

Leicester Rowing Club Bye-Laws

Applicable to all members, affiliates and visitors



Section 1

General Health and Safety Introduction

1. All members, affiliates and visitors are reminded that they are responsible for their own health and safety. They are also reminded that they have a duty of care for the safety of all others who may be affected by their acts or omissions.
2. Leicester Rowing Club is committed to continual improvement in all matters related to health and safety, and everyone involved is encouraged to suggest ideas that may improve our safety implementation going forward. Please make your suggestions to a member of the committee.

Section 2

Navigation and Safety on the Water

3. No boat shall be used unless it complies with the British Rowing RowSafe guidelines and is in a good state of repair. In particular boats must have compliant bow ball, heel restraints and, where appropriate, hatch covers. These must be checked before each outing.
4. Crews must assess the conditions before every outing and only go out if the crew are confident of their competence to cope with the conditions. This assessment must be undertaken by competent person, such as a coach or very experienced club member. If in doubt – don't go out.
5. No rowing is permitted during flood conditions, i.e. if water level is above the edge of basin.
6. All crews must make a note their name and boat type on the outings board by the stairs in the boathouse before going afloat, and remove it from the board on their return.
7. All coxes must wear personal floatation device in the boat.
8. Wellington boots must not be worn in the boat.
9. Inexperienced crews are not permitted on the water during specific time slots that are reserved for experienced crews. Please refer to the club timetable displayed in the boathouse.
10. Only experienced crews allowed beyond West Bridge.
11. The cox or steersperson shall have command of the crew, unless otherwise instructed by the Captain or his delegate.
12. Crews on the water must follow the navigation pattern, i.e. keep to the coxes' right/bow side.

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13. Crews exiting the basin should stop and look both ways before emerging, and should turn upstream. Crews exiting the basin must always give way to crews already on the straight.
14. Crews returning to the basin from Freeman's lock must check that the river is clear before crossing.
15. When on the water crews must keep a good look out for other craft. If a collision appears likely crews must shout a warning and either stop immediately or take evasive action. Coaches should also remain vigilant and advise all crews of any hazards as they occur.
16. Crews wishing to overtake a slower moving or stationary boat must give way to crews approaching them from the opposite direction. In particular if there are boats moored on the landing stages at Castle Gardens, crews progressing downstream towards West Bridge passed the moored craft must give way to crews proceeding upstream. It should be noted however that it is incumbent upon all crews to steer as accurately as possible through this high hazard section of the river; crews must stay as close into the bank as they are able as they progress around this corner.
17. All crews should respect and consider other water users and take care not to impede them.
18. Crews spinning must check that the river is clear in both directions before they start to turn so that they do not obstruct or impede other crews. Once they have started to turn they should do so as quickly as they are able. In particular crews turning at West Bridge must be alert to crews returning through the bridge and remain stationary for the minimum time. Stationary coaching should be done at the Freeman's lock end of the straight.
19. Crews being overtaken must ensure that the approaching crew is aware of their presence and slow down to light pressure to let the overtaking crew passed.
20. In the event of a thunder storm crews and coaches must return to club house and take shelter inside the building. Apply the 30/30 rule i.e. when you see lightning, count the time until you hear the thunder. If it is 30 seconds (approx. 10 km away) or less, seek 'proper shelter'. If you can't see the lightning, just hearing the thunder is a good back-up rule for it being time to seek 'proper shelter'. Wait a minimum of 30 minutes after the last lightning or thunder before leaving shelter.
21. Any damage/breakages to boats or equipment must be reported immediately to the Captain or a member of the committee. Damaged boats should be quarantined by removing a rigger and affixing a notice to state that the boat is out of use.
22. All safety related incidents and near misses shall be reported to the Captain and the Club Safety Advisor, and must also be reported to British Rowing via the on-line reporting system as soon as possible after the incident has occurred.

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Section 3

Additional Requirements for Rowing and Sculling in the Dark

23. Only competent crews with authorised coxswains or steerspersons, who have permission from the Captain or his delegate, are allowed on the river after dark. Strong white lights must be fixed to the main hull of the boat fore and aft so that they are clearly visible to other water users. It is not acceptable for the primary lights to be fixed to the riggers or the crew members. Crews must check the condition of the lights at the end of each length and return to the boathouse immediately if any light is failing.
24. Single sculling alone in the dark when water temperature is below 5 deg C is not permitted.

Section 4

Requirements for Coaches

25. Coaches should carry a throw line at all times and thermal exposure blanket(s) in cold or inclement weather. They should also carry a mobile phone to summon assistance in the event of an emergency.
26. Any bikes used for coaching on the towpath must be fitted with a bell, and if used after dark or in low visibility conditions must be fitted with road worthy lights.
27. Please also refer to clause 15 above, which states that coaches should remain vigilant and advise all crews of any hazards as they occur.
28. Please also refer to clause 18 above, which states that stationary coaching should only be undertaken at the Freeman's lock end of the straight.

Section 5

Other Bye-Laws

29. No club boats may be taken off the premises without the express permission of the Captain or his delegate who will ensure that the appropriate induction/risk assessments are undertaken and competencies assessed. Similar assessments must be undertaken by individuals taking private boats onto other waters.
30. Private boats and equipment may only be used/ removed from the boathouse with the express permission of the owner.
31. All boats must be washed down after use.
32. Leicester Rowing Club boats shall be raced as Leicester Rowing Club unless otherwise agreed by the Captain or his delegate.
33. Boats returning from use elsewhere must be re-rigged as soon as possible, unless permission not to do so is given by the Captain or his delegate.

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34. A boat booking system is available and its use is encouraged so as to provide the committee with an accurate picture of boat usage.
35. No one may use the gym until they have satisfactorily completed a gym induction from the appropriate authorised person. Members using the gym must comply with the gym rules, as posted locally. Juniors under J16 are not permitted to use the gym equipment.
36. Members and affiliates must endeavour to keep the club house and boathouse clean and tidy. In particular all fire exits must be kept clear of equipment and debris at all times.
37. No dogs, with the exception of guide dogs, shall be permitted in the club house.