

ST GEORGE'S ROWING CLUB INC



SAFETY RULES

1 DECEMBER 2025

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1. SUMMARY OF SAFETY RULES FOR ATHLETES AND SUPERVISORS

Athletes

Before Going On Water:

- Make sure bow balls, heel restraints, shoe quick-release mechanisms and buoyancy seals of boats are in place and working correctly
- Make sure all members of the crew are suitably attired for the conditions
- If rowing during Hours of Darkness, make sure boats have a working bow light
- Make sure crew/boat details, supervisor name (if applicable), intended rowing course/location and expected return time are written on safety/whiteboard
- If crew is not Supervised, each crew member must carry an easily accessible PFD, and if rowing during the Hours of Darkness a member of the crew must carry a torch or wear a headlamp
- Coxswains must wear a lifejacket

After rowing:

- Any safety incidents (including near misses and accidents) must be reported

Supervisors

Before Going on Water:

- Make sure safety boat has all required safety equipment, has sufficient fuel for session, and is operating safely e.g. throttle and reverse working correctly
- Make sure not supervising more than four crews or two eights. In addition, must make an assessment you can safely be responsible for and supervise those crews in prevailing conditions
- Make sure all members of the crew are suitably attired for the conditions
- If rowing during the Hours of Darkness, safety boats must have working pole navigation lights
- Supervisors and passengers in safety boat must wear a life jacket
- Lead supervisor must confirm there is sufficient capacity in the safety boat for it to perform its safety function if necessary e.g. space for rescued athletes
- Make sure crew/boats details, supervisor name (if applicable), intended rowing course and expected return time are written on safety/whiteboard

After rowing:

- Any safety incidents (including near misses and accidents) must be reported

2. GENERAL

- 2.1. These Safety Rules set out the minimum safety requirements that must be complied with by participants in rowing at the Club.
- 2.2. Groups within the Club, including Member Schools, may adopt or impose additional or more restrictive rules in respect of the athletes and supervisors participating in rowing through their group.
- 2.3. These Safety Rules should be read in conjunction with:
 - 2.3.1. Safety Guidelines adopted by St George's from time to time, setting out guidelines or recommendations in respect of particular hazards or circumstances;
 - 2.3.2. The Code;
 - 2.3.3. Applicable regulatory requirements, including without limitation the Maritime Transport Act and Maritime Rules.
- 2.4. Breach of or failure to comply with these Safety Rules may result in disciplinary action, including restriction or withdrawal of permission to use the Club's equipment and/or facilities.

3. APPLICATION AND OVERSIGHT

- 3.1. These Safety Rules apply to all members, Supervisors, or visitors based at or participating in rowing from the Club.
- 3.2. The Club shall appoint or elect a Safety Officer who shall oversee the implementation of and adherence to these Safety Rules.
- 3.3. Each Member School shall appoint a School Safety Officer and advise the Club Safety Officer of their appointment. Member School Safety Officers shall liaise with the Club Safety Officer and shall oversee the implementation of and adherence to these Safety Rules by the athletes and Supervisors participating in rowing at the Club through the school.

4. CLUBHOUSE SAFETY REQUIREMENTS

- 4.1. Emergency Contacts: A list of emergency contact numbers shall be prominently displayed at the Clubhouse including:
 - Emergency Services – '111'
 - Auckland Coastguard Mobile – '*500'
 - Auckland Coastguard VHF Channel – 16
- 4.2. Safety and First Aid Equipment: Safety and First Aid equipment shall be readily available at the Clubhouse. This equipment must include:
 - First Aid Box (to be fully stocked, contents listed)
 - Thermal/exposure blankets
 - PFDs
- 4.3. Visual Aids: Visual aids for on-water safety, lifesaving and resuscitation procedures shall be prominently displayed at the Clubhouse
- 4.4. Chart of Local Water way: a chart of the Tamaki River (hazard map), drawing attention to the navigation rules and additional rules required to address specific local hazards shall be displayed in the Clubhouse. The Chart shall include or be accompanied by:
 - instructions on any variation in normal procedures necessary to combat tidal, stream, wind or other climactic conditions which may arise locally;
 - suitable landing or exit points; and
 - rowing routes on the river.

5. INCIDENT RECORDING AND REPORTING

- 5.1. An Incident Log or system shall be maintained and available for inspection, recording details of health and safety incidents related to the Club. Information recorded shall include time, place and nature of the incident; names and contact details of athletes and Supervisors involved in the incident and witnesses; any injuries; and damage to boats and equipment.
- 5.2. Incidents involving injury shall be reported to Rowing New Zealand and/or Auckland Rowing Association in accordance with their constitutions or other requirements applicable to the Club.

6. ROWING SKIFF AND SAFETY BOAT SAFETY REQUIREMENTS

- 6.1. Rowing boats must comply with the safety requirements set out in the Appendix.
- 6.2. Safety boats must comply with the safety requirements set out in the Appendix.
- 5.3. Crews and supervisors are required to check skiffs and safety boats before use to ensure all safety requirements have been complied with.

