

Address:	Tudor Sailing Club, Eastern Road, Portsmouth, Hants. PO3 5LY		
Method Statement title:	Tudor Sailing Club Rowing Good Practice Guidance 2021		
Linked Risk Assessment:	TSC RA001 - Rowing Risk Assessment 2021		
Date:	JAN 2021	Ref No:	TSC MS001

NOTE: The following guidance has been issued for Tudor Sailing Club owned boats and is linked to the Rowing Risk Assessment 2021. This guidance is not a replacement for the Risk Assessment which is available on request. **Any deviation from these guidelines is at individual's own risk.**

Daylight Rowing

Check and confirm equipment listed below is onboard prior to launch:

1. First Aid kit including thermal blankets
 2. 1x buoyancy aid per rower
 3. fully charged VHF radio and fully charged mobile phone
 4. throw line
 5. full set of oars (2x sculls + 2x sweeps)
 6. bailer (attached to the boat)
 7. whistle and compass
- Visual inspection of all equipment to be completed before each trip (eg: oars, rudder, oar-gates, pins etc)
 - All rowers are responsible for assessing their own health and fitness to row.
 - Ensure adequate drinking water is taken onboard.
 - Check weather (including fog) and tide forecast before leaving the slipway. Ensure your ability matches the expected conditions.
 - Leave crew contact details (mobile no) and expected ETA on whiteboard outside Sailing Club male changing room. Consider downloading and using 'What three words' to your mobile phone.
 - Confirm bung is fitted before leaving the slipway.
 - Ensure trolley is left high enough on slipway (above expected tide).
 - Coxswains MUST wear buoyancy aids while in the boat.
 - Be aware of dredger movements.
 - Avoid leaving Langstone Harbour on a falling tide or with an off-shore wind unless part of a planned event.
 - Wear appropriate clothing.
 - Be courteous to other Harbour users and comply with international navigation rules.
 - Respect the environment and the wildlife in the Harbour.
 - Experienced Cadets may row without an adult if assisted by an experienced rower with gig launch and recovery. Cadets must stay within Langstone Harbour unless permission to leave has previously been granted by the Sailing Committee.

Additional controls for rowing at night:

- Ensure someone is aware that you are rowing and know who to contact if you are late back. Coastguard to be alerted if crew get into difficulty. Consider downloading 'what 3 words' to your mobile phone.
- Always row with a cox if available. Cox must understand navigation lights, and channel markers in Langstone Harbour.
- Test and fit navigation light (all-round white light).
- Always carry a flashlight.
- Glow stick to be clipped to the shoulder strap of all buoyancy aids ready for activation.
- Always carry working electronic strobic flare.
- Only leave Langstone Harbour as part of a flotilla (at least 2x boats).
- Consider sharing GPS track of location whilst rowing using a mobile phone app eg Glympse.
- Cadets are not to row at night unless permission has previously been granted by the Sailing Committee.