

British Rowing Tour

29th August – 1st September 2024

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
- 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 Tour Coordinator in the event of emergencies afloat
- attend briefings daily or as circumstances dictate to receive guidance from the Tour Coordinator on the itinerary, route, hazards and other safety matters.

Before going afloat

Ensure that:

- You have read the British Rowing Safety Guidance <http://www.britishrowing.org/sites/default/files/rowsafe/3-4-TouringRowing-v1.pdf>
- Your boat is sound with no damage or loose fittings, water tight compartments closed, sound oars / paddles, rudder and mooring line
- You have safety equipment including bailers and buoyancy aid(s) for cox as a minimum.
- You have at least one fully charged mobile phone with waterproof container with number(s) registered with tour management
- Your crew have no injuries or illnesses and are capable of rowing the stated distances
- You attend the pre-row briefings and have the navigation maps for the day

Extreme conditions

The rowing schedule may be altered or suspended if weather and / or water conditions are very bad e.g. thunderstorms, strong stream.

Emergency Procedures

In the event of a problem requiring assistance afloat:

1. Signal to nearby boats by waving both arms above your head
2. Advise Tour Coordinator on **07771 807993 or 07973 415656**
3. If medical emergency or other emergency afloat, call **999**

Hospitals with A & E Departments

- John Radcliffe (Oxford University) Hospital, Headley Way, Oxford, OX3 9DU. Tel: 0300 304 777
- Royal Berkshire Hospital, London Road Craven Road, Reading RG1 5AN. Tel: 0118 322 5111

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