



Water Safety at Strathclyde Park

Approved by Executive March 2009, Amended December 2011

The provisions contained in the **Scottish Rowing Water Safety Code** will apply. In addition, rowers and scullers are expected to adhere to the following guidance which is relevant to our particular situation at **Strathclyde Country Park**.

Common Sense should be applied at all times.

1. **All rowers and scullers must be able to swim 50 m in light clothing. All should be prepared to demonstrate this at the request of a Board Member.**
2.
 - a. Care must be taken in deciding whether it is safe for boats to be launched.
 - b. Juniors and Cadets may only boat if there is present an appropriately qualified or experienced adult rower who has given them permission to do so, having taken into account weather and water conditions, the boat it is proposed to use and the ability of the young sculler or crew. The adult should withhold permission and tell the Junior(s) or Cadet(s) not to boat if there are any doubts about the safety of the young people.
 - c. A Junior (not a Cadet) who wishes to boat at times when there is no appropriate adult present must make a formal advance request to the Board for authorisation. The Board will advise the member's parent or guardian that such a request has been made and may only proceed to consider the request once parental consent is given. The Board will consider the rowing ability and experience of the Junior and any other factor it thinks relevant. The Board will advise the Junior of its decision and, where permission is given, access to the water will be subject to any conditions imposed by the Board and permission may be varied or withdrawn at any time. **This procedure applies to private boat owners as well as to those using Academy boats.**
3.
 - a. All members must make sure that they are fully acquainted with, and at all times obey, the local rules of navigation specific to Strathclyde Park Loch (see Circulation Maps).
 - b. Rowers must check out at the Booking Office (or at the Boathouse Gym reception desk for early-morning sessions) before boating for **each** outing.
 - c. Boats should be launched with their bows facing the Loch.
 - d. Before moving away from a pontoon, make sure that a rescue launch is manned.
4.
 - a. Adhere to the circulation pattern for rowing craft - including action to avoid any obstacles which are present - see maps.
 - b. Boats heading away from the Watersports Centre towards the body of the Loch must pass under the bridge between the Hamilton shore and the timing tower.
 - c. Before moving onto the rowing course, always look both ways (stopping if necessary) and give way to oncoming craft.

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- d. At busy times, all pieces of work being done off the course by crews or scullers, heading towards the 2000 m start, must terminate at the 500m mark, dropping to one quarter pressure unless the crew is being accompanied and guided by a coach in a launch/cat or on the bank.
 - e. All crews and scullers must drop to light pressure once they draw level with the white (or blue) lane buoys at the top of the course.
 - f. **Use of the course lane nearest the motorway should be avoided.**
 - g. Wide turns onto the course to facilitate long, continuous pieces of work must be undertaken near the 250 m marker buoy, or earlier, and only after **careful** assessment of the on-course situation.
 - h. Wide turns off the course for similar reasons require an equal amount of care.
5.
 - a. In coxless boats, the bowman is responsible for acting as lookout no matter who is steering the boat.
 - b. All coxwains must learn and use the simple, standard commands for boat control both on and off the water. These commands must be used correctly, clearly and exclusively. Coxwains should also learn the basic commands and signals of other Loch users.
 6.
 - a. Coaches must ensure that all members of the crews in their charge are aware of appropriate safety procedures.
 - b. Coaches should carry a rescue line or throw bag with them.
 7.
 - a. Beginners must not use equipment without prior and adequate instruction and must not boat unsupervised.
 - b. Beginners are not permitted to use shell single sculls until they have successfully completed a capsized drill/swim test.
 - c. Beginners who have not successfully completed the capsized drill/swim test may be allowed to use the training singles, but only with the use of a life jacket or buoyancy aid.
 - d. **In the (unlikely) event of a fall into the water, stay with the boat - it cannot sink! Hang on to a rigger, or sit astride the upturned hull.**
 8. If a change of position is required within a boat, this must only be done at a launching platform.
 9. **In an emergency**, assistance may be obtained from the East Wing boatshed stewards. A telephone may be obtained at
 - Reception in the Watersports Centre (01698 402060), or
 - the Gym, or
 - the East Wing boatshed public counter.

