



Windermere Rowing Club

Guidance Notes for Session Leaders

The session leader's job is to ensure that the rowers enjoy the session safely

This guidance is to point you towards how to make an assessment before an outing, based on conditions - or during an outing if weather changes.

There is lots of useful information on the members section of the WRC website, which is specific to our club and our lake & river rowing conditions.

Familiarise yourself with the safety handbook and the safety bulletins, as well as the various 'how to' documents.

Check the session sign-up sheet to see who is coming to the session and have a plan for who will row in which boat. ***This is straightforward at present while we book out specific boats through the booking system.***

Take account of any requests for people to row together if practical. ***This happens naturally now with the boats being pre-booked.***

Follow guidelines in the Safety Handbook:

- No novices in fine boats
- Doubles to have at least one CoW in the crew - that CoW to be at bow seat for steering
- Coxed quads to have an experienced cox, or an experienced CoW rower at stroke to instruct the cox
- Rowers in singles to have completed capsized drill
- Consider crew weight (see tables at the end of this document) - ***check before booking your boat with the present arrangements***
- Covid-19 : make sure rowers stay in crew bubbles if they're in one, and use only the boats they booked - no mixing or swapping allowed...!



Weather and risk assessments

Check the weather forecast, particularly looking at wind speed and direction

- The Big Salty forecast gives wind and gust speeds.
<https://bigsalty.com/en/weather/forecast/304/>
- Look at what the conditions will be at the beginning and end of the session - and are they going to change?
- Generally, wind speeds below 10mph (pale blues) are not a problem, above this, it depends on direction: NNW, N, NNE will create significant swell at Fell Foot, as will SSW, S and SSE to a slightly lesser extent. Basically if it's blowing up or down the length of the lake - it's going to be choppy somewhere. If the speeds are yellow/orange/red: no rowing today!
- You can get an idea of actual conditions on the lake from the Lakeside Webcam on Windermere Lake Cruises website. This is well worth checking before coming down to Fell Foot: watch out for white horses, sailing boats swinging and bobbing about on their moorings, masts and flags swaying - all indicators of rough conditions on the lake. White horses: no rowing today!
<https://www.windermere-lakecruises.co.uk/lakeside-webcam>

Wednesday 9 December

| | Wind | Gust | | Rain | Cloud | Temp | Chill | [Wind rating] |
|-------|--------|---------|---|-------|-------|------|-------|---------------|
| 00:00 | 9.6kts | 11.5kts | ↘ | 0.7mm | 35% | 5°C | 2°C | ● |
| 03:00 | 9.8kts | 12.9kts | ↘ | 0.7mm | 67% | 6°C | 2°C | ● |
| 06:00 | 9.5kts | 12.5kts | → | 1mm | 71% | 5°C | 1°C | ● |
| 09:00 | 6.7kts | 8.4kts | → | 0.1mm | 80% | 5°C | 2°C | ● |
| 12:00 | 7kts | 8.9kts | ↗ | 0.3mm | 72% | 6°C | 2°C | ● |
| 15:00 | 7.2kts | 10.3kts | ↑ | 0mm | 6% | 5°C | 1°C | ● |
| 18:00 | 8.3kts | 13.7kts | ↖ | 0mm | 20% | 4°C | 0°C | ● |
| 21:00 | 8.4kts | 10.9kts | ↖ | 0mm | 29% | 4°C | -1°C | ● |

☀ Sunrise: 08:18 / Sunset: 15:50 🌆 Twilight: 07:34 / 16:34

- If lake conditions are not good, consider rowing on the river, but assess the flow, which will be high if the level in the lake is 6 ins below the jetty or higher. If flow is high, beware of eddies on the double bend and spin boats well before the bend at Newby Bridge, to avoid being washed into the bridge. Note stable quads are slow to spin, especially with novice crews. Turn early and focus - don't hang about.
- Warn crews of the effect of cross winds in the prevailing conditions, especially when they moving away from, or approaching the pontoon and also as they pass through the moorings.
- If the wind is in the north, consider throwing out the yellow floating line (kept just inside the undercroft on the left) to the south of the pontoon, attached to the jetty, as an aid to boats returning to the pontoon. Tie onto the metal eye on the jetty next to the pontoon, then when landing back draw your boat lightly alongside the pontoon using the line. Remember to bring it back in after the outing.



- In poor conditions, consider using only stable boats - book beforehand. The coxed fine quads, fine doubles and singles will be susceptible to swamping if it is very rough. The two coxless quads (Maiden and Silver) cope well with rough conditions, but only with an experienced crew.
- **Do not be afraid to cancel a session, if your assessment is that it is not safe to row..... “if in doubt, don’t go out”**
- Consider consulting the safety officer, or an experienced session leader by phone, if you are in any doubt.
- Just before the session starts, complete a risk assessment form (organised sessions only at present). Consider visibility, note hi-viz is compulsory for all rowers nowadays. In drizzle remind rowers to stay in visible range, avoid rowing in mist. If mist descends whilst out, head carefully back to pontoon and row well clear of steamer routes - river may be better.
- Supervise getting boats out of the boathouse. Ensure crews check hatches closed and heel restraints effective. Boats should not be carried by just lifting them by the far ends. The stable doubles are best carried with one person near the bow and one each side near the stern rigger. With social distancing - get the double bubble people rowing the double near the stern, and one other person to help at bow.
- Supervise rowers getting into boats safely, encourage rowers to boat and land independently as far as possible.
- Crews in the stable quads should use the purple Macon oars.

Rowing area and other lake users

- Remind crews of the circulation pattern and brief them about where they will be on the lake (yellow buoy and back, or Nissen hut and back) or river.
- Talk to kayakers, sailors, SUPs and swimmers if you see they are preparing to go on the lake and determine what their plans are. Brief crews accordingly. Keep a good lookout for steamers, wake-board boats, or other boats making wash.

At the end of the session

- Ensure crews wash their boats, blades, etc and open hatches before putting boats back on the racking, following usual Covid-19 measures.
- Report any maintenance issues to DK.
- Report any incidents, capsizes, collisions, near misses etc to the safety adviser as soon as possible.

guidance updated 07 December 2020

Philip Brooks WRC Rowing Safety Adviser



Club Fine Boat Weight Guidance

Each of our fine boats has an ideal average crew weight. In order to have the best sculling experience and to protect the boats, please use the table below to see which boat is best for you.

| Boat | Type | 50-60 kg | 60-70 kg | 70-80 kg | 80+ kg |
|------------------|------|----------|----------|----------|--------|
| Rainbow chaser | 1x | Shaded | Shaded | White | White |
| Lily | 1x | White | Shaded | Shaded | Shaded |
| Aggie | 2x | Shaded | Shaded | White | White |
| Fir | 2x | Shaded | Shaded | Shaded | White |
| Hawes | 2x | White | Shaded | Shaded | Shaded |
| Spirit of Tigger | 2x | Shaded | Shaded | White | White |
| Snake (new) | 2x | Shaded | Shaded | White | White |
| Belle | 4x+ | Shaded | Shaded | Shaded | Shaded |
| Lang | 4x+ | Shaded | Shaded | Shaded | Shaded |
| Maiden | 4x- | Shaded | Shaded | Shaded | White |
| Silver | 4x- | White | Shaded | Shaded | Shaded |
| Hen (new) | 4x- | Shaded | Shaded | Shaded | White |