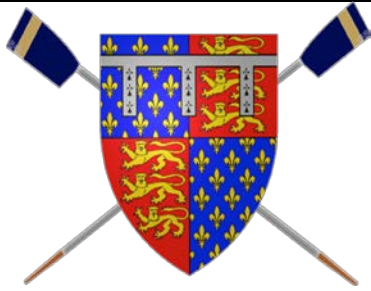


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Planning Outing

All rowers check river and weather conditions:

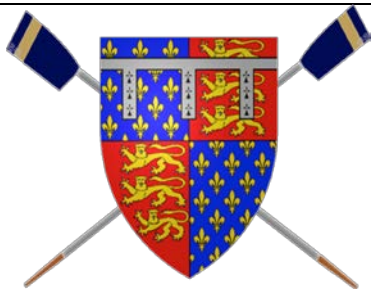
- Before leaving home, check river height link on JOG website. A height of about 0.85m roughly equates to water at the level of the middle landing stage and no rowing is permitted if the river is over this middle landing stage.
- If water level is above whole lower landing stage (roughly 0.8m) single scullers, doubles and pairs should only row with launch present and supervising as far as Sea Scout steps, and, when heading downstream, turn just downstream of aqueduct for subsequent trips.
- Check sustained wind speed below 20 mph for larger boats (eights, quads and fours) or 15 mph for smaller boats (see link on JOG website) – W, WSW and SW winds can create difficult rowing conditions, and singles may struggle when winds exceed 10 mph.
- No rowing in darkness, thick fog or thunder. Aqueduct should be visible from boathouse.
- No rowing when ice on river.
- If in doubt, check with Captain or Coach - Captain or Coach has final say when assessing conditions.

Ensure crew is suitable for conditions – take Captain's / Coach's advice where necessary.

Crew members should declare relevant illness or injury.

Clothing and personal items for rowing:

- Bow rower (and cox) must wear a high-visibility item of clothing.
- No hoodies, snoods, or jumpers/tops with front pockets that cannot be zipped up.
- Dress in suitable layers for the weather. Wear a hat and windproof top in cold weather.
- Tie back long hair in plait or bun.
- Use sun cream when appropriate.
- Life jackets are required for anyone who has not passed a capsized test.
- Take a mobile phone in a waterproof pouch if no supervising launch is present.
- Take fluids in hot weather.
- Carry rigger spanner.

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Before Boating

Select blades from racks:

- Check inboard lengths and total lengths are equal.
- Place ready for use, but out of the way of people moving boats.

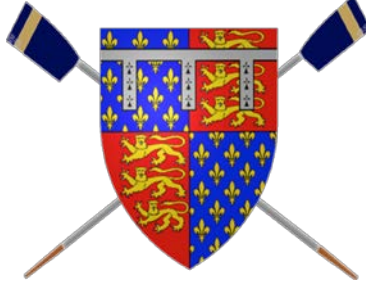
Agree who will steer and who will make calls:

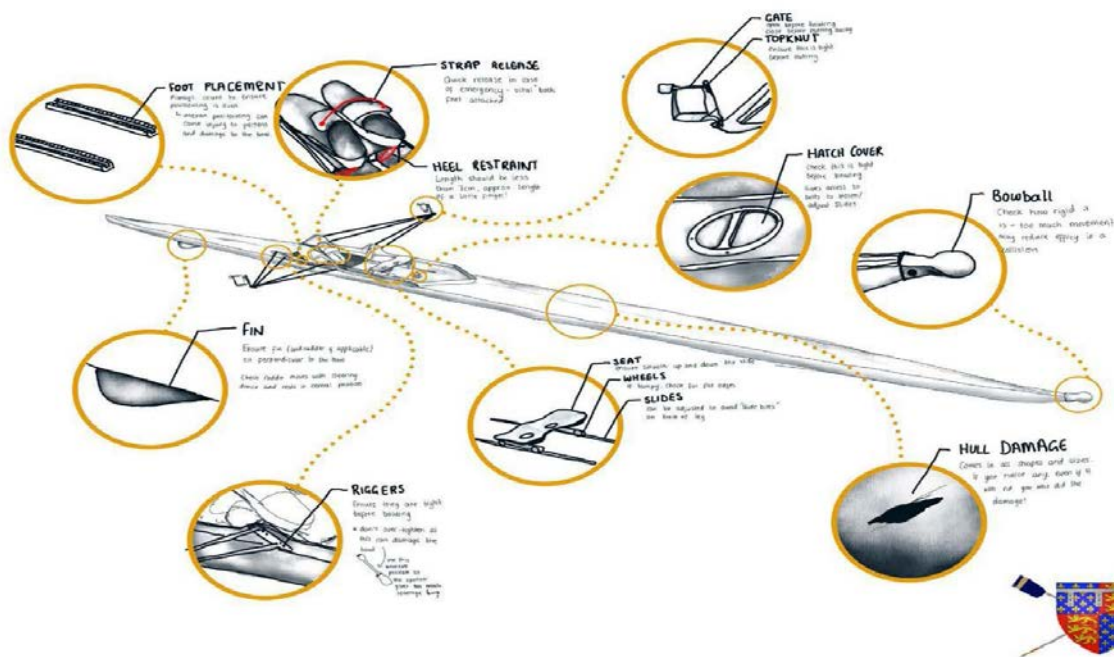
- Ensure the steerer has passed a steering assessment (or single scull assessment in the case of a single sculler) if not under direct launch supervision.
- The steersperson always gives start and stop commands (except in emergencies).
- In most boats, they also make general calls, unless this is delegated to seat two.