For contact with the Emergency Services, dial 9 9 9 . Before dialling make sure you have ready

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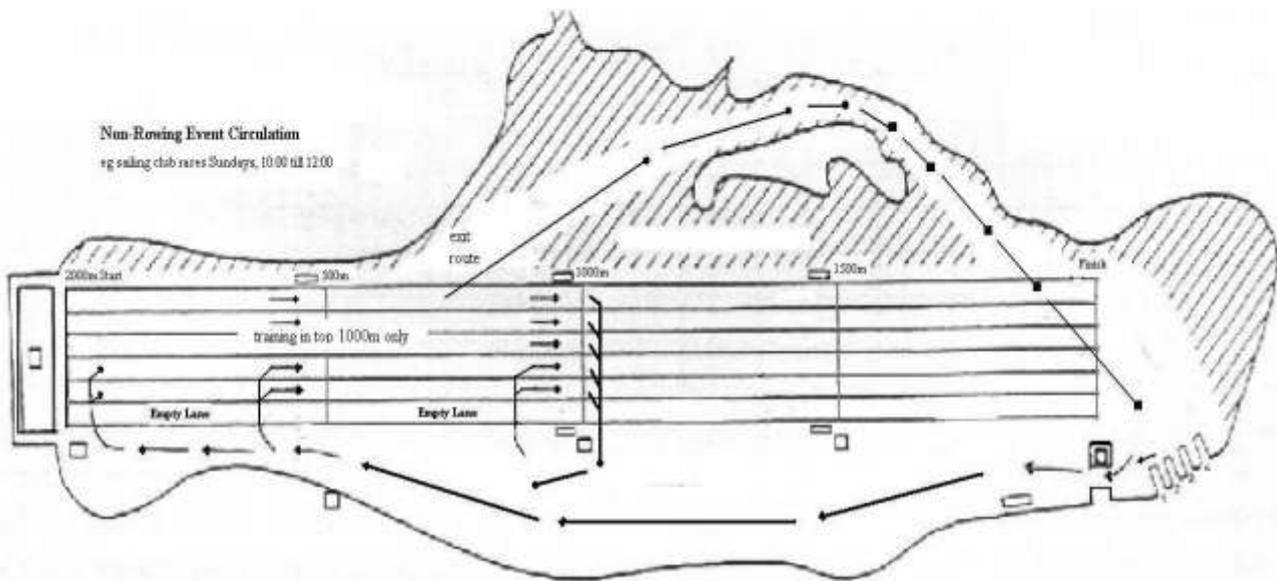
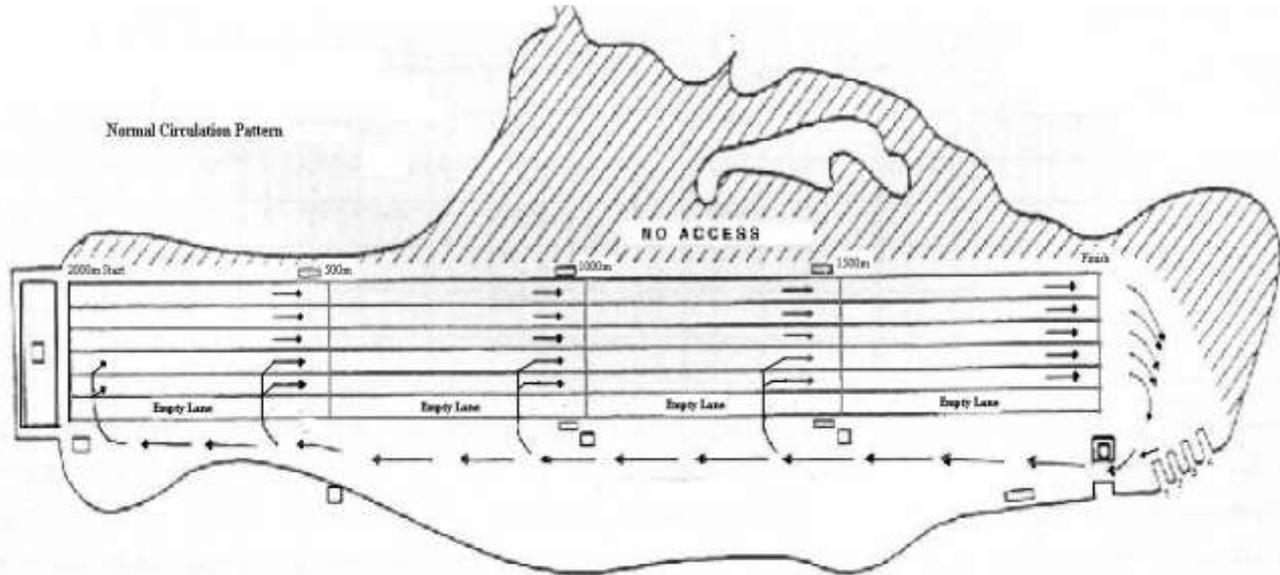
- the service which you require (police, fire, or ambulance),
 - the location of the incident,
 - details of the situation,
 - details of access.
10. Safety equipment and **First Aid** is available from the East Wing boatshed public counter.
 11. The Centre's Safety Adviser remains **Tom Hewitt** until such times as a new Director (Governance) is found.

