

Circular

Title: Compliance West Lakes

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To: All Clubs – Athletes and Coaches

Date: 7 September 2023

As the racing season begins, we look forward to seeing more crews on the water. It is important that the athletes and coaches abide by safety and compliance measures while completing their water activities. This is not only for the care of the athletes and coaches, but it is to ensure that any incident that occurs and requires insurance involvement, that the insurance claim is not declined due to a breach in safety or compliance, and the club left out of pocket.

As you commence your 2023/24 trainings at West Lakes, please remind your athletes and coaches to abide by these important Permit/safety conditions.

Ensure the coaches and athletes are aware of the traffic pattern. Please refer to Rowing SA Safety & Training Policy (page 13-14):

https://rowingsa.asn.au/wp-content/uploads/2020/10/Rowing-SA-Safety-Training-Policy_2020_V3.pdf

CLUB ACTIONS

1. Inform your coaches of these requirements.
2. Order more/update hi-vis vests (these are required for anyone riding along the lake)
3. Check equipment to ensure compliance and that they are in good working order.
4. Test/replace radios and lights (bike and boat)
5. Check bikes to ensure they meet standards.
6. Review/update these at your committee
7. Assign a Safety Officer to lead safety, compliance, monitoring and reporting at your club.
8. Communicate these to your members.

Coaches

Coaching to take place only at reserves (not in front of residential properties). Use hand-held radios.

Ensure you:

- have your hi-vis vest on (with your club's number on the back)
- helmet on
- warning device attached (bell)
- bike meets SA regulations.
- lights on front and back (in low light)
- hand-held radio for coaching

Equipment

- Coxboxes must be at a level to be held within the boat – if you can clearly hear the coxswain from the bank, the coxbox level is too high and must be turned down.
- If you are unable to fix this problem, Peter Hodson from Coxmate (a local) has offered his services to review your equipment and can be contacted via peterhodson@coxmate.com.au
- Bow ball securely attached, hatch covers on, heel ties fitted correctly, lights on both ends of the boat and bike (in low light); seat, slides, gates, riggers and foot-stretcher secure.

Club Policies and Procedures

- Ensure all club specific policies and procedures have been reviewed, updated and communicated to members.
- Review safety processes e.g., capsize drill, swim test, sign in/out sheets, risk assessments (camps/trainings) – refer to the below ‘Safety Checklist’ for support.

Resources to support promote safety at your club.

- Rowing SA Safety and Compliance Policy: https://rowingsa.asn.au/wp-content/uploads/2020/10/Rowing-SA-Safety-Training-Policy_2020_V3.pdf
- Poster: <https://rowingsa.asn.au/wp-content/uploads/2020/10/RSA-on-water-safety-checklist.pdf>
- Safety Checklist: <https://rowingsa.asn.au/wp-content/uploads/2020/10/RSA-Safety-Assessment-Checklist.xlsx>
- Presentation to coaches: <https://rowingsa.asn.au/wp-content/uploads/2020/10/2020-Rowing-SA-Safety-Presentation.pdf>
- Trailer regulations (pages 3044 – 3047): https://governmentgazette.sa.gov.au/sites/default/files/public/documents/gazette/2019/August/2019_042.pdf

Further awareness and monitoring measures will be rolled out over the coming weeks.

Please look out for each other and enjoy our wonderful sport safely.

If you have any questions or would like to discuss any aspects of the information, please contact us via info@rowingsa.asn.au or phone 08 8242 3288.