

Port Adelaide Rowing Club

On The Water

Rowing Rules

- **'First season rowers'** must always be under the supervision of a Coach
- PFDs should be worn if swimming ability has not been proved (Rowing South Australia 2020)
- **Never row alone** (Have 4 oars on the water- ie: at least a person with you in your boat or alongside of you).
- **Always fill in the Sign in/out book** AND tell someone where you are going.
- Always consider the weather conditions, your experience, other water users & the river currents/ waves before you go out. -> **Refer to Pre Row checklist**
- REMEMBER - even experienced rowers can get into trouble!

Rowing areas



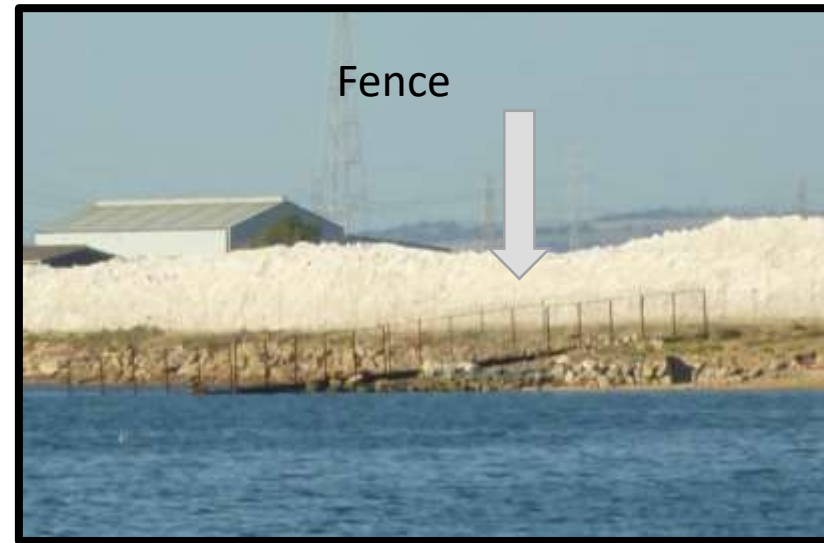
Safe Zone for Individual Rowers

- Single Scullers **on their own** need to stay in view of the club house. Must row between Derek Diver Bridge and the Adelaide Marina

South of the clubrooms: No further than the Derek Diver bridge a distance of 2kms



North of the clubrooms: No further than the protruding fence on the far side of the river



If you can't see the clubrooms you've gone too far!

Safe rowing area

Marina



Safe rowing map cont.

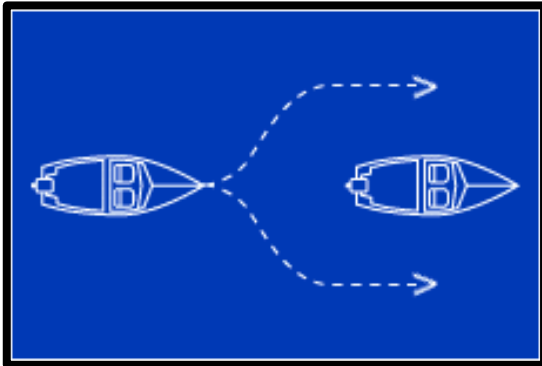
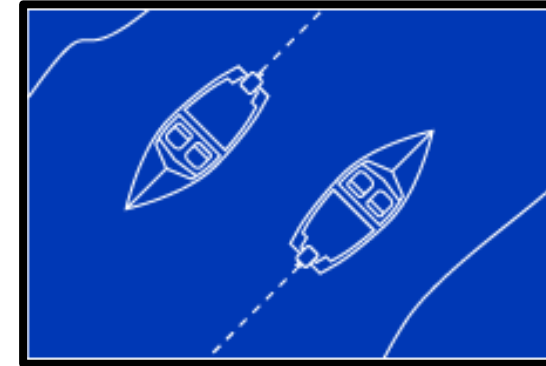


Boating rules

Keep your bow side as **close as practical to the bank of the river.**

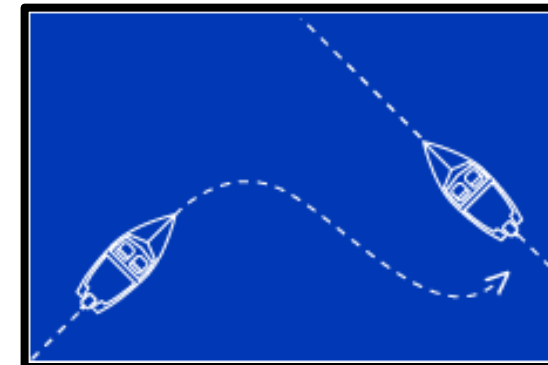
Stroke side facing the centre of the river.

