


Port Adelaide Rowing Club

Port Adelaide Rowing Club Induction

Induction checklist

- These are key points a member needs to know.
- Safety is everyone's responsibility
- Please tick off each point on your induction checklist as it is explained to you.
- Feel free to ask questions as we go.



Port Adelaide Rowing Club
New Member Induction

Member Name: DOB: .../.../...

Street:
Suburb: State: Postcode:

Home phone: Mobile:

Email:

Medical conditions:

Emergency Contact:

Relationship: Phone number:

Checklist	New member
Introduction	
Key people (coaches, president, supervisor etc.)	
Contact details	
Training hours	
Uniform requirements	
Membership fees	
No smoking in boatshed or clubrooms	
Location of facilities (toilets, change rooms, telephones, kitchen, bar etc.)	
Emergency	
Emergency exits	
Fire extinguishers	
Location of first aid kits, thermal blankets, life rings, PFD's, mobile phones, and club house phones	
Emergency meeting area	
Incident reporting procedures	

On The Water

Traffic circulation pattern	
Local rules and river use	
River hazards	
Safe zone for single rowers	
Boat wake safety	
Tinny operation	
Safety position	
Capsize procedure	
Safe rowing technique	

Out Of The Water

Use of rowers out/in book	
Boat safety check	
Boat tags	
Boat handling (moving into and out of water)	
Boat storage	
Boat care (washing/ cleaning)	

Policies and Expectations

Extreme weather policy	
Hydration and sun protection	

Certifications

Ability to swim 100 metres fully clothed	Y	N
First Aid/ CPR	Y	N
Boat licence	Y	N
Police check?	Y	N
Responsible service of alcohol	Y	N

A member of the Port Adelaide Rowing club has talked me through the above checklist.

Participant Signature: Date: .../.../....

Print Name:

Inductor Signature: Date: .../.../....

Print Name:

Tick here

QR Codes

Pre Row Checklist



HAVE YOU CONSIDERED?

YES / NO

Am I fit to train

☐

Weather conditions (temperature, wind, forecast)

☐

Water conditions (tide, wave/chop, debris)

☐

Ship movements (Other boats/ships/tugs on water)

☐

Boat safety (condition, bow ball, caps, quick releases, riggers)

☐

Necessary protection (clothing, hat, sunscreen, hi-vis, sunnies)

☐

PFD (should I wear one? Capsize experience/risk, row location, swimming capability)

☐

Mobile Phone for emergencies in a waterproof pouch

☐

Check the weather

Check for Big Ships



- Posters can have additional resources online
- Can be accessed with mobiles
- Scan the code with your camera or Lens App
- Open the link

Hazards

On-Water

- Capsizing
- Big vessels
- Tugboats
- Weather and water conditions
- Debris
- poor swimming ability

Off-Water

- Untidy area
- Narrow spaces
- Hit by an object
- uneven ground
- Slippery floors
- fire

General

- Unfit to train
- Inexperience
- training alone or without supervision

Introduction

Learning about our Club

Key People

Club Role	Name	Contact details
President	Jeremy Watkinson	0435 919 669
Club Captain	Alison Smith	
Secretary	Jason De Dear	
Masters & Beginner Rowers Coach	Vicky Knight	0415 747 808
Juniors/ Beginners Coach	Ella Prowe Ryan Johnstone Luke Simpson	0481 123 203 0426 209 970 0451 858 758

Rowing Uniform

Training:

- Tight fitting, comfortable clothing. (e.g. close fitting t-shirt & bike shorts)
- **High-Visiblity Vest**
- Water shoes or socks in the boat
- Sunglasses, hat for warm weather
- Beanie, long sleeved top for cold
- Drink container
- Always bring spare dry clothes and a towel

Racing Uniform:

- Singlet: black & white hoops, black shorts or PARC zootie.
- If you wish to wear a shirt underneath your stripes it should be WHITE.
- PARC caps



Training Hours

Day	Time
Tuesday morning	(social rowing with the older rowers)
Tuesday evening	5:30pm – Junior squads and organised senior squads
Wednesday evening	5:00 – Fitness Training in the Gym
Thursday morning	(social rowing with the older rowers)
Thursday evening	5:30pm – Junior and beginner squads by arrangement
Sunday morning	8:00am – Existing squads and beginner squads by arrangement

Qualified First Aiders

- Vicky Knight
 - Current Safety Officer (Senior First Aid and CPR)
- Maggie Viceban
 - Registered Nurse

