil blankets from the safety launch first aid kit, as required.
- Return to boathouse as soon as possible.
- Warm shower: station someone at the door to ensure privacy.
- Get dry after shower – if required use towel,
- Wear warm dry clothing,
- Monitor Junior for health for around 24-hours.



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All Junior Boats

A Junior Coach must supervise Junior rowing sessions, and coordinate with other Junior Coaches, experienced club members, and/or safety lookouts to ensure the safety of each Junior rowing session.

All personnel directly involved in supporting Junior boat outings must use a club radio and a mobile phone. This includes all Coaches, safety launch crew, and designated safety lookouts.

A safety launch must be available moored by the pontoon ahead of all Junior outings. Competent club member support must be stationed nearby the safety launch on call with radio for the duration of the outing, ready to help or respond to an emergency.

Coaches can coach from the riverbank, on a bike, in a launch, or in a scull alongside the Junior boat(s).

Coaches and other safety lookouts based on the river bank or bridge must carry a suitable throw line and be practiced in its use.

The Lead Coach will decide allocation of suitable Junior boats. As the skill level of beginners progresses, the Lead Coach in consultation with the Club Captain and other Coaches may approve use of suitable finer boats.

All Juniors should begin by learning to scull.

No Junior rowing is to take place downstream of English Bridge.

Safety Checks Before Each Outing

All Juniors should coordinate with the crew to ensure the following tasks are undertaken prior to each outing.

Check safety of the boat

- Damage to the boat hull, riggers, fittings, fin, or rudder (where fitted).
- Foot stretcher can be adjusted for length, and in most cases height and rake.
- Riggers and gates on riggers are fastened securely.

Faulty equipment. Notify damage or faulty equipment to a Coach before each outing.

Lift and move the boat safely

- Whole crew: follow instructions from cox or steers person when lifting or moving a boat
- A crew should coordinate lifting of the boat together
- Be aware of and step-over the gap between the slipway and the floating pontoon.

Report damage to equipment that has occurred during an outing to a Coach.



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Beginner Junior Boats

Beginner rowing should be undertaken initially in stable wide restricted boats, either a single scull, double-scull, or coxed quad scull.

Beginner Junior sculling and rowing boats must stay in sight of the Clubhouse in the blue coloured area of the river shown below.



Beginner Training Area



Safe Rowing Rule

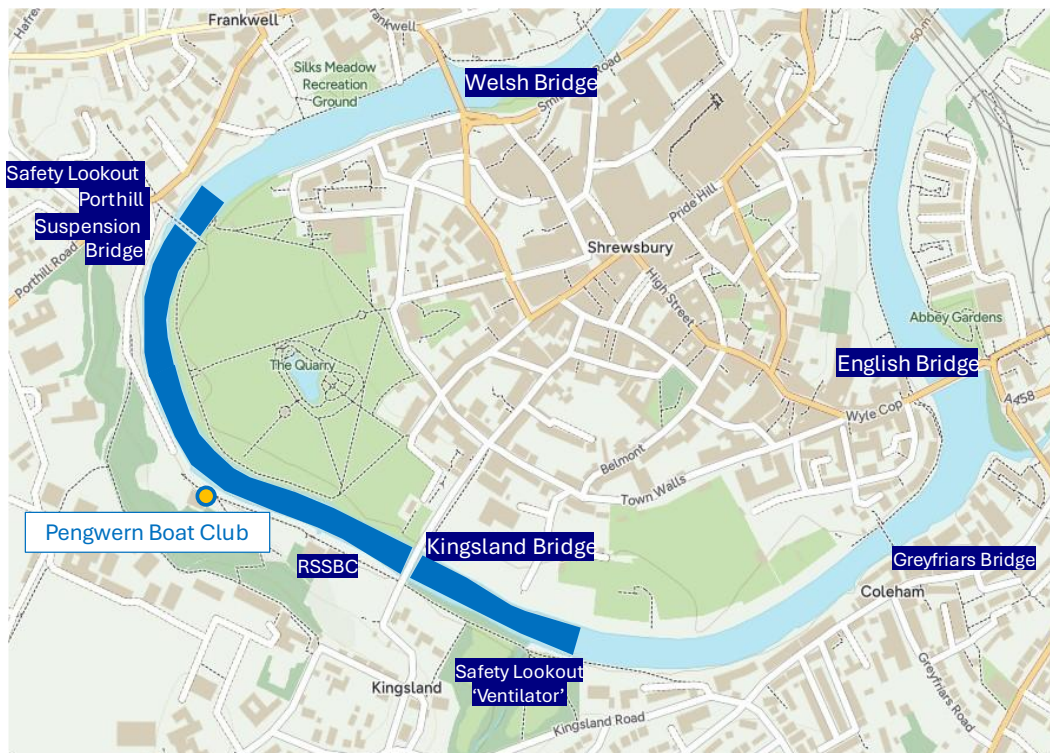
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Junior Development Boats

Where Junior sculling and rowing boats are developing competence, or on some adverse weather conditions:

- 'Safety Lookouts' must be stationed on Porthill Suspension Bridge and at the 'Ventilator', and
- The Junior boats will normally stay in the blue coloured area of the river.

These are shown in the figure below.



River Training Area for Development Junior Crews



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Competent Junior Boats

Once the Lead Junior Coach assesses a beginner to be competent, outings can extend to between English and Welsh Bridges.

- 'Safety Lookouts' must be stationed downstream of Welsh Bridge and on Greyfriars Bridge, and
- The Junior boats will normally stay in the blue coloured area of the river indicated.

These are shown in the figure below.



River Training Area for Competent Junior Crews

Junior rowing will normally take place downstream of Welsh Bridge. Competent Junior crews can row upstream of Welsh Bridge if approved by the Lead Junior Coach and accompanied by a Junior Coach in a Training Launch.



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Water Activity Health

Weil's Disease also known as Leptospirosis, while rare in Britain, is carried by water organisms, so those taking part in water sports can be at risk.

1. **Do not drink river water.**
2. **Wash or shower** at home soon after rowing.
3. **Cover minor cuts and scratches** with waterproof plasters before getting in your boat.
4. **Clean open wounds**, such as blisters or calf abrasions with an anti-bacterial substance.
5. **Suitable footwear** to avoid cutting your feet before getting in your boat.
6. If you think you have **symptoms**
 - a. Early diagnosis and treatment are important.
 - b. If you develop flu-like symptoms after rowing, go to your GP and say that you are a rower.
 - c. Leptospirosis is treated with antibiotics which should be administered early in the course of the disease.