

British Rowing Tour

29th August to 1st September 2019

The Northern Lakes

Instructions & Guidance for Boat Captains

Responsibilities

The captain's primary responsibility is the safety of the crew

Boat Captains are required to:

- ensure that their boat is in a safe condition at all times and that biosecurity measures have been taken for boat, blades paddles and bailers.
- determine the crew order
- manage crew welfare during rowing by ensuring provision of water, suitable rest periods and checking for injuries
- ensure whoever is coxing navigates the boat in accordance with the agreed instructions and with due regard to hazards and conditions
- communicate with the designated flotilla lead captain and the venue safety adviser in the event of emergencies afloat.
- attend briefings daily or as circumstances dictate to receive guidance from the venue safety adviser on the itinerary, route, hazards and other safety matters.

Before going afloat

Ensure that:

- You have read all safety instructions and information:
 - The Tour [Risk Assessment/Safety Plan](#)
 - [British Rowing safety guidance for touring](#)
- Your boat and blades are sound with no damage or loose fittings
- You have all required other equipment particularly at least two bailers or a hand operated bilge pump, suitable bow and stern lines and mooring spike and material to cushion the keel of the boat if positioned on hard ground. The organisers will be supplying these as part of the equipment supplied with the boat. These ancillary items will remain with the boat over the three days and not the crew.
- You have buoyancy aids for all crew members. Coxes must wear a buoyancy aid at all times.
- You have at least one fully charged mobile phone with waterproof container with number(s) registered with tour management. NB On Ullswater only, three captains will be issued with a VHF radio handset. These three captains will agree to act as lead, middle and tail boats within the flotilla and shall remain in radio contact with the other boats as shown below:
 - The lead boat with the middle boat.
 - The middle boat with both the lead and tail boat.
 - The tail boat with the middle boat and safety boat.
 - The safety boat with the tail boat.
- Your crew have no injuries or illnesses and are capable of rowing the stated distances.
- You have the navigation maps for the day together with any other documentation issued by the organisers.

Extreme conditions

The rowing schedule may be altered or suspended if weather and / or water conditions are very bad, for example thunderstorms or strong winds.

Emergency Procedures

In the event of a problem requiring assistance afloat:

Advise the safety support boat on the lake by mobile phone or by VHF radio if on Ullswater:

Ullswater - Glenn Wouters VHF radio or 07760 361775

Bassenthwaite Lake - John Turnbull 07771 807993 or

Caroline Turnbull 07973 415656

Derwent Water – Don Mitchell 07979 181810

If medical emergency or other emergency afloat, call **999 and ask to speak to the coastguard.**

Useful Information

Keswick Cottage Hospital

(A & E Minor Injuries Unit only)

Crosthwaite Road

Keswick

CA12 5HP

Tel 01768 245678

Penrith Hospital

(A & E Minor Injuries Unit only)

Bridge Lane

Penrith

CA 11 8HX

Tel 01768 245555

Always check that you have all items of equipment available before boating and stowed at the end of each day