



ROWING SA SAFETY & RULES SEMINAR

INTRODUCTION

- Rowing as a water sport has risks
- Waterways where rowing activity is conducted have various rules
- Some waterways have very specific requirements that must be adhered to if we are to maintain access to them.
- Actions following previous safety breaches:
 - *Mandatory Safety Briefing*
 - *Club Safety Officer at all Clubs & Schools*
 - *Installation of surveillance/security cameras at West Lakes*
 - *Strict penalties for violations*
 - *Processes for identifying coaches at West Lakes*
 - *Significant review of Rowing SA Safety & Training Policy*

DIVISION OF ROLES & RESPONSIBILITIES

Rowing SA

- Keep up to date with best practices in safety.
- Communicate changes and updates to all members.
- Maintain register of incidents and near misses and publicise yearly report.
- Assist clubs in creation, implementation & appraisal of safety procedures.
- Liaise with Councils and Authorities to determine rules of use for waterways.
- Liaise with other sports and organisations to coordinate activities and share information to minimise hazards associated with shared use.
- Where possible monitor and take action against any club or individual jeopardising the safety of any other individual, or the continued access to South Australian waterways.
- Take all necessary steps to ensure a safe environment, on and off the water, for all participants in the sport and attendees of any Rowing SA Regatta or event.

DIVISION OF ROLES & RESPONSIBILITIES

Clubs

- Ensuring all club members are aware of and comply with all traffic and safety requirements of relevant waterways.
- Ensuring all club members are aware of and comply with all other relevant measures contained within the RSA Safety & Training Policy.
- Ensuring club members are competent and capable on managing the conditions on any given waterway prior to entering that waterway, and are aware of, and practiced in, capsize and rescue procedures.
- Creating, implementing and regularly reviewing safety and compliance procedures and practices within their club.
- Appointing a Club Safety Officer and develop effective communication with all club members.
- Maintaining a visible copy of the relevant traffic rules and emergency phone numbers in all boatsheds.
- Ensuring equipment being used for all rowing and training activities is safe and fit for purpose.
- Ensuring appropriate supervision is in place during all rowing and training activities.

It is also recommended that clubs have risk management plans for training, competitions, camps, and tours and take steps to put in place a 'log book' or 'buddy system' for instances when athletes will be training with limited supervision.

NEVER ROW ALONE.

DIVISION OF ROLES & RESPONSIBILITIES

Club Safety Officers

It is a requirement that each club appoints a Club Safety Officer

■ Club Safety Officers will:

- Ensure all Club Coaches and Athletes are aware of all rules and safety requirements (including club or shed rules)
- Ensure relevant rules and safety signage and course maps are displayed around the club.
- Monitor and improve compliance with all rules and safety policies and procedures within the club.
- Ensure all members are familiar with incident reporting procedures and obligations.
- Report hazards, incidents, and near misses to the club and to Rowing SA.
- Be the main point of contact between the club and Rowing SA regarding safety and rules issues (including breaches, general updates, communication).

DIVISION OF ROLES & RESPONSIBILITIES

Individuals

- Have a responsibility to ensure their actions, both on and off the water, do not compromise the safety of themselves or others.
- Should familiarise themselves with all relevant course and waterway maps and be sufficiently capable of manoeuvring their craft in accordance with those maps, and any prevailing conditions, prior to conducting any rowing activities on that waterway.
- Must take all reasonable action to avoid a crash or collision when on any waterway or any shared path.
- Report any concerns, incidents, or near misses to their Club, Club Safety Officer, or directly to Rowing SA.

In addition to this:

- Coaches are responsible for the athletes in their charge (particularly so for underage athletes).
- Coaches must ensure they are informed of all safety procedures and rules, and abide by them at all times.
- Coaches should evaluate all environmental conditions before deciding, in light of the rowers' capabilities and limitations, whether it is safe to go out on the water.

