



Rowing Queensland Inc, 150 Jane St, West End, QLD, 4101, PO Box 3575, South Brisbane, QLD, 4101, Phone (07) 38462711

ON WATER – CODE OF CONDUCT

These are the guidelines that Rowing Queensland and their insurers advocate for safe and incident free rowing. Please ensure that all your members/students understand these guidelines and follow them when rowing and coaching.

Guidelines

- Know your clubs Safety procedures and Risk Management Plan
- Know the location of first aid equipment and qualified first aid officers
- In case of an emergency contact 000
- Report on water incidents to Club/School, Rowing Qld and MSQ via the RQI Incident report form
- Ensure that all rowing equipment is in a safe and rowable condition
- All participants receive proper instruction in watermanship and technique, including capsizing drills.
- Any rower or coxswain going onto water will be responsible for abiding by all local rules and regulations and On Water Code of Conduct.
- Coxswains should learn simple commands for boat control on and off the water. They should use them correctly, clearly, instinctively and understand the commands and signals of other river users.

General Water Safety

- Always keep the bank on your left, bowside/starboard side of the boat
- Rowers should keep to the outer thirds of the river
- Rowers should be aware of what is around them; safe practice is to keep a good look out – if in doubt stop.
- Boats overtaking have right of way but should overtake in the outer third towards the middle of the river.
- Crews being overtaken should shout to alert the overtaking crew of their position.
- Stationary crews should be as close as possible to the bank as practical, out of the way of passing crews.
- Coxed boat should give way to coxless boats
- Show courtesy to other crews – minimise wash when passing etc.
- Official competition has right of way during the designated regattas, for the length of the competition course.
- Official competition organisers must ensure that all other local users and authorities are notified of their competitions and that water permits have been granted.

Getting on/off the Water

- Care must be taken by all crews around pontoons
- Crews departing or retiring to a pontoon on the incorrect side of the river (due to tidal considerations) should be on the incorrect side of the river for a minimum time and distance 100m from pontoon. Crews on the incorrect side of the river have no rights and must give way to all traffic and stay as close as possible to the bank.
- When boating fixing up should be done as close to the bank as practical so passing crews are not obstructed

Crossing the River/Waterway

- When changing direction crews are to proceed to the opposite side in the shortest possible route and give way to ALL traffic.
- Always cross the river in a straight line perpendicular to the bank
- Ensure good visibility up and down stream before crossing
- Rowers should not cross the river in blind spots - corners, near bridges or other structures.
- Do not cross the river near ferry terminals or commercially operated wharves.

Environmental Conditions (If in Doubt – Don't go out)

- Lights must be used before sunrise and after sunset and during adverse weather conditions where there is poor light on both rowing boats and coaching boats.
- Potential dangers – darkness, wind, fog, tide
- Rowing boats are difficult to see and should be aware of blending in with surroundings.
- Visibility should not be less than 1000m
- Crews should not be on the water during an electrical storm
- Be aware of unpredictable weather

SunSmart

- Minimize rowing activity in the middle of the day
- Wear a long sleeved shirt with a collar
- Wear a hat and sunglasses
- Apply sunscreen every 2 hours
- Re-hydrate – carry a water bottle

Capsize Procedures

Rower

- If your boat has overturned HOLD ON TO IT – never let your boat float away – use it as a flotation device
- Roll boat to increase flotation if needed
- Try and propel boat toward bank
- Use boat to stay out of water if possible

Rescuer

- Never exceed coaching boat carrying capacity
- Approach rescue into the wind/against the tide – whichever is stronger
- Ensure all athletes are safe – remove those in greatest distress from water first

Coaching Guidelines

- Coaches should have a Marine Recreational Boat Licence and be registered with Rowing Qld
- Coaching boat must be registered with Department of Transport and meet MSQ Safety standards
- Coaches should have Safety training – basic first aid and rescue procedures
- When using a speed boat show courtesy and respect to ALL rowers by minimising wash by
 - Moving out and away from crews when overtaking to minimise wash
 - Checking behind regularly to allow overtaking crews minimum wash
 - Throttling off when passing crews
 - Ensure your speed boat trims with minimum wash
- Megaphone use and other amplification devices
 - Consult local Environmental protection laws
 - Crews should be coached closely and intimately with volumes down
 - Megaphones should be focussed away from residential areas
- Coaches are responsible for the participants under their direction, know that they are:
 - Medically fit
 - Able to swim 50m and tread water
 - Know the On Water code of conduct and Local Rules and Regulations
 - Appropriate clothing for training/racing