

# Water Safety

Hello, and welcome to Bridgnorth Rowing Club! We hope you will enjoy rowing with us, whether you are an aspiring athlete, a fine-weather boater or a summer-only Fun Regatta entrant.

Rowing is a lot of fun, and one of the best sports going for keeping fit. However, there's no fun to be had by hurting yourself, so this leaflet is aimed at explaining all you need to know about water safety. If you have any further questions, ask your allotted coach, a senior club member, or a club committee member, and they will be happy to help out.



## Finding your way around the club

- Safety notice board: The main safety notice board is in upper boathouse close to the front door, with the club risk assessments located in a box at the bottom of the stairs. Please take a closer look when you get an opportunity.
- Location of first aid kit: Should you need it, a first aid kit is kept stocked for all but the most serious accidents. This can be found at the rear of the boathouse in the gym area.
- Lifebelts and throwing ropes: These may be found just inside the doors of the rowing club, for use in an emergency, i.e. for throwing to individuals in the water.
- Emergency numbers: A list of emergency numbers can be found on the safety notice board.

If you cannot find any of these, please ask and all will be made clear.



## Responsibilities of members

The rowing club does its best to ensure the safety and wellbeing of all members and users of the club, but individuals also have a responsibility to themselves, and to other members. These responsibilities are as follows:

- All rowing participants must be in good health. Individuals with heart conditions, back injuries and other serious conditions are not advised to take part.
- All rowing participants must be able to swim – if you can't swim you must wear a lifejacket while in the boat.
- All rowing participants must give due consideration to other river users and participants so as not to endanger anyone by their actions.



## Preparation

- Hygiene – Weil's disease, amongst other choice diseases, is a fact of life for all river-users. Make sure that all cuts and grazes are dressed before going on the water, and that any blisters obtained during rowing are cleaned and dressed afterwards.
- Hypothermia – Falling in can happen, so bring a towel and a change of clothes, should the worst come to the worst.
- Sporting injuries - Warm up and stretch off before hand – no point in pulling any muscles.
- Sign the boat out – Make sure that the fact that you are out on the water is recorded in the booking-out log, otherwise you might get locked out of the club!



## What happens if it all goes wrong, and you end up in the river?

For single and double sculls, going for an involuntary swim is an occupational hazard; for fours and eights, capsizing can be quite a rare occurrence. However there are those with a gift for getting wet so this section is for them.

- When the boat has capsized, keep calm, remove your feet from the foot-stretcher and make for the surface.
- GRAB HOLD OF THE BOAT! The boat will float whatever way up it is, and this is your life raft.
- Swim with the boat towards the bank. Support from nearby boats will be on hand to ensure your safety, so don't be embarrassed to shout out to them.
- Once at the bank, find somewhere where you can stand up. Right the boat, place the blades in their correct orientation and re-enter the boat one crew-member at a time.
- Return to the boathouse immediately, get out and get warm and dry.

**Enjoy Rowing at  
Bridgnorth!**