



Safe Rowing Rule

Subject	Lightning		
Rule number	9	Version	2
Date	21 October 2025		

Hazard

Lightning strikes can be fatal and travel through air, ground, and especially water.

Rowers are highly exposed in open areas near water.

Strikes often occur before or after the storm's peak.

Lightning can also travel through buildings via wires or pipes.

Safety Rules

Check the weather forecast before rowing. If lightning is expected, choose an **indoor activity** instead.

Follow the **British Rowing Safety Alert** and the **RoSPA 30/30 Rule**:

- "If the flash-to-bang is 30 seconds or less, seek shelter. Stay sheltered until 30 minutes after the last thunderclap."
- This helps avoid strikes from distant or trailing storm clouds.

If lightning or thunder occurs while rowing:

- **Leave the water immediately.**
- **Shelter in a large building or vehicle** — not under trees.
- **Avoid using phones** during the storm unless it's an emergency.
- If someone is struck, **call emergency services** right away — they may need CPR or urgent medical help.