

RIVER STATUS BOARD SETTINGS

JANUARY 2009

| Board Colour | Rowing Activity | Minimum Criteria |
|------------------|---|---|
| Amber | No learn to row. All other boats must either be experienced competent regular coxless boats, have green card coxs or be supervised by coaching launch. All launch drivers must be experienced. | Stream 65 to 99 m³/sec Water Temperature $\leq 8^{\circ}\text{C}$ (see Cold Water Rowing Rules) |
| Red/Amber | Only experienced competitive squad crews and experienced regular scullers. Coxed boats must have green card coxs No novice rowing or sculling Launch and experienced coach to accompany crews*/squads at all times. No rowing above A4 bridge. All launch drivers must be experienced. | Stream 100 to 119m³/sec or Water temperature $< 3^{\circ}\text{C}$ (See Cold Water Rowing Rules) |
| Red | No rowing | Stream $\geq 120 \text{ m}^3/\text{sec}$ or Ice on water Fog $< 400\text{m}$ visibility (Clubhouse to Regatta Steps), lightening, storm, high winds or any other severe weather |

* With the exception of experienced vet crew (Ken Bedwell 4) who can go out unaccompanied.

Stream flow rates are as measured on the Bridge Gardens flow meter and water temperature as measured by the thermometer attached to the main raft adjacent to the clubhouse.

The Captain, Safety Advisor and Senior Coaches have the authority to change the River Status Board.

The criteria for the above board settings are the minimum requirements, if those authorized to change the boards feel that further restrictions are required to stay safe, then they can change the board accordingly and/or request specific crews do not go out.

Even when rowing is permitted it is every members responsibility to carry out their own risk assessment and decide whether it is safe to go out. Coaches and crew members have final decision as to whether to go out.

Any member found blatantly disregarding the river status board and going out when it is indicated that they shouldn't, will be referred to the committee who will consider banning the member from rowing out of the club.

COLD WATER ROWING RULES

The risk of suffering severe hypothermia on capsizing and being immersed in cold water increases significantly during cold periods. To minimise the risk of capsizing the following additional rules apply over and above the normal River Status and Night Time Rowing Rules when the water temperature is **8°C or less** and the flow rate remains **below 100m³/sec**.

- Amber conditions apply in water which is **less than or equal to 8°C**. No inexperienced members are to be out without coaching supervision and launch cover.
- At water temperatures **less than or equal to 5°C** no novice or inexperienced rowers in small boats (singles, doubles and pairs) are allowed to go out. Big boats (fours, quads and eights) may continue to go out. The river status will remain at Amber.
- At water temperatures **less than or equal to 3°C** all small boat rowing is suspended. Big boats may continue to go out with coaching supervision and launch cover. The river status will move to Red/Amber but with no small boat rowing.
- All rowing is suspended and the river status changed to Red if there is ice on the water.

If the river flowrate is **100m³/sec or more** then restrictions revert to those of the normal River Status Board Settings.

Even when rowing is permitted it is every member's responsibility to carry out their own risk assessment and decide whether it is safe to go out. Coaches and crew members have the final decision as to whether to go out.