**MTRC Club Safety**

**Evening/Night Rowing**

The Club (MTRC) has rules in place for the prevention of personal injury and equipment damage relating to evening/night rowing.

These rules have been put in place due to the safety risk factors associated with rowing with low visibility. Whilst boats may be lit, there are factors such as; sub-merged obstacles, awareness of banks/other river users, boating/returning to the club (Risk of grounding), visibility of direction and position on the river, which may not be as apparent without some directional lighting and extra guidance.

For the interest of clarity on light it should be noted that; minimal light and evening rowing will be set as the time of sunset for every day. Night time rowing, described as there being no light (‘Dark’), will be when there is no natural light, and neither bank can be distinguished or seen clearly.

The rules in place are as follows;

* All crews that wish to go out on the river in the evening/night time need to have the approval of the Captain and/or Safety Advisor before they do so. No crew members under the age of 18 will be approved.
* Approval will be given to anyone who the Captain and/or Safety Advisor deem as responsible to perform such outings, exercising good safety practice for each outing.
* All crews must stay between the M2 and Rochester bridges.
* All boats need to be well lit, well lit will be defined as;
  + - Solid white lights on both ends of the boat (Stern and Bow)
    - Coxans and/or bow persons must always have a hand/head torch readily available for boating and landing, or any other circumstance
    - Any additional light the crew can use, including every member of the crew having their own lighting aid
* Crews must wear *‘high-viz’ clothing\** (especially bow, stroke and cox) for the entire outing.
* Each member of the crew must take enough layers (Including Safety Blankets) in the boat as a precaution; these can be stored in the hatches of any boat.
* Each crew must carry a mobile phone, in a water tight bag, to use in the event of an emergency.

*\*’High-Viz’ clothing, must be brightly coloured and ideally have some reflecting material, as many cycling/rowing tops have.*

Even if and when a crew receives the approval of the Captain/Safety Advisor, they will still be expected to take extreme care when considering an outing. Those crews need to be aware of the conditions, tide state, ability of the crew and the provision of correct equipment (Lights, High-viz clothing etc.)

It is extremely important that the crew make someone aware that they will be going out in the evening/night time. This person could be the Captain, Safety Advisor or a friend at the club, and they must be made aware of how long the crew will be on the water. Ideally the person told will be a launch user, or will be easily able to contact a launch user, in case of emergency.

All clothing and lighting must be provided by the individuals of the crew, and must be maintained to ensure equipment functions correctly.

Please be advised that any crew that goes for an outing in the evening/night must be fully aware that they do so at their own risk, and must be responsible and safe in doing so.