GENERAL SAFETY & COMPLIANCE INFORMATION

Safe Equipment & Safety Equipment

- All rowing shells in use on any waterway in any capacity must have:
 - *A white ball of not less than 4cm in diameter made of rubber or material of similar consistency on its bow, unless the construction or nature of the boat is such that the bow is properly protected or its shape does not represent a hazard.*
 - *Heel restraints that allow the 'hands-free' release of feet.*
 - *'Quick release' mechanisms that are in effective working order in all boats equipped with fitted shoes.*
 - *Lights as required by maritime law or the body managing the waterway the boat is to be used on.*

- Clubs should ensure a basic first aid kit is available at all times and participants are familiar with, or have access to, emergency contact information.

- Coach Boats/Safety Boats must be equipped with all safety equipment in accordance with the local rules of the waterway, provide for easy entry from the water, and be fitted with a kill switch.

- All Trailers must be maintained, operated, and comply with the *'Road Traffic Act, 1961 – Rear Overhang Exemptions for Trailers Transporting Rowing Boats, Canoes or Kayaks'*.

GENERAL SAFETY & COMPLIANCE INFORMATION

Swimming Ability and General Mobility

- All active members partaking in on-water rowing activities of any type should:
 - Be capable of releasing themselves from the boat.
 - Be able to swim 50m in light clothing e.g. rowing kit and be sufficiently at ease in the water not to panic.
 - Instructed in the actions to be taken in the event of a capsize.
 - Be able to tread water for a minimum of 2 minutes.
- If any member is unable to meet these requirements for any reason additional flotation aids, either on the person or within easy reach in the boat, or modifications to the equipment must be considered in conjunction with additional supervision and rescue plans.
- If a safe alternative cannot be found the athlete should not be permitted on the water.

These conditions are particularly relevant for Para Athletes, athletes with reduced or limited mobility, athletes with limited swimming ability, and inexperienced athletes.

GENERAL SAFETY & COMPLIANCE INFORMATION

Capsizes & Rescues

All active members should learn and practice capsizing and accident drills.

- **In event of capsize:**
 - Athletes should be advised to stay with their boat rather than attempt to swim to safety (unless seriously damaged, the boat can act as a life raft).
 - If the water is cold, athletes should be instructed to get as much of their body out of the water as possible by draping themselves over the upturned hull (if necessary turn the boat over for this purpose).
 - Athletes should be instructed to ‘buddy-up’, with two people holding on to each other until rescued (this provides mutual support and helps ensure all are accounted for).

- **If the boat cannot be righted or athletes cannot be returned to the boat and a rescue boat is not present:**
 - Athletes should hold onto the boat and kick with their legs to move the boat closer to the nearest shore, keeping vigilant for other boat traffic.
 - Another rowing boat can also be used as a rescue boat (please see <https://www.youtube.com/watch?v=yfmEpdP2KDo&feature=youtu.be>)

- **When conducting a rescue from a powered rescue boat:**
 - Engine must be switched off before coming into close proximity of anyone in the water.
 - Consideration must be given to the distribution of weight in the rescue boat and the point of entry from the water so as not to capsize the rescue boat.

GENERAL SAFETY & COMPLIANCE INFORMATION

Boat Lighting

All crews rowing on any South Australian waterway must show light(s) if operating between sunset and sunrise or in periods of low light or restricted visibility.

- **This includes:**
 - Periods of low visibility, such as heavy rain or periods of fog.
 - Periods of low light, such as overcast skies.
 - The period immediately before and after sunrise and sunset.
- **The minimum requirements for the set-up of lights are:**
 - Two all-round white lights; one attached to the boat at or near the bow end and one attached to the boat at or near the stern end. A red light is considered acceptable as an alternative on the stern end of the boat only.
 - A continuous light is considered acceptable if it is visible in clear conditions from a distance of 1 kilometre.
 - A flashing light is considered acceptable if it flashes at least once per second and is visible in clear conditions from a distance of 1 kilometre.
 - Notwithstanding the above, it is considered acceptable for a light to be masked so as not to interfere with the vision of the vessel's occupants, provided at least one light is visible from any direction.
- Lights may be mounted on the bow number holder or secured to the hull.

