

Rowing

Water Safety Code

September 2004

This code shall be prominently displayed in every clubhouse/boathouse and additional copies made available to all coaches, administrators and members.

“Approved Personal Floatation device (PFD), lifejackets or buoyancy aids are those approved under the Maritime Rule 91, Navigation Safety”

The rules below provide an exemption from carrying approved buoyancy aids or PFDs as required by MSA rule 91.4(1)

The Code

1.1

Every Association, Club, School, College and University (hereafter reference will only be made to Club) shall appoint a Safety Officer.

The Safety Officer shall advise the club on the requirements of the NZRA Water Safety Code and oversee its implementation and operation. Breaches of the code are to be identified and must be advised to the offender.

1.2

There shall be prominently displayed in every Club and Boathouse; a list of vital telephone numbers relating to safety in general.

- EMERGENCY SERVICES - '111'
 - Fire, Police, Ambulance, list details of information to be given, viz: situation, access, details
 - Doctors
 - Local hospital casualty department
 - Local river or harbour police
 - Coastguard
 - Lifeguards
- Clear directions to the nearest alternative telephone point shall also be displayed.

1.3.1

Safety and First Aid equipment shall be readily available in every Club. This equipment must include -

- First Aid Box (to be fully stocked, contents listed. The box contents must be checked monthly).
- Thermal/exposure blankets
- Rescue lines
- Life jackets
- Buoyancy aids/ Personal Floatation devices (PFD's)

1.3.2

Clubs must ensure that their coaches and organisers undertake basic first aid training.

1.4

Visual aids on water safety, life saving and resuscitation procedures shall be displayed prominently.

1.5

Every Club providing rowing or sculling facilities shall draw up and display a plan of the local waterway, drawing attention to the navigation rules and any additional rules required to accommodate specific local hazards. Instructions shall be included on any variation in normal procedures necessary to combat tidal, stream, wind or other climatic conditions which may arise locally.

1.6

An accident log shall to be maintained and be available for inspection at all times, giving time, place and nature of accident, injuries/damages sustained and names and addresses of witnesses. All cases of accident involving injury shall be notified in writing to the local Association and the NZRA using the standard pro-formas attached (See incidence reporting)

A boat maintenance log or notebook shall be kept for each patrol boat showing maintenance and repairs for the boat, equipment and motor, and the date when the work was carried out.

The following paragraphs relate to specific aspects of the sport which, for convenience, have been grouped under separate headings for ease of reference

Equipment

For the safety of all concerned, rowing equipment must be maintained in good order.

2.1.

Every boat must at all times carry firmly attached to its bows a white ball of not less than 4cm diameter made of rubber or material of similar consistency

2.2

Heel restraints and "quick-release" mechanisms must be in proper and effective working order in all boats equipped with fitted shoes. The restraints must allow no more than 50mm of heel lift on the shoe.

2.3

For outings between the hours of 30 mins before sunset to 30 mins after sunrise boats shall be fitted with lights as required (light requirements 5.6.3). and shall carry a torch to alert other vessels so as to avoid collision or signal for assistance.

2.4

Check oars and sculls to ensure that "buttons" are secure and properly set.

2.5

Buoyancy compartments, bow and stern canvasses, etc., must be checked to ensure that they will function as intended.

Rowers, Scullers & Coxswains

3.1

All persons participating in rowing or sculling must be in good health and able to swim a minimum of [50]m in light clothing and shoes.

3.2

Physically challenged athletes participating in rowing or sculling activities must be provided with suitable rescue facilities to cope with any accident whilst afloat.

3.3

All coxswains shall wear an approved lifejacket (non self inflating) when on the water for both training and in competition. Where the coxswain is located in the bow of a boats, care must be taken in the choice of lifejacket to ensure that the coxswain is not restricted when exiting the boat. Self-inflating life jackets must not be used.

3.4

All crews, when going on the water - whether accompanied or not, must appoint a person to have overall responsibility for the crew. This person will usually be the person steering the boat or the stroke of the crew if the person steering is considered unsuitable. It is this person's responsibility to ensure that the crew complies with the rules and is the person to whom any inquiry will be directed should an incident occur.

Coaching

For the purposes of this document a coach is defined as a person or persons accompanying a crew or crews in a powered craft.

