

West Lakes Training Precinct Maps

This document sets out the on-water rules for rowing on West Lakes and the Torrens River and Lake.

The wording matches the rules shown on the current Rowing SA training and racing maps and should be read together with those maps.

The maps and this wording may be adjusted from time to time as conditions, venues or requirements change. Schools, clubs, coaches and participants should check the Rowing SA website to ensure they are referring to the latest version.

West Lakes Training Precinct Rules

Boat Traffic

- All boats must stay on the bow side of the lake in the direction of travel and be vigilant of other lake users at all times.
- It is the duty of all crews to ensure they avoid collisions - use your voice to warn other crews of any approaching hazards.

Noise Restrictions

- No megaphones permitted.
- Keep noise to a minimum before 7:00am.
- Comply with West Lakes permit conditions.

Boat Lights

- All boats must have lights on the Bow & Stern from dusk to dawn and in ALL low visibility conditions.

Cycling & Shared Path Use

- Pedestrians have priority.
- Coaches must wear an RSA approved high-vis vest that clearly displays their Club I.D Number.
- Helmet, Bell, Lighting required as per DPTI rules.

A.M Ramsay Regatta Course

Area/Map Specific Rules

Training Traffic Rules

- Stationary/slower boats must give way to faster/overtaking boats when in an enclosed lane (Lanes 1-8).
- Crews crossing the course must give way to ALL oncoming traffic.

Safety Lane

- No rowing in the lane marked by yellow buoys (Lane 4) unless crossing the course or avoiding collisions.
- If necessary, row into the Safety Lane, stop rowing, then move back once the faster crew has passed.

Launch/Retrieval Priority Area

- Crews boating ON or OFF the water have right of way in this area (Crews rowing through this area should slow down and expect to be impeded, or choose Lanes 1-3 to travel past this area).

Delfin Island Loop

Area/Map Specific Rules

Delfin Island Loop Traffic Rules

- Traffic around the island is TWO WAY. Crews must stay on the bow side of the lake AT ALL TIMES.
- Keep a lookout for other crews and recreational users (especially when travelling through the bridges).
- Pay special attention when approaching and travelling through the Merging Zone - give way where required (See Basin Training Area & Merging Zone Map).
- Crews travelling anti-clockwise through the Merging Zone MUST travel around the western warning buoy.

Basin Training Area & Dotterel Drive Merging Zone Map

Area/Map Specific Rules

Basin Training Area & Dotterel Drive Merging Zone Map

- Rowing boats are not permitted in the DragonBoat/Canoe Course.
- Pay special attention when approaching and travelling through the Merging Zone - give way where required.
- Crews travelling anti-clockwise through the Merging Zone (near the Basin Training Area) MUST travel around the western warning buoy.
- Crews completing the Basin Training Loop must join other traffic at the Merging Zone and follow the traffic pattern to return to the Basin Training Loop.
- Crews travelling past the Dotterel Drive Launch/Retrieval Area should slow down and expect to be impeded.

General Considerations

The following general considerations apply in addition to the rules shown on the West Lakes training maps.

- When turning, crews must row directly across the course and give way to all oncoming traffic.
- Due to the restricted area adjacent to the starting pontoon, no stopping within 30m of the eastern or western ends of the start pontoon.
- 3-minute time limit on the finish pontoon if other crews are waiting to utilise the pontoon.
- Aquatic Basin training loop: northern turn – round red buoy; southern turn – round western yellow warning buoy.
- When returning to the sheds from the main course, round the western yellow warning buoy before returning to the beach.
- Cycling on the shared path is for coaches only. Use extreme caution - many children and residents use this path.

West Lakes Racing Map (AM Ramsay Rowing Course)

Boating Area

- Crews are only permitted to launch from and return to the beaches; the pontoon is usually reserved for para-athletes and BRO/event boats only.
- Once crews have launched, begin moving as quickly as possible to avoid congestion along the beach.
- Winning crews may be stopped briefly at the pontoon for scrutineering.
- Crews travelling through the bridge toward the course, may travel through the western or middle arches only and continue on the western side of the yellow buoys.

Warm up lane

- All crews must travel to the start line in lane zero and give way to faster crews.
- Move slowly and carefully past the marshalling zones.
- Do not cross the start line while a race is being started.
- Do not practice race starts or move at pace when a race is approaching or if other crews are in close quarters.

Marshalling area - Crews must be in the marshalling area at least 5 minutes before scheduled race start time

- Move past and around the starting pontoon.
- Line up in ascending bow number order in preparation moving onto the course when instructed to do.
- Crews must not practice race starts within the marshalling area.
- Should a crew miss the start of their race they must row back to the finish line in lane 9 (travel lane) when instructed.

1000m and 1500m races – non held start.

- Row past and follow the instructions from the BRO in the marshal boat.
- Give way to crews continuing though the 2000m start when waiting to be marshalled on the course.
- Only enter the course when instructed to do so by a BRO.

Finish Line Procedure

- Crews must continue past the yellow buoys before turning after the finish line (approx. 50m)
- Crews must move away from the finish line as soon as possible following a race.
- Be aware of other crews crossing the finish line when turning towards Lane 0.
- Crews continuing through the bridge must use the Eastern arch only.

Crossing the Course

- Crews may cross the course past the rocks only (1600m - 1750m).
- Crews must not sit and wait for a gap but should keep rowing slowly up the course until the course is clear, then begin turning.
- When appropriate cross the course at 90 degrees.
- Crews are not permitted to pass the finish line when another race is finishing.
- Crews must use the Eastern arch only when passing the bridge.

Torrens River and Lake

The Torrens is an invaluable waterway where many clubs have their 'home' shed, and it is the primary training venue for a large number of young athletes and athletes learning to row. At peak times, traffic on the water and at launching/landing areas can be exceptionally dense. The Torrens River is a challenging waterway for rowing, due to its bends, bridges, blind spots, lack of fixed traffic markers, other commercial vessels, and many inexperienced athletes.

All clubs regularly utilising the Torrens Lake, including those subleasing boatshed space, must have a current Aquatic Activity Permit from the Adelaide City Council (Rowing SA does not hold a permit with the Council on behalf of all affiliates, with the exception of Rowing SA Regattas held on the Torrens). However, the Council will often engage Rowing SA, as the peak body for the sport in South Australia, regarding issues arising on the Torrens Lake and the management of rowing activities.

Any resolution as a part of this process is considered binding for our affiliate members.

On water traffic rules

- Stay to the crew's right hand (starboard) side of the river.
- Give way to overtaking crews and larger boats i.e. The Popeye
- No stopping under the bridges
- If you are turning before either end of the course, do not obstruct the path of other river users.
- Crews may only stop at the designated coaching areas.
- Two all-round white lights attached to stern and bow end must be used in low visibility conditions.
- A red stern light is also acceptable.

Turning after the footbridge

- Turning after the footbridge and turn just before the popeye landing.
- Travel under the small arch of the footbridge and stay close to the bank if your crew is stopping for coaching.
- Travel through their right-hand side of the main arch when continuing through without stopping.

Turning at the Weir

- Turnaround the weather station if you are stopping for coaching or run in front of the weather station if you are continuing through.
- Be vigilant not to turn in front of other crews.
- When there are other crews waiting to turn you should row off as quickly as possible after turning

Launching / landing area on Festival Drive

- When returning, slowly approach at a shallow angle and have no more than half of the crew lightly row the boat into land.
- Oars and shoes should be neatly left in the landing area away from the footpath.
- Give way to cyclists and pedestrians using the footpath when carrying boats between the boathouse and the launch area.