GENERAL SAFETY & COMPLIANCE INFORMATION

Use of Bikes

Due to the high dependency on bikes and cycling, particularly on shared 'off-road' paths, to carry out coaching activities Rowing SA has formulated a policy on the Use of Bikes that is based on current South Australian Legislation.

- **All bikes must:**
 - Be properly constructed and equipped, as well as properly maintained so that it does not present any danger to the rider or other road users and pedestrians.
 - Have at least one effective brake.
 - Have a functioning warning device within easy reach.
- **When visibility is reduced (in low light, after sunset, before sunrise, or in hazardous weather conditions) all bikes or riders must have:**
 - A flashing or steady white light that is clearly visible at least 200 metres from the front of the bicycle.
 - A flashing or steady red tail light that is clearly visible at least 200 metres from the rear of the bicycle.
 - A red rear reflector that is clearly visible for at least 50 metres from the rear of the bicycle when light is projected on to it by a vehicle's headlight on low beam.
- **All individuals operating a bike on a shared path must:**
 - Exercise due care and consideration for pedestrians and other users.
 - Give warning to pedestrians or other users by sounding a bell or a horn or by other means, if necessary for the purpose of averting danger.
 - Keep to the left of any oncoming bicycle rider.
 - Wear an approved bicycle helmet that is properly secured and fastened.
 - Keep to the left of the path unless it is impracticable to do so.
 - Give way to any pedestrians.
- For more information can be found here: https://www.sa.gov.au/_data/assets/pdf_file/0020/23438/DPTI-Cycling-and-the-Law-Booklet.pdf

Further to the above, the use of bikes is not permitted on shared paths adjacent any course being utilised for a Rowing SA Regatta for the duration of that regatta, unless explicit permission has been granted by the Regatta Referee.

TRAINING & SAFETY – WEST LAKES

Context of Rowing at West Lakes

- Fortunate position of owning the West Lakes Facility and having good access to the Lake comes with added responsibility of being a good neighbour and member of the community.
- Maintaining access to the Lake is integral to the future of our sport.
- To do this we must fulfil our obligations, minimise complaints, and avoid on water incidents.
- The Lake is a public waterway and a shared facility frequently used by other sports and residents alike.
- While the course and course infrastructure may be booked the Lake itself is never closed to the public.
- The path adjacent the Lake is a popular walking/running track for members of the public.
- Rowing SA is granted a permit for the use of West Lakes and the adjacent path for rowing activities by the Charles Sturt Council.
- Permit covers all affiliate members and all rowing activities (rowing and coaching).

TRAINING & SAFETY – WEST LAKES

Relevant conditions of use of the West Lakes Permit for Aquatic Activities

■ Times of Use

- 0600 hours to 2000 hours Monday to Saturday, and 0700 hours to 2000 hours on Sunday.

■ Local Nuisance

- Activities must comply with the provisions of the Local Nuisance and Litter Control Act 2016 (<https://legislation.sa.gov.au/LZ/C/A/LOCAL%20NUISANCE%20AND%20LITTER%20CONTROL%20ACT%202016.aspx>)

■ Use of Amplification Devices

- The use of voice amplification devices for general coaching purposes is prohibited. The use of 2-way radios, or similar devices, is necessary to communicate from the shoreline to crew members of water to minimise any noise disturbance.
- Voice amplification in boats (i.e cox box systems) is permitted between 0600 hours and 2000 hours Monday to Saturday and 0700 hours and 2000 hours on Sunday provided they are set to a level to be heard within the boat only, thereby minimising any noise disturbance to residents in the area.

■ Low Light Safety Equipment

- Persons engaged in water activities before daylight or after dark must use lighting equipment as required by the South Australian Department of Planning, Transport and Infrastructure.

TRAINING & SAFETY – WEST LAKES

Relevant conditions of use of the West Lakes Permit for Aquatic Activities

■ Use of Bicycles or any other Small Wheeled Vehicles

- Where bicycles are utilised for coaching purposes, riders are required to comply with all State based legislation, including the wearing of helmets, bicycles to have functional bells and lighting, in addition to riders being respectful and giving way to pedestrians and being considerate to local residents by keeping noise to a minimum.

