

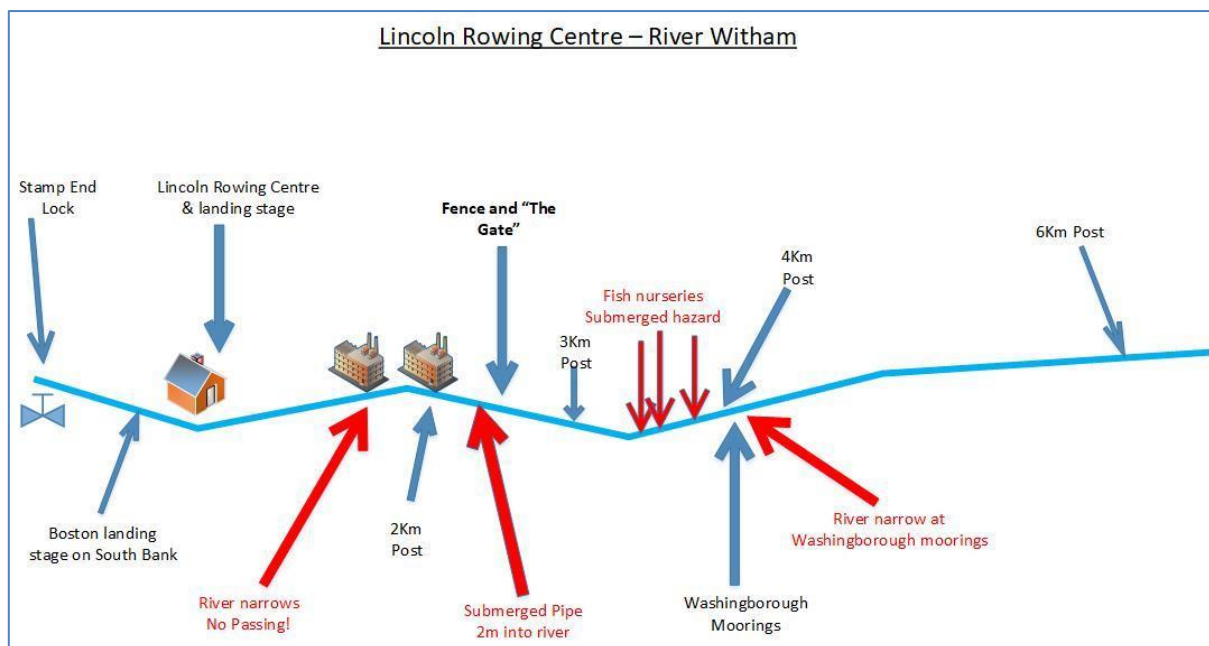
Lincoln Rowing Centre

Club Safety Plan

Lincoln Rowing Centre is located at: The Pump House, Spa Road, Lincoln, LN2 5TB.

The rowing club sits alongside the River Witham which is a mostly man-made water course that flows through the middle of Lincoln city centre eastwards towards Boston and, eventually, the North Sea.

There are three “clubs” operating out of the Centre: Lincoln City, Lincoln University, and a division of the RAF Rowing Club. Our home water is depicted in the following diagram.



Potential Hazards

Please note the potential hazards highlighted in red above:

“Fish Nurseries” – the warning signs for these are metal poles in the river and are easier to hit than the nurseries themselves. There are yellow warning signs atop the poles.

“Submerged Pipe” – this is marked by red markers and an orange buoy. It is particularly hazardous during low water levels.



Access Points

The main access point used by the club is the landing stage beside the boathouse. Occasionally the club uses the “Boston Landing stage” which is located on Waterside South on the opposite bank upstream of the club.

The river flows mostly through farmland and road access is limited. However, should the need arise, vehicles can access the river at the following points:

Location	Grid Reference	Best Post Code	what3words
Lincoln Rowing Centre, Spa Road	SK 98592 71030	LN2 5TB	///line.scuba.expect
Beech House Car Park Waterside South	SK 98643 70974	LN5 7JH	///metro.visits.feels
Boston Landing Stage Waterside South	SK 98508 70991	LN5 7JN	///agree.drift.junior
Washingborough, Ferry Lane	TF 01545 70943	LN4 1AA	///plan.elbow.deep
5-Mile Bridge, 5-Mile Lane	TF 05850 71493	LN4 1AF (beyond)	///cleansed.labels.crib

