



## SAFETY NOTICE BOARD

**EMERGENCY SERVICES** – 999 or 112 from a mobile (112 gives your location automatically)

**LOCATION:**

Northney Marina, Northney Rd, Hayling Island PO11 0NH TEL: 023 9246 6321

**NEAREST AVAILABLE PHONE AND DEFIBRILLATOR:** Marina Office

**NEAREST A&E HOSPITAL;** Queen Alexandra Hospital, Cosham, Portsmouth.

**CHICHESTER HARBOUR CONSERVANCY:**  
01243 512301

Find out more at [www.dolphinrowingclub.co.uk](http://www.dolphinrowingclub.co.uk)  
***Dolphin Rowing Club adopts British Rowing policy and procedures for all Safety, Safeguarding and Welfare, including those during Covid restrictions.***

***Contact Us:***

<b><i>Club Chair:</i></b> Chris Partridge	<b><i>Contact:</i></b> <b><i>chair@dolphinrowingclub.co.uk</i></b>
<b><i>Club Captain:</i></b>	
<b><i>Club Secretary:</i></b> Ian Maclennan	<b><i>Contact:</i></b> <b><i><a href="mailto:secretary@dolphinrowingclub.co.uk">secretary@dolphinrowingclub.co.uk</a></i></b>
<b><i>Membership Secretary:</i></b>	
<b><i>Safety Officer:</i></b> Elaine Parkin	
<b><i>Welfare Officer:</i></b>	



## SAFETY NOTICE BOARD

Members – you are responsible for your own safety and that of other club members before going out and for following club procedures and policy. *Please also check the club forum for any recently posted safety information:*

### Have you logged your outing on Nabble?

Please try to do this by the evening before you go out so others can join you if they wish. Even if it is a late decision, for your safety, please log your outing before you go. Rowers should check the Nabble frequently for any changes.

### Have you signed in and paid your pin money on site before boating?

The register is kept in the shed. You will also need to leave your mobile number. Record your name, boat and make sure the time, direction of travel and other details are clear. **\*During Covid restrictions, please also scan the QR code with the NHS Track and Trace app.** So others can have quick access to see who is on the water, please also write your details on the whiteboard outside by the shed and delete it on your return.

### Have you planned your trip?

Know the tide, wind speed and direction, and time of return. Be weather aware using sunscreen, layers, whatever is appropriate.

### Remember the four - oar rule!

There is safety in numbers. Four oars are the minimum. It is also helpful for safe boat movement.

### Carry life jackets!

All rowers must be able to swim 50m unaided with clothes on. Annually each member must do a capsized drill. **Once the water temperature drops below 12 degrees Celsius winter rules apply - even though the boat has buoyancy, take the DRC life jackets** – should there be a man overboard situation, they can be thrown a support flotation to don in the water.

### Coxswains – Always wear a life jacket.

DRC has manually inflated or foam life jackets available for your use. Coxes should wear a head torch after sunset.