■ Sale of Food & Beverages

- Prohibited on Local Government Land unless written approval has been granted by Council. In addition to the written approval, notification in the form of an application must be given to Council's Environmental Health Department.

■ Vehicle Access to Local Government Land

- Vehicle access to Local Government Land is only allowed where stipulated as a permitted activity by this permit, of where a separate vehicle access permit has been issued.
- All restricted parking areas that are set out by signage, in addition to the Australian Road Rules and Council By-Laws must be complied with.

TRAINING & SAFETY – WEST LAKES

Noise Restrictions

Rowing SA has developed the following rules pertaining to noise for Lake and path users.

■ At all times:

- Amplification devices (e.g. megaphones) for coaching purposes are **not** permitted.
- Cox Box Systems (and similar) are permitted but must be set to a level to be heard in the boat only.
- Excessive noise and offensive language is **not** permitted.

■ Before 7:00am and after 6:00pm:

- Instruction to crews only permitted from Reserves along the Lake (not in front of residences).
- All on water athletes (including coxswains) must keep all noise to a minimum.
- All path users and coaches must keep all noise to an absolute minimum.

TRAINING & SAFETY – WEST LAKES

Coach Identification

. Rowing coaches (& support personnel) using bikes on the path at West Lakes must adhere to the following rules and process.

- All Individuals using a bike on the shared path adjacent West Lakes and engaged in rowing activities must be clearly visible identifying the Club/School.
- The ‘Club Safety Officer’ will be responsible to ensure all coaches and support personnel comply with this policy, and Rowing SA/Council will be monitoring adherence to the policy.

TRAINING & SAFETY – WEST LAKES

Monitoring & Breaches of Rules

- Penalties will be in place for all offences arising from verifiable complaints from RSA staff/volunteers, residents, other clubs, or random checks (either RSA Security Camera footage, or physical checks by RSA personnel).
- Offences that are considered to significantly jeopardise either the safety of an athlete, coach, recreational lake user, pedestrian, or the RSA's Permit for Aquatic Activities at West Lakes from the city of Charles Sturt, will be escalated to the 3rd Offence Level. Subsequent offences will be treated as a 2nd Offence and will escalate from there.
- Accumulation of offences will reset at the beginning of October (for the summer season), and the beginning of April (for the winter season).
- Rowing SA will issue fines to the club not the athlete, on the basis that it is the clubs responsibility to ensure all members are aware of and comply with relevant rules and safety procedures.
- All Action Schedule items will be conducted in addition to Fines and Actions from previous offences. All Action Schedule items will include or be accompanied by communication that clearly outlines the offence, action required to be taken by the Club, and next steps should another offence occur.

