

## **Tees Rowing Club**

### **Procedure for a night time outing**

1. Night time is defined as that period between Lighting Up and Lighting Down times (see local press or the internet but it is that period between 30 mins after sunset and 30 mins before sunrise)
2. Coxes and crews must be competent and familiar with this stretch of river. Inexperienced to do static drills near the pontoon and heavily supervised with a launch
3. Safety Launch cover is preferred but if not available a minimum of two boats are required for the outing and must remain together
4. Assess the weather conditions and check that flow rate is in accordance with the Water Safety Code. Do not row if there is ice on river
5. The night time course is limited to between the RTWC and the A66 bridge. If the access timetable permits, the Barrage straight can also be used but stop and spin well above the Barrage (i.e. before the Regatta Start as a minimum)
6. Pre-outing brief with all crew and launch members to agree actions in the event of an emergency
7. Remember to sign out including the planned return time
8. All boats, including launches, must be lit according to the River Regulations (white lights showing forward and aft so that the craft is visible from 360°). It is the responsibility of the crews to provide their own lights
9. Only row at light pressure on the insides of the bends, i.e. Victoria Bridge when going upstream and Princess of Wales Bridge when going downstream
10. Launch crew, steersmen and coxes to keep a good lookout for debris in the river
11. Crew and cox should be appropriately dressed for the weather conditions
12. Rowers to wear light coloured clothing as the top layer of their rowing kit. Cox (stroke if coxless) and bow to wear luminous waistcoat
13. Ensure the boats have sufficient buoyancy (if no inherent buoyancy there should be a bag under each seat)
14. If the boat sinks or capsizes, remain with the boat until rescued. If no launch, swim the boat to the side of river and leave the water
15. If you feel unwell at any stage, tell your adjacent rowers, the cox and the launch driver
16. Crew to emergency stop if someone is ejected from the boat