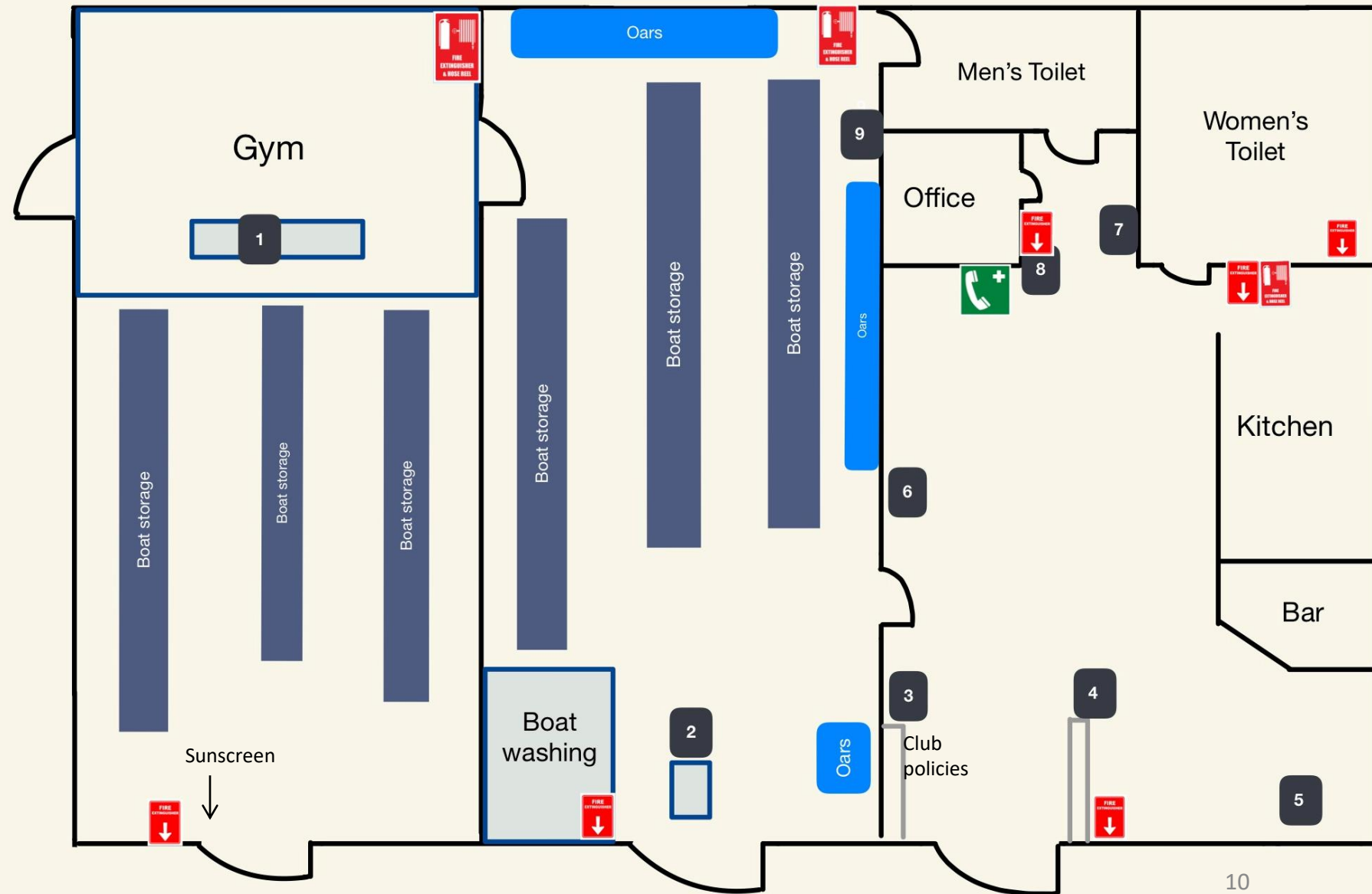
Club Facilities

Club room

- Toilets/ change rooms
- Bar & Kitchen
- Office
- Coxswain cox boxes (#6)
- Club heritage area (#5 and #3)
- Communication Board (#4)

Boat Sheds

- Oar storage
- Gym (Ergs #1)
- Sunscreen
- Sign in/out book (#2)
- Cleaning equipment
- Hazardous substances (#9)



Boat Storage

Boat Shed 1



Boat Shed 2



Membership Fees - 2021

Membership Type	Cost
Adult	\$485
Tertiary Student	\$355
School Student	\$305
Concession (Health Care Card)	\$355
Coach	\$91
Coxswain Racing	\$121
Coxswain Non-Racing	\$72
Gym-only Member	\$121
Social Member	\$51
* Please note CPI increase each year	

Application form on website:
www.revolutionisePARC

Club Policies

All indoor facilities are **smoke free** and **Dog Free**



Weather Policy

Fog

In fog or mist, appropriate boat **lighting must be used.**

If you can't see don't go!

