



Safe Rowing Rule

Subject	Beginner Rowing		
Rule number	10	Version	2
Date	21 October 2025		

Beginner Rowing – Safety Rules

- **All beginner outings must be supervised** by a Coach or experienced club member acting as the responsible lead.
- The lead may be **on foot, bike, in a launch, scull, or in the boat** with the crew.
- When small boats are used (1x or 2x/-), **an experienced member must stay at the Clubhouse**, ready to assist in an emergency.
- Both the lead and support must carry a **club radio and mobile phone**.
- **Riverbank support** must carry a **throw line** and know how to use it.
- Beginners **not directly accompanied** must stay **within sight of the Clubhouse**, in the **blue zone** shown below.



Beginner Training Area

Progression and Equipment

- Once a Coach confirms competence, outings may extend **between English and Welsh Bridges**.
- **No beginner rowing is allowed beyond** these bridges.
- Beginners should start in **stable boats**: single scull, double scull, quad scull, or coxed four.
- As skills improve, the **Club Captain and Coaches** may approve use of **finer boats**.