

British Rowing Row Safe

Minimum standards to be adopted

All participants must be instructed on safe capsize techniques (for all boat types) including:

- The need to stay with the boat and use it as a life raft
- Precautions to be adopted before going afloat to reduce the risk
- The need to get out of the water quickly and on top of the boat to reduce heat loss
- The effects of water temperature, water conditions and clothing
- Why boats turn over or get swamped – how to avoid this and what to do if it happens
- The means of summoning assistance and how to plan for this

All participants in rowing must be able to demonstrate both competence and confidence in and under the water by:

- Swimming at least 50 metres in light clothing (rowing kit)
- Treading water for at least two minutes
- Swimming under water for at least 5 metres

Participants unable to demonstrate the minimum standard must wear a personal flotation device (PFD).

Clubs must ensure swimming ability and capsize training is recorded for each member of the club.