

# Circular

<b>Title:</b>	<b>Winter Rowing Season</b>
<b>Document ID:</b>	<b>C25005 – Winter compliance reminders</b>
<b>Audience:</b>	<b>All Clubs</b>
<b>Date:</b>	<b>19<sup>th</sup> May 2025</b>

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As we move into the winter rowing season, Rowing South Australia reminds all affiliated clubs to strictly adhere to compliance requirements when using the West Lakes venue.


Please review and ensure the following key conditions are met throughout your winter program:

## Council Permit Conditions – City of Charles Sturt

<b>Monday to Saturday</b>	<b>0600 hours to 2000 hours</b>
<b>Sunday (and public holidays)</b>	<b>0700 hours to 2000 hours</b>

- **Permitted Times:** Rowing activities must only take place during the times stipulated on your council-issued permit.
- **Noise Management:** Crews must be mindful of early morning activity noise. Loud instructions should be minimised, particularly near residential areas handheld radios need to be utilised.
- Ensure that noise around the finish line area is kept to a minimum for respectful relations with our course residents.
- **Environmental Respect:** Ensure no litter or waste is left behind. Boats and equipment must not obstruct public paths or access points and should not be parked on the reserves without prior permission being given.
- **Parking:** All participants and visitors must park only in designated areas. Do not block driveways or access roads, particularly on the northern side of the Rowing SA area, Annie Watt Drive.
- **Bicycle use:** High vis vests need to be worn; bikes require lights for visibility.

## Venue Use – West Lakes

- **Safety Requirements:** All winter program sessions must be supervised, with safety protocols in place.
  - **Lighting:** Use of appropriate lighting is mandatory for early morning or low-visibility sessions, in line with safety regulations. If the red light is visible on the tower, then lights are mandatory.
  - **Respect for Shared Use:** Be mindful of other water users and always yield appropriately. The rowing course is a shared facility.
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## Winter Program Risk Assessment

Rowing in winter months presents increased risks due to:

- Reduced water and air temperatures
- Decreased daylight hours and visibility
- Higher potential for inclement weather

It is recommended that clubs consider the following issues for cold weather/ winter rowing:

### Cold Weather Safety Protocols:

- All participants must wear suitable thermal and weather-resistant clothing.
- Emergency blankets and first aid kits are available at the venue.

### Capsize Procedures:

- Crews should be trained and refreshed on capsize drills.
- Ensure rowers can self-rescue or signal for help effectively.

### Crew Fitness to Row:

- Coaches must assess conditions and rower readiness before each session.
- No athlete is to participate if they are unwell or inadequately prepared for cold weather conditions.
- Do your coaches and crewmembers have their current First Aid certification? Each club has a responsibility to provide adequate first aid for its members at club sessions.

### Buddy System:

- Solo rowing is discouraged. Athletes should row in groups or under direct coach supervision.

### Weather Monitoring:

- Clubs must monitor real-time weather forecasts and water conditions.
- Training should be suspended in cases of strong wind, lightning, or heavy rain.

### Membership

- Ensure that all participants who are rowing or participating in rowing related activities are an active Rowing SA member. (You must have added all participants into Rowing Manager, and the members must accept the waiver). This is to ensure that the club and its members have the appropriate insurance coverage during your participating if an incident occurs

### Have you updated your clubs Risk Assessment for Winter Rowing?

- Winter rowing considerations and risk need to be carefully considered a successful winter program.

### Summary of Actions Required:

1. Adhere to all council and venue conditions
2. Notify your winter rowing schedule to Rowing SA if appropriate.
3. Ensure you have updated winter program risk assessments
4. Ensure **all** safety protocols are actively followed.
5. Ensure all active participants are recorded in Rowing Manager.

We ask all coaches, athletes, and volunteers to be vigilant and cooperative in upholding these standards as failure to comply may result in penalties, including in the extreme, suspension of venue access.

For any questions regarding the permit, risk assessment requirements, or anything else, please contact Christine Newberry, Operations Manager at Rowing SA.

Thank you for your continued commitment to safe and responsible rowing.

Warm regards,

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