

## WARNINGS AND HAZARDS

### DO NOT ROW UNDER THE FOLLOWING CONDITIONS

- Fog, where the Kings Avenue Bridge is not visible
- Small boat alert, whitecaps
- Thunderstorms, lightning, storm weather alerts
- Heavy rain, hail
- Lake closures as advised by the National Capital Authority
- Sculling alone from 1 May to 30 September - Sudden immersion in cold water can be very dangerous and hyperthermia can occur quickly. A minimum of 4 oars on the water is required or a safety tinny

### LIGHTING REQUIREMENTS – Before sunrise, after sunset, light fog

- White flashing light attached to bow, or static light on bow and stern
- Lights to be visible 360°, and not impede vision of people in the boat
- Consider reflective clothing

### CAPSIZE INSTRUCTIONS IF UNABLE TO GET BACK IN THE BOAT

**Stay with the boat**, using it as a life raft, keeping as much of your body out of the water as possible, particularly in cold conditions. If necessary turn the boat over and drape yourself over the upturned hull.

Use your feet to kick while holding onto the boat to move closer to the shore, however try to use as little movement as possible in cold conditions to minimise heat and energy loss. Call for help, use a whistle if possible.

### WATCH OUT FOR ON WATER HAZARDS

These include: pontoons, pylons, poles, safety buoys and beacons, anchored vessels, sailing boats (have right of way), bridge footings, jetties such as at Reconciliation Place, submerged rocks, submerged/ floating logs and other debris following heavy rain.

### OFF WATER HAZARDS

Remove hazards such as fishing hooks, broken glass from the dock and surrounding area.

Carry boats safely using correct lifting techniques.

Boat hulls are only to come into contact with you, the water and storage racks / slings.

### HEALTH HAZARDS

Wear socks in boats, and remove blood off oar handles and boat surfaces.

Dress for the weather including layers in winter, and sun protective clothes in summer. Use sunscreen to prevent burning. Protect your back by using correct rowing technique, consider core strengthening exercises.

Ensure appropriate hydration and be aware of the signs of heat stress.