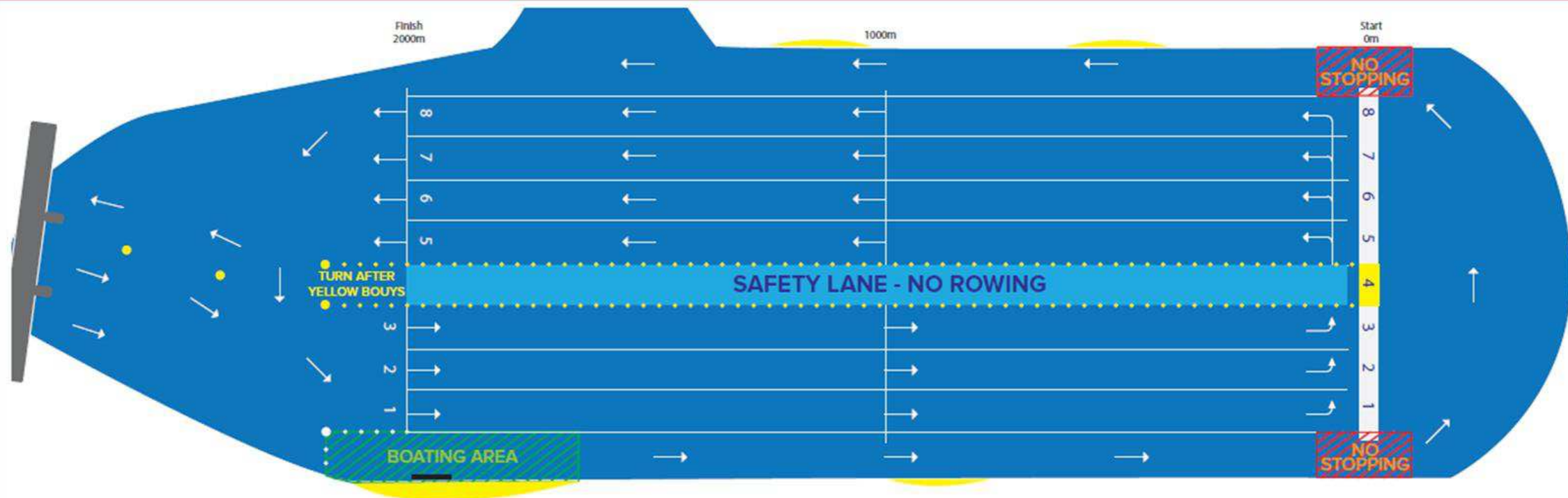
TRAINING & SAFETY – WEST LAKES

Monitoring & Breaches of Rules

OFFENCE NUMBER	FINE AMOUNT	ACTION SCHEDULE
1 st Offence	\$50	Warning to Athlete/Crew (where possible) Email to Club & Safety Officer
2 nd Offence	\$100	Email sent to Club/Safety Officer requesting Club-wide action to be taken and RSA to be included in any communication
3 rd Offence	\$200	Communication sent to School Sport Directors/Principals Meeting with Club's Safety Officer called to immediately address Club's compliance procedures & plans for addressing issues
4 th Offence	\$500	Meeting required with Club Committee Suspension of whole club from competition
5 th Offence	\$500	Suspension of Aquatic Use Permit Temporary Meeting required with all Club Members
Beyond	\$500	Suspension of Affiliation

TRAINING MAP

A.M. RAMSAY ROWING COURSE, WEST LAKES



GENERAL COURSE RULES

- Stationary or slower boats must give way to overtaking boats by moving out of their lane (except in the designated 'BOATING AREA' and the outer lanes, 0 & 9)
- When turning, crews must row directly across the course and give way to all oncoming traffic
- It's the duty of ALL crews to ensure that they avoid collisions
- Use your voice and warn other crews of any approaching hazards
- All boats must have lights on both the bow and stern from dusk till dawn

BOATING AREA (Lane 0, 1750m- 2050m)

- Crews boating ON or OFF the course have right of way in this area
- Crews rowing through this area should slow down and expect to be impeded, or preferably choose Lanes 1, 2 or 3 to travel past this area
- 3 minute time limit on finish pontoon if other crews are waiting to utilise

SAFETY LANE (Rowing Lane 4)

- No rowing in this lane marked by yellow buoys
- Can only be used to cross the course or if avoiding collisions

CYCLING for coaches only

- **EXTREME CAUTION**
- Many children and residents use this path
- Pedestrians have right of way
- Light, bell and helmet are mandatory, as per normal DPTI Rules

NO STOPPING ZONES

- Due to the restricted area adjacent to the Starting Pontoon, no stopping within 30m of the eastern or western ends of the Start Pontoon

