

Circular

Title: West Lakes Compliance 2024

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To: All Clubs and Schools – Athletes and Coaches

Date: 1st February 2024

As part of our ongoing commitment to maintaining a harmonious environment for all residents in our community, I would like to gently remind the coaches, athletes, and all participants, to be mindful of local regulations and the Rowing SA permit conditions. It is important that the athletes and coaches abide by safety and compliance measures whilst using the A.M. Ramsay Regatta Course at West Lakes Shore.

This extends beyond our responsibility to care for the well-being of our athletes and coaches; it is also aimed at guaranteeing that in the event of any incident requiring insurance intervention, that claim is not denied due to safety or compliance breaches.

As you commence your 2024 trainings at West Lakes, please remind your athletes and coaches to abide by these important Permit/safety conditions.

The key reminders are:

Times of Use

Permit activities are restricted to the hours of:

Monday to Saturday	0600 hours to 2000 hours
Sunday	0700 hours to 2000 hours

Noise Restrictions

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

Cox box systems are 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.

Traffic Patten

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

Bike Safety

- Hi-vis vests are required for anyone riding along the lake – this is for identification purposes and for your safety to ensure visibility for other lake users.
- Check bikes to ensure they meet SA regulations – this includes having a workable bell, wearing a helmet, and using lights

Equipment

- Check and test your radios and lights both in the boat and on your bike are in good working condition

Club Safety Officer

- Assign a Safety Officer to lead safety, compliance, monitoring and reporting at your club.

Coaches

- Coaching is only to take place at the reserves (**not in front of residential properties**)
- Use hand-held radios for coaching – please don't yell to the crews

Boat 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 may be deemed as excessive or too high - it must be turned down.
 - If you are unable to fix this problem, Peter Hodson from Coxmate 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 in low light – or when the light is on the tower
- 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 your safety processes
 - capsize drill
 - swim test
 - sign in/out sheets
 - risk assessments (camps/trainings) – refer to the below 'Safety Checklist' for support.

Other Lake Users

Our rower's safety and well-being, as well as other lake users, are our priorities. To ensure a secure aquatic environment, we would like to remind clubs of the crucial protocol to follow in the event of a collision with a swimmer.

If a rower/boats accidentally collides with a swimmer:

- 1. Stop Immediately:**
 - Cease all movements and come to a complete stop.
- 2. Assess the Situation:**
 - Quickly assess the condition of the other party involved in the collision. Ensure everyone is safe and uninjured.
- 3. Signal for Assistance if Needed:**
 - If there are any injuries or concerns, call and signal for assistance immediately.
- 4. Exchange Information:**
 - Exchange information with the other party who was involved, such as names and contact details, for documentation purposes.
- 5. Report via the Incident Form**
 - Report the incident to Rowing SA via the Incident Report form as soon as possible, providing details of the collision.

This protocol is in place to uphold the safety of all users in the Lake and to facilitate a swift response in case of any emergencies. There was an incident with a swimmer on Monday the 29th of January and the rower did not stop to assess the condition of the person who was struck.

Rowing SA Resources to support promote safety at your club.

- [Rowing SA Safety and Compliance Policy](#)
- [Safety Poster](#)
- [Safety Checklist](#)
- [Presentation to coaches](#)
- [Trailer regulations \(pages 3044 – 3047\)](#)

Rowing SA will issue fines to the club on the basis that it is the club's responsibility to ensure all members are aware of and comply with relevant rules and safety procedures.

We appreciate your cooperation in adhering to these guidelines to ensure a safe and enjoyable experience for everyone.

Kind regards,

Christine Newberry

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