

"Safe to Boat" - Boating Conditions for Safe Rowing

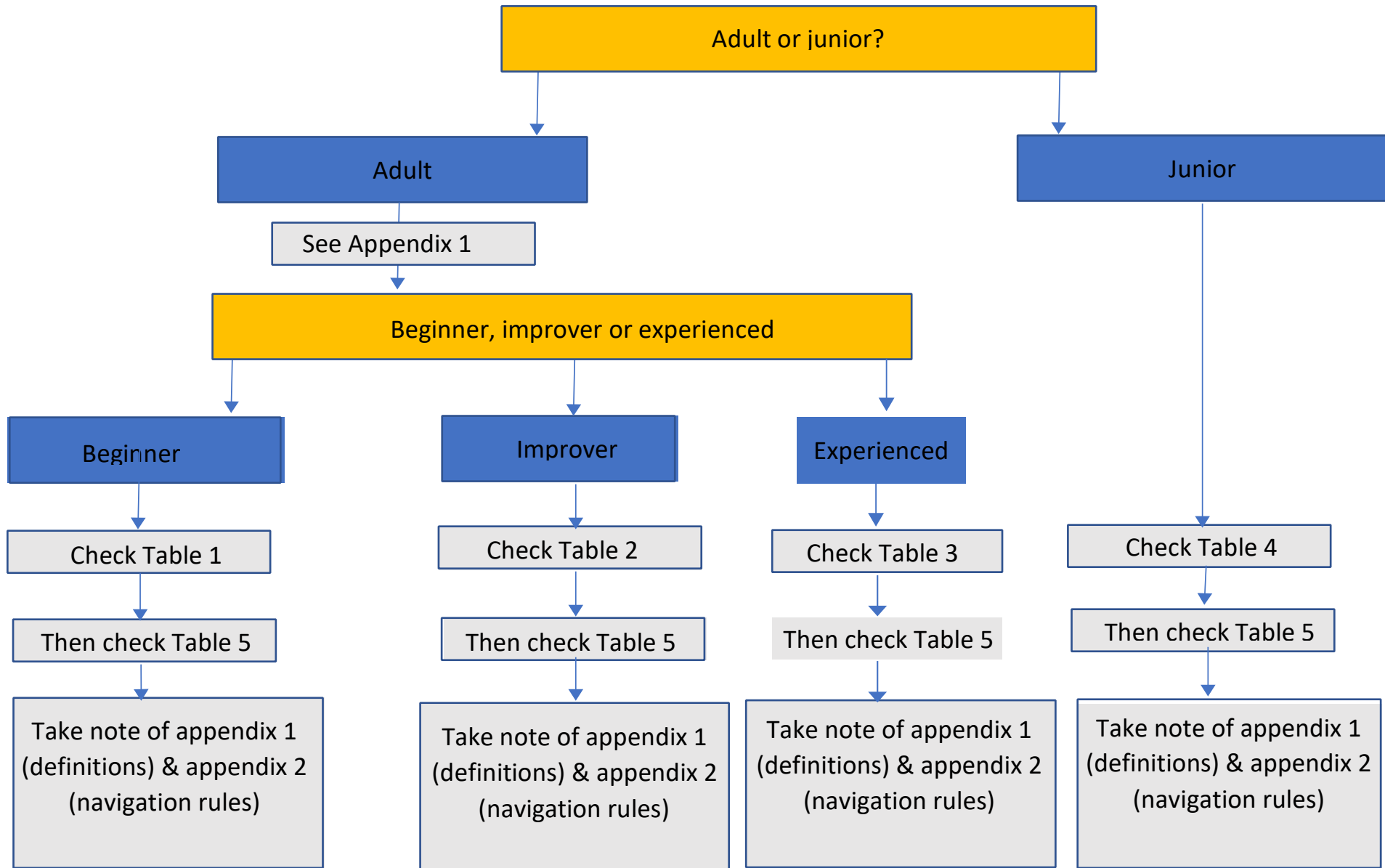


Table 1: Adult Beginners – to be read in conjunction with further risk assessment criteria, table 5

ADULT BEGINNERS*	Flow rate m ³ /s	
	<100	>100
DURING DAYLIGHT		
1x	Under Dedicated Rowing Supervision (DRS)** in launch	NO
2x / 2-	Under Dedicated Rowing Supervision (DRS)** in launch	NO
4x / 4-	Under Dedicated Rowing Supervision (DRS)** in launch	NO
4x+ / 4+	Under Dedicated Rowing Supervision (DRS)** in launch	NO
8+ / 8x+	Under Dedicated Rowing Supervision (DRS)** in launch	NO

*See appendix 1 for full definitions/meaning.

