

Rules:

1. River users should recognise their responsibility for their own safety and the safety of others. Due regard should be taken of the safety notices and Guidelines.
2. Boating is not allowed without the presence and authorisation of a committee member (or in the case of the schools, a rowing master), except for those members granted dispensation by the committee.
3. Boats should keep to the left at all times (i.e. upstream on the north bank and downstream on the south bank). See Guideline No. 8
4. Boats must only be launched and landed from a recognised landing stage. Visitors must seek permission from the relevant club before launching.
5. All boats shall be responsible for their own steering. If there is danger of a collision boats should stop.
6. Boats must be water worthy and comply with safety regulations.
7. All coxes must wear a lifejacket or buoyancy aid, suited to the boat when on the water, which must be the outermost garment worn.
8. All crews and scullers must be able to swim in accordance with the SARA guidelines. See Guideline No. 12
9. All coaches should carry a rescue throw bag/throw rope.
10. Boats shall not go afloat in adverse water or weather conditions.
11. No boat shall be on the water in bad visibility or in the hours between dusk and dawn.
12. There will be no standing or changing of seats in boats except at club landing stages.
13. Coxes must be able to see beyond the bow of their boat.
14. Boats should not stop, turn or overtake on a bend, under a bridge or immediately upstream of a bridge.
15. Beginners should not boat unsupervised.
16. All rowers and coxes should make themselves aware of obstacles on the river, the position of which should be marked on a map on display in each clubhouse.
17. Fences and gates at club compounds should be kept secure at all times. Water users should inform the appropriate authorities (the Humane Society or the Police) if they observe anyone in a dangerous position.

18. Clubs should ensure that the Police and other appropriate Authorities have names and telephone numbers of members who can be called out in the event of an emergency.
19. All appropriate Authorities and River users should be informed where possible of any regatta or other event planned for the river.
20. Agreed safety practices must be employed at all regatta and other events taking place on the river.
21. All visitors to the river and club must abide by these rules.
22. It is accepted that in some emergency situations, it may be impossible to comply with these rules.

Guidelines:

1. Know where the safety notice board is located and read it.
2. Know the location of the First Aid equipment.
The names of persons qualified in First Aid should be posted on club noticeboards.
3. Emergency telephones Police/Ambulance - 999. These calls do not require money or cards. While it would be hoped that a mobile phone would be available at the Clubhouse and that coaches/trainers would carry a mobile phone, emergency calls can be made from the following places:
Parks and Recreation at Greendyke Street (during working hours)
Tidal Weir (south side, 24 hours)
Glasgow Humane Society House at St Andrew Suspension Bridge (not available always)
In the event of an emergency upstream of Glasgow Green, there are no places in the immediate vicinity where a telephone would be available. In these cases where assistance is required, one would have to head either for the nearest bridge to flag down a vehicle (preferably a bus or taxi since they have radios) or to the nearest house.
4. Lifebelts and ropes should be on each clubhouse door and must not be removed except for emergency use.
Throw ropes should also be available and should be carried by trainers/coaches or other persons going up the towpath.
5. Boats should be launched with their bows facing in accordance with the circulation pattern and should return to the steps also in that direction (i.e. make a loop).
6. It is advisable that once boated, you head upstream of your clubhouse so that in the event of capsizing you are drifting towards your boathouse and not away from it, towards the weir. This is especially relevant when there is a stream flowing or when the weir gates are open, especially if you boathouse is on the last 500m straight.

7. While rowers keep to the left, not every river user may abide with this rule and the safe practice is to keep a good look out and if in doubt, stop.
8. Boats going upstream should use the north arch of all bridges and keep to the north bank. Boats coming downstream should use the south arch of all bridges, with the exception of Rutherglen Bridge where the centre arch has to be used coming downstream. Boats which are practice racing downstream, may, with extreme care, use the centre arches of bridges.

Crews going upstream, whether doing a piece or not, must not tend towards the centre of the river. When proceeding upstream, boats should only overtake when the course is completely clear, whether coxed or coxless.