Don't row down the centre of the river.



OVERTAKING: may pass on either side if safe, (but must **keep well clear** of the vessel being overtaken)
It is recommended that **rowers pass another rowing boat on the inside** ie: towards the centre of the river.

If a vessel approaches on your right side you must stop, slow down or change course to keep out of its way (Government of SA 2020) •



Local River Hazards

- Protruding fences on sides of the river
- Green and red markers in the water
- Debris on the water
- Submerged objects
- Tidal movements
- Other river users
- The rowers
- Sudden weather changes



River Rules

- **BIG SHIPS AND TUGS
HAVE RIGHT OF WAY!**



Tugboat
WASH/THRUST
can last for
30min
(under water)

- **Move to the sides of the river** when a large vessel is passing and **wait for the wash to pass** before you continue.
- NB: These vessels take a long time to stop - **DON'T** get in their way!

River Rules

1. Motorized boats should give way to row boats. This **doesn't always happen** so be prepared to give way to them.
2. Always travel on the right side of the river facing direction of travel.
(Bow side to Bank)
3. Rowers have to **give way to wind powered vessels** (E.g.. Yachts)
4. **Big ships and tugs have right of way!**

**BE AWARE, BE RESPONSIBLE, BE SEEN
(Flinders Ports 2022)**

Boat Wake Safety

Larger vessels and strong winds may cause wakes on the water. The safest ways to negotiate a wake is:

- Stop rowing
- Turn your boat side on to the wake
- Use 'Safety Position' ie:-
 - Sit upright with legs flat, arms extended
 - Position oars flat on the water
- Stay calm and relaxed

Safety Position

In Scull:

- Legs straight & flat
- Arms extended
- Left hand over top of right hand
- Oars flat on the water



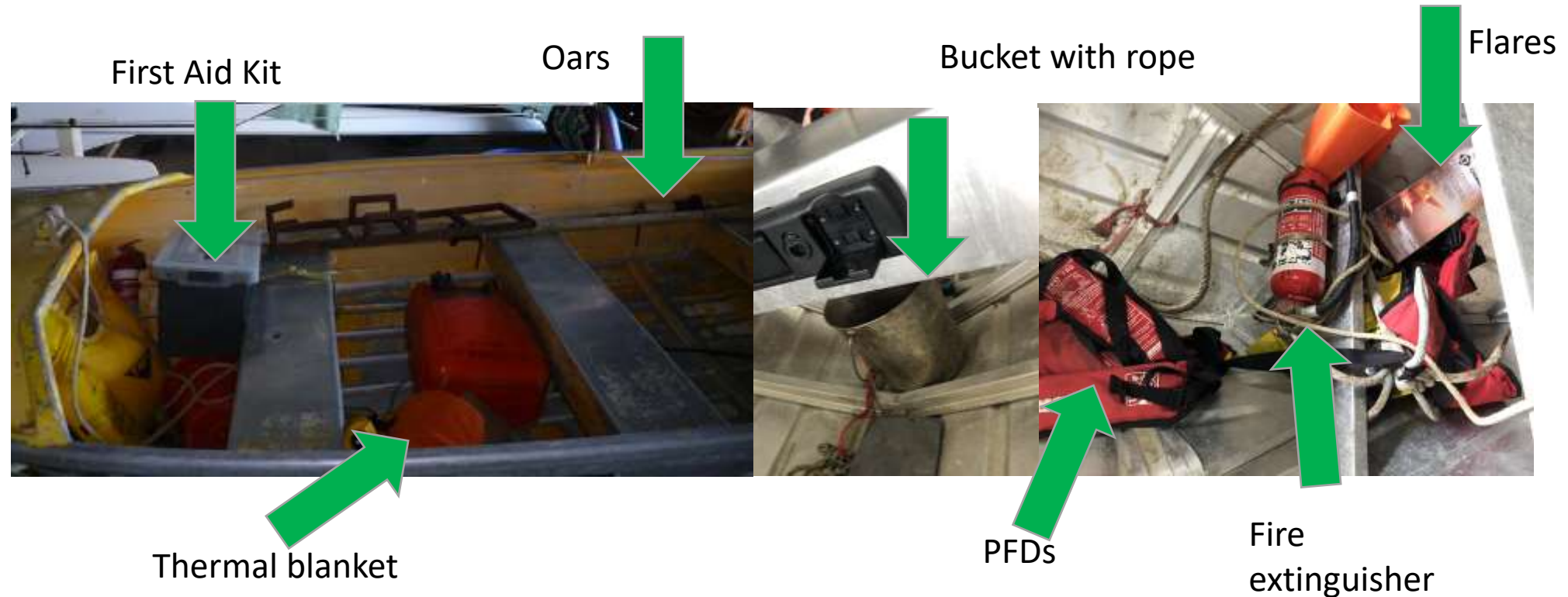
In Sweep:

