



# Rowing SA Safety

# Aim of today

- Where can I find information
- What is our role
- What resources are available
- Use of West Lakes
- Incident reporting
- Clarity to 'grey areas'
- Best practice



**"This means something  
but I can't remember what!"**

# Where can I find information

- Rowing SA website
  - Participation > Safety Information
    - Rowing SA Safety & Training Policy
    - Incident reporting
    - Club Safety Checklist
    - Emergency contact details (West Lakes & Torrens)
    - On water checklist for rowers
    - Action Plans (Anaphylaxis, Asthma, DRSABC)
  - SA Laws & Regulations
    - Recreation Boating handbook
    - Gazette for towing trailers and boat overhang requirements
    - Cycling & the Law Booklet

# What is our role

## Rowing SA

- EDUCATE
- Keep up to date with best practices in safety
- Communicate changes and updates to all members
- Maintain register of incidents and near misses
- Assist clubs in creation, implementation & appraisal of safety procedures
- Liaise with other sports and Council to coordinate activities and share information
- Monitor and take action against any club jeopardising the safety of any other individual
- 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

# What is our role

## Club/School

- All club members are aware of and comply with all traffic and safety requirements of relevant waterways
- Club members are aware of and comply with all measures contained within the RSA Safety & Training Policy
- Club members are competent and capable of 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 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

# What resources are available

- Rowing SA Safety & Training Policy
- Rowing SA Safety Assessment Checklist
- On-water Safety Checklist
- Emergency Contacts
- Action Plans

## Other

- Photographing children- Rowing Australia video  
<https://www.youtube.com/watch?v=6UeqZWJxiZg&feature=youtu.be>

# Use of West Lakes

- Lights (boats and bikes)
- Traffic flow (maps)
- Noise (coaches, rowers, coxswains)
- Bikes (shared path, helmet, SA cycling rules apply)
- Trailers (lock gate if last & don't leave for more than 2 days)

# Examples of why safety is important

- Sydney director of rowing vehicle/boat trailer hit a pedestrian – court case currently underway
- Letter received from a lawyer following at rowing crew allegedly collided with a fisher kayak in 2018 – investigations with insurance company underway
- Regional medical episode on the water rescued by rowing buddy




# Examples of why safety is important

## **Recent example of what another Club is doing knowing that one of the competing athletes has Epilepsy:**

- Student has a management plan and clearance from their Doctor
- Rower had to wear a self-inflating life jacket when sculling or in the pair
- Referee is to be made aware of each race that the athlete is competing in so they can allocate a rescue/umpire boat to 'tail' the athlete from leaving the beach to returning (including racing).
- The Umpires are the key as they have the ultimate responsibility for safety at the regatta. They will need to brief all on-water personnel to understand what the rower's issue is and then how best to respond in a rescue situation.
- All students who were rowing with the athlete completed an induction on what to do if they had an episode, including a talk from his mother about the medical advice from his doctor
- If the rower felt an aura starting, they were to stop rowing immediately and to lean backwards
- The rower behind is to grab them firmly and hold stable until the aura finished
- They would then bring the rower straight back to the shed to be met by his parents and taken home

# Incident reporting

A thick yellow horizontal bar spans the width of the slide, with a vertical yellow bar extending downwards from its right end.

- Please report anything on or off the water
  - Collision, near miss, trip, etc
  - Use the online form which provides Rowing SA with ongoing records of all incidents
  - Accurate records help implement new improvements, rules and appropriate communication
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- A thin grey horizontal bar is located at the bottom of the slide.

# Clarity to 'grey areas'

- **Can I get on the water before 6am (Monday – Saturday) or 7am (Sunday)?**
  - Yes, but you are only allowed to wait by the beach
  - No noise to be made
  - No coaching
- **Should other lake users look out for me?**
  - You need to be aware of where you are rowing at all times
  - All lake users need to share the waterways
  - Some recreational users do not know the rules and we have been working with the Council to communicate to all users
  - Travel on the bowside of the lake (except at the Torrens) and look ahead
  - Refer to traffic maps in the Safety & Training Policy
- **Can I stop and do a piece on the course?**
  - Yes, at any point
  - If you are in a lane you must give way/ move for the faster crew
  - You can use lane '4' if needed to sit and wait (NOT TO BE USED FOR ROWING)

