

SEE AND BE SEEN!

It sounds obvious but keeping a good lookout on the river can stop you getting injured. **Stephen Worley**, British Rowing's Honorary Rowing Safety Advisor, provides advice



“KEEP A GOOD LOOKOUT, BOTH ON LAND AND WATER”

Rowing at picturesque Stratford-upon-Avon

Rowing collisions can cause injuries, and are much less likely to happen if you keep a good lookout and make yourself easy to see. Here are some simple tips!

Keep a good lookout

Steers:

- Maintain a good lookout in all directions.
- Scullers or bow – look ahead at least every five strokes, over alternate shoulders.
- Scullers or stroke – keep a lookout behind.
- Listen as well as look.
- Be aware of the effects of stream and wind.
- Don't assume that you have right of way.

Coxes:

- Be particularly aware of your blind spot dead ahead in stern-coxed boats or behind and to the sides in bow-coxed boats.
- Instruct bow and two or stroke to keep a lookout if you cannot see.
- Instruct bow to check when the view ahead is restricted (bridges, sharp bends, etc).

Be conspicuous

Make it as easy as possible for others to see you!

- Wear a brightly coloured top. A long-sleeved hi-vis top under an all-in-one will do – these are widely available, and are often very cheap to buy.
- Shout to warn other crews.
- Take care around motorboats. Some have a blind spot in front of their bows. The person steering may not be able to see you.

- Don't forget that coxes have blind spots too.
- Make sure your boat is adequately and correctly lit if you are rowing at dawn or dusk or in the dark.
- Don't assume that you have been seen, it is safer to assume that you haven't.

Take action early – shout and steer. Practise emergency stops. Slowing or stopping the boat will reduce the damage if a collision can't be avoided.

SUBS FOR 2015/16

As well as welcoming its new members (see p15), British Rowing's February Council meeting also agreed the new affiliation fees and subscriptions, which will come into effect on 1st April.

Individual registration

Gold:	£54.50
Student:	£34
Junior:	£26
J14 and under:	£16.50
Silver:	£28.50
Life Member / Platinum:	£1,150

Club affiliation

Per club for 10 members or less:	£87
Per member over 10 members:	£6.50
Dormant club:	£27.50

Regatta affiliation

Per day:	£55
Insurance:	£109

IN SHORT...

A new photography exhibition, 'The People of the Thames' by Jill Orpen, is set to open in Oxfordshire in April, at the Sewell Centre Gallery, Radley College. Subjects include celebrated rowing Olympians Paul Bircher, Tim Crooks and Annabel McChesney (née Eyres), as well as 2014 Radley Captain Robbie Wendun. Find out more at www.jilorpen.com

On the eve of this year's University Boat Race, the RNLI will be holding its second-ever Alternative Boat Race featuring up to 250 miniature lifeboats in a duck race between Barnes Bridge and the University Stone. Entries are still open at boatrace.rnli.org – each participant will compete for the chance to name a lifeboat!

How far back can you trace your roots? To celebrate the 200th anniversary of Wellington's famous victory at the Battle of Waterloo, Durham Regatta is offering free ale to anyone who can prove they are descended from one of 43 Durham Waterloo men – veterans who returned from the Battle and attended Durham Regatta in the 1830s... www.durham-regatta.org.uk

Northampton RC celebrated the launch of four new boats in February, specifically for use by the club's growing contingent of adaptive and community rowers. The new stable boats have been purchased with the help of a Sport England Get Equipped grant, and were named for decorated Northamptonshire sportsmen. Find out more at www.britishrowing.org/news/2015/february/5/four-new-boats-northampton-rc

Want to find out more about what makes a gig rowing crew tick? Appledore Pilot Gig Club is the subject of a short film by Boat Stories – following the Ladies A crew as they train for the Appledore Regatta. Watch the film, and discover the story behind it at www.boatstories.co.uk/winner-takes-all

A reminder that rowing is set to play its part in the 800th Anniversary celebrations for the Magna Carta in June, when the Thames plays host to a two-day river pageant. Find out more at www.thamesalive.org.uk/magnacarta