



CLIFTON ROWING CLUB ON-WATER SAFETY STANDARDS

1. All rowers and on-water support persons must be able to swim >50m.
2. Boats will only be on the water during daylight hours.
3. A senior member or official of the club must assess that the weather and the water conditions are appropriate for the ability level of the crew(s) going on the water.
4. All rowers and coxswains must be familiar with the water navigation rules – as displayed in the boathouse, and Emergency Plans.
5. Only row when the water level is above the lower steps for the entire duration of the row (check tides).
6. While a safety/coach boat may not be out on the water at all times, there must be one available to launch at short notice if the need arises.
7. Rowers must sign on and off the water.
8. All boats must be inspected for damage to the hull and meet regulations for flotation, bow balls, quick release foot stretchers (with <5 cm of heel lift – FISA guidelines) and ease of exit from the coxswain's seat (Rules 26.e, 27, 28 and 29 of the Rowing NZ Rules of Racing 2019).
9. All coxswains and coach/safety boat persons shall wear flotation devices.
10. Safety/coach boats shall carry enough flotation equipment on board for the largest crew size on the water at the time.
11. There must be a first aid kit and an emergency blanket available at all times at the club and on the safety/coaching boats during training.
12. For SUPPORTED rowing (when a safety/coach boat is on the water and visible to all rowers), the rules are:
 - all rowing boats must carry one flotation belt per boat;
 - rowing is restricted to between the **Waitara Beach Boat Ramp and the Bridge but can go as far up-river as the Waitara Valley Methanol Plant only if 1 hour either side of high tide.**
13. For OBSERVED rowing (when parents or coaches are observing from the bank, OR a senior rower of >2 years experience is rowing on the same stretch of water, then the rules are:
 - **<2 years experience and without regatta experience – not allowed on river;**
 - <2 years experience (but raced in one regatta) - **one flotation belt per seat** with rowing restricted to between the **Tower and the Bridge;**
 - >2 years experience do not require support (see unsupported rowing) but will carry one flotation belt per boat and remain between the Tower and the Bridge if supporting other rowers with <2 years experience.
14. For UNSUPPORTED rowing (when there is no one watching), then the rules are:
 - **<2 years experience - not allowed on the water;**
 - >2 years experience - one flotation belt per boat and rowing is rowing restricted to between the **Tower and the Bridge but can go as far up-river as the Waitara Valley Methanol Plant only if 1 hour either side of High tide.**

Standard endorsed by CRC Committee on Sept 27th 2020 at the AGM



Map of the portion of the Waitara River available for Rowers