Carefully lift the boat from its rack onto trestles for checks and adjustments.

- Steersperson makes calls to move boat from rack onto water (or allocates this task to another)
- Check boat is safe and undamaged, especially bow ball, heel restraints, riggers, rigger and gate nuts, and buoyancy hatches.
- Steersperson to check rudder, steering lines and shoe.
- If damaged or unsafe, mark with red tape, report the issue on the JOG website [boat defect form](#), and do not use boat.

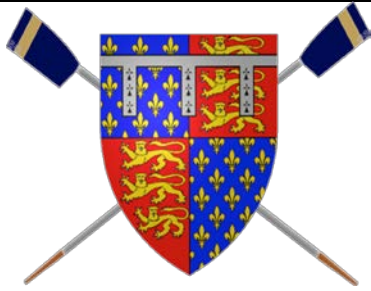
Boat checks prior to outing:

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Placing the boat on the water and boarding:

- Take care walking with the boat towards the river – landing stage can be slippery.
- Bow facing upstream towards aqueduct.
- Take care to avoid hull or fin damage when placing boat in water.
- Place oars in gates on both sides (dockside first) and fasten before boarding.
- Store extra kit and shoes safely to prevent interference with seats.
- Before boarding, ensure bowside blades are flat on water and remain so until boat is pushed off.
- Except for experienced crews, one person should stay on landing stage holding a rigger until all are settled.
- Never lose control of oar handles once boarded.
- Check gates are securely closed and foot stretcher fittings are tightened.
- Number off from bow when ready.
- Push off only when course is clear and follow navigation rules at all times (NAV – JOG – 004)

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ON RETURN TO LANDING STAGE

Outside boathouse turn boat to face bow upstream towards Halton, and approach landing stage, unless a strong tailwind then makes that direction unsafe (in which case a downstream approach may be safer):

- Watch for submerged hazards on approach to landing stage, especially when water levels are low.
- Approach at a narrow angle and very slow speed, keeping bows clear of the wooden boards – when water level is low, the bow can go under the wooden planks and become damaged.
- Use the bowside blade of stroke rower (when approaching from downstream) to slow and turn boat parallel and close to wooden boards of landing stage.
- If approach is not clean, call for bank assistance or repeat manoeuvre.
- The bow rower should take hold of landing stage and pull boat into landing stage gently.

Once boat has docked onto landing stage:

- All rowers must keep hold of oars with blades flat on water.
- One agreed crew member exits first to hold firmly onto a rigger and steady boat.
- Other crew members then disembark.
- Remove blades (waterside first) while at least one person maintains a firm hold of a rigger.
- Steersperson makes calls for lifting boat.
- Lift boat out of water, avoiding damage to fin and hull.
- Take care walking on landing stage.
- Lift boat onto trestles for cleaning and a post-row damage check (same as pre-row check).
- Store boat carefully on its correct rack, bow first into boathouse.
- Wash hands and clean any blisters thoroughly.

If you are unsure about any part of this guidance, please speak to a coach or the club captain before boating. Always speak up if something does not seem right.