**Dedicated Rowing Supervision (DRS) comprises Coach In Launch (CIL) operating as follows:

- Adult beginners – supervision of usually only one boat of any size, at any one time. During Spring when stream flow is low and wind is light, 2 coaches in launches may take up to 6 beginner single sculls as long as remain in a circulation pattern not more than 150m between coaches with one coach at the “Head” and the other at the “Tail” of the group. Coaches must be in radio contact and a risk assessment completed.
- Mixed Experienced/Beginner Crew Boats - the crew must comprise at least 50% Experienced Adults; coach may supervise 3 doubles or quads; the boats must not be further away than 100m in total of each other and the coach. Experienced adult MUST be at bow

Beginners are not allowed out in any boat type under any circumstances during the hours of darkness

Table 2: Adult Improvers – to be read in conjunction with further risk assessment criteria, table 5

IMPROVERS*	Flow rate m ³ /s			
	DAYLIGHT	<100	101 to 149	150 to 250
1x	<ul style="list-style-type: none"> • Adult Improver Steersman (IS)* qualified. • Non-IS* accompanied by BBS** or DRS* in launch 	<ul style="list-style-type: none"> • Adult Improver Steersman (IS)* qualified and accompanied by DRS* • Non-IS* not allowed 	NO	NO
2x / 2-	<ul style="list-style-type: none"> • Adult Improver Steersman (IS)* qualified at bow • Non-IS* bow accompanied by BBS** or DRS* in launch 	<ul style="list-style-type: none"> • Adult Improver Steersman (IS)* qualified at bow and accompanied by DRS* in launch • Non-IS not allowed 	NO	NO
4x / 4-	<ul style="list-style-type: none"> • Experienced Adult Steersman (ES)* qualified at bow • Adult Improver Steersman (IS)* qualified at bow plus DRS* in launch 	<ul style="list-style-type: none"> • Experienced Adult Steersman (ES)* qualified at bow + 50% Experienced Adult (E)* crew • Adult Improver Steersman (IS)* qualified at bow plus DRS* in launch 	ES steersman (ES)* + 50% Experienced Adult (E)* crew + DRS* in launch	NO
4x+ / 4+	<ul style="list-style-type: none"> • club approved cox or DRS* in launch 	<ul style="list-style-type: none"> • club approved cox plus DRS* in launch 	Club approved cox + 50% Experienced Adult (E)* crew + DRS* in launch	NO
8+ / 8x+	<ul style="list-style-type: none"> • club approved cox or DRS* in launch 	<ul style="list-style-type: none"> • club approved cox plus DRS* in launch 	Club approved cox + 50% Experienced adult (E)* crew + DRS* in launch	NO

*See appendix 1 for full definitions/meaning. DRS - Dedicated Rowing Supervision (DRS)
 ** Boat to Boat Supervision (BBS). Person taking responsibility for others must have met the criteria for Experienced Adult Steersman (ES). An accompanying ES may look after a maximum of 1 single or double. Boats must be no more than 50m apart and ES must be ahead of all boats at all times

Table 2: Adult Improvers (continued) – to be read in conjunction with further risk assessment criteria, table 5

IMPROVERS*	Flow rate m ³ /s		
	<100	101 to 149	>250
1x	NO	NO	NO
2x / 2-	<ul style="list-style-type: none"> Experienced Adult Steersman (ES)* qualified at bow 	NO	NO
4x / 4-	<ul style="list-style-type: none"> Experienced Adult Steersman (ES)* qualified at bow Adult Improver Steersman (IS)* plus DRS* in launch 	<ul style="list-style-type: none"> Experienced Adult Steersman (ES)* qualified at bow plus DRS* in launch 	NO
4x+ / 4+	<ul style="list-style-type: none"> club approved cox + 25% Experienced Adult (E)* crew 	<ul style="list-style-type: none"> club approved cox plus 25% Experienced Adult (E)* crew plus DRS* in launch 	NO
8+ / 8x+	<ul style="list-style-type: none"> club approved cox plus 25% Experienced Adult (E)* crew 	<ul style="list-style-type: none"> club approved cox plus 25% Experienced Adult (E)* crew plus DRS* in launch 	NO

