



Abingdon Rowing Club

Code of Conduct & Best Practice

- General
 - Read all individual safety notices on safety board
 - Report all incidents on BR system
 - Clearly mark damaged equipment and report to equipment manager
 - Always wear clothing appropriate to the activity
 - When loading boats on trailers ensure you are secure at all times
 - Speak up (to coach or crew) if you feel that any element of a session is unsafe or you do not feel comfortable with it.
- Boathouse
 - Replace floor trolleys and sliding racks to storage position while afloat
 - Use good posture when lifting boats
 - Check boats before boating
- Gym
 - Keep weights floor area clear
 - Clean equipment after use
 - Do not interrupt while people are lifting
 - Always use good posture especially when changing weights, first lift, last lift & lowering
 - Warm up appropriately before weights or hard erg pieces (10 minutes minimum)
- On water
 - Do not adjust equipment except stretchers
 - Always boat upstream (left from pontoon)
 - Obey rules of the river- keep right
 - Obey ARC navigation rules- see map
 - Know what to do in the event of a capsize
 - Carry a mobile phone, suitable waterproofed
 - Know places to get off the water in the event of emergency
 - Know what three words for these places to direct emergency services
 - Know what to do in the event of lightening
 - Respect other water users
 - Know your limits and act accordingly
 - Wear a lifejacket when coxing or on launch
 - Do not use automatic lifejackets in bow loaders (they will inflate and trap the wearer in the boat)

Best practice

- Tie up long hair – it can get caught in rigger/swivel if you capsize
- Sit properly in the boat
- Inform coach and/or other crew members of any medical conditions

Personal care

- Sunscreen
- Hydration
- Wash hands after water sessions