9. There are lifejackets which can be worn in aqua-jogs. There are also 'bumbag' lifejackets that can be worn by rowers and scullers even when racing. For individuals who are in the habit of sculling distances on their own, it would be a good idea to purchase one.
10. In the event of capsize do not leave your boat. Hang onto the boat, shout for help, and try to propel yourself and the boat towards the bank. Be ready to catch a line.
11. Ensure your boat is safe to go out in. If in doubt, ask a senior member or the attendant Committee member. If you discover equipment not to be in safe condition, please report the damage and do not use the equipment until it has been repaired. If damaged, a note should be hung on the boat to warn other club members as to the boat condition.
Examples: - all craft must have a bow ball for your own protection and if you see a boat on the River without one, you should report this to a Committee member. All canvasses must be watertight, as should bungalows. Heel restraints must be attached.
12. All rowers must be able to swim in accordance with the SARA safety guidelines and be prepared to demonstrate this on the request of the safety adviser. It is recommended that persons joining a Club, which is a School or University with a swimming pool and resident swimming coach, should be confirmed to the above standard by the coach.
13. A rescue craft, which could be a tub pair or aquajog should, when practicable, be in readiness at the clubhouse.
14. The cox should learn and use simple commands for boat control both on and off the water. They should use them correctly, clearly and instinctively and understand the basic commands and signals of other river users.

Inexperienced coxes should firstly go out with experienced crews.

Inexperienced coxes should never go out with inexperienced/beginner crews.

The main purpose of the cox is safety. To ensure safe passage and steering of the boat the cox must be able to see what is in front of their boat.

15. The coach should ask if everyone in his or her charge is aware of the appropriate safety procedures.

Caution must be taken when the weir gates are open as when the tide turns the current can increase 3 fold, making conditions that seemed fair when commencing your outing, treacherous. Tide Tables should be posted on the notice board and a committee member consulted if in doubt. The best rule is that when there is a strong current on the water, try to plan an outing to finish before high tide (before the tide turns).

16. In the interests of personal safety and prevention of damage to boats, assistance should be sought and given when boats are leaving or returning to the steps.
17. All river users should make themselves aware of possible diseases that can be contracted in the water that the club uses.
18. Establishments using the river at present and contact names and addresses (with telephone numbers) are: - see additional sheet.

Risk Assessment.

Activity Description	Hazard(s)	Persons at risk	Preventative measures	Risk Rating (H/M/L)
Boating at steps	Tripping on steps	Competitors Assistants	Correct handling of boats / Adequate footwear / Due care and attention	L
	Falling in	Competitors Assistants	Correct handling of boats / Due care and attention	L
	Collision of boats	Competitors	Due care and attention / Clear communication between crew and boating assistants	L
Proceeding to start	Collision of boats	Competitors	Due care and attention / Obeying Umpire's, Marshal's and safety personnel's instructions / Following laid down procedures	L
Waiting at start	Collision of boats / Obstruction of race	Competitors Safety crew	Heeding instructions of Umpires, Marshals and safety personnel	L
During race	Collision of boats	Competitors	Heeding Umpire's instructions / Ensure coxswain has adequate racing/practice racing experience/competence	L
	Capsize / Drown	Competitors	All competitors must comply with SARA regulations regarding swimming abilities/Capsize drill (staying afloat using boat as buoyancy device) / Safety boat/throw ropes / Ensuring equipment is suitable for racing / ensuring competitors are competent in dealing with race conditions	L
	Medical condition	Competitors	Clearly informing Marshals and/or Safety personnel / Safety boat assistance and/or Priority use of landing stages / Medical assistance available	L
Post race	Collision of boats	Competitors	Competitors must clear the finish line promptly / Careful adherence to Marshal and safety personnel instructions	L

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	Collision with weir	Competitors	Keeping adequate clearance of weir / Careful adherence to Marshal and safety personnel instructions	L
	Medical condition	Competitors	Clearly informing Marshals and/or Safety personnel / Safety boat assistance and/or Priority use of landing stages / Medical assistance available	L
Spectating	Falling down river bank/steps / Drowning	Spectators Passing members of public	Gates at clubhouse should be kept closed when not in use / Adherence to Regatta and Glasgow City Council Regulations (i.e. no climbing over fences onto riverbank) / Following directions of Marshals, Regatta Committee and Safety personnel	L
Overall Regatta Cover	All aforementioned hazards	All persons in attendance	Regatta Committee, Marshals, Safety personnel and Competing Club Officials briefed in all the above potential risks and control measures.	L

