



# *Ryde Rowing Club.*

## *Round the Island Rowing.*

*The Clubhouse, Appley Park, Ryde Isle of Wight. PO33 1ND.*  
Telephone. 01983 562127      Web Site: <http://www.ryderowingclub.co.uk/>

### **Round the Island Rowing: SAFETY PROTOCOL.**

Every Crew/Single Sculler must be accompanied by a Safety Boat capable of completing the trip around the Island in safety and capable of rescuing – and taking on board – all the crew including the coxswain if it becomes necessary – and if conditions allow - taking the boat in tow.

The Safety Boat must have an experienced crew, minimum of two, with knowledge of the waters, tides, and hazards to navigation around the Island. At least one crew members should have a minimum of RYA2 qualification or similar or extensive experience in this environment and must be familiar with their safety boat.

One crew member of the safety boat should be designated as the SAFETY ADVISOR and have overall responsibility over safety and have the authority to abort the row if necessary.

Any incidents should be recorded via the British Rowing On-line Incident Reporting system.

We recommend that the following safety Equipment is carried –

In the safety Boat –

Life Jackets for all safety boat crew members plus spare.

Spare Fuel.

First Aid Kit.

Flares.

Throw Lines

Tow rope.

Spare clothing.

Tool Kit and spares for rowing boat/scull.

VHF radio or mobile telephone – with emergency contact information.

Compass.

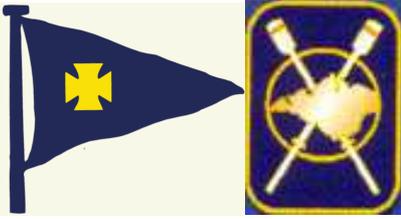
Drinking water/refreshments.

Lights.

Sound Signal device

Knife.

Emergency Blankets.



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In the Rowing Boat/Scull –

Life Jackets for all crew members. Cox must wear.

Small First Aid Kit.

Throw Lines or tow rope.

Small Tool Kit and spares for rowing boat/scull.

Compass.

Drinking water/refreshments.

Lights.

The safety protocol includes the following eventualities:

Dehydration

Fatigue

Capsize

Swamping

Man overboard

Sunburn/fatigue

Broken bones

Hypothermia

Other shipping

Fishing nets and flotsam

Jelly fish stings

Panic

Hazards

Equipment failure

Other vessels

Collisions

Seasickness

Medical Provisions

The following detailed actions are highly recommended by Ryde Rowing Club.

However, it's your choice to follow these actions or those of your own and either way are entirely at your own choice, and Ryde Rowing Club cannot be held responsible for the consequences of your choices and actions



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### DEHYDRATION

Every crew to have a recommended minimum of 5 liters of water/isotonic fluids on board in coastal IV/quad.

Sports rehydration drinks are recommended.

The safety boat should carry an additional 5 liters of water per person.

Crews will be informed of the symptoms of dehydration.

In the case of dehydration, the crews will stop, rehydrate and carry on as seen fit by the Safety Advisor.

### FATIGUE

Crews have been recommended to complete a min. of 4 outings in a coastal boat of at least 2 hrs and at least one 4-hour training session as a minimum requirement to participate.

Crews with a rower suffering from dehydration will stop, rehydrate, recover and carry on as seen fit by the Safety Advisor.

If the rower is unable to carry on they should be replaced by a reserve rower if available or the row aborted.

In the case of cramping, the Coastal IV/quad will stop rowing and the other rowers will assist the afflicted rower. The IV/Quad will continue if possible when ready, a substitute used, or the row aborted.

### CAPSIZING

Rowers should have practiced capsize drills in a controlled environment.

All rowers to wear or have available in the boat suitable functioning lifejackets. (not buoyancy aids).

All craft should have natural buoyancy due to sealed compartments and all have self-bailers.

Crews must check the operation/function of their self-bailers in the boats.

No boats are to be used without functioning self-bailers.

Buddy system to be employed. Bow pair and Stern pair with cox. They are to find each other and 1 and 3 to call out.

Rowers are to remove the blades, and blades will be the responsibility of rowers at the end of craft.

2 rowers to right the boat, 3 others to stay at the ends of the boat to avoid riggers.

Following righting of craft, 4 rowers to stabilize the boat, 2 on each side, before rowers climb back in.

Rowers will climb in one at a time.

The rowers will re-attach the blades.

Rowers in the boat will stabilize the craft by extending the blades.



