



## Rowing in Darkness Policy

As stated in the Club's Safety Policy, Peterborough City Rowing Club has a zero tolerance for anyone being harmed as a result of our members' participation in the sport.

We strive to provide an environment in which the sport can be practised safely and enjoyably by our members by providing appropriate rules that reduce the risk of harm. Having thoroughly considered the risks associated with club members rowing in the dark we have determined the following club policy.

### Rowing on the river Nene in the dark

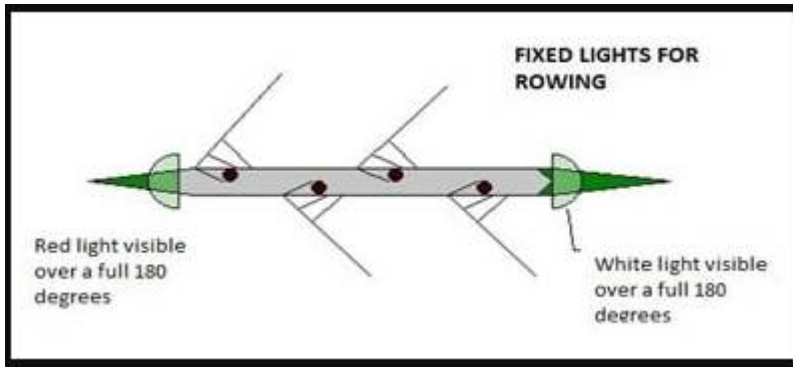
There is strictly no rowing on the river Nene for anyone outside the hours of daylight.

As autumn approaches and the nights start drawing in care should be taken in planning your outing to ensure that you are off the river before dusk and consideration should be given to using the lake instead at these times.

### Rowing on the PCRC lake in the dark

Rowing outside the hours of daylight is only permitted on the PCRC lake under the following conditions:

- **Members:** For suitably competent senior and masters athletes, check with your coach or the captains to determine your competence or for exceptionally permitted juniors whilst accompanied by their coach in accordance with their unique safety plan
- **Competence:** Athletes may be deemed competent by coaches or captains if they are suitably experienced and able to self-rescue in the event of a capsize in the dark
- **Behaviour:** Members observe strict adherence to the lake circulation pattern at all times to minimise the risk of collision
- **Conditions:** Only when environmental conditions would otherwise allow, as determined in the PCRC water safety plan
- **Equipment:** The boat is displaying two lights, a white light at the bow and a red light at the stern, the boat should be visible a full 360° at all times, as shown in the diagram below.



Please be aware that you may be asked to get off the water immediately if you do not comply with the above conditions.

Again, as autumn approaches and the nights start drawing in care should be taken to ensure that you are either off the lake before dusk or are both competent and suitably equipped to be on the lake after dark and that the lights on the boat are in use.

### **Juniors Rowing in Darkness**

Juniors, athletes under 18 years of age, are not permitted to row on the water in darkness and this includes crew rowing/sculling with parents, guardians and adult siblings.

However, under special circumstances such as a high-level competent athlete training for, and with high probability of attaining, GB selection, permission to row in darkness on the PCRC lake may be granted by the Trustees and the Club Rowing Safety Adviser (CRSA). Permission will only be considered and granted under exceptional circumstances.

For consideration, a written Risk Assessment and Safety Plan for both the athlete/athletes and coach must be presented to the CRSA. This documentation will include details of how:

- the coaching sessions will be conducted to minimise the identified risks,
- the Club's general requirements for senior rowing in darkness e.g. use of lights etc, will be ensured,
- a recovery or rescue of the athlete/athletes would be undertaken in a quick and timely fashion should such a situation arise. It is envisaged, for example, that the coach will be in close proximity to the athlete at all times and within the distance of the length of a standard (25m) throw line if required to be deployed. It is further envisaged that the session would be on a coach/athlete 1:1 basis.

The completed documentation for the request will be submitted to the CRSA who will assess it in conjunction with the PCRC Rowing Committee and make a recommendation to the Trustees who will then either grant or deny the permission in writing.

Signed by Chairman: John Canton

Date: 12 February 2024