- Stop boat
- Hold legs flat & straight
- Hold oar against your body
- Oar flat on the water



Tinny Operation

- **Boat licence** is required to operate a tinny.
- Check the following safety items are in the tinny before going out on the water:

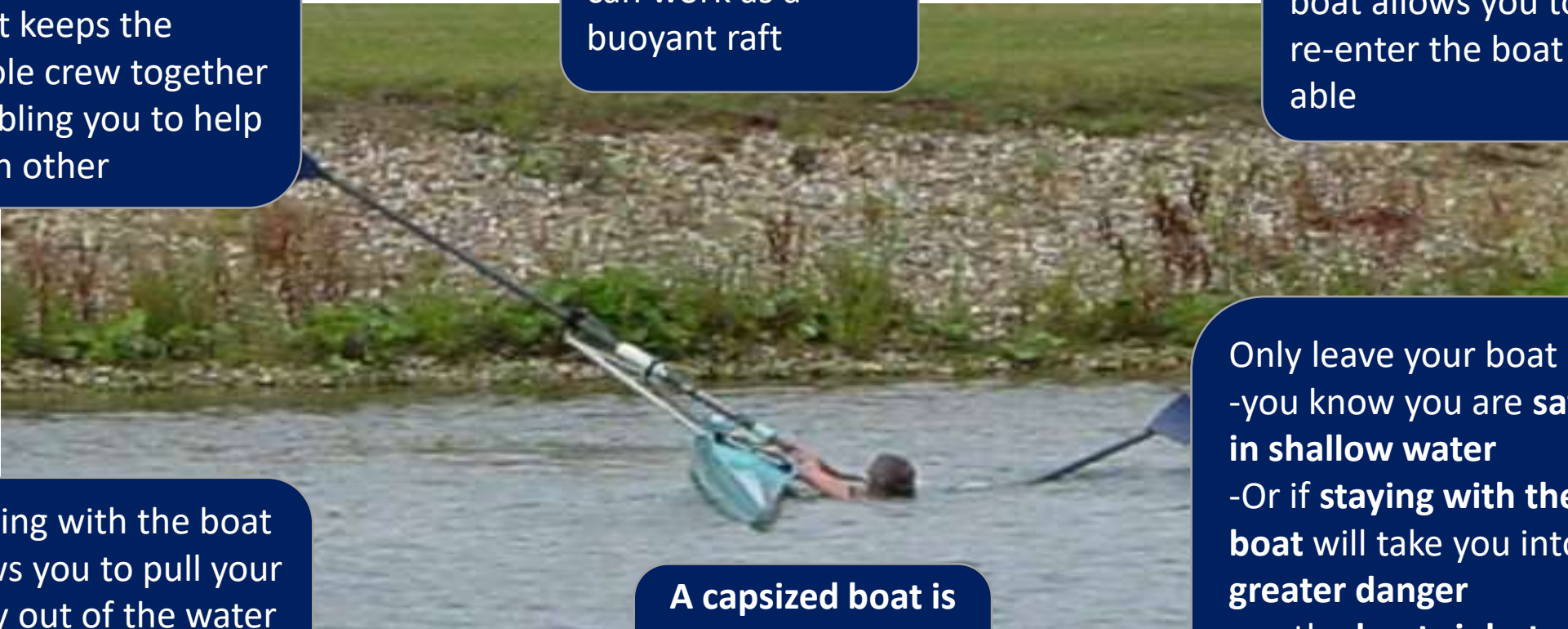


Capsized? – Stay with the boat!

