

Windermere Rowing Club

Guidance Notes for Session Leaders

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

There is lots of useful information on the members section of the WRC website. 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. Take account of any requests for people to row together if practical.

Follow guidelines in the Safety handbook.

- No novices in fine boats
- Doubles to have at least one CoW in
- Coxed quads to have an experienced cox, or experienced rower at stroke to instruct the cox
- Rowers in singles to have completed capsize drill
- Consider crew weight (see tables at the end of this document)

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, are they going to change?

Generally, wind speeds below 10mph 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.

You can get an idea of conditions from the Lakeside webcam:

<https://www.windermere-lakecruises.co.uk/lakeside-webcam>

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.

In poor conditions, consider using only stable boats. 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. Consider consulting the safety officer, or an experienced session leader by phone, if you are in doubt.

Crews in the stable quads should use the purple Macon oars.

Just before the session starts, complete a risk assessment form. Consider visibility and if there is a need for high vis clothing in each boat, preferably at bow.

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.

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.

Supervise rowers getting into boats safely.

Talk to kayakers, sailors and swimmers, if you see they are preparing to go on the lake and determine what their plans are. Brief crews accordingly.

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.

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.

At the end of the session, ensure crews wash their boats and open hatches before putting the back on the rack.

Report any maintenance issues to DK.

Report any incidents, capsizes, collisions, near misses etc to the safety officer.

Club Fine Boat Weight Guidance

Windermere Rowing Club

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				
Lily	1x				
Aggie	2x				
Fir	2x				
Hawes	2x				
Belle	4x				
Lang	4x				
Maiden	4x				
Silver	4x				

Private Fine Boat Weight Guidance

Windermere Rowing Club

There are a number of privately owned boats that members can use only with the owners permission.

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
Tempus Fugit	1x				
Tizzie-Whizie	1x				
Spirit of Tigger	2x				
Twice Eleven Too	2x				
Bumble	2x				

Chris Stevens
WRC Safety Officer

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