



Session 2

Module 3

Duration – 30 min

New Skills:

- Safety
- Carrying boat
- Launching boat

Prep

Consult master checklist, know calls and processes that have been agreed by club coaches and crews for carrying and launching a boat. Be familiar with your club's safety policies. Have RI capsized poster handy, and a map of your rowing area.

Alternative plan

Weather does not play a big part in this module as the participants aren't actually getting into the boat. If wind/weather conditions do not permit boats being safely put on the water the module will need to be postponed, or altered to placing the boat on trestles instead.



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Session

Crew Brief - Welcome back the rowers and quickly explain that this session will teach them to:

- Properly identify safety hazards on the water and in the boathouse.
- Explain the rules for the water and the club's safety policy.
- Describe how to stay with and swim with a boat in the event of capsizing.
- Demonstrate proper technique in getting the boat from rack to water.

Safety

As a coach it is imperative that you are familiar with your club's safety policies. You should have a good knowledge of the body of water on which your club rows and the hazards and safety challenges. Safety of the crew must come before all else and is one of your most important responsibilities.

- Make the crew aware of the hazards on your body of water – locks, weirs, currents, tides, rocks, buoys and navigational markers. Each club should have a map of the rowing area. Show the crew the map and point out these hazards.
- Instruct the crew on the traffic patterns and rules for the waterway. Rules for overtaking and turning should also be discussed.
- Reinforce that all coxes must wear lifejackets, regardless of the body of water, it is the law.
- Discuss the affect that wind speed and direction have on the water conditions.
- Advise the crew of the procedure for reporting an accident on the water.
- Make sure the crew knows what to do in a capsized or being thrown from the boat. Always stay with the boat. Show them and explain the RI capsized poster, with emphasis on staying with and swimming with the boat to the nearest bank.

ROWING IRELAND Water Safety Procedures

www.rowingireland.ie

Capsize Drill

"Always stay with your boat. If you fall out, it becomes your life raft."



ROWING IRELAND: 00 353 21 7434044

The images below show how to manoeuvre your boat to get back in if you fall out. Clubs are encouraged to practice these tips on summer camps or at a pool.

BUDDY RESCUE

When another boat is present a "buddy rescue" may be an option. This works by the person in the water supporting themselves on the stern canvas of another boat which can then be sculled to safety.

Reducing the amount of time your body spends in the water lessens the dangerous effects of cold on the body. Be careful not to capsize or damage the rescue boat.



SELF RESCUE

How the boat

Keeping hold of the boat, move towards one end and by using a flexiver kick you can keep your head clear of the water to keep a lock out.



"If it's not possible to tow back to shore because of a strong stream or because the distance is too far, you should get your body out of the water to reduce heat loss. You can use a strong leg kick while pulling yourself onto the hull or deck and then slide up the boat or get back in."



Surf paddle ashore

"Cold water taken away body heat very quickly. So it is important to get on top of the boat to towel rescue or surf paddle to shore."



How do you get back into a sculling boat?

- Using one hand, lock handles together in a forward position.
- Put your free hand on the deck at the front of the cockpit.
- Kick your legs back and push down against cockpit to lift yourself out of the water.
- Turn towards the stern, sit on the deck/side with your feet in the water.

- You are then in a position to swing your feet and find the seat. If you are or paddle your boat into an unfamiliar shore, watch out for underwater obstructions and dangers as you come into land. If you've been in the water for a while don't try to stand up too quickly. When you have a firm footing, walk until you are at least waist-deep before attempting to do anything with the boat.



Bow Entry (if backs stay get in the way)

- Can hold of both blades and move along to the front of boat pulling blades with you so the buttocks come away from gates.
- Slide yourself onto the boat and pull yourself into a sitting position.
- Keep both blade handles held together.
- Hold blades flat on water until settled and ready to row again.



Design by Gill McQuinn. Photography by Freddie Allen.



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- Stress that night rowing and solo rowing are not for beginners.
- Make sure the crew is aware of the appropriate clothing for various weather conditions. It is always advisable to bring a change of clothing and a towel.

Carrying & Launching a Boat

- Introduce rowers to the boathouse and point out potential hazards or impediments as identified in the club's safety audit. (Tripping dangers, low hanging boats/riggers)
- Point out slip hazards or other dangers (slippery or uneven surfaces) between the boat house and the slip/launching area.
- Stress the importance of using proper lifting technique; bent knees, straight back.
- Demonstrate proper calls for taking a boat from rack to water. All crews in the club should use agreed calls and process for carrying and launching boats.
- Ensure you have sufficient numbers to carry the boat (i.e. at least 8 people for an 8+, 4 people for a 4)
- Only one person, usually cox, coach or bow person, should be making the calls. They need to be aware of obstructions (people in the way, low hanging branches) and warn the crew.
- Ideally have experienced helpers demonstrate the process slowly while the coach describes.
- Coach the new crew through completing the task, slowly and patiently.
- Safety for the rower and care of the boat needs to be stressed throughout.
- Ensure that somewhere in the process of getting the boat from rack to water is a stage which includes checking the boat for;

1. Damage to hull
2. Bow ball is attached firmly
3. Hatch covers are securely closed
4. Heel restraints and quick release straps are in place
5. Riggers, gates, rudder & fin are all properly and securely attached.

- Repeat the process, in reverse, for taking the boat off of the water and returning it to the rack. Don't forget to include cleaning the boat, involving as many as of the rowers as possible.



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Crew Debrief – Whether the module involved the boat reaching the water or not, a lot has been covered. Thank them for their time, effort and attention. Encourage them to share their thoughts on the session. What do they remember about safety, what to do in a capsize, and how to lift and check a boat.

Conclusion:

At the end of the session the rowers should be able to:

- Properly identify safety hazards on the water and in the boathouse.
- Explain the rules for the water and the club's safety policy.
- Describe how stay with and swim with a boat in the event of capsize.
- Demonstrate proper technique in getting the boat from rack to water.