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Information for Members

Jersey Rowing Club Committee

General Contact: thejerseyrowingclub@outlook.com

Club Chair: Gerald Howe

Membership Secretary: Emma Syvret

Club House

Entry to the Clubhouse is currently via a key fob system. Please contact the club via the general email address (above) requesting a fob; please note that a cost is required.

Please make sure that the clubhouse door is properly closed when you leave.

Allocation of Club Boats

Requests for rental of club boats should be directed to the club email address. Allocation is dependent on availability.

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In some circumstances it may be necessary to allocate a boat to 2 separate crews and if this is the case, you will be advised with whom you are sharing – and with whom you must liaise with before using the boat.

Boat and Oar Storage

All boats will be found in the main boat yard adjacent to the clubhouse (old lifeboat station). Each boat has an allotted space on the rack. Please ensure that the boat is placed back in its correct position after use - do not just put it on the first available space you find.

The same rules apply to oar storage; replace on the correct rack after use, making sure all the blades go to one end. This will prevent damage not only to your oars but to the ones on the adjacent racks.

The racks for the rowing club oars are found on the left-hand side on the opposite wall to the main entrance door. Each oar should be marked with a number corresponding to the set they belong to.

Boat Maintenance

To ensure the boat is in a seaworthy condition, regular maintenance is carried out by the boat park sub-committee.

Please be advised any damage to a club boats or equipment must be reported by a “Boat Damage Report Form” on the Jersey Rowing Club website <https://www.jerseyrowing.com/training/boat-damage-report-form/>

Your Safety - Getting Started

This Club gives the highest priority to the Health, Safety and Welfare of groups and individuals while participating in the sport of rowing.

Although not a professional organisation the Club will always look to ‘best practice’ where it exists and adopt those policies where they are most suited.

The Club accepts it has a role to provide policies in a practical and easily understood manner that clearly identifies the minimum standards, who in the Club to go to for health, safety and welfare issues and what is expected of Club

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Members in this area. Please read the Club Health and Safety Policy (downloaded from the website).

Mandatory Safety Equipment

The inherent risk with coastal rowing is the natural environment it is undertaken in. This is controlled and reduced by the design and condition of the craft used.

Club boats are maintained by an appointed person and private craft undergo an annual survey (safety equipment and insurance) at the start of each season.

The club does not supply this safety equipment. It can be purchased from many outlets and online retailers. If unsure, please ask a member of the Club.

Compulsory safety equipment required is

- Life jackets per crew member and cox
- Pack of Inshore Flares (preferably electronic) containing a minimum of 3 flares per boat, to include both orange hand smoke flares and handheld red flares for night/low light use
- Water pump / bailing for non-washdeck craft
- VHF Handheld Radio
- Compass

Coxes must always wear life jackets whilst on the water.

It is advisable to bring with you adequate clothing such as waterproofs and warm clothing to wear both before and after. **REMEMBER TO TAKE AN ENTRY FOB WITH YOU.**

Club life jackets may be used free of charge for a short period prior to purchasing your own. These are located on a storage oar in the ceiling of the clubhouse. To access these, the oar can be lowered by releasing the rope between the main entrance door and shelving for seats.

Before Going Out on the water

Check the tides - check the tidal predictions for your trip and ensure they fit with the course you plan to take.

<https://www.gov.je/weather/Pages/Tides.aspx>

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Check the weather - check the most recent weather forecast taking into account wind speed and direction.

<https://www.gov.je/weather/>

As a guide (using the Beaufort Scale):

- F3 and under is typically ideal rowing conditions
- F3 gusting F4 will provide a challenging environment for new rowers. Consider utilising the inner harbour (St Helier Marina) or the Small Roads to the eastern side of Elizabeth Castle. Noting that both these areas are also used by commercial traffic (I.e. stay out of their way).
- F4 gusting F5 is challenging for experienced crews. We would not recommend new rowers go to sea.
- F5+ is not recommended for rowing and may be hazardous to life.

Check the equipment

(both for training and racing) that you have the mandatory safety equipment with you in the boat **at all times**.

Logbook

Before you go out on the water you must fill in the training LOGBOOK stating boat, crew, time out and expected time back (diary on desk next to main entrance). Please tick your entry on your return to show that you are back.

Mandatory check-out with St Helier Coast Guard

You must notify the Jersey Coastguard VTS of your intended route and duration via the Trace app.

<https://www.ports.je/jerseycoastguard/trace/>

If unable to download or access the Trace app, you can call the Jersey Coastguard

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VTS (via channel 77) with your intended route, crew numbers and duration. Likewise, a return call should be made upon exit from the water.

To hear shipping movements whilst out you can listen to the Jersey Coastguard VTS via channel 14.

Checking out:

Give your rowing boat number. number of persons on the vessel. estimated time on the water. Area in which the rowing will take place.

For example:

- You: "St. Helier VTS, rowing boat 22, over"
- VTS: "This is St. Helier VTS, go ahead, over"
- You: "Rowing boat 22, with 5 persons on board, heading into St. Aubin's Bay for approximately one hour, over"
- VTS: "All received, boat 22 with 5 persons, heading into St. Aubin's Bay for one hour, over"

When finished also call back to VTS Channel 77 to say that you've returned safely back to the slip and confirm your number.

Getting your Boat onto the Water (Procedure for Club Novice boats only)

Use boat trolley wheels, available from the boat park (padlock code advised when you join the club).

If you haven't taken a boat off the rack before it is advisable to get an existing club member to show you the best and easiest way to move the boat and get it onto the wheels.

If there is no one available to show you, the following procedure is used by many crews to prepare their boats.

- Place the stern wheeled trestle under the boat (careful not to bend any open self-bailers) and using at least 2 people, lift the stern and remove the V trestle.
- Place the bow wheeled trestle under the bow of the boat and using at least two

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people, lift the bow and remove the V trestle (careful not to hit the boat above with the wavebreaker). The V trestle at the bow is easier to remove by lying flat to the ground.

- With two people on each end, wheel the boat out so it is clear of any boats above them.
- With as many hands as possible, lift one end off the trestle – the bow is usually easier.
- Place a set of wheels under the centre of the boat and then lower the boat onto the wheels. It is easiest to get the wheels in under the bow and then wheel them down to the centre.
- Remove the other trestle.
- Always rest the front of the boat on the floor, ensuring you place it on a piece of carpet or foam first. This will protect the boat from any damage.
- Fit the oars into their respective rowlocks, the gate (metal arm on top with screw on it) should point to the stern (back) of the boat. When sitting in the boat, the red coloured oars are on the right and green coloured oars on the left. With the oars fitted and the safety equipment in place the boat is now ready to go into the water.
- The rudder for each boat is located on a rack along the back wall under the oar storage, they are numbered in line with the boat.
- To get the boat into the water:
 - Attach the rudder before placing the boat in the water
 - Walk the boat into the water stern (the back) first until the wheels are covered. The crew always collect at the bow end to avoid being trapped between riggers and dragged into the water.
 - Using as many people as possible lift up the bow end.
 - Remove the wheels from under the boat, and place above high water line on edge of slip.
 - Walk the boat straight into the water. DO NOT rest the boat back on the slip.
 - Pull the boat around until it is side onto the slip.
 - Avoid hitting the blades of the oars on the slip when you get into the boat and row off.

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- When you have finished your session, steer towards the slip side on. Please do not aim the boat straight up the slip as the boats damage easily and take time to repair.
- Step out of the boat, one at a time, while it is still in the water.
- The procedure for putting the boat into the water can then be carried out in reverse order.
- Make sure you wash the boat both inside and out and the oars, using the hoses from the Clubhouse (this must be done after every use).
- Then place the boat and oars back on their respective racks using the above procedure in reverse.

Harbour Rules - Coastguard

These **MUST** be observed at all times:

Care must be taken if you are staying in the harbour to train, paying particular attention to any other vessels that may be using the same area.

A good rule of thumb is to go round in a clockwise direction staying away from the central channel i.e. Northwards along the west arm and Southwards along the Eastern arm.

Harbour Control Lights – Entry and Exit

The harbour lights must be strictly adhered to. The lights are located on the control tower on the pierhead at the entrance to the harbour.



Three Red lights - STOP - no boats to exit or enter harbour. Boats are not to obstruct the pierhead area.



Flashing Red lights - STOP (EMERGENCY WITHIN THE PORT) - no boats to exit or enter harbour. Boats are not to obstruct the pierhead area.

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- **Three Green lights - GO** - may exit or enter harbour. Keep to the right-hand side of the pierheads.
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- **Two Green lights & One White light - TWO WAY TRAFFIC** - may exit or enter harbour. Keep to the right-hand side of the pierheads.
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If you are not sure - stay on the safe side !!! - only pass through the pierheads when the lights are green.

When leaving or coming into the harbour, check it is clear to do so by observing the lights on the harbour control tower.

Once the lights show it is clear to proceed, stay to the right-hand side of the harbour mouth avoiding all other traffic in the process.

THESE RULES MUST BE STRICTLY ADHERED TO

Outside the harbour keep out of the shipping lanes, which are marked with large red or green buoys. The main ones to take notice of run from the harbour mouth to the Castle breakwater, across the top of St. Aubin's Bay and from the breakwater out towards the Demi (Tower).

Commercial vessels will not stop if you are in the way - *you have been warned!* With the number of boats using St. Aubin's bay, keep your eyes open and try to plan ahead, avoiding any possible collisions.

Rowing boats are classed as powered vessels - remember power always gives way to sail!

SWIFT boats

The Club has a fleet of performance SWIFT boats. Members must have a SWIFT subscription to use this fleet or they can be booked at a single use cost (which can be purchased through RaceNation).

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If novice rowers wish to use the SWIFT boats, they must be deemed competent by the Committee. Applications by novice rowers should be made to the Committee via the general email.

All users of the SWIFT boats should undergo an induction before use which can be provided by a number of members in the Club, please contact the Committee to be provided with the induction.