

Rules for use of club boats.

1. Each crew must have a skipper appointed to be in charge of the boat and crew on the water. This person is normally the cox, unless a novice cox is being trained, in which case it is recommended that the skipper should row in the stroke position. The skipper must be a Competent Cox as described in the [Competent Cox Guidelines](#).

2. The following safety kit shall be carried when afloat and the skipper should know how and when to use safety equipment:

- Anchor with chain and 30m line (minimum combined weight 7 kg)
- Flares, smoke floats
- Space blanket for hypothermia
- First aid kit
- Woolly hat
- Two means of bailing boats
- 8 m of 14mm rope for towing boat fixed to the bow

The carrying of a waterproof mobile phone, or two way radio, or marine VHF radio is **mandatory**.

3. If a marine VHF radio is carried on the boat by a licensed operator the requirement for a shore supporter to maintain visual contact may be waived. Otherwise, each crew must appoint a supporter who will maintain a watch while the boat is in use. The supporter may be ashore, or on a power boat, and must:

- agree the proposed route with the crew (taking the crew's experience into account)
- maintain visual contact with the crew, except for any planned period (e.g. whilst rounding an island).
- be able to communicate with the skipper – ideally by radio or as a minimum by mobile phone
- know who the crew members are and any relevant medical information about them so that accurate information can be given to the emergency services if necessary
- have a ready means to contact the emergency services should the crew get into difficulties or fail to return (phone 999 and ask for coastguard or VHF channel 16)

4. The skipper and the supporter, if needed, must both consider and agree that the weather conditions are safe for the proposed route and experience level of the crew. In addition to knowing the state of the wind, tide and forecast and when the sun sets:

- check the state of the fairway. If waves are likely to break in the fairway do not go out. Exercise caution in easterly and northerly winds when the tide is descending as conditions may deteriorate.
- in any case do not go out in winds above force 5, or when there is a breaking swell unless regatta conditions apply and the course organisers have agreed that the event should go ahead and appropriate rescue cover is in place.
- do not take out a boat in poor visibility. Our boats do not carry lights, have a low profile and are next to invisible on radar. Boats must be ashore before dusk.
- keep an eye out for fog, particularly haar blowing in from the East
- if you can see the light on Fidra or the Bass, or navigation lights on other boats you should probably be ashore
- if you can't see the Lamb and Craigleith exercise caution and in any event don't go out beyond the bay or fairway.

5. All crew members must wear an approved life jacket or buoyancy aid properly fitted, and know how to use it, before getting into the boat.

6. A cox must always be present in the St Ayles skiffs and be responsible for the boat's course and maintaining a lookout.

7. When launching at low tide, you should launch further West along the beach, at the sandy bit opposite the Elcho Green slipway. This is to avoid the rocks that are exposed at the harbour mouth at low tide. The exception to this is if there are waves at that part of the beach, but none in the Fairway.

8. The Skipper/Cox is required to report any significant incident or accident occurring during the course of a rowing session by emailing the details to NBRC committee (committee@nbrowingclub.com)