Storms

If a storm is present or approaching **no one is permitted to be rowing on the water.**

Lightning

NO rowing or using tinnies on the river- ever!

Wind

In strong winds it is at the discretion of the Coaches.

Always Seek advice first.

Extreme Weather Policy

At Regattas: Follow Rowing SA's Hot Weather Policy.

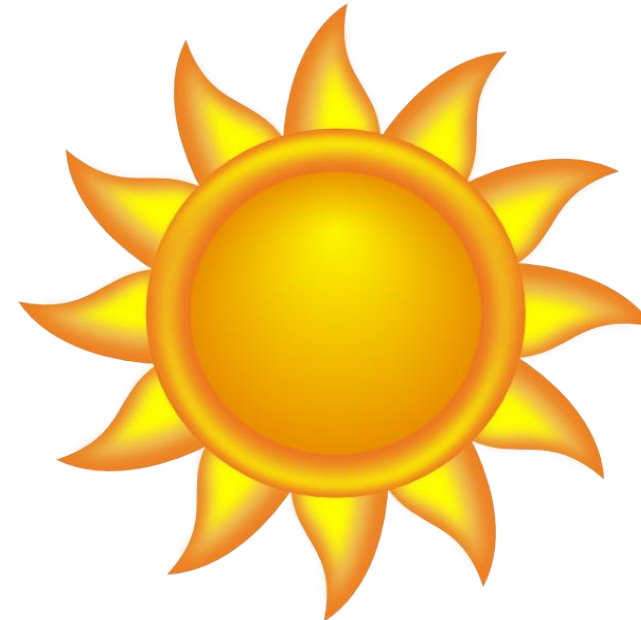
- Amend programs so that high risk groups are removed from the program
- Continual monitoring of climatic conditions by regatta officials (Rowing SA, 2011)

At the club:

Seek advice from Coaches.

Use sense & discretion

(Be aware of your health).



Extreme Weather Policy

- During cold weather, the crew should monitor the coxswains for signs of hypothermia (NB-they don't warm up like the crew do).
- The cox should wear warm clothing including a spray jacket and beanie.
- In the event of falling in, or heavy splashes, ensure clothing is changed as soon as possible.
- There are hot showers in the club house and towels are available.



Hydration and Sun Protection

- Carry your drink container in the boat to avoid dehydration.
- Protect yourself from the sun-
 - Long sleeved top
 - Sunscreen (available near the boats)
 - Hat
 - Sunglasses



