

<b>Address:</b>	Tudor Sailing Club, Eastern Road, Portsmouth, Hants. PO3 5LY		
<b>Document title:</b>	Tudor Sailing Club Rowing Best Practice 2024		
<b>Linked Risk Assessment:</b>	Rowing 2024		
<b>Date:</b>	2023	<b>Ref No:</b>	BP2024



NOTE: The following guidance has been issued for Tudor Sailing Club owned boats and is linked to the **Rowing 2024 Risk Assessment**. This guidance is not a replacement for the Risk Assessment which is available on request. **Any deviation from these guidelines is at individual's own risk.**

### Daylight Rowing

- Check and confirm equipment listed below is onboard prior to launch:
  - 1x buoyancy aid per rower
  - fully charged VHF radio and fully charged mobile phone.
  - full set of oars (sculls + sweeps)
  - bailer (attached to the boat)
  - Safety Kit bag, including throwline, Compass, boat whistle, working flashlight, Red Hand distress flare, glow sticks x10.
  - First Aid kit including thermal blankets x4.
  - adequate drinking water
  - sunscreen
- Visual inspection of rowing gig to be completed before each trip (eg: bung, oars, rudder, oar-gates, pins etc)
- All rowers to be responsible for assessing their own health and fitness to row.
- Check weather (including fog) and tide forecast before leaving the slipway. Ensure your ability matches the expected conditions.
- The likelihood of changing conditions **MUST** be considered prior to launch.
- Leave crew contact details (mobile no) and expected ETA on whiteboard outside Sailing Club Workshop.
- Ensure gig launch trolley is taken back up to the Small Compound and not left on the slipway.
- Coxswains to wear buoyancy aids while afloat.
- Consider expected Dredger movements prior to launch. NOTE: Dredger movement in/out of harbour is more likely at high tide.
- Avoid leaving Langstone Harbour on a falling tide or with an offshore wind unless part of a planned and suitably resourced session.
- Wear appropriate clothing – sun, wind, rain, cold to be considered.
- Be courteous to other Harbour users and comply with international navigation rules.
- Respect the environment and the wildlife in the Harbours and coastal Solent.
- Young rowers (<18yrs) must stay within Langstone Harbour unless permission to leave has previously been granted by the Sailing Committee.

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**Additional controls for rowing at night:**

1. Ensure someone onshore is aware that you are rowing, your return ETA and knows who to contact if you are late returning. Coastguard via 999 to be alerted if crew get into difficulty.
2. Check working flashlight is onboard.
3. Always row wearing a buoyancy aid.
4. Consider rowing with a cox (if available). Crew to be extra vigilant if rowing without a cox.
5. Test and fit navigation light to gig (all-round white light).
6. Only leave Langstone Harbour as part of a flotilla (at least 2x gigs).
7. Consider sharing GPS track of location whilst rowing using a mobile phone app eg: Glympse or RYA SafeTRX
8. Young rowers (<18yrs) are not to row at night unless permission has previously been granted by the Sailing Committee.