In crew boats staying with the boat keeps the whole crew together enabling you to help each other

A capsized boat can work as a buoyant raft

Staying with the boat allows you to re-enter the boat if able



Staying with the boat allows you to pull your body out of the water to reduce rapid cooling

A capsized boat is more easily seen by those coming to help

Only leave your boat if:
-you know you are **safely in shallow water**
-Or if **staying with the boat** will take you into **greater danger**
- or the **boat sinks too deeply** to be a life raft.

Capsize Procedure

- **For boats holding more than 1 person:**

Step 1	Check all crew are above water (Do this by 'numbering off')
Step 2	Buddy up with someone on your side of the boat.
Step 3	Everyone to move to one side of the boat and kick the boat to the river bank.
Step 4	Consider river currents when choosing destination.

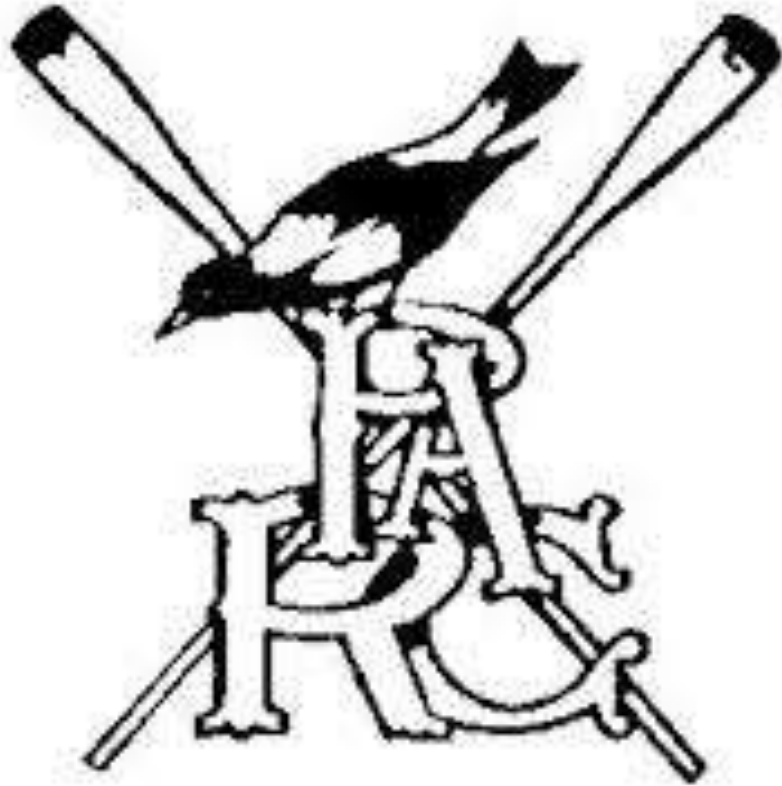
If coxed - Cox should explain capsize procedure before leaving the bank

Capsize Procedure

If in a single Scull:

Step 1	Attempt to right the boat by standing on rigger and rolling the boat towards you- (watch the moving oars).
Step 2	Move yourself to one of the ends of the boat.
Step 3	Climb onto the boat into a straddle position.
Step 4	Carefully manoeuvre yourself back into the seat.
Step 5	If this is too difficult, use the boat as a floatation device and kick to the nearest (or easiest) shore.

- This procedure should practiced in safety near the club house in the summer months to give each rower confidence in their abilities
- A short clip outlining the basics of 'How to Re enter a capsized single' can be found on You Tube



Port Adelaide Rowing Club

Welcome to
the Port Adelaide
Rowing Club!

References

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