

## **Safety Protocol SaarRowingCenter**

The safety of participants in our courses, coaches and equipment is of great importance to us. Safety is a prerequisite for rowing with pleasure, at any level. We have therefore formulated the following basic safety principles:

1. Every participant takes note of the regulations for safe rowing of SaarRowingCenter
2. Each participant is responsible for his own safety, and contributes as much as possible to the safety of others
3. By registering for a course, each participant declares that he will abide by the safety regulations of SaarRowingCenter and will follow the instructions of the coach of SaarRowingCenter during the course
4. A copy of this protocol and the specific manual for emergency situations and equipment is available at each location. Each participant takes note of them.

### **Regulations**

#### **Clothing**

- It is compulsory to wear high-visibility clothing during training sessions in the boat. In any case, are sufficiently visible: fluorescent yellow, -orange or -pink, other colours/clothing to be judged by the coach. In any case, the following colours are not allowed: black, white, grey, blue, green, brown, pastel shades.
- In low temperatures, the participant shall ensure that he wears sufficiently tight-fitting clothing in layers.
- It is advised to wear a headgear in bright sunshine to avoid sunstroke
- It is not allowed to go into the boat with your own shoes in the shoes that are attached in the boat.

#### **Boat control**

- Participants should row starboard at all times unless instructed otherwise by the coach, or when an emergency situation requires otherwise. Different traffic rules may apply per location, these will always be complied with.
- Participants regularly look back and keep an overview of the water.
- Participants do not go out on the water alone and do not row out of sight of the coach, unless the coach gives explicit permission.
- Participants always follow the coach's instructions, and also make sure they can properly hear the instructions.
- Advanced and Experienced participants must have sufficient mastery of maneuvering. This means being able to embark and disembark independently (without assistance), depart from, and arrive on the pontoon, make a good port and starboard turn and make at least 10 strokes backwards. The coach assesses this at the start of the first boat training.
- Participants who, for whatever reason, are unable to do so and still wish to participate in a course as Advanced or Experienced, should contact SaarRowingCenter prior to registration.
- Starters and Beginners will first learn to maneuver on the part of the rowing water designated for that purpose by the coach. They will only enter the water once they have mastered the maneuvering sufficiently, at the discretion of the coach.

#### **Fitness and other skills**

- Each participant declares to be in good (physical and mental) health and to be able to safely participate in the course of SaarRowingCentre. Any limitations in this regard must be reported to SaarRowingCenter in advance and discussed with the coach.

- Each participant must be able to swim at least 150 metres clothed, water kick for 2 minutes and swim 5 metres underwater.
- Each participant is able to look around over both the right and left shoulder. The use of any aids for this purpose such as a mirror is at the coach's discretion.

#### **Equipment**

- Participants will take care of the equipment on loan from SaarRowingCenter. The coach's instructions for handling the material are always followed.
- Each participant checks their own material for safety at the start of the training and reports imperfections to the coach. In any case, this includes: heelstrings, quick-release, gates, footstretcher, air chambers.
- In case of damage to the equipment, the participant reports this to the coach as soon as possible. The latter will assess whether the safety of the equipment is still guaranteed.
- The participant shall report any incident (such as a collision or catching a crab) to the coach, even if no damage is immediately visible.

#### **Emergency situation**

- Each participant makes sure he knows how to act in case of an emergency.
- At each location, an overview is posted showing the emergency number, numbers of health services, possible presence of an AED
- In case of capsizing, the participant follows the procedure applicable at the specific location. In any case, regardless of the water temperature, the participant must ensure that he is out of the water as soon as possible and preferably stays with his boat.

#### **Weather conditions**

- The conditions under which rowing can take place vary per location. The coach decides for each training session whether it is safe to row.
- Each participant decides for himself whether he can perform the outing in a safe manner and is willing to go out on the water.

#### **Other traffic**

- Participants watch each other and other traffic on the water.
- Participants warn each other for approaching traffic or other obstacles on the water or the shore, such as driftwood or fishermen.
- Regardless of the priority rules, safety is always most important.

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