

3.4 Touring Rowing

Keeping a recreational activity safe and fun

Responsibilities

Personal

- Be competent and physically able to meet the stamina and fitness demands of touring
- Be able to steer a boat and be conversant with the navigation rules applicable to the waterways being covered
- Wear and carry clothes suitable for the weather conditions likely to be encountered during the tour
- Follow the Captain of the Boat's instructions
- Provide your own Personal Flotation Device (PFD) where required

Captain of the Boat

- Ensure the boat and equipment is maintained in good working order
- Be responsible for the safety of the crew
- Understand and be familiar with the route, the daily plan, the navigation rules and any hazards

Tour Organiser

- Undertake a risk assessment prior to the tour and implement necessary controls
- Have an Emergency Action Plan
- Ensure all participants are fully briefed on the route, likely conditions to be encountered, the clothing and equipment to carry and the Emergency Action Plan
- Ensure the boats and equipment provided are safe and suitable for the conditions likely to be encountered

Minimum standards to be adopted

(In addition to ARA Row Safe Guidance)

- Tour organisers must survey the route and produce a plan identifying hazards and accessible landing points for rest stops, emergencies and overnight stowage
- Tour organisers must carry out a risk assessment and produce a safety plan incorporating an Emergency Action Plan
- All tour members must be provided with a copy of the tour's safety plan and Emergency Action Plan
- Tour members must carry their ARA membership cards as evidence of their competence and third-party cover to show to lock-keepers
- Tour organisers must ensure that the event has appropriate insurance cover
- Crew members must declare any medical condition or disability which may affect them during the tour and where needed carry appropriate medication

- Before using a waterway with locks, tourers should consult the relevant administering body to determine the rules for passing through locks
- Lock keepers instructions must be followed at all times
- At least one boat in the touring group must carry:
 - tools for carrying out basic adjustments and minor repairs
 - a First Aid kit
- Each boat must carry:
 - a bailer
 - a paddle
 - a boat hook
 - mooring ropes (bow and stern)
 - a means of communication
 - sufficient PFDs for each member of the crew (not necessarily worn whilst rowing) as and when required by the Risk Assessment
 - sufficient water and food to supply the crew between stages

Further good practice

(In addition to minimum standards to be adopted)

A daily schedule should take account of the following factors:

- time to boat
 - boat speed
 - water conditions (including traffic and locks etc)
 - rest and crew position changes
 - meals
 - transport to and from accommodation
 - land-based activities
 - age and experience of the crews
- Daily briefing should include an outline of the route and any hazards or safety issues.

Checklists should be produced to help both the organisers and the crews.

Further information

Row Safe – related sections

- 1.2 Risk Assessment
- 1.7 Weather & the Environment
- 1.8 Cold Water Immersion & Hypothermia
- 2.5 Transport & Trailers
- 5.1 Sunburn, Heat Stroke & Exhaustion

ARA website

- Touring Rowing Guidance, Planning and Checklist
- Lightning Guidance

Other

- FISA – The Rower's Guide to Safe Pleasurable Touring