



Night rowing risk assessment 7th February 2024

Following a review of risks associated with rowing in reduced light or darkness, members are required to follow the procedures below.

- 1) Members to read the Safety section on our website to familiarise yourselves about advice on weather and the status of the river, **pre-row safety guide**, danger from waterborne diseases, hypothermia. <https://sudburyrowingclub.org.uk/safety>
(don't forget to drink a can of cola if you do fall in).
- 2) As with daylight outings, rowers and scullers should sign up on MyClubHouse prior to any outing. This allows others to check boat availability and to see how many others will be out on the river.
- 3) Wear Hi-viz kit in bow and cox/stroke seat for every outing
- 4) Check the times of sunrise and sunset, taking note of cloud cover which will reduce the light.

5) **Morning Rowing**

If any part of your outing means you are on the water more than 30 minutes **before sunrise**, then every boat must carry lights as follows:

- Constant white light at bow facing the direction of travel
- Flashing white light at stern facing backwards
- Launches must carry red light portside and green light starboard side in addition to white lights

The purpose of these lights is to enable other river users to see you. They should not be so bright or be angled in such a way as to dazzle other river users. If several boats are on the water together, where possible they should arrange to move up and down the river in convoy.

If there is cloud cover which reduces visibility rowers should err on the side of safety and boats should be lit even if planning to go afloat after the above lighting-up time.

6) **Evening Rowing**

If any part of your outing means you are on the water more than 30 minutes **after sunset**, then every boat must carry lights as described in item 5 above, except that the forward-facing constant white light should be bright enough to enable the cox to see the river and banks ahead.

In addition:

- Boats should be coxed, or have an accompanying launch (with lights).
- There should be no more than 2 boats (plus launch if required) on the water at any one time. Travelling in convoy is not advised, since rowers may be dazzled by the powerful headlights from the boat following.
- Where there are 2 boats, coxes and the driver of any accompanying launch should carry walkie-talkies so that they can communicate.

If there is cloud cover which reduces visibility rowers should err on the side of safety and boats should be lit even if planning to leave the river before the above lighting-up time.