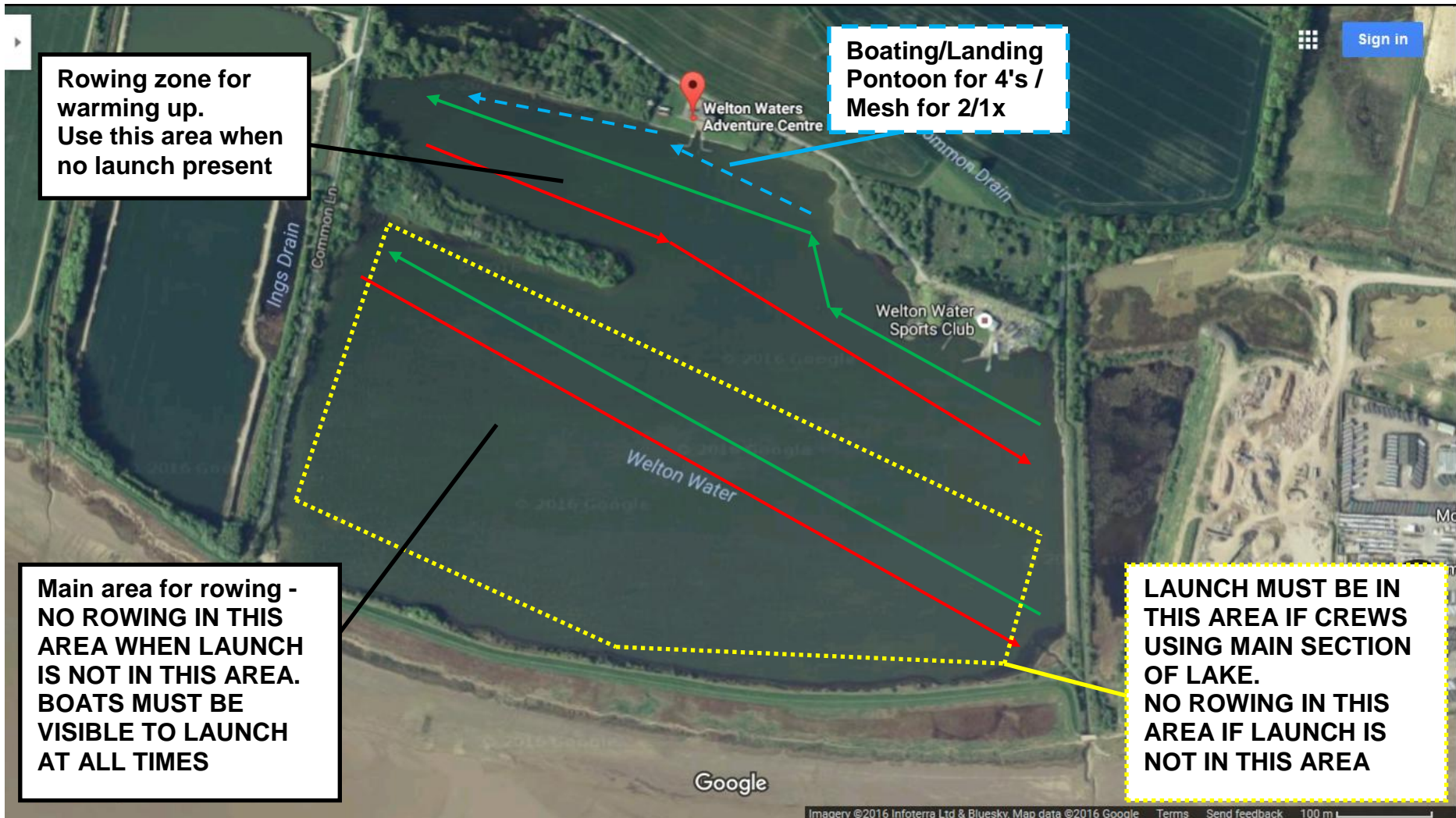


**HULL KINGSTON ROWING CLUB  
CIRCULATION PATTERN FOR ROWING AT WELTON  
WATERS ADVENTURE CENTRE**



Rowing zone for warming up. Use this area when no launch present

Boating/Landing Pontoon for 4's / Mesh for 2/1x

Main area for rowing - NO ROWING IN THIS AREA WHEN LAUNCH IS NOT IN THIS AREA. BOATS MUST BE VISIBLE TO LAUNCH AT ALL TIMES