***Please report any incidents or near misses to one of the three contacts who will report to British Rowing online.***

### FIRST AID CONTACTS:

ELAINE PARKIN  
EMMA GUETERBOCK  
MIKE GILBERT  
ALISON KIDD

### MARINA OFFICE FIRST AID:

BRADLEY RUSSELL  
CLAIRE KENNEDY  
STEVEN GOSLING

***\*DEFIBRILLATOR ALSO  
IN OFFICE: 02392466321***

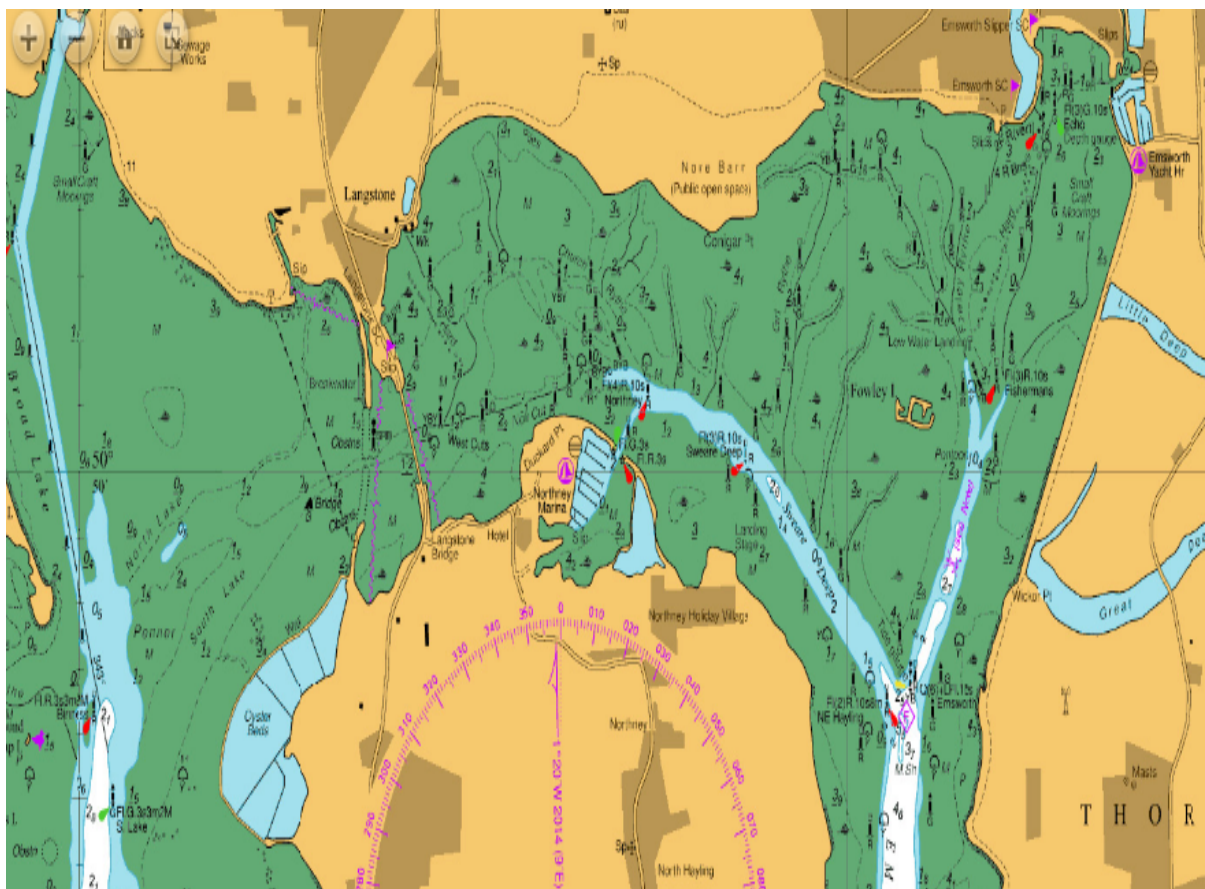


## DOLPHIN ROWING CLUB – SAFETY PLAN

Welcome to Dolphin R.C, formed in Spring of 2016 to offer sliding seat rowing in Chichester Harbour. The club rows regularly in the harbour with a mix of novice and experienced rowers and coxes. We are affiliated to British Rowing and activities are operated under the British Rowing (BR) Row Safe Guide. This Safety Plan outlines for members water safety-related procedures for the club.

Rowing is an excellent activity for both fitness and flexibility, giving the whole body a non-impact workout, and a beautiful way to explore the Harbour. Dolphin R.C. welcomes adults and juniors of 13 and above, whether new to the sport or experienced. We organise Learn to Row courses, recreational rowing and the opportunity to take part in racing.

A plan of local water highlighting hazards, navigation rules and circulation patterns and emergency access points is on the safety notice board it includes launching from Northney Marina and Emsworth Yacht Harbour.



[www.harbourguides.com/harbours/Hayling\\_Island/pilot-notes](http://www.harbourguides.com/harbours/Hayling_Island/pilot-notes)

Find out more at [www.dolphinrowingclub.co.uk](http://www.dolphinrowingclub.co.uk)

- Local RNLI and other water users have been provided with a copy of the Safety Plan for any comment or suggestion to be made. Please make any recommendations directly to the committee.
- **Winter rules:** once the water temperature drops below 12 degrees celsius winter rules apply. The row leader

decides when and where crews can train, warm up and cool down on the water.

- The criteria for assessing the risks associated with any local on- the-water activity are laid out in Row Safe.
- Rules relating to the training of junior members are held by the welfare officer. All parents of junior members must meet the welfare officer before the first outing.
- **Emergency Action Plan** – In the event of an emergency members should be made aware of their roles by the first trained responsible attendee and action to be taken in the event of an emergency in line with their directions. Several club members are First aid trained in addition to the marina office staff (02392 466321) which also has a defibrillator.



## **CLUB SAFETY POLICY**

**Dolphin Rowing Club has a zero tolerance for anyone being harmed as a result of our members' participation in the sport.**

**We believe that harm is not an inevitable consequence of our activities and that incidents that cause harm can be avoided. We will strive to provide an environment in which the sport can be practised safely and enjoyably by our members. We will guide and lead our members in a way that fulfils these aims.**

**We recognise that our members have primary responsibility for their own safety and the safety of others. The club has qualified First aiders, and Welfare and Safety officers. A capsized drill is carried out at least once a year and the club's Officers and Committee encourage safe practice, having due**

**regard for the guidance provided by British Rowing in RowSafe.**

**The Club has safety rules that it expects its members to respect; these can be found in safety communication via the safety board on site and updates on the club forum (Nabble). Complying with these rules will help to prevent harm.**

**The Club is also committed to learn from the incidents it becomes aware of and will share this information to help others in the sport to learn too. We have our own incident reporting system and are committed to make appropriate use of British Rowing's Incident Reporting System.**

**Members are invited to refer any questions and concerns, relating to safety, to the Club's Rowing Safety Adviser (Elaine Parkin)**

**Signed by Chairman: Digitally Signed    Date: 27<sup>th</sup> October 2020**