4.1

Coaches are not only concerned with coaching their crews, they have a responsibility to remind crews that they need to fulfill the crew's safety requirements on the water. (see sections 2 and 3)

4.2

A coach shall ensure that every member of the crews of which he has charge is aware of the appropriate safety procedures at all times.

4.3

Coaches shall ensure that the whole crew, including the coxswain, are dressed suitably, adequately protected for the weather conditions they are likely to encounter.

4.4

Coaches and coaching launch drivers shall wear life jackets at all times whilst afloat.

4.5

All coaching launches and safety boats shall carry the following safety aids:

- A bailer, and, for inflatable rubber dinghies, a suitable inflation pump and a spare inflation valve.
- A sound signaling warning device, capable of attracting attention over at least 200 meters. e.g. Air horn or whistle
- A grab line at least 15m (50ft) long with a large knot tied in one end to assist throwing (ideally a purpose made rescue/heaving line - 'throw bag').
- Sufficient approved Buoyancy aids or PFD's for the biggest boat they are coaching (8 max) (see Club Training Below)
- A basic first aid kit (contents recorded and checked before going out).
- A sharp knife in carrying sheath.
- A paddle.
- Simple handholds fixed to the side of the launch to give help to any person being rescued.
- Engine cut-out lanyard device, accessible to the driver at all times
- Anchor and line.
- If more than 500 meters from the nearest shore a red hand flare shall be carried.

4.6

Any activity on the water between the hours of 30 mins before sunset to 30 mins after sunrise requires the launches to be fitted with lights as laid down by the MSA (see appendix Club Training below) and carry a torch to alert other vessels to avoid collision or to signal for assistance.

CLUB TRAINING

5.1

The areas of water in which the club carries out its training must be clearly defined in a **Risk Management Plan**. (RMP)

5.2

For these purposes 2 types of water training areas exist.

5.2.1

That which is used most often by club crews, i.e. going from Point A to Point B and back again to Point A. (usually close to the clubhouse).

5.2.2

That which is used sometimes by crews, i.e. areas which are outside those described in (a). Areas, which are used for occasional longer outings.

5.3

All on water hazards moving or fixed need to be clearly defined in the RMP with appropriate strategies outlined if a crew gets into difficulties.

5.4

Suitable landing or exit points need to be identified along the rowing route with the closest medical centres listed.

5.5

The Risk Management Plan to be clearly displayed in the Clubhouse and supplied to each rower upon becoming a member of the Club.

5.6

Four types of training are identified as

1. Accompanied training (with coach)
2. Unaccompanied training (without coach)
3. Training before dawn and after dusk
4. Open Water - defined as more than 1500 meters from a bank or shore.

The following conditions apply and must be adhered to.

5.6.1 Accompanied training.

5.6.1 a. – When accompanied by the coach/safety officer in a powerboat - One coach in a powerboat can supervise a maximum of 3 rowing skiffs at any one time, provided that the crew/s are always able to hear given instructions from the coach. The powerboat shall carry the required number of Buoyancy Aids/PFDs as per 4.5

All coxswains and coaches must wear approved lifejackets when carrying out their duties on the water (as required in 4.3 above)

5.6.1 b. When the Coach/Safety officer is not in a powerboat - In sheltered waters where the sides of the waterway are less than 200 meters apart - crews must be under the observation of an individual(s) who is/are able to summon additional help if required.

5.6.2 Unaccompanied training

Each rower must either wear an approved buoyancy aid/ PFD or the boat must have an easily accessible buoyancy aid for each person.

NOTE: Before going on the water the a member of the crew must assume responsibility for the crew. It is that person's responsibility to ensure that the crew complies with the rules for unaccompanied crews and is the person to whom any inquiry will be directed should an incident occur. (as per 3.4)

5.6.3 Training before dawn and after dusk

Note: This is dangerous and should be avoided if at all possible.

The rules above for Accompanied and Unaccompanied training will apply, in addition:

Boats must carry on the bow a continuous all round (360 degrees) white light one metre above the level of the canvas on the bow with a range of 2 nautical miles. There shall also be a hand torch on board.

All other boats must display a continuous all round white light on the bow capable of being seen for at least 2 nautical miles. There shall also be a hand torch on board.

5.6.4 Open Water Rowing

Each Person must wear an approved PFD and have on board a method of attracting attention (whistle)