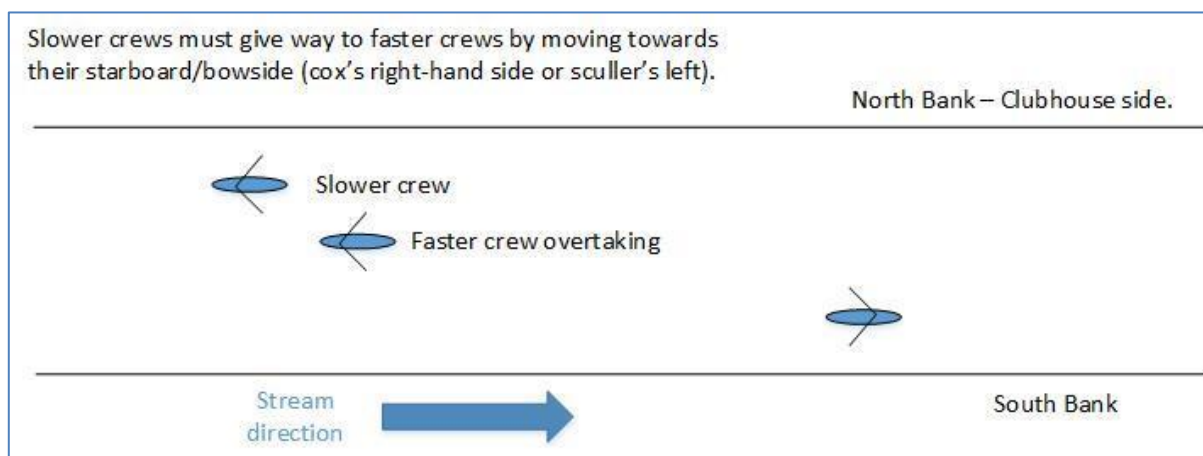


Circulation Pattern

The river is shared with other users and is narrow in places so it is important all crews adhere to the following diagram which illustrates the correct circulation pattern that should be used at all times.

In general crews should keep to their starboard bank (bowside, cox's right, sculler's left) allowing crews travelling in opposite directions to pass 'port to port'.

Crews being overtaken should keep close to the bank allowing the faster overtaking crew to move round them.



Water Levels

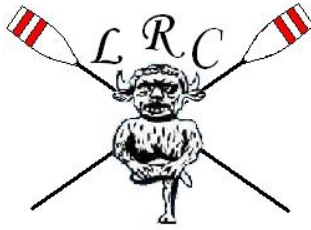
River levels are managed by the Environment Agency and, as such, do not vary significantly except during times of very heavy (or very, very little) rainfall. If river levels are too high and/or fast flowing, the Club Rowing Safety Advisor and/or Club Captain may decide that river conditions are “Red” which means no rowing under any circumstances.

At other times, it will be the decision of session leaders and individual rowers as to whether to go afloat or not based upon their own experience and knowledge of river conditions. In the case of Junior sessions, it will be the sole judgment of the accompanying Coach or Coaches as to whether the river conditions match their planned session parameters.

Weather Conditions

When there is inclement weather such as cold temperatures, heavy rain, snow, or fog (or combinations thereof) rowers should dress accordingly or be prepared to abandon a water session completely in favour of a land based one.

Equally, on days where there is a high risk of being exposed to direct sunlight for a significant period of time, rowers should dress appropriately and wear sunscreen. Rowers should also take drinking water with them in their boats to maintain hydration.



Night-time Rowing and Rowing in Poor Visibility

Outings are not allowed in the dark or at times of extremely low visibility due to fog.

At times of reduced visibility (dawn, dusk, mist, light fog) outings are allowed but rowers must:

- Attach a bright white light to the boat fore and aft.
- Check the light at regular intervals and return to the boathouse if the light is failing.
- Not go out in poor weather conditions or during flood conditions.
- Wear light coloured or hi-vis clothing to increase visibility.
- Return to the boathouse before complete darkness.

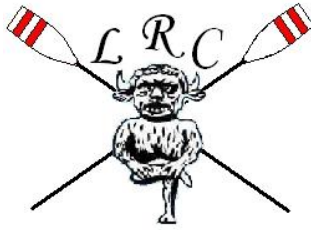
Solo Single Sculling

There is an increased risk associated with scullers going out unaccompanied. Any member wishing to go out sculling by themselves must adhere to the LRC 'Solo Single Sculling Policy' (see Annex A).

Junior Sessions

Junior rowers must be supervised at all times – both on the water and off. Junior sessions on the water must have sufficient coverage on the bank or from safety/coaching launch or launches such that no rowers are ever out of prolonged sight from someone that can assist them in case of difficulty and/or raise the alarm to summon further help.