*See appendix 1 for full definitions/meaning. DRS - Dedicated Rowing Supervision (DRS)

** Boat to Boat Supervision (BBS). Person taking responsibility for others must have met the criteria for Experienced Adult Steersman (ES). An accompanying ES may look after a maximum of 1 single or double. Boats must be no more than 50m apart and ES must be ahead of all boats at all times

***All crews boating during darkness or reduced visibility, should wear reflective tops/high vis tops and no dark clothing, with white solid light on the stern and bow NOT fastened to a rigger. For consistency darkness is defined as before sunrise or after sunset - see <https://www.bbc.co.uk/weather/6690829>

Table 3: Experienced adult rowers – to be read in conjunction with further risk assessment criteria, table 5

EXPERIENCED*	Flow rate m ³ /s			
	<100	101 to 149	150 to 250	>250
1x	<ul style="list-style-type: none"> Experienced Adult Steersman (ES)* qualified Non-ES* accompanied by BBS* or CIL* 	Experienced Adult Steersman (ES)* qualified	Experienced Adult Steersman (ES)* only	NO
2x / 2-	<ul style="list-style-type: none"> Experienced Adult Steersman (ES)* qualified bow Non-ES* bow accompanied by BBS* or CIL* 	Experienced Adult Steersman (ES)* qualified bow plus Experienced Adult (E)* crew	Experienced Adult Steersman (ES)* at bow plus Experienced Adult (E)* crew	NO
4x / 4-	<ul style="list-style-type: none"> Experienced Adult Steersman (ES)* qualified bow Non-ES* bow accompanied by CIL* 	Experienced Adult Steersman (ES)* qualified bow plus Experienced Adult (E)* crew	Experienced Adult Steersman (ES)* at bow and Experienced Adult (E)* crew	NO
4x+ / 4+	club approved cox or CIL* plus 50% Experienced Adult (E)* crew	Club approved experienced cox or CIL plus 50% Experienced Adult (E)* crew	Club approved experienced cox or DRS* in launch plus 50% Experienced Adult (E)* crew	NO
8+ / 8x+	club approved cox or CIL* plus 50% Experienced Adult (E)* crew	Club approved experienced cox or CIL* plus 50% Experienced Adult (E)* crew	Club approved experienced cox or DRS* in launch plus 50% Experienced Adult (E)* crew	NO

*** See appendix 1 for full definitions/meaning. BBS - Boat to Boat Supervision, CIL - Coach in Launch, DRS - Dedicated Rowing Supervision, Boat to Boat Supervision (BBS). Person taking responsibility for others must have met the criteria for Experienced Adult Steersman (ES). An accompanying ES may look after a maximum of 1 single or double. Boats must be no more than 50m apart and ES must be ahead of all boats at all times**

Table 3: Experienced adult rowers (continued) – to be read in conjunction with further risk assessment criteria, table 5

EXPERIENCED*	Flow rate m ³ /s		
	<100	101 to 149	>250
DURING DARKNESS**			
1x	<ul style="list-style-type: none"> • Experienced Adult Steersman (ES)* qualified • Non-ES* accompanied by CIL* • NO lone single scullers 	<ul style="list-style-type: none"> • Experienced Adult Steersman (ES)* qualified • NO lone single scullers 	NO
2x / 2-	<ul style="list-style-type: none"> • Experienced Adult Steersman (ES)* qualified at bow • Non-ES* qualified, Experienced Adult (E)* crew, accompanied by CIL* 	Experienced Adult Steersman (ES)* qualified at bow plus Experienced Adult (E)* crew	NO
4x / 4-	<ul style="list-style-type: none"> • ES qualified at bow plus Experienced Adult (E)* crew 	Experienced Adult Steersman (ES)* qualified at bow plus Experienced Adult (E)* crew	NO
4x+ / 4+	club approved cox plus Experienced Adult (E)* crew	club approved cox plus Experienced Adult (E)* crew	NO
8+ / 8x+	club approved cox plus Experienced Adult (E)* crew	club approved cox plus Experienced Adult (E)* crew	NO

* See appendix 1 for full definitions/meaning. CIL=Coach in Launch.
 Person taking responsibility for others must have met the criteria for Experienced Adult Steersman (ES).

