

IMAGE: NICOLA THOMPSON

Where are you going?

Did you know that 40% of last year's collisions could have been avoided by simply following the circulation plan? National Safety Adviser, **Stephen Worley**, reports

Everywhere we row there is some kind of circulation plan or local code. Some may be as simple as keeping to the right and avoiding hazards. In some places, like the Tideway, there are very complex rules that change with the tides or stream.

Your club should have a circulation plan on display and everyone should understand it – not just coxes, steers and coaches.

A circulation plan will tell you seven things:

1. Where it is safe to row.
2. Which direction you should row in.
3. Which side of the water you should be on.
4. How to cope with stream or tides.
5. How and where to launch and recover.
6. Where it is safe to stop and turn.
7. Where it is safe to go fast and where you should go slowly.

Make sure you know your circulation plan and follow it at all times. If it is not on display or you do not

understand it, ask someone. Just because you are following the plan does not mean that everyone else is doing so or that you have

right of way. You should still keep a good lookout. Remember – circulation plans only work if everyone follows them all the time.

“ MAKE SURE YOU KNOW YOUR CIRCULATION PLAN AND FOLLOW IT AT ALL TIMES ”

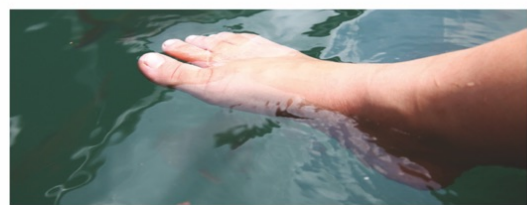
Cold shock response

Summer drownings are a big issue in the UK. Even fit young people can die after jumping into water.

In warm weather it is tempting to think that the water will also be warm. The water near the surface may feel warm but do not be deceived, the water below it may be very cold. Dipping your toe in it will not give you an accurate impression.

If you fall or jump in you will go through the warm layer into the cold layer below. This can trigger a cold shock response; you may take an involuntary breath while you are under water. The in-rush of water replaces the air, reduces your buoyancy, and makes you sink further.

The moral of the story? Warm weather doesn't mean warm water. Don't trust your toes to tell you about the temperature of a stretch of water.



Spine tingler

“Dare we hope? We dare. Can we hope? We can. Should we hope? We must...”

Who said it?

Email your answer to magazine@britishrowing.org or tweet [#spinetangler](https://twitter.com/spinetangler) to [@BritishRowing](https://twitter.com/BritishRowing) by Friday 14 August – and you could win a prize!

Our June / July spine tingler was won by Tony Lorrimer. “We're going to be on a stamp tomorrow!” as said by Katherine Copeland after winning Olympic gold at London 2012.