The Medical Officer is **Dr Ron Wallace**.

12. **All incidents which have the potential for damaging equipment or injuring athletes must be recorded on an Incident Report Form which should be handed in to the Scottish Rowing office once completed.**
13. Finally, everyone must be constantly aware of the rights of others who use the Loch. Extend to them at all times the courtesy which you would hope to receive from them yourself.

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Appendix A : Circulation Patterns



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Appendix B : Hazards Specific to Strathclyde Park

In General

Hazard	Means of Avoidance
1. Other boats	Look round frequently. Don't stop in narrow gaps. Shout clear warnings to crews which show signs of colliding with you.
2. Strong winds.	Keep well clear of leese side obstacles.
3. Rough water.	Row at a pace at which you can maintain safe control of your boat.
4. Algae in the water	Avoid the water. Keep your mouth and eyes closed if you fall in. Shower before you leave the Park.
5. Weed growth in sheltered margins.	Avoid.

On the Way to the Start

Hazard	Means of Avoidance
4. The bridge.	Look round and make sure of your steering line before beginning to row. Keep your starting speed low.
5. Large, orange, navigation buoys.	Study circulation map before boating. Look round frequently until you have passed all these buoys. Count the buoys and remember the number.
6. Level control weirs (3) along the SW shore.	Study the circulation map before boating. Stay away from the SW shore.
7. Large, white, cubic 250m course marker buoys.	Stay as far from the course as is consistent with m. above.
8. Timing pontoons at 1000m and 1500m from the 2000m start plus the Aligner's island at the start.	ditto
9. Narrow section between 500m and 250m from the 2000m start, including a weir and the 2 marker buoys.	No stopping in this section. No faster than one quarter pressure.
10. 'Repair' pontoon on SW shore.	Stay away from the SW shore.

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11. 100m marker flag buoy adjacent to course.	Stay away from the course.
12. Boats assembling in the top 100m.	Paddle light and look round.

On the Course

During Racing there should be no hazard ahead of your boat on the course. If a problem arises, the umpire following your race will direct you.

During Practice

Hazard	Means of Avoidance
13. There may be stationary or slower boats in the lane ahead of you, or crossing your lane. There may even be non-rowers in sailing boats or canoes or kayaks using the loch.	Look round regularly and take avoiding action – including slowing down and/or changing lane if necessary. If yours is the stationary or slow boat give a clear warning shout to any boat bearing down on you.
14. At the end of the course there are medium-sized buoys marking the anchorage points of the lane guide wires.	Avoid them. Slow down.

Approaching the Pontoons

Hazard	Means of Avoidance
15. Other boats manoeuvring.	Use only the pontoons allocated for disembarking. Look round. Move slowly.
16. Excess speed.	Ditto.