



Rowing in the dark

British Rowing does not promote the practice of rowing in the dark, which obviously has additional dangers to daytime outings. However, the committee acknowledges that training crews need water time and are prepared to sanction rowing in the dark provided that crews strictly adhere to the following guidelines in order to reduce the the risks to an acceptable level.

Rowing in the dark is defined as any outing that takes place before sunrise or after sunset.

GENERAL

- Outings must be with the knowledge and express permission of the captain.
- A thorough risk assessment must be carried out before each outing, paying particular attention to the weather and stream conditions.
- Casual, 'scratch' and novices outings will not be approved; rowing in the dark is only permissible for training crews of intermediate level and above.
- Boats must comply with the PLA rules of a static white light, visible through 360°, in practice, a white light bow and stern. Lights must be fixed to the bow and not the oarsmen. Optionally, an additional flashing white light may be added to the bows.
- All oarsmen should wear light coloured clothing to improve visibility. White is the best for this purpose. Reflective stripes on clothing are of limited use in reality.
- Cox'ns and steersmen must be familiar with the Tideway and must have passed the club's steering and navigation test.
- All outings must be accompanied by a launch (see exceptions below). The purpose of the launch is primarily to provide additional lookout and coaching from that launch is a secondary consideration. It is recommended that the coach/launch driver carry a mobile phone.
- Outings should not proceed above UL boathouse or below Putney Bridge.

UNACCOMPANIED OUTINGS - Outings unaccompanied by a launch are subject the following guidelines, in addition to those set out above.

- Only senior, experienced crews may row in the dark without a launch in attendance.
- These outings are restricted to between UL and Harrods.
- Having assessed conditions, all members of the crew must be comfortable with the proposition of rowing in the dark without a launch and should not be coerced into an outing against their better judgement.
- If there is more than one crew out then they should not consider racing against each other without a launch in attendance to provide additional lookout.
- Single scullers should not boat in the dark without a launch

In the event of any incident, all night rowing will be suspended until the captain and committee have reviewed the situation and are satisfied that they are safe to resume.

The captain's say is final and reserves the right to veto night time outings at any time