

Islandbridge River Code of Conduct

Personal Safety

Personal safety is everyone's responsibility, every rower has a responsibility to their own safety and the safety of other rowers.

1. No boat shall take to the water without a functioning bow ball.
2. Functioning heel restraints must be in place.
3. Quick release straps must be on shoes
4. All coxes must wear appropriate personal flotation devices.
5. Inexperienced crews/scullers should not be on the water without a coach.
6. Inexperienced crews/scullers should not be on the water in strong flow.
7. Club Captains, Safety Advisors, coaches and rowers should be aware of the Rowing Ireland safety Manual.

See to Row Safe; Every five strokes look!   to check your course and that you are safe to proceed.

Launching / Returning to the slip

1. All boats must launch downstream, except eights from Commercial and crews from Trinity boathouse.
2. When returning to the north station slips:
 - a. Always approach from downstream: never pull into the slip while travelling with the flow.
 - b. Only cross the center line of the river after you have checked the way is clear.

Traffic Patterns

1. Always keep to the south station (Trinity boathouse side) going upstream and North station going downstream.
2. All boats should keep well clear of the center line of the river.
3. Slower boats should, as far as practicable, allow faster boats to overtake them by staying close to the bank.
4. When rowing side by side or overtaking, the outside crew **MUST** give way to oncoming traffic. Collisions are to be avoided at all cost.

Every five strokes look!    See to Row Safe!

Turning

It is vital that coaches take into account, the weather, the flow and the crews' capabilities.

1. Under normal circumstances only turn the boat below UCD boathouse and above the concrete pipe. Do not turn at the white house bend unless the river upstream is blocked.

2. If crews have to turn at the white house bend, they should continue upstream on the south station until they can see to the next bend, and when the way is clear to cross to the north station and turn the boat. Great care is needed when the flow is fast.
3. When several boats are turning at either end of the course, use common sense to allow faster boats get away first.
4. Faster and more experienced boats should allow for inexperienced crews having difficulty in turning a boat to finish their maneuver, and not place them in a difficult situation by shouting or hurrying them.

Coaching

1. Coaches should move their crews/scullers away from the turning area and then pull the crew into the bank when giving instruction.
2. Crews/scullers should only be coached at rest when pulled into the bank facing upstream. Do not stop in the stream where you can cause an obstruction to other boats.
3. When practicing STARTS or drills do not hold up other crews. Wait until the river is clear behind and in front of your crew.
4. Coaches should cooperate with each other in the interest of respect and safety.

All coaches should carry a warning whistle.  **Repeated, loud, long blasts, lets others know a crew is in danger and a coach requires assistance.**

Night Rowing

1. Only experienced crews/scullers should be on the water leading up to and during the hours of darkness. The potential for serious injury is at its highest at this time.
2. It is advised that the bowman wears a reflective top.
3. All boats must be correctly illuminated as set out here
 - a. Bow – A bright white light must be affixed to the front of the boat.
 - b. Stern – A bright red light must be fixed to the stern of the boat.

Do not attach lights to the riggers of a boat as this means only one side of the boat is visible.

Every five strokes look!   **See to Row Safe!**

The following clubs accept and commit to abide by this Code of Conduct, and will familiarize all club members with the contents.

Garda Siochana BC	Municipal Rowing Centre	Phoenix RC	Neptune RC
Commercial RC	UCD BC	Old Collegians BC	
Kings Hospital RC	DUBC DULBC	Lady Elizabeth BC	