

## **NIGHT TIME ROWING RULES**

Rowing at night is not encouraged; those going out should consider whether their outing is necessary or prudent.

In addition to the published River Status Rules and normal navigation rules, those going out at night must adhere to the following Night Time Rowing Rules:

- Night time rules apply to any crews out after sunset.
- Only experienced and supervised crews/scullers are allowed to row at night, this includes senior squads, veteran squads, recreational squads, high performance and advanced junior squads. No senior novice, junior novice or junior intermediate crews are allowed out on the river at night.
- All night time outings must be accompanied by a coaching launch with an experienced coach/driver which will travel with the boat or group of boats
- All boats must have visible working, fully charged, non flashing white LED lights attached to bow and stern. Lights must be attached to the boat so as they are visible from both sides of the boat and not attached to the riggers on one side
- All coaching launches must have navigation lights which work and are switched on.
- No night time rowing if water temperature is lower than 5°C.
- Any member/crew found disregarding these rules or going out when they are not permitted, will be referred to the committee who will consider banning the member/crew from rowing out of the club.

Gordon Fraser  
Club Safety Adviser  
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