7. SUPERVISION

- 7.1. While they may also be acting as a coach, the principal responsibility of a Supervisor (or lead Supervisor if there is more than one person in a safety boat) is the safety of athletes being supervised.
- 7.2. A Supervisor may supervise a maximum of:
 - Four crews; or
 - Two eights;at one time. All crews being supervised must be within 500m of the safety boat and other crews being supervised, and be able to hear instructions from the Supervisor. Crews in addition to the maximum number, or which may be more than the maximum distance from safety boat and/or other crews and/or hearing of the Supervisor, are regarded as “Unsupervised” and must comply with the Safety Rules
- 7.3. Notwithstanding Rule 7.2, a Supervisor is always responsible for assessing the number of crews they can safely be responsible for and Supervise based on (without limitation) their experience as a Supervisor, the experience of the crews, the weather conditions, the location of training, and the particular boats being Supervised.
- 7.4. Supervisors are firstly responsible to remind crews to fulfil their safety requirements on the water. School Member crew supervisors must ensure they and the crews they are supervising are aware of the appropriate safety procedures and meet all safety requirements (including being suitably attired for the rowing conditions) at all times.
- 7.5. Supervisors and all passengers in a safety boat must wear a life jacket at all times whilst afloat.
- 7.6. Supervisors must have completed (or complete within 12 months of becoming a Supervisor) a Safety Boat Operator’s Course endorsed by the Club, have completed an orientation/induction to the Tamaki River, and comply with any Club Safety Boat Operator Requirements at all times.

8. CREW SAFETY REQUIREMENTS

- 8.1. Before departure crew/boat details, Supervisor name (if applicable), intended rowing course/location and expected return time must be written on Club safety/whiteboard or trip log.
- 8.2. A member of the crew must be assigned responsibility for the boat and crew. In the absence of other specific appointment, the stroke is responsible for the crew and is considered the captain of the skiff.
- 8.3. Crew members must be suitably attired for the rowing conditions.
- 8.4. All members of crews that are not Supervised must wear or carry an easily accessible PFD.
- 8.5. Unless the crew is Supervised, at least one member of the crew must wear or carry a whistle that is accessible if required to alert others to the presence of the crew.
- 8.6. If a crew that is not Supervised is rowing during the Hours of Darkness at least one member of the crew must carry a torch or wear a headlight.
- 8.7. Crews must not row beyond the Half Moon Bay ferry terminal unless Supervised or in accordance with a safety plan for the row approved by the Club Captain or Club Safety Officer.
- 8.8. When passing under the Pakuranga/Panmure bridges:
 - 8.8.1. When going up-river travel through the west (Panmure) span, or give way to river users travelling down-river through the centre span
 - 8.8.2. When going down-river travel through the East (Pakuranga) or centre spans be vigilant for river users travelling up-stream through the centre span.

9. ROWING ALONE

- 9.1. This section applies to unsupervised small boats (single, double scull or pair) rowing alone and/or when there are few other boats from the Club on the water at the same time.
- 9.2. Before rowing alone, athletes must have attained the level of experience and/or been assessed for competency as determined by the Club from time to time. The Club may appoint a member or members to undertake competency assessments.
- 9.3. Without limiting any requirements or restrictions that Member Schools may adopt for their athletes, athletes participating in rowing through Member Schools are not permitted to row alone without approval of Club Captain or Club Safety Officer.

10. GLOSSARY

In these Safety Rules, when used these terms have the following meaning:

Club means St George's Rowing Club.

Club Safety Boat Operator Requirements means any requirements for operation and/or use of safety boats at the Club that may be adopted from time to time.

Code means the Rowing NZ Water Safety Code 2016 (as amended, updated or replaced from time to time).

Hours of Darkness means the hours of darkness as defined in the Code from time to time (which at the date of these Rules is between 30 minutes before sunset and 30 minutes after sunrise).

Member Schools means schools and their related organisations who are members of the Club and whose athletes participate in rowing through the Club.

PFD means a personal floatation device meeting the requirements of the Code.

Supervisor means the pilot of a safety or support boat accompanying and supervising rowing skiffs and **Supervised** has a corresponding meaning.

APPENDIX

Rowing Boat Safety Requirements

All rowing boats must have:

- A firmly attached bow ball meeting Rowing NZ requirements
- Shoe heel restraints and “quick-release” mechanisms in proper and efficient working order. The restraints must allow no more than the current Rowing NZ rule regarding heel lift on the shoe. Heels must be held below the horizontal
- For outings during Hours of Darkness (currently between the hours of 30 mins before sunset to 30 mins after sunrise), lights meeting the requirements of the Code. This includes a member of the crew that is not Supervised carry a torch or wearing a headlight
- Buoyancy compartments that function as intended. Without limitation, where the boat is designed to have sealed buoyancy compartments, all seals (including hatches) required to seal the compartments must be in place.

Safety Boat Safety Requirements

All Safety Boats must have:

- A bailer, and for inflatable rubber dinghies, a suitable inflation pump and spare inflation valve.
- A sound signalling warning device, capable of attracting attention over at least 200 meters, e.g. air horn and a whistle.
- A grab line at least 15m long with a large knot tied in one end to assist throwing (ideally a purpose made rescue/heaving line- ‘throw bag’).
- Sufficient PFDs for the largest crew being supervised who are not carrying their own (if more than four skiffs or two eights are being supervised, the additional crews must carry their own PFDs).
- A basic first-aid kit (contents recorded and checked regularly).
- A sharp knife in carrying sheath.
- A paddle.
- Handholds fixed to the side of the safety boat (or ropes on board to hold on to) to enable any person being rescued to stay with the boat.
- Engine cut-out lanyard device, accessible to the driver at all times.
- Fire extinguisher.
- Anchor and line.
- A flare (or e-flare) and water-proof torch.

Any activity on the water between the hours of 30 minutes before sunset and 30 minutes after sunrise requires safety boats to be fitted with lights as required by the Code, and carry a torch or other light to alert other vessels to avoid collision or to signal for assistance. Safety boats must be fitted with post lights which are tall enough to be visible 360 degrees and bright enough to be seen from three kilometres.

Safety boats may not be used if they cannot be operated as designed e.g. throttle and reverse working correctly