**Glenorchy Rowing Club**

**Safety Rules and Regulations**

**Guidelines for Coaches**

**MAST compulsory safety requirements for a powered coach boat**

* anchor rope and chain
* auxiliary propulsion (oars)
* bailer or bilge pump
* fire extinguisher
* all occupants must wear a life jacket (PFD) at all times whilst under power
* operator must have a motor boat license if motor 4hp or greater.

The Glenorchy Rowing Club also requires coach boats to have thermal/safety blankets, and a torch when training in darkness. A mobile phone is also a good idea.

**MAST compulsory speed limits**

* Coach boats are not to exceed 5 knots within 120 metres of a person swimming or within 60 metres of a mooring, moored boat or other vessel or shoreline and
* must adhere to legislated 5 knot limits at all times.

**Navigation light requirements – coach, rescue boats**

Coach boats must have:

* port and starboard side lights showing an arc of unbroken light of 112.5 degrees from the bow (combined 225 degrees)
* an all-round white light showing an unbroken light over an arc of 360 degrees OR a stern light and mast head light.

However it is considered acceptable for a light to be masked so as not to interfere with the vision of the vessel’s occupants, provided at least one light is visible from any direction.

**Noise from coach boat**

* Coaches should be conscious of excessive noise from the use of megaphones in early morning training sessions around populated areas. Where practical, the megaphone should be faced away from the shore to minimise disturbance.

**Wash**

Coaches need to be aware at all times of the impact of the operation of their boat on rowing sculls. They should:

* minimise the impact of their wash on rowers and non-powered small boats
* be aware of the impact of a number of tinnies operating at the same time
* take extra care around the smaller rowing boats i.e. singles, pairs and doubles.

**Swimming and Capsize:**

* Ensure all members are aware of the procedure to be adopted by the coach/safety boat after a capsize:
* In wind, the coach/safety boat will drift more quickly than a swimmer.
* The maneouverability of the coach/safety boat will be impaired because the engine must be stopped to prevent injury to the swimmer.
* Therefore, place the coach/safety boat immediately upwind of the swimmer and drift down, creating a lee with the hull.
	+ Provide the swimmer with a flotation device.
	+ Advise the swimmer to grab the hull but NOT to attempt to lift himself/herself out of the water. If the swimmer does this anyway, the boat driver should stay on the other side of the boat to prevent capsize.
	+ If available, place a ladder where the weight of the swimmer can be counter-balanced by the boat driver. Alternatively, encourage the swimmer to “walk” to the stern of the rescue boat and come in over the transom. The motor can be used as a ladder.

**Cold Weather & Water:**

* Dangerously cold water is below 15 C.
* In calm conditions, water below 15 C: Minimum of 2 x 4 oared boats.
* In moderate conditions or water below 10 C, require coach/safety boat on the water
* Coach/safety boat to carry a thermal blanket and PFD's for each person (1 boat).