

# safety comes first

First of all a reminder of the very  
basic safety rules

# Bradford ARC

## safety comes first

Rowing is a very safe sport as long as we always put safety before anything else

Water is always dangerous and must be treated with the greatest of respect

# Safety comes first

**We all have a responsibility to each other**

Your responsibility is to:

- Follow the club water safety code and the Amateur Rowing Association water safety code
- Be able to swim
- Wear life jackets when appropriate
- Follow the rules of the river
- Be responsive to other river users

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Boathouses are dangerous places because:

- Boats are awkward shapes and stick out to catch you unawares
- Oars are long and stick out when you are carrying them
- Surfaces get wet and slippery
- Lots of things to trip over

Gyms and indoor training areas are dangerous places because:

- Lots of objects to trip over
- Slippery floors, esp with spilt water
- Weight machines and free weights are dangerous when used without supervision
- Rowing ergometers are dangerous when used without correct technique

# Safety comes first

**We all have a responsibility to each other**

Your responsibility on land is to:

- Put things away
  - where you got them from
  - safely
- Mop up spilt water in the gym
- Be responsive to other club users
- Avoid leaving anything where it can be tripped over

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What you must do is to follow the club and ARA water safety codes:

- Read the club water safety code
- Read the ARA water safety code
- Find out where the basics for emergency and safety are kept
- Check your boat or your bit of the boat
- Report ALL safety incidents

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## EMERGENCY TELEPHONE

The **red** phone in the front lobby of the clubhouse

- Lift off the phone, press the button and you will be automatically connected to 999
- The directions to the clubhouse are on the phone
- **999 calls** can also be made from the phone upstairs in the clubhouse to the right-hand side of the bar
- The directions to the clubhouse are by the phone

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- **Throw bags**

- These are the orange bags inside both doors of the boathouse
- They are also kept in the lobby of the clubhouse
- Practice throwing one

- **Thermal blankets**

- These are by the first aid kit in the lobby of the clubhouse

- **First aid kit**

- This is the green box on the wall in the lobby of the clubhouse

- **Club emergency numbers are by the phones** 8



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The basics you need to know for safety before you go on the water each outing:

- Where safety information is posted.
- Where safety notices are posted
- How to check your boat and blade/s
- How to report safety incidents
- How to be correctly dressed
- How to look after yourself when exercising

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- **Safety information** is posted in the changing rooms.
- **Safety notices** are posted at the entrances to the changing rooms, and the main exit from the gym

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**Every time you go on the water you must check your boat, or bit of the boat, and blades:**

- Bow ball
- Heel restraints
- Rudder lines, rudder and fin
- Hatch covers
- Section, rigger and stretcher nuts are tight
- Buttons and blades

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## Reporting safety incidents

- Report all incidents including the “almost happened”, all collisions and all capsizes in the incident reporting book
- You will find the incident book in the lobby of the clubhouse, along the the contact details of the water safety adviser

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- Make sure you are correctly dressed:
- Make sure you know how to look after yourself when exercising

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What you must be able to do before you go on the water is:

- Assess is it is safe to go afloat
- Be able to lift your boat safely
- Be able to stop quickly
- Keep a look out for other water users

Have you looked at all the safety information for Bradford Rowing Club?

- ✓ map of the river
- ✓ hazards
- ✓ Steering information
- ✓ turning information

# Bradford Rowing Club.

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