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Boat is to have bailers available in the boat.

Crews are to bail until 2 inches of water remain, in which case the self-bailers would finish the job.

The safety boat should assist as required, without putting themselves in danger.

### SWAMPING

Crews to stop rowing.

Bailers carried are to be used to bail the boat.

Boat to be bailed to 2 inches.

Boats will have natural buoyancy and self-bailers.

The safety boat should assist as required, without putting themselves in danger.

### MAN OVERBOARD

The coastal IV/Quad will stop rowing.

If not worn a life jacket should be thrown in.

Ropes/Throw Lines may also be used.

Overboard rower will swim towards the coastal IV/Quad and hang on to blades and or boat.

Cox may have a spare buoyancy aid that may be thrown from the coastal IV/Quad.

Overboard rower may attempt to climb back into the coastal IV/Quad, as deemed fit by the Safety Advisor.

Rowers will stabilize the boat with their blades, and may assist in helping the rower to re-enter the coastal IV/Quad.

Over board rowers may also enter safety boat depending according to whichever is closer and safer.

### SUNBURN/HEATSTROKE

Athletes to be kept hydrated.

Crews to provide and use hats and their own sun-cream.

Substitute if necessary in accordance with advice from Safety Advisor.

### BROKEN BONES

Broken bones are extremely rare and the result of crabbing/collisions.

Coastal IV/Quad to be brought alongside the safety boat and injured person transferred from the coastal IV/Quad.

If impossible, the rower to be transferred from the stern of the boat to the Safety boat.

Safety Advisor to monitor signs and symptoms.

If emergency evacuation is required coast guards should be contacted via Radio/Mobile telephone/Flares.



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### HYPOTHERMIA

Emergency blankets to be part of the safety kit on the safety boat.  
Crews will have spare clothes on safety boat.  
Safety Advisor to monitor symptoms.

### OTHER SHIPPING

Safety boat to avoid, guide and give warning.  
Crews to slow down and turn 15° to big waves and carry on when deemed suitable by the safety boat/advisor.

### FLOTSAM AND FISHING NETS

Safety Boat crew to act as observers warn crew via verbal communication.  
Coxes will be warned to look out for and warn crews as necessary.  
Crews to stop as necessary.  
Crews to sit the boat.  
Rowers to untangle and carry on as deemed fit by the Safety Advisor.

### JELLY FISH STING

Reassurance.  
Substitute or abort row as necessary.  
Sting relief cream will be recommended to the crews.

### PANIC

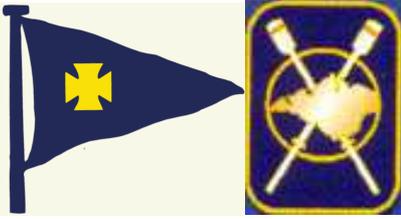
Crews will stop rowing.  
Safety Advisor will reassure the panic-stricken person.  
Eye contact will be made with the panic-stricken person.  
Substitute or abort row as necessary.

### HAZARDS

Safety Boat to navigate and avoid.

### EQUIPMENT FAILURE

Spanner kit onboard.  
If there are problems with blades/rigger/footplates and replacement is not available, crews are to row in pairs.  
If this is deemed hazardous by the safety Advisor the boat is to be towed to the nearest safe landing point by the safety boat.



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### OTHER VESSELS

Rowing boats are always required to give way under Maritime Law. Hence, it is your responsibility to avoid other vessels.

Minor vessels are less predictable than major shipping and hence should be considered a different type of hazard. Problems with minor vessels ability to keep a good lookout should also be considered.

### COLLISIONS

Collisions with major shipping will result in major damage and will likely result in the row being aborted and possible Coastguard assistance. This will be avoided by the consideration of the above points, and by the path navigated by the Safety Boat and competent coxing should remove this risk. In the unlikely case of a collision, damage to the Coastal IV/Quad should be assessed, and the continuation of the row will be based on the state of the vessel.

### SEASICKNESS

You should provide seasickness tablets for each crew.

In the unlikely event of one rower being unable to continue, the rower will be replaced if possible, or the crew's bid will be aborted, as seen fit by the Safety Advisor.

### MEDICAL PROVISIONS

All athletes and safety boat crew are to have appropriate athlete insurance (British Rowing membership) and the boat and safety boat should have appropriate insurance cover.

Steve Bull.

RRC. Updated: May, 2020.