** All crews boating during darkness or reduced visibility, should wear reflective tops/high vis tops and no dark clothing, with white solid light on the stern and bow NOT fastened to a rigger. For consistency darkness is defined as before sunrise or after sunset - see <https://www.bbc.co.uk/weather/6690829>

Table 4: Juniors – to be read in conjunction with further risk assessment criteria, table 5

JUNIORS	Flow rate m ³ /s			
DURING DAYLIGHT	<100	101 to 149	150 to 175	> 175
1x	Only accompanied by CIL*, & further risk criteria (table 5) met. Junior Beginners (JB)* under DRS* only.	J17/18 - Only accompanied by CIL*, & further risk criteria (table 5) met. Extra care in Risk Assessment on Yellow flow increasing. No Junior Beginners (JB)*	NO	NO
2x / 2-	Only accompanied by CIL*, & further risk criteria (table 5) met. Junior Beginners (JB)* under DRS* only.	J16/17/18 - Only accompanied by CIL*, & further risk criteria (table 5) met. Extra care in Risk Assessment on Yellow flow increasing. No Junior Beginners (JB)*	Experienced J16/17/18 at coaches discretion. Only accompanied by CIL*, & further risk criteria (table 5) met.	NO
4x / 4-	Only accompanied by CIL*, & further risk criteria (table 5) met. Junior Beginners (JB)* under DRS* only.	Only accompanied by CIL*, & further risk criteria (table 5) met. Extra care in Risk Assessment on Yellow flow increasing. Junior Beginners (JB)* under DRS* only.	Experienced J16/17/18 at coaches discretion. Only accompanied by CIL*, & further risk criteria (table 5) met.	NO
4x+ / 4+	Only accompanied by CIL*, and with further risk criteria (table 5) met. Junior Beginners (JB)* under DRS* only.	Only accompanied by CIL*, & further risk criteria (table 5) met. Extra care in Risk Assessment on Yellow flow increasing. Junior Beginners (JB)* under DRS* only.	Experienced J16/17/18 at coaches discretion. Only accompanied by CIL, & further risk criteria (table 5) met.	NO
8+ / 8x+	Only accompanied by CIL*, and with further risk criteria (table 5) having been met. Junior Beginners (JB)* under DRS* only.	Only accompanied by CIL*, & further risk criteria (table 5) met. Extra care in Risk Assessment on Yellow flow increasing. Junior Beginners (JB)* under DRS* only.	Experienced J16/17/18 at coaches discretion. Only accompanied by CIL*, & further risk criteria (table 5) met. Experienced cox	NO
*see appendix 1 for full definitions/meaning. CIL = Coach in Launch. DRS = Dedicated Rowing Supervision.				

Table 4: Juniors (continued) – to be read in conjunction with further risk assessment criteria, table 5

JUNIORS	Flow rate m ³ /s		
	<100	101 to 149	>150
DURING DARKNESS**			
1x	NO	NO	NO
2x / 2-	NO	NO	NO
4x / 4-	<p>Only accompanied by CIL*, subject to:</p> <ul style="list-style-type: none"> i) Launch being equipped with a search floodlight and grab sufficient number of handles on the side of launch hull. ii) Fluorescent outer apparel must be worn. iii) The risk assessment, table 5, must be completed by the accompanying coach <p>No Junior Beginners (JB)*.</p>	<p>Only with Captain/safety advisor approval and accompanied by CIL*, subject to:</p> <ul style="list-style-type: none"> i) Launch being equipped with a search floodlight and grab sufficient number of handles on the side of launch hull. ii) Fluorescent outer apparel must be worn. iii) The risk assessment, table 5, must be completed by the accompanying coach <p>No Junior Beginners (JB)*.</p>	NO
4x+ / 4+	<p>Only accompanied by CIL*, subject to:</p> <ul style="list-style-type: none"> i) Launch being equipped with a search floodlight and grab sufficient number of handles on the side of launch hull. ii) Fluorescent outer apparel must be worn. iii) The risk assessment, table 5, must be completed by the accompanying coach <p>No Junior Beginners (JB)*.</p>	<p>Only with Captain/safety advisor approval and accompanied by CIL*, subject to:</p> <ul style="list-style-type: none"> i) Launch being equipped with a search floodlight and grab sufficient number of handles on the side of launch hull. ii) Fluorescent outer apparel must be worn. iii) The risk assessment, table 5, must be completed by the accompanying coach <p>No Junior Beginners (JB)*.</p>	NO
8+ / 8x+	NO – High Risk of unmanageable situation	NO – High Risk of unmanageable situation	NO

*see appendix 1 for full definitions/meaning. CIL = Coach in Launch. DRS = Dedicated Rowing Supervision.

