

Islandbridge River Weekend Rowing Timetable and Rules

1) Introduction

Following a meeting between clubs in the Garda Siochana Boat Club on the 9th of November and a follow up meeting on the 6th of December the following safety rules were agreed to be taken to all clubs for sanction by the club committees.

These rules should be read in conjunction with the “Islandbridge River Code of Conduct”

2) General Rules

- I. Side by side training is banned at all times.
- II. No club should undertake pieces with crews, with the goal of overtaking each other during peak times.
- III. All coaches and crews should use respectful language when communicating with each other, including in situations where crews are being reminded of the agreed rules of the river.

Peak training times are defined as 7.00 to 11.00 am.

3) Boating Timetable

- The categories are split into two categories Competent, and Non-competent; the captain of each club will determine in consultation with his/her coaches on the competencies of each crew.

Time	Crew Level
7:00 – 11:00	Competent Crews
11.00 – onwards	Non-competent crews

Garda Siochana Boat Club, Municipal Rowing Centre, Phoenix Rowing Club, Neptune Rowing Club, Commercial Rowing Club, University College Boat Club, Old Collegians, Boat Club, Kings Hospital Rowing Club, Dublin University Boat Club, Dublin University Ladies Boat Club