

# **DONCASTER ROWING CLUB**

## **SAFETY PROCEDURES**

In the absence of the club safety officer (Adam Manson) the most senior club member in attendance will dictate whether or not it is safe to access the water.

No junior is to access the water or use any equipment without prior agreement with their coach, and without being passed competent to use said equipment.

No-one is allowed to go out alone without informing a second person of their action and expected return time.

Juniors must adhere to set boundaries on the river, i.e. Regatta Course only or singles out in 3's.

All rowers must be familiar with the 'Rules of the River Don' prior to any water based exercise.

Coaches must be in possession of club members medical declaration prior to any member accessing the water.

A launch must be on the water ready to use once juniors are on the water.

In the event of a capsize, adhere to 'British Rowing Guidelines' as per level 2 coaching course. Remove athlete from water asap, ensure adequate warming, utilise warm shower, contact parent if necessary. Do not allow the athlete to leave the club unless the coach in charge is happy with their condition.

If necessary contact emergency services on either

111 – non emergency help

999 – emergency help

Location of Doncaster Rowing Club

Hexthorpe Park

DN4 0HH

Mobile phones must be carried by coaches.

Mobile phones must be carried by coxes in a waterproof pouch.

Throw lines are located in cupboard by the strong room.

First Aid equipment can be found in the marked kitchen cupboard, please replace anything used.