



WALLINGFORD ROWING CLUB LTD

Red Boards (Danger) and **Black Boards** (No Rowing) are hung from the beam just inside the boathouse. They will be put up by one of the experienced coaches listed below:

Mick Brind
Rob Dauncey
Karl Offord
Pete Sudbury
Ben Townsend
Tony Wheel

The Rules are set out on a notice, also on the beam inside of the boat-shed.

They are:

Black Boards: No rowing for anyone – including visiting crews.

Red Boards: No crew or sculler should go afloat without doing a proper risk assessment.

Coaches should consider:

- The state of the stream
- Wind conditions – at time of boating **and** predicted conditions
- Lights – do not go out near dusk
- Visibility – consider fog etc
- Checking equipment – hatches etc
- The ability of the crew
 - experience
 - strength and stamina
 - just because competent people are boating does not make it okay for everyone
- Other river users

IF IT IS SAFE TO PROCEED, THE RULES ARE:

1. No rowing after dark.
2. No boats to go upstream of Wallingford Town Bridge.
3. No scullers to go out on their own.
4. Crews to be accompanied by a launch crewed by a competent person.

Note – launches must have a safety box on board and drivers must wear lifejackets.

5. Consider keeping near to the boathouse and keeping above the bends.

IF IN DOUBT, DON'T GO OUT

Tony Wheel: WRC Safety Adviser