



Lancaster John O'Gaunt Rowing Club

Circulation pattern and Navigation rules

- 1) Before entering the boat, sculler bow or cox should be aware of other boats on the river
- 2) When ready to leave the landing stage check up stream. Boats arriving at the landing stage should give way to boats leaving,
- 3) Once pushed off from the landing stage set a course parallel to the Halton bank allowing adequate room for boats heading downstream,
- 4) **From this point the whole crew should row, no stopping or drills until the Sea scouts steps are reached**
- 5) The whole crew should row without stopping parallel to the Halton bank, ensuring good look out is maintained. At all times leave enough space for any boats heading down stream. They may be rowing at race pace.
- 6) Once the boat has reached the sea scouts steps and end of the walkway, start to turn towards the Lancaster bank and the 3rd arch of the aqueduct
- 7) At the sea scouts steps the boat may stop, adjustments can be made, and drills started. The steps are a reference point, river conditions will dictate flow, wind etc.
- 8) Progressing to the Lancaster side, head under the third arch of the Aquaduct. Fourth arch is never to be used and is **Out of Bounds**.
- 9) On approaching Denny Beck, do not go past the Uni boating stage, turn well advance of the boating stage as the river can be shallow
- 10) Turn 90 degrees, and then row across the river, complete the turn so the boat is facing the right direction on the correct side of the river, this applies to turning anywhere on the river,
- 11) Downstream use the second arch from the Halton bank the first arch can be used if the faster boat wants to overtake, the first arch can be used by a slower boat, extreme care to be taken when exiting the arch and adjusting the course.
- 12) Keep close to the bank on way back to the boathouse, following the contours of the river
- 13) Once at the boathouse, look before turning. Remember to turn stern towards the weir, bow ball towards the boathouse. Boats intending to land should give way to boats leaving, once landed boats should be removed from the water efficiently to avoid congestion.