LAUNCH MUST BE IN THIS AREA IF CREWS USING MAIN SECTION OF LAKE. NO ROWING IN THIS AREA IF LAUNCH IS NOT IN THIS AREA

## **WATER SAFETY AND SITE RULES FOR ROWING AT WELTON WATERS ADVENTURE CENTRE**

Rowing is an incredibly safe sport, however to keep the sport safe, it is the responsibility of all members, parents and helpers to abide by the rules at Welton Waters Adventure Centre. If you have any queries on whether you should be doing something - check with either a coach or the CLUB WATER SAFETY ADVISOR (Gavin Coates).

Hull Kingston Rowing Club as part of its constitution adheres to the policies laid out in the British Rowing document ROWSAFE. This document forms the basis of our water safety policies.

As tenants of Welton Waters Adventure Centre, we abide by their operational procedures on site. The only agreed opt-out is that club members do not have to wear lifejackets when rowing (except coxes). Hull Kingston Rowing Club abides by all other procedures set out by Welton Waters Adventure Centre.

Our ADDRESS: Welton Waters Adventure Centre, Common Lane, Welton, Brough, HU15 1PT (the red brick building past the railway crossing).

### **BOATING/LANDING**

- Quads/fours are to boat from the main pontoons. Doubles/singles from the mesh landing strips
- On the main pontoons, only the crew and people to support with boating can be on the landing stage - those supporting the boating **MUST WEAR A LIFEJACKET AT ALL TIMES**. Lifejackets can be borrowed from the club or from inside Welton Waters (on a Saturday)
- No running on ANY of the pontoons
- Keep your wellies/shoes in the boat with you - do not leave on the pontoon as other users will require access
- Should someone fall in off the pontoon, shout for help then use a throwline to assist the person in the water
- When landing, ensure there is someone on the bank to assist with landing - especially for fours/quads
- If other boats are on the pontoons, be patient and wait for them to move. Check with the coach to see if it is safe/ok to land in these situations.

## **ON THE WATER**

- **When boated, follow the circulation pattern and wait for all crews to assemble together and the launch to be present**
- **In the warm up area, be aware of other water users - especially on a Saturday - these will include sailors, canoeists, other rowers and in some instances open water swimmers. Coxless boats take special care in this area to be checking where you are steering.**
- **Be aware of other stationary objects on the water - this includes buoys, moored up boats/launches and other boats which have stopped. Make sure you steer clear or stop and manoeuvre if you cannot steer around.**
- **When the launch is out and in the main area, crews are allowed to row in the main rowing area (see picture for area described). All crews must be visible to the coaching/safety launch so cannot row out of sight around the corner.**
- **Should a boat capsize - ROWERS MUST STAY WITH THEIR BOAT. Either attempt to re-enter the boat or sit on top of the overturned boat to keep your core out of the water. The launch is there to assist with recovery.**
- **All single scullers/bow rowers must wear a high visibility top to aid with visibility on the water. It is recommended all crew members wear high visibility clothing.**

## **OFF THE WATER**

- **Ensure that all equipment is washed/wiped down - especially if it is muddy.**
- **When putting boats back on the racking, ensure that all gates are closed and that the straps have been put across the boats to prevent them blowing off in strong winds.**
- **Make sure all blades go back in the appropriate racks.**
- **Be aware of other boats and equipment when getting boats on and off the racks and onto the water.**
- **If you cannot pick up/move a boat - ask for assistance.**
- **The boathouse at Welton Waters is a working boathouse with lessons and other sessions happening. Be polite and respectful to centre staff and visitors.**
- **Do not wander through the boathouse into areas you have not been shown. Toilets/showers and the galley (kitchen) are for all to use.**

## **SECURITY**

- **Do not leave valuables in sight. While the site is secure, you are responsible for your own belongings.**
- **On a Sunday, the main gates will be locked during our session for security purposes. If there is someone on site you do not recognise, report this to a coach/committee member IMMEDIATELY.**
- **If you wish to take photographs, please do so with the permission of the people you are photographing.**
- **If there is an incident on site, report this either to a committee member or member of the Welton Waters Adventure Centre staff IMMEDIATELY.**