NOISE RESTRICTIONS

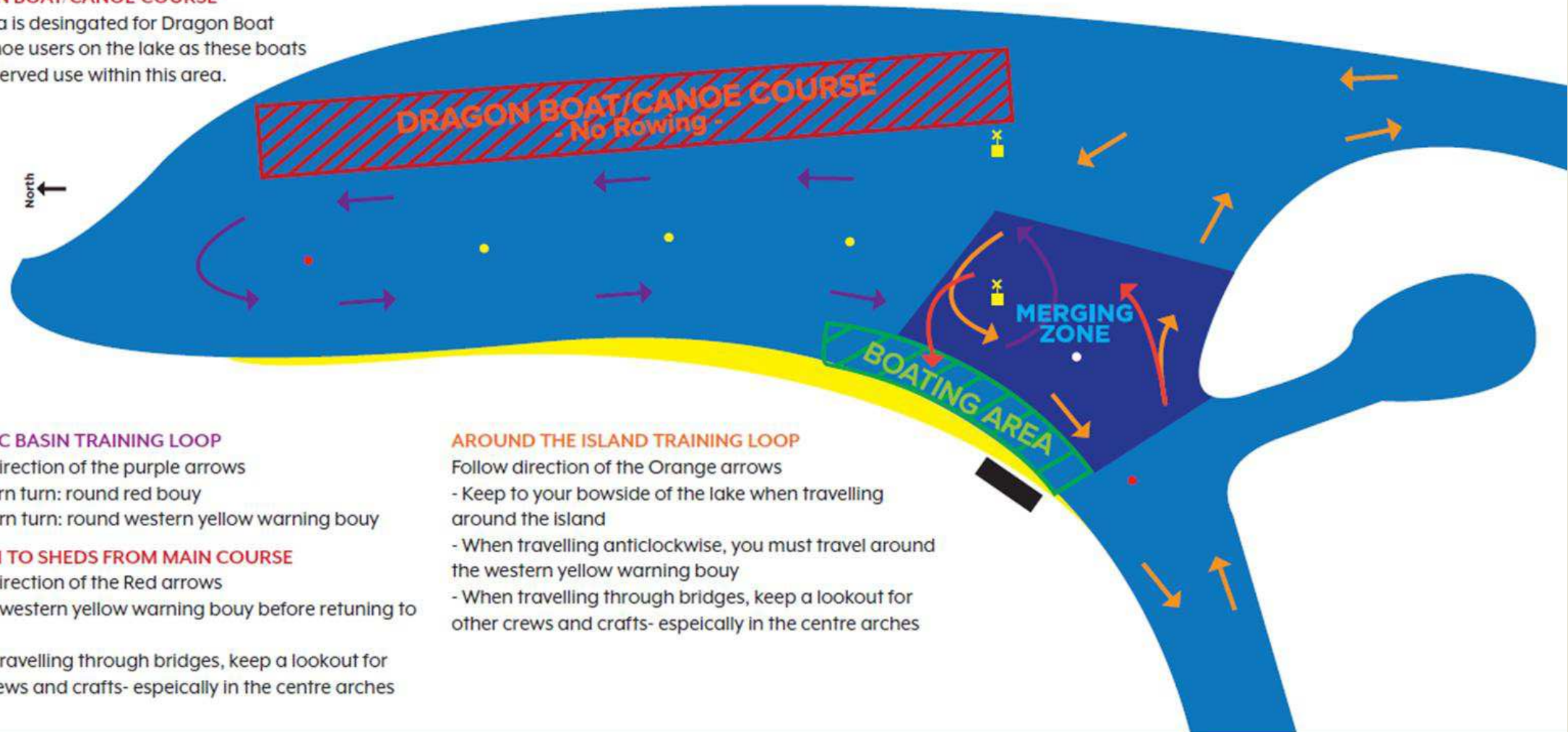
- ALL rowers/coaches must obey local 'noise' regulations.
- Keep noise to a minimum before 7am
- No power megaphones at any time

BASIN TRAINING MAP

AQUATIC RESERVE, WEST LAKES

DRAGON BOAT/CANOE COURSE

This area is designated for Dragon Boat and Canoe users on the lake as these boats have reserved use within this area.



