



British Rowing Tour

4th – 7th June 2026

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, particularly section 4.9 (Touring Rowing) [2026-RowSafe.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**

Hospital (with A&E Department)

- Norfolk and Norwich University Hospital, Colney Ln, Norwich NR4 7UY, tel: 01603 286286
- James Paget University Hospital, Lowestoft Road, Gorleston, Gt Yarmouth NR31 6LA. Tel 01493 452452

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