Emergencies

Emergency Exits and Equipment



Fire hose reel



Fire extinguishers



Fire Blanket



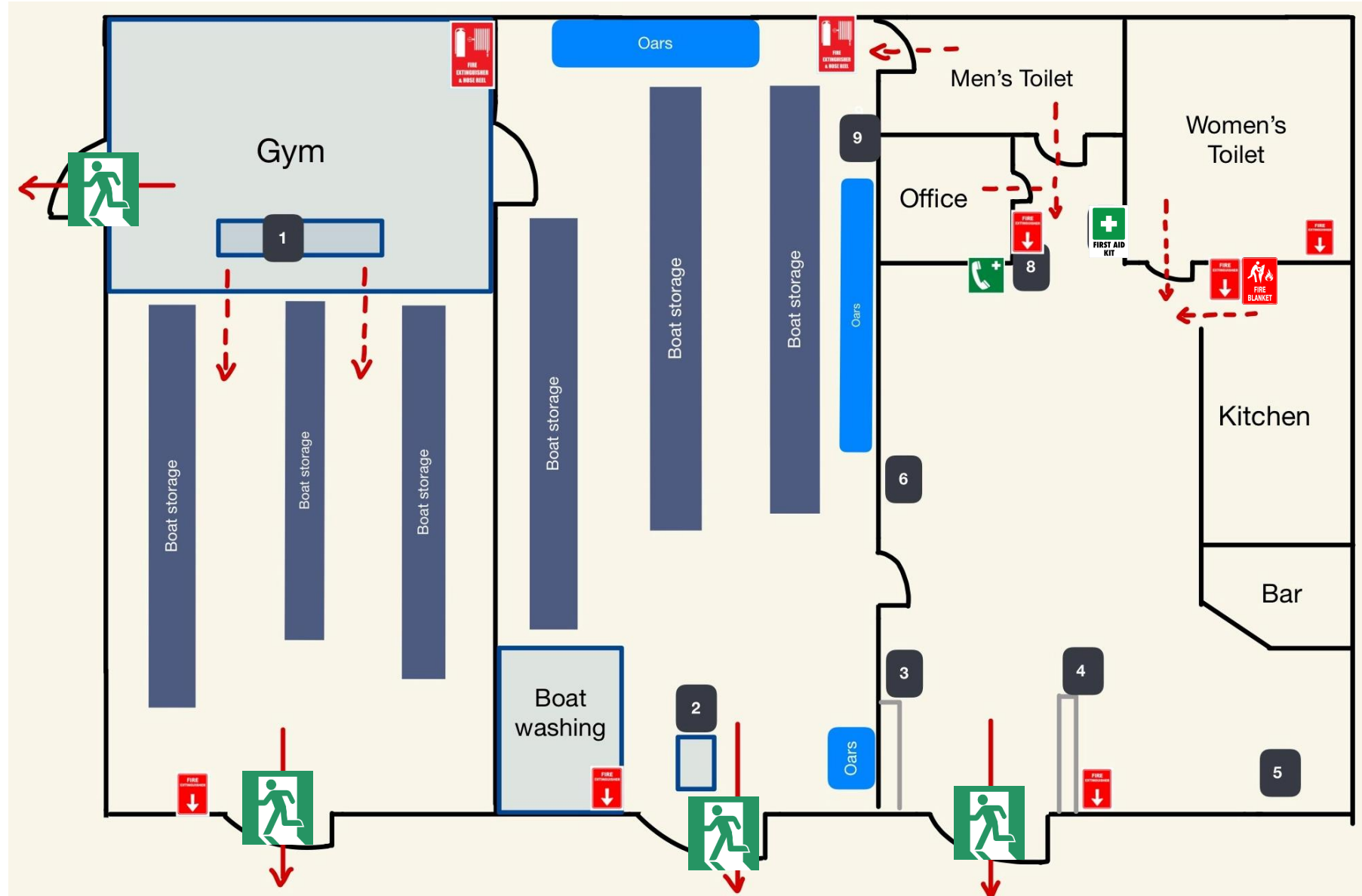
First Aid Kit



Emergency Exit



Emergency Phone



Emergency Meeting Point

**Southern side of the Club
Car Park**

(closest to Inner Harbour)

Wait there for further
instructions

**DO NOT re-enter Club
house or sheds until 'All
Clear' is give**



Emergency calls

If someone is seriously injured or needs urgent medical help, call 000 and ask for an ambulance.

- Stay calm and focused
- **Speak clearly and slowly**
- **Provide the exact address or approximate location details such as close landmarks and crossing main roads**

Your Location:

Port Adelaide Rowing Club

19 Charles Davis Ct, Largs North SA 5016

- **Answer all questions**
- **Always stay on the line until the 000 call-taker has all the information they need, and it is safe to hang up.**
- Have someone standing by to meet the ambulance on arrival and direct them to the patient
- Unlock any doors or gates to ensure the ambulance can access the property
- Provide a clear and safe path to the patient if possible



Club phone by the office

For non-urgent or less serious conditions, you could visit a GP or contact local hospital.

- **Closest Doctor: Port Adelaide 84474422**
- **Closest Hospital: The Queen Elizabeth Hospital 8222 6000**

First Aid Kits



Portable
unit

- Located on the wall **opposite the office door.**
- A portable unit that can be removed and carried.



A transportable first aid kit is taken to all regattas.

Incident Reporting

Off and On water incidents, injuries or near misses must be reported.

Report on Sing in/out book (pictured)

AND Incident report form

Record here!

TIME IN	BOAT NAME	STROKE NAME	INNER HARBOUR	OUTER HARBOUR	NORTH ARM	INCIDENT/INJURY/REPAIRS/CC
8:30	RIP	Rose		✓		
8:30	9:45	RIP		✓		
8:30	9:30	Doug A	✓	✓		
8:00	9:00	One All	✓			
8:00	4:30	Colin Tine	✓			
07:20		Helen W	✓			
07:50	08:30	J.S.	✓			
09:00	09:45	Rip	✓			
08:30	1:00	Andrews	✓			
07:40	08:33	J.S.	✓	✓		
08:33	9:30	Rip	✓			
08:00		John	✓	✓		
07:30	08:30	John	✓			
07:40	08:00	J.S.	✓			
08:00	10:00	Rip	✓			
8:00	9:00	Travis	✓			

* Fin on RIP needs attention
Rigger off and scratch hat

Incidents include:

- the loss of a person from a boat
- the death of, or grievous bodily harm to, a person caused by a boat's operations
- the loss or presumed loss or abandonment of a boat
- a collision with a boat
- the stranding of a boat
- material damage to a boat
- material damage caused by a boat's operations
- danger to a person caused by a boat's operations
- danger of serious damage to a boat
- danger of serious damage to a structure caused by a boat's operations

(Rowing Australia 2016)

Useful and required Certifications

Essential
Must be able to swim 100m fully clothed
Working with children check
Beneficial
First Aid/ CPR
Boat licence
Responsible serving of alcohol
Coaching Accreditation