



Newcastle Rowing Club Safety Rules

These rules outline the conduct required to ensure safe rowing at Newcastle Rowing Club. It is the individual member's responsibility to be aware of these rules and that other harbour traffic must be considered at all times. **Members are responsible for their own conduct.**

Who Is Permitted to Row?

- Any member considered competent in a boat class by the Club Captain & Committee may row at any time in that boat class. Boat classes are Sweep Oar, Single Scull & Multiple Scull.
- Members not competent in a boat class may row in that class under the supervision of a coach or competent member as described in the boat access guidelines.
- Members must be able to swim 100m in rowing attire and have a current safety test
- Members wanting to row a single scull in the harbour or Hunter River must have passed the capsized test

Who Is Not Permitted to Row?

- Any person who cannot swim 100m in rowing attire.

When Can You Row?

- Between sunrise and sunset any day of the year provided the weather conditions are suitable.
- Rowing outside these hours, such as before sunrise, requires: -
- Prior approval of the NRC committee
- Fitting of a NSW Maritime/NSWRA recommended lighting system to the boat.
- Rowing be confined to Throsby Creek upstream of Cowper St bridge.

When You Cannot Row!

- When the weather is unsuitable, such as
- High winds, rough water.
- Lightning, thunder, times of low visibility or fog.

Where Can You Row?

- All areas of the harbour, the North & South arm of the Hunter River and on Throsby Creek, refer to training routes diagram.
- The basic traffic rule: always row with your bow side closest to the bank must be adhered to. Refer to training routes diagram.
- Specific attention to be paid to the area adjacent to the floating dock.

Where You Cannot Row!

- In the middle of the harbour i.e. in the shipping lanes.
- Under Hannell St Bridge if the oyster shells can be seen on the piers, it will be too shallow.
- In the Basin
- On the wrong side of the waterway ie stroke side closest to the bank
- Within 50 metres of a Tug, stopped or moving.
- Across in front of an oncoming vessel. Rowing craft **DO NOT** have right of way over other craft.

What Equipment do you need?

- Sun Protection: hat, sunglasses, sunscreen 30+, adequate clothing.
- A full water bottle.
- Boat and oars to be in good working order with all corks and bungs to be fitted. **It is the rower's responsibility to check the boat before taking to the water.**

Hazards.

On water: -

- Crossings of a waterway. Always row straight across the waterway when changing direction/sides. This gives maximum visibility of you to others and of them to you. **Diagonal crossing = danger.**
- Wash from powerboats especially tugs - all washes to be approached side on ref diagram.
- Swirling water from stationary tugs - avoid even if it requires you to wait.
- Other boats, scullers and coxless crews to keep lookout every 10 strokes.
- Rowing on the wrong side of the waterway ie stroke side closest to the bank.
- Capsized - keep calm, stay with the boat and right it.

Off water: -

- Moving from light to dark from outside to inside shed, vision can be reduced.
- Incorrect boat handling technique.
- Boats and riggers in the shed, particularly those at eye height.
- Sharps on Carrington beach - foot wear to be worn between the shed and the beach.