AQUATIC BASIN TRAINING LOOP

Follow direction of the purple arrows

- Northern turn: round red bouy
- Southern turn: round western yellow warning bouy

RETURN TO SHEDS FROM MAIN COURSE

Follow direction of the Red arrows

- Round western yellow warning bouy before retuning to beach
- When travelling through bridges, keep a lookout for other crews and crafts- espeically in the centre arches

AROUND THE ISLAND TRAINING LOOP

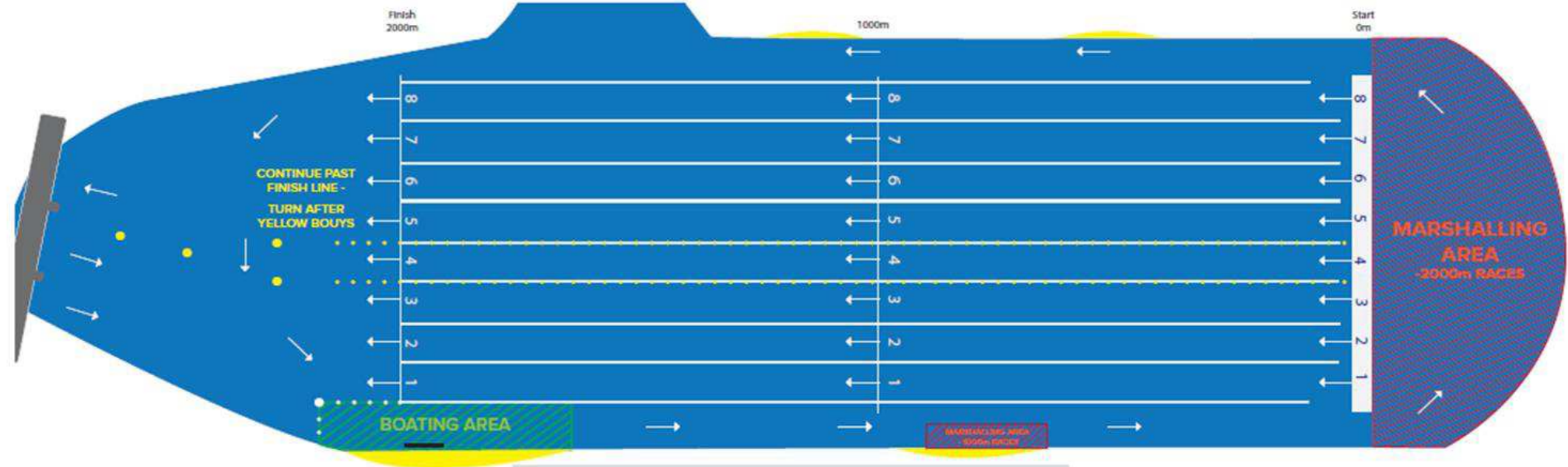
Follow direction of the Orange arrows

- Keep to your bowside of the lake when travelling around the island
- When travelling anticlockwise, you must travel around the western yellow warning bouy
- When travelling through bridges, keep a lookout for other crews and crafts- espeically in the centre arches

MERGING ZONE - Pay special attention when aproaching and travelling through the Merging Zone

RACING MAP

A.M. RAMSAY ROWING COURSE, WEST LAKES



BOATING AREA

- Crews are only permitted to launch from and return to the beaches, the pontoon is reserved for para athletes only
- Once crews have launched, begin moving as quickly as possible to avoid congestion along the beach
- Winning crews must stop briefly at the pontoon for scrutineering
- Crews travelling through the bridge toward the course, may travel through the western or middle arches only and continue on the western side of the yellow buoys

WARM UP LANE:

- All crews must travel to the start line in lane zero and give way to faster crews
- Move slowly and carefully past the marshalling zones
- Do not cross the start line when a race is being started
- Do not practise race starts or move at pace when a race is approaching, or if other crews are in close quarters

CREWS MUST BE IN THE MARSHALLING AREA AT LEAST 5 MINUTES BEFORE SCHEDULED RACE START TIME

2000M MARSHALLING AREA:

- Move past and around the starting pontoon
- Line up in ascending bow number order in preparation to move onto the course when instructed to do so
- Crew must not practice race starts within the marshalling area
- Should a crew miss the start of their race, they must row back to the finish line in lane 9 (travel lane) when instructed

1000M & 1500M RACES – NON-HELD START:

- Row past and follow the instructions from the BRO in the Marshall boat (large Red/Yellow boat)
- Give way to crews continuing through to the 2000m start when waiting to be marshalled onto the course
- Only enter the course when instructed to do so by a BRO

