



# North Esk Rowing Club (NERC)

## Boat Club Rules.

North Esk Rowing Club members are expected to familiarize themselves and comply with MAST regulations for recreational boating.

All members are also required to abide by the following club rules:

- Club equipment and facilities may only be accessed and used by current financial members.
- All rowers and coxswains must be competent swimmers and be familiar with safety protocols. Coaches and non-swimmers are only permitted on the water if wearing an approved PFD.
- Rowers must have demonstrated a reasonable degree of competency before taking boats out on their own and obtain prior approval of their coach.
- Novice coxswains should only cox beginner crews when under the supervision of a coach
- Race training should not be undertaken unless under the direct supervision of a competent coach or coxswain.
- All members are required to safeguard against hypothermia and/or heat exhaustion – e.g. suitable layered clothing and adequate water consumption before, during and after rowing.
- Private boats and equipment are stored on club premises at the owners risk – club insurance does not cover private boats during storage, transport or competition, therefore it is recommended that owners obtain their own insurance coverage.
- Allocation of boats and equipment usage is subject to approval of the Club Captain.
- Rowing in conditions of low visibility is discouraged and should only occur when all safety issues are addressed.
- Rowing prior to sunrise and/or after sunset requires direct supervision of an experienced coach and with appropriate lighting affixed to the boats.
- Rowing is NOT PERMITTED when conditions present high risk – including impending storm, thick fog (visibility < 100m), high winds, lightning, flood water or extremely rough water conditions. The club may prohibit on water activity where it is considered members might be at risk.
- The Club discourages individual scullers from rowing alone. Scullers should utilise the buddy system if possible and must inform a club coach or senior member of their intended training plan. Unsupervised training should only occur at times when other crews are on water. Scullers should remain in sight of and within hailing distance of a coach boat or another crew. It is recommended that scullers carry a mobile phone in a waterproof bag in their boat.
- Crews unaccompanied by their coach should inform a club coach or senior member of their intended training plan and are advised to carry a mobile phone in a waterproof bag in their boat. All boat usage should be recorded (with times) on the “booking board” located in the Boat Shed.
- Junior members are NOT permitted to train on water without a supervising coach/safety boat.

### Club Access and Security

- Members holding keys to the boatshed are required to comply with advised security procedures, otherwise key privileges may be withdrawn.
- It is the responsibility of the last crew off the water to secure the boatshed. The last individual to leave is responsible to ensure that the boat shed is locked, lights are turned off and the security system is armed. The last key holder present has the right to request all non key holders to leave so they may lock the boat shed. The boat shed should be locked when there is no-one in attendance.
- Privately owned boats and other equipment are only to be used with the express permission of the owner.

## Use of Equipment

- Rowers must only use boats appropriate to their physique and level of competency and subject to approval of the Club Captain
- Priority for use of boats and equipment is at the discretion of the Club Captain and will be determined with consideration to the prevailing competition phase (Pennant, School or Masters)
- All club boats are to be carried with the hull up to minimize the risk of damage to the hull, in the event of the boat being accidentally dropped
- All club equipment is to be used with due care. Any damage must be recorded on an incident report form and reported to the Club Captain. The stroke of a crew is deemed to be the member responsible for notification, however all crew members are equally accountable for any damage that occurs.

**North Esk Rowing Club reserves the right to charge insurance excess or other costs for any damage to club equipment occurring from a breach of the rules**

- Gym equipment and rowing ergometers should only be used under the supervision of coach. Gym equipment and rowing ergometers are only available to Junior members when under the direct supervision of a coach.

## River Safety Rules

- Keep to the correct side of the river at all times with the bow side blades closest to shore. Do not cut corners. Avoid rowing in the middle of the river.
- Always leave and approach the pontoon AGAINST the flow of water. When landing, row towards the pontoon slowly, with the bow seat rower checking the approach. Ensure the bow and/or riggers do not hit the pontoon.
- In the event of falling out of a boat and being unable to get back in, rowers should remain with the shell until rescued, using the shell as a flotation aid. If unaccompanied and unable to get back in, rowers must remain with the shell and by using a kicking action move with the boat towards shore. Utilise the buddy system to keep each other safe.
- Ensure you know the location of all river pylons and remain on the correct side of the pylons. Be alert to other obstacles such as the river dredge, snags and cruise boats. If in doubt check with a senior coach.
- Be aware of large swells, such as boat wash, and position the rowing boat side on to the swell.
- Rowing crews being overtaken shall move to bow side and give way to avoid a collision. The overtaking crew should pass with their bow side to the stroke side of the slower crew. The overtaking crew must be prepared to stop or slow down as required to avoid a collision. All passing should be undertaken with caution.
- Rowing boats approaching in opposite directions shall pass stroke side to stroke side.
- Coach's using motor boats must be alert to other river traffic (both directions), and shall move towards shore when being overtaken.
- When changing direction on the river, stop only where it is safe to do so, with good visibility. Ensure the river is clear of traffic, before turning and move quickly to the other side of the river. Do not angle across the river or stop where you might impede other river traffic. Where possible avoid turning near bridges and pylons and be alert to strong tidal influences.
- Commonsense and due care should always prevail so that accidents are avoided and rower safety is maximized.

Copies of the North Esk Rules of Association are available from the Club Secretary.

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