

West Lakes Training Precinct Maps

Summary of Changes

The West Lakes training maps and the Training and Racing Maps wording have been updated. The key rule changes are summarised below.

Please share this with your coaches, rowers and members, and refer to the full document and current maps for the complete rules.

Rowing SA may change the maps and these rules from time to time. Please check the Rowing SA website for the latest version.

A.M Ramsay Training

New

- All boats must stay on the bow side of the lake.
- If needed, move into the Safety Lane to let faster crews pass.
- Coaches must wear an RSA approved high-vis vest showing their Club I.D Number.
- New buoys near the start pontoon and coastal buoys near the finish pontoon (see map).

Changed

- Boat lights are now required in all low visibility conditions, not just dusk to dawn.
- All megaphones are banned, not just power megaphones.
- Comply with West Lakes permit conditions (replaces local noise regulations).

Now listed under General Considerations

- No stopping near the start pontoon.
- 3-minute time limit on the finish pontoon.
- Cycling for coaches only and extreme caution on the shared path.

Basin and Delfin Island

New

- Traffic around the island is two way.
- Crews finishing the Basin loop must join traffic at the Merging Zone.
- Slow down when passing the Dotterel Drive Launch/Retrieval Area.
- Give way where required in the Merging Zone.
- Additional yellow warning buoys have been added - see the maps for locations.

Changed

- The Dragon Boat/Canoe Course is now a direct "no rowing" rule.

Now listed under General Considerations

- Basin training loop turn buoys.
- Rounding the western yellow warning buoy when returning to the sheds.

Racing

Changed

- The pontoon is reserved for para-athletes and BRO/event boats (previously para-athletes only).
- Winning crews "may be" stopped for scrutineering (previously "must").
- Crews may cross the course past the rocks between 1600m and 1750m (previously 1750m).