# Clarity to 'grey areas'

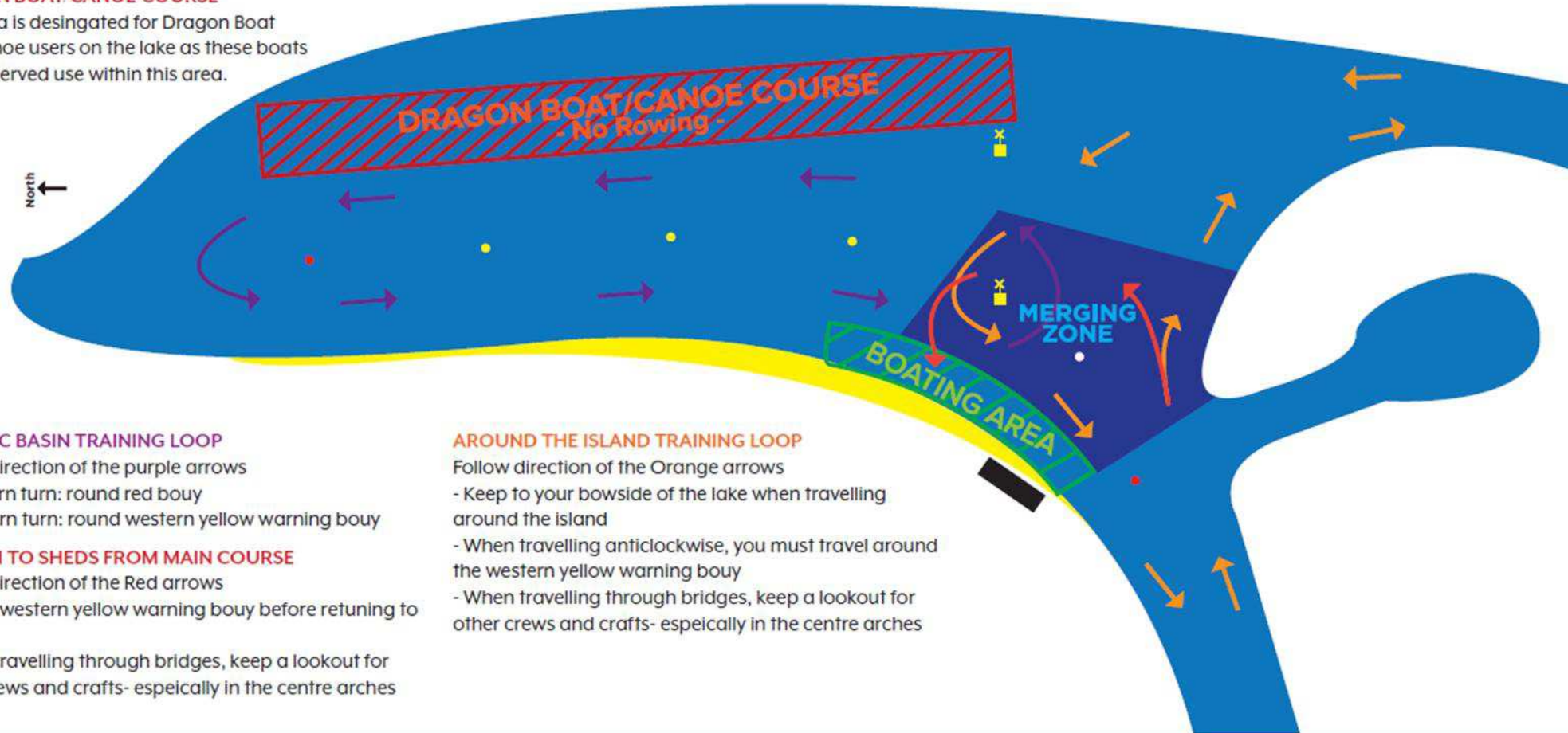
- **What is lane '0' or '9' for?**
  - Travelling, stop/start work, recreation, slow moving boats
  - No race work to be completed
- **Can I use a cox box at 6am?**
  - Yes, but it must be turned as low as possible to only be heard within the boat
  - Coxswains do not realise how loud they are so please remind them before any race work
- **Who has right of use for the pontoon?**
  - Sharing is caring – use your discretion
  - In peak times the Southern end should be used for entry and Northern end for landing crews
  - 3-minute limit and no coaching in peak times
- **Can I coach in front of houses even if I talk quietly?**
  - No, use handheld radios and coach in front of reserves only
- **What is the traffic pattern at the basin area?**

# 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

IT'S EVERYONE'S RESPONSIBILITY TO FOLLOW AND POLICE THESE RULES; THEY ARE TO ENSURE EVERYONE'S SAFETY ON THE WATER

Report any infractions and incidents to [course@rowingsa.asn.au](mailto:course@rowingsa.asn.au)

For more information, please refer to WEST LAKES SAFETY POLICY on the Rowing SA Website

# Questions & best practice

- What good things are you doing in your programs now to improve safety?
  - Capsize drills & swim tests
  - PFDs for inexperienced/unable to swim/medical
  - Colored caps
  - Coach and athlete briefing sessions
  - Sun safety
  - Coach requirements/paperwork
  - First Aid checks and maintenance