For any session, bankside helpers should be equipped with a throw line, thermal blankets and a working (tested) means of communication. Safety and coaching launches should also have this equipment on board as well as at least one spare buoyancy aid, first aid kit, bailer, paddle and blunt safety knife. No rowers should leave the club until safety cover is in place following a briefing which should include but not be limited to who will be on the bank or in a launch; who will be on the water; the session plan, start and end times and so on.



Ergo Use

The correct technique for using the ergos will be taught to all new starters. Unsupervised use of ergos is prohibited until competence has been assessed by a club officer or other competent person.

Those using the club ergos must also:

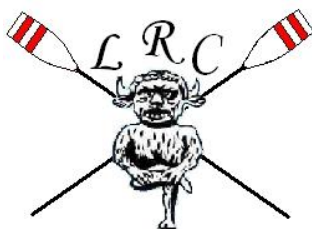
- Clean the machine and surrounding floor area after every use.
- Place the handle carefully against the fan cage at the end of the session regardless of how tired they might be.
- Look after and respect the machines. They are expensive to buy and maintain.
- Ensure long hair is safely protected from being caught under the seat wheels, in the chain, or in any access point to the mechanism.

Launches

All launch drivers are required to hold the RYA Level 2 Power Boat qualification or higher. Before leaving the club, launch drivers should check the general condition of the hull and have checked the fuel and oil levels.

They must also ensure that the launch is equipped with a safety kit in line with RowSafe sections 5.2 and 7.4.1:

- first aid kit
- throw line or equivalent grab line
- serrated safety knife with rope cutter
- thermal blankets
- at least one spare buoyancy aid or lifejacket
- spare kill-cord
- spare length of rope
- bailer
- paddle
- Fire extinguisher (recommended)
- working (tested) communication device



Incident and Accident Reporting

Any safety related incident, accident, near miss, or injury should be reported to the session leader in the first instance. If this is not possible or practicable then the Club Captain should be informed as soon as possible.

All incidents, accidents, near misses, and injuries must also be formally recorded:

- There is an incident/accident reporting book located near the shutter door of the small boat shed which should be filled in. You should also use this book to report equipment failures.
- There is a personal accident reporting book in the upstairs clubroom that should be used to record all injuries.

Incidents and near misses must be reported to British Rowing **AS WELL** here:

<https://incidentreporting.britishrowing.org/>

The British Rowing system records 'simple capsizes' separately from other incidents. A 'simple capsize' is one that is due to a simple technique mistake or competence issue where there was no external cause (e.g. weed or collision), injury, damage to equipment, or equipment failure. Any capsizes that do not come under this description should be recorded as 'incidents'.

Emergency Contact Details

In an emergency contact	999	
Urgent Health Advice	NHS 111	
Local Police	101	(non-emergency only)
Canal and River Trust	0800 47 999 47	(Link to website)
Environment Agency	0800 807060	(For pollution to the environment)

Club Officers

Club Rowing Safety Adviser (CRSA)

safety@lincoln-rowing.co.uk

Club Captain

captain@lincoln-rowing.co.uk

Club Welfare Officer

welfare@lincoln-rowing.org.uk

In addition, a full list of club officers is posted in the boathouse.



Annex A

LINCOLN ROWING CENTRE SOLO SINGLE SCULLING POLICY

Solo single sculling occurs when an individual rows a single scull on the river with no other person at the boathouse, on the riverbank, or on the river. The reduction in safety backup increases the risk to the individual.

In order to be eligible to solo single scull at Lincoln Rowing Centre, the sculler must comply with the following requirements.

Membership

The sculler shall:

- Complete the current Online Membership Form.
- Be a member of British Rowing.
- Be up to date on subscription payments.

Competence

The sculler shall be certified as competent to solo single scull by the Lincoln Rowing Centre Captain.

Safety

The sculler shall:

- Take note of the advice and guidance in the LRC Safety Plan and Emergency Action Plan.
- Accept the increased risk.
- Carry a mobile phone.
- Be over 18.
- Assess the water and weather conditions in accordance with the advice and guidance in RowSafe.
- Check the boat and heel restraints in accordance with the advice and guidance in RowSafe.
- Be aware of the water hazards on the Witham.
- Notify another responsible adult with their intentions, duration of outing and emergency plan prior to boating.
- Notify same adult upon return.
- Sign out and on return using the appropriate book in the small boathouse.