FINISH LINE PROCEDURE:

- Crews must continue past the yellow buoys before turning after the finish line (approx. 50m)
- Crews must move away from the finish line as soon as possible following a race
- Be aware of other crews crossing the finish line when turning towards Lane 0
- Crews continuing through the bridge, must use the eastern arch only

CROSSING THE COURSE

- Crews may cross the course past the rocks only (1750m).
- Crews must not sit and wait for a gap, but should keep rowing slowly up the course until the course is clear, then begin turning
- When appropriate, cross the course at 90 degrees
- Crews are not permitted to pass the finish line when another race is finishing
- Crews must use the eastern arch only when passing the bridge

TRAINING & SAFETY – TORRENS LAKE

General Info

- Torrens Lake is the ‘home’ of many clubs and it is the primary training venue for a large number of young athletes and athletes learning to row.
- At peak times, traffic can be exceptionally dense.
- Bends, bridges, blind spots, and without fixed markers separating traffic, coupled with the presence of other commercial craft (Popeye, Paddleboats, BBQ Bouys), and large numbers of often inexperienced athletes makes the Torrens River a very unique and complex waterway for rowing activities.
- All clubs regularly utilising the Torrens Lake, including those subleasing boatshed space, must have a current Aquatic Activity Permit from the Adelaide City Council.
- The Council will often engage Rowing SA, as the peak body for the sport in South Australia, regarding issues arising on the Torrens Lake and the management of rowing activities. Any resolution as a part of this process is considered binding for our affiliate members.

TORRENS LAKE - CIRCULATION PATTERN



★ DESIGNATED COACHING AREA

On water traffic rules:

- Stay to the crew's right-hand (starboard) side of the river
- Give way to overtaking crews & larger boats (e.g. The Popeye)
- No stopping under any bridge
- If you are turning before either end of the course, do not obstruct the path of other river users
- Crews may only stop at the designated coaching areas
- Two all-round white lights attached to stern and bow end must be used in low visibility conditions. A red stern light is also acceptable.

Turning after the footbridge:

- Travel through the bridge and turn just before the Popeye landing
- Travel under the small arch of the footbridge and stay close to the bank if your crew is stopping for coaching
- Travel through their right-hand side of the main arch when continuing though without stopping

Turning at the weir:

- Turnaround the weather station if you are stopping for coaching or turn in front of the weather station if you are continuing through
- Be vigilant not to turn in front of other crews
- When there are other crews waiting to turn you should row off as quickly as possible after turning

Launching/landing area on Festival Drive:

- When returning, slowly approach at a shallow angle and have no more than half of the
- crew lightly row the boat into land
- Oars and shoes should be neatly left in the landing area, away from the footpath
- Give way to cyclists and pedestrians using the footpath when carrying boats between the boathouses and the launch area

TRAINING & SAFETY – OTHER VENUES

Port River & Murray River

- Almost all clubs/athletes will be involved in rowing activities on the Port River or Murray River at some stage.
- Alternate and additional safety considerations when using these waterways.
- Refer to the Safety Policy and recommended resources if using these waterways.
- It is recommended that all Clubs, Coaches, Crews and Athletes seek local knowledge (either from local rowing clubs, councils, or other relevant bodies) prior to conducting any activities on the Murray River or Port River.
- Crews, Coaches and athletes conducting rowing activities on the Murray River should be aware of which direction is upstream, check the weather forecast for the day and familiarise themselves with a map of the waterway including any local area restrictions, and the location of any bridges, ferries or locks.

INCIDENT REPORTING

- Clubs must ensure that all members have access to and are educated and aware of their individual responsibilities to report incidents using the relevant incident reporting procedures.
- Rowing SA will file and manage all incident reports and create a yearly summary (with any identifying details redacted) to help identify high risk areas that need to be addressed and reinforce safety and compliance messages.
- Incidents or near misses can be defined as an event either causing or involving, or potentially causing or involving:
 - 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 cause 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 operation