** All crews boating during darkness or reduced visibility, should wear reflective tops/high vis tops and no dark clothing, with white solid light on the stern and bow NOT fastened to a rigger. For consistency darkness is defined as before sunrise or after sunset - see <https://www.bbc.co.uk/weather/6690829>

Table 5: FURTHER RISK ASSESSMENT Criteria: Any black = no rowing 3 reds = no rowing

Risks such as river debris, ice/snow when launching boats, changes in conditions during outings and any medical conditions should be taken into consideration.

River Flow Rate m ³ /sec	Below 100	101 - 149	150 - 250			>250		
			Juniors 150 - 175			Juniors > 175		
Water Temp °C	Above 14		14 - 9	8 - 0		<0		
Air temp °C	Above 6		6 - 2		1 - -3		<-3	
Wind Speed mph	0 - 15		16 - 29		30 - 40		>40	
Wind direction If >15mph	S	SE	SW	W	E	NW	NE	N
Lightning	Is the time between lightning flash and thunder < 30 secs		No			Yes		
Visibility (Fog, mist, dust)	>250m in all directions *					< 250m *		

Flow rate can be checked:
<https://www.gaugemap.co.uk/#!/Map/Summary/1249/1382>



Weather, wind speed and direction checked:
<https://www.bbc.co.uk/weather/6690829>



Water temperature checked:
<https://dl1.findlays.net/show/temp/thames1>



* As a guide, need to see the other side of the bank from the clubhouse as well as being able to see the end of Steven’s Ait when looking upstream. A documented risk assessment should be performed [here](#) for all junior sessions, adult learn to row courses or improvers as well as where any of the risk assessment items in Matrix above are RED. Information on all these criteria can be found via the [Walbrook Rowing Club website](#)

Risk Assessment Documentation

A risk assessment should be performed for all outings.

Boats are allocated by coaches, squad co-ordinators or experienced crew members. Recording of such allocation is done digitally on the “[Boat booking form](#)” – if you do not have access, please inform your squad co-ordinator. By recording on this form, you confirm an appropriate risk assessment for the planned outing has been performed.

The documented risk assessment should be performed for all junior sessions, adult learn to row courses or improvers as well as where any of the risk assessment items in Table 5 are **RED**.

Although there is government guidance for people working with groups of Children, it is essential in rowing that a separate Risk Assessment is taken for each group of Children and that this is reviewed for each training session. Participants under the age of 18, even those qualified as coaches, should be always supervised.

The risk assessment should be recorded digitally [here](#) and if no connectivity a paper version filed in the file in the boatshed.



Appendix 1 - Definitions:

(JB) - Junior Beginner:

- Is on, OR has just completed a Learn to Row course either at Walbrook, or another club, but who cannot row in time with others or struggles to do so
- Cannot complete an outing successfully with more experienced people
- Cannot carry out commands (e.g. back down, square, hold it up) without being prompted
- Cannot carry out exercises with consistent success and in time with the rest of the crew

(AB) - Adult Beginner:

- Is on, OR has just completed a Learn to Row course either at Walbrook, or another club, but who cannot row in time with others or struggles to do so
- Cannot complete an outing successfully with more experienced people
- Cannot carry out commands (e.g. back down, square, hold it up) without being prompted
- Cannot carry out exercises with consistent success and in time with the rest of the crew

(I) - Adult Improver:

- Can carry out commands quickly and competently and knows what the commands mean
- Does not need explanations of what is required
- Someone who needs a club approved cox/steersman in attendance; the supervising person (ES) may be in another boat but is responsible for the outing
- Someone who can take part in an outing with more experienced people

(IS) - Adult Improver Steersman:

- Has passed the steersman’s test in a single/double, but only has experience on normal boarded (i.e. ‘Green’) water, and also meets the criteria for Improver

(E) - Experienced Adult:

- Has the knowledge of boat handling in strong stream conditions i.e. on Red and Yellow boards
- Has had at least 6 months regular rowing and has experienced Red and Yellow conditions under supervision AND ...
- Has experience of turning a boat upstream and down-stream in strong stream conditions and strong wind, including turns close to bridges
- Who has raced in both Head races and ‘side by side’ Regatta races (river or multi-lane)

(ES) - Experienced Adult Steersman:

- Has passed the club’s steersman’s test for crew boats and who also meets the criteria for Experienced
- Can expedite, and explain in a crew boat, how to turn a boat upstream and down-stream in strong stream conditions, strong wind, including turns close to bridges and weirs/other obstacles such as marker buoys at the start of head races or moored vessels
- can take responsibility for Improvers or Adult Beginners who are in the same boat
- can take responsibility for those in a double or single when accompanying them on an outing ie boat to boat supervision

There will be some subjective judgement by coaches/committee etc. in allowing members to boat on different stream conditions

Those wishing to be classified as an “Experienced Oarsman” or “Experienced steersman” should keep a log of their outings showing when they experienced the yellow and red conditions (date/boat type) and who was supervising (who was in the launch) for a 6-month period.

(C) - Coach:

- Either a qualified coach or person (must meet criteria for ES) approved by club capable of taking out/supervising others on the water

(CIL) - Coach in launch:

- Either a qualified coach or person (must meet criteria for ES) approved by club capable of taking out/supervising others on the water and who has passed RYA2 or the Walbrook Launch Driving Proficiency test
- coach in launch will stay in general proximity of the rowing boat but may have several boats under their supervision at once. Specific limitations on numbers are detailed in the DRS section below. Where these specific limitations do not apply, the number supervised is at the discretion of the coach. He/she is responsible for the crews at all times.
- if a capsize occurs then the coach will instruct the other boats to remain stationary whilst rescuing the capsized boat

(DRS) - Dedicated Rowing Supervision

- Coach in launch (as above) that will stay in immediate proximity to the crew(s) as follows:
 - For crews comprising Junior Beginners: only one boat, of any size, at any one time
 - For crews comprising totally of Adult Beginners: only one boat, of any size, at any one time
 - For groups of beginners, 2 Coaches in launches can supervise a group of up to six beginners within 50m of CIL
 - For Adult Improvers: coach may supervise a maximum of 3 singles or doubles; coach must remain behind boats and must be within 50m of the crews
 - For Experienced Adults in singles: a maximum of 4 singles when supervising on Red Board rowing. Coach must remain behind boats and scullers must be within 100m of coach
 - For Experienced Adults in crew boats: a maximum of 3 crew boats when supervising on Red Board rowing. Coach must remain behind boats and must be within 100m of the crews
 - Mixed Experience Crew Boats: the crew must comprise at least 50% Experienced Adults; coach may supervise a maximum of 3 2x or 4x; the boats must not be further away than 100m in total of each other and the coach. Experienced adult must be at bow
- if a capsize occurs then the coach will instruct the other boats to remain stationary whilst rescuing the capsized boat

(BBS) - Boat to Boat Supervision

- a person taking responsibility for others whilst accompanying them in a boat must have met the criteria for Experienced Adult Steersman
- Can take responsibility for ONE single or double of Adult Improver (I)/Adult Improver Steersman (IS) from another boat and must be ahead of the crews at all times and within 50m of all boats.

Appendix 2

Navigation rules:

In line with the reach agreement do not at any time:

- turn less than 100m upstream of Hampton Court Bridge
- turn less than 100m upstream or downstream of the moored boats on Ditton bend
- turn or stop less than 100m upstream of the end of Ravens Ait
- turn or stop less than 100m downstream of the end of Ravens Ait
- turn or stop less than 100m upstream of Kingston Bridge or railway bridge
- turn or stop between Kingston Bridge or railway bridge
- turn or stop less than 100m downstream of the railway bridge
- turn or stop alongside Steven's Ait
- turn or stop on the bend by the sea scouts (situated on Middlesex bank - downstream of Stevens Ait)

When yellow and red boards are showing and rowing is permitted:

- Do not navigate upstream of Hampton Court bridge
- Do not navigate downstream of the downstream end of Trowlock Island
- Be aware that the stream increases upstream of Ravens Ait compared to downstream

