

A photograph of a rowing boat on a body of blue water. A person with short blonde hair, wearing a white long-sleeved shirt and dark shorts, is seen from the side, rowing. The boat's hull is dark, and the water is a vibrant blue with ripples. A purple curved banner is overlaid on the right side of the image, containing the chapter title. The page number '89' is in a small circle at the bottom right.

## Chapter 8 Rowing Boats

Rowing includes “Olympic Style” rowing boats, racing gigs/skiffs and traditional racing currachs.

### 8.1 Training

It is recommended that rowers undertake appropriate training. A number of training schemes and approved courses are available and information may be obtained directly from course providers including Rowing Ireland (see Appendix 9 for details of course providers).

### 8.2 Olympic style rowing boats

These boats are used in the rowing events in the Olympic Games and are governed in Ireland by Rowing Ireland. The following safety points should be adhered to at all times.

A coach and/or a safety boat should be in attendance at all times. Operators of such safety boats should be suitably qualified and boats should be suitably identified by markings or warning flags to alert other craft in the area that there are rowing boats on the water.

Coach/safety boats should carry the following items of equipment:

- Suitable bailer
- Suitable inflatable pump – if an inflatable is used as a rescue boat
- A throw bag with at least 10 m of buoyant line
- A sound signalling device – air or aerosol power klaxon
- Thermal exposure blankets
- Lifebuoys or additional PFD/lifejackets to assist persons in the water
- Suitable First Aid Kit
- Anchor and line
- Knife
- Engine Kill Cord to be used by the engine operator
- