

PETERBOROUGH CITY ROWING CLUB

British Rowing Affiliated Club

Founded 1948



MEMBER APPLICATION FORM

THORPE MEADOWS, PETERBOROUGH, PE3 6LN

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Registered Charity Number: 1095872

PETERBOROUGH CITY ROWING CLUB

MEMBERSHIP APPLICATION FORM

New members are welcome at the club, which is a registered charity run entirely by volunteers. The club exists to promote the sport of rowing in the Greater Peterborough Area and has some of the best facilities in the country. All members will be expected to help from time to time with activities necessary to support and manage the club.

All applicants to join the club must agree to abide by the clubs safety rules as follows:-

1. The **Row Safe guide**, published by British Rowing is adopted by Peterborough City Rowing Club (PCRC) and is displayed in the Club, along with a number of Safety Rules and Procedures that are specific to the Club
2. The guidelines of Row Safe make it clear that the Club's officers, coaches and members themselves have responsibility for ensuring that the provisions of Row Safe and the Club's Safety Rules are understood and observed at all times.
3. The general procedures to be followed **on both the river and the lake** are as follows:
 - (a) No boat shall go afloat on the river unless all safety features (heel restraints, bowball, buoyancy compartment closures, etc) are in proper order
 - (b) All members must remove their boat tag prior to departure and leave it on the rack provided. On return, the tag must be re-attached to the boat
 - (c) Coaches shall carry throwlines at all times
 - (d) Members shall be familiar with the procedure to be followed in the event of a thunderstorm occurring during an outing (see separate 'Thunderstorms' procedure)
4. The procedures to be followed **when rowing on the river Nene** are as follows:
 - (a) In adverse weather conditions, crews are not permitted to go afloat on the river without the permission of the Chairman or other member of the Rowing Committee
 - (b) Rowing on the river is PROHIBITED during the hours of darkness
 - (c) Junior members are not permitted on the river unless accompanied by an experienced Senior member
 - (d) Training singles are not permitted to go on the river, but may use the Cut (between the Lake and the river) under supervision
 - (e) All boats must keep to the cox's right-hand side (starboard side) of the centre-line of the river
 - (f) All bridges must be navigated with caution, through the centre arch. Boats going downstream (ie towards the Dog in a Doublet pub) have right of way over those coming upstream
 - (g) Turning of boats should be done only downstream of bridges
 - (h) When turning at the Staunch (upstream) end of the river, boats are not permitted to go beyond the road bridge before turning

- (i) At the Dog in a Doublet (downstream) end of the river, boats should not approach closer than 250m from the lock before turning
 - (j) Crews may overtake other boats only when the river is seen to be clear and it is safe to do so
 - (k) For a distance of 1 mile downstream of the Fitzwilliam Bridge, there is no speed limit. Crews must therefore exercise caution on this stretch of river, owing to the possible presence of speedboats
5. The procedures to be followed **when rowing on the lake** are as follows:
- (a) **The circulation pattern as displayed in the Club must be adhered to at all times**
 - (b) Recreational swimming in the lake is not permitted
 - (c) When rowing on the lake during the hours of darkness, the following additional rules shall be observed:
 - Crews using the lake during darkness must have permission from the Chairman or other member of the Rowing Committee
 - Crews shall familiarise themselves, before going afloat, with the presence of other crews already afloat
 - Crews shall display a white light showing ahead and a red light showing astern
6. All boats are to be stored in accordance with the Rowing Committee's instructions
7. Only manually-operated, gas-inflated buoyancy aids are to be used by coxes in front-coxed boats
8. The procedures to be followed **in the gymnasium** are as follows:
- (a) Junior members must not use any of the gymnasium equipment unless supervised by the Junior Co-ordinator or his delegated appointee at all times
 - (b) Weights must be stacked safely upon completion of a training session
 - (c) Members must satisfy the Chairman or other member of the Rowing Committee of their competence in the use of equipment before they will be permitted to use the gymnasium facilities
9. These rules are subject to periodic review and update. All members have a responsibility to keep themselves conversant with the up-to-date rules, a copy of which is permanently posted on the Safety Notice Board in the Boathouse

