



Safe Rowing Note

Subject	Water Safety Aids		
Note number	12	Version	3
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Basis

Safety aids provided by the Club include lifejackets, buoyancy aids, throw lines, and emergency blankets.

These can save lives.

The Club makes this equipment readily available and maintained in good condition. It provides training so that everyone knows how to use them correctly.

It is the responsibility of all club members to know how to use this equipment.

Lifejackets, buoyancy aid, throw lines, and emergency blankets are checked every 3 months.

Life Jacket Safety Rules

Inflatable lifejackets must be worn by the following groups of people while on the river:

- Coxes
- Launch drivers
- Launch passengers.

The Club provides three types of lifejackets:

1. Red *automatically* inflated lifejackets for coxes positioned in rowing boat sterns.



2. Dark blue *manually* inflated lifejackets for use by
 - coxes positioned in bow-loader boats,
 - launch first aid crew,
 - launch passengers, and
 - adaptive rowing safety launch crews.



3. Sky-Blue *automatically* inflated lifejackets for use by
 - launch drivers, and
 - coaches.





Coxes lying in the bows of a 'bow loader-boat' must not use an automatic self-inflating lifejacket.

Manual inflatable lifejackets can be made available to anyone who wishes to wear them while on the river.

Anyone wearing a lifejacket must be aware of how to inflate them.

Lifejackets should not be used for any other purpose than that which they are designed

Life Jacket Checks

Each time before a lifejacket is used, check the following:

- Visually for signs of damage that may cause the jacket to lose buoyancy i.e. rips, tears and abrasions. If the life jacket is damaged, do not use it.
- All security straps and clips are in place and attached securely and done up sufficiently tightly, so it is possible for the wearer to be lifted by the lifejacket.
- The ends of the straps are secured to prevent them getting snagged in the boat.
- Always wear the lifejacket over the top of all other clothing.

After Wearing a Lifejacket

After wearing a lifejacket, hang it up on the lifejacket rack. If wet, open it up, to allow it to dry.

Buoyancy Aid Safety Rules

Buoyancy aids must not be used as life jackets.

Buoyancy aids must be worn by non-swimmers while in a boat on the river.

Rowers and scullers have an option to wear a buoyancy aid to help them develop confidence when on the water.



Buoyancy aid

Throw Line Safety Rules and Guidance

Location

Throwlines are stored in the Boathouse on the right-hand wall of the Fours-Bay.

Coaches

Coaches accompanying any crew on the water must carry a throwline.



Throwline

When to Use a Water Rescue Throwline

Following a boat capsize, the most effective buoyancy aid is the rowing boat. Capsize drills explain that anyone that has capsized should aim to stay with the boat.

If a rower has capsized their boat and can hold onto their boat, then a throwline should not be used.

Throwlines should be used only when someone is in the water and unable to hold onto a boat.



How To Use a Water Rescue Throwline

If needed, call the emergency services on 112 or 999.

Never jump in the water to rescue someone.

Get a throwline.

Shout out to the casualty to get their attention. Reassure them that you are trying to help.

Remind the casualty to float on their back to catch their breath. Simple instructions can save a life.

Once they are floating, tell them you're going to throw them a line.

Hold the end of the line in one hand and the bag in your other hand. Never wrap the line around your hand.

Throw the bag so that it lands beyond the casualty.

Instruct the casualty to grab hold of the line, not the bag.

When the casualty grabs the line, it will become heavy - this is the most dangerous time for a rescuer.

Assume a low stance with firm footing away from the water's edge. Brace yourself and, using both hands, pull the casualty towards you.

Get hold of the casualty and help them out of the water safely. Be aware that they may be cold, wet, heavy and distressed, making them hard to hold on to.

If you cannot help them out of the water without putting yourself at risk, shout for help and wait until someone else arrives.

It is important that anyone who has been in the water gets immediate medical attention. Water in the lungs can cause secondary drowning, so they will need someone with them for the next 24 hours to keep an eye on them.

After Using A Throwline

After a throwline is used or unpacked:

- Report it's use to the Club's Rowing Safety Adviser.
- Arrange the throwline so it can dry before it is repacked.
- The Rowing Safety Adviser will check and repack the throwline, after it is had dried out.

Emergency Blankets

Foil or emergency blankets are effective for preventing hypothermia and shock in emergency situations, such as after rescuing a sculler or rower that has capsized into the water. They work by reflecting the wearer's body heat, trapping it inside the blanket.

Keeping a casualty warm must be a priority in any survival or outdoor scenario, such as following a boat capsized.

Emergency blankets are available in

- in the first aid kit in the Clubhouse, and
- all safety and coaching launch first aid kits.

To use an emergency blanket, unfold the blanket fully, drape it around the body from shoulders to feet, and secure it in place. In windy conditions, tuck the edges under the arms or around the waist.



Emergency blanket in use