



Founded 1879

ACTIVE  
ACCESSIBLE  
ACCREDITED

CLUB  
MARK



# Derby Rowing Club

Darley Grove, Derby. DE1 3AY

*Please reply to:*

## **Boat & BoatHouse Rules**

- Remove boats from the racks carefully
- No shoes in boats
- Always wash boats after use & wipe down
- Clean interior of boats regularly
- Only use boats allocated to you by the Captain
- Do not stand on riggers
- Make sure all fittings are done up correctly
- Always leave and approach the landing stage with bows upstream
- Use correct blades for boats, as allocated by the captain.
- Do not adjust blades or riggers without the permission of the Captain
- Boats & blades must be put away after use
- Trestles & hose must be out away after use
- Always return equipment to the correct allocated position
- Report any damage immediately to the Captain or your coach
- Always undo shoes, do not force feet in or out as this splits the heels
- White lights to be displayed bows & red lights to stern of boats during dusk or darkness
- Appropriate kit to be worn at all times (no training without tops)
- Do not climb on the boat racks
- Water bottles & litter must be put into the bin
- Last crew in to check landing stage, shut & lock boathouse
- Last person to switch off lights & ensure the Club is locked & alarmed
- Keep changing rooms clean & tidy
- Do not store kit in the changing rooms, please take it home

## Ergo & Weight Training Area

- All weights & equipment to be put away after use
- Please keep this area tidy at all times
- Ergo handles should be returned to the monitor support after use
- Ergos to be left clean & tidy & wiped down after every use
- Water bottles & litter must be put in the bin or taken away with you
- No lone weight lifting, must be a minimum of two people

## Kitchen

- **KEEP TIDY AT ALL TIMES**
- Wash all cups, crockery etc after use and put away
- Wipe down all surfaces & spills
- Clear any old food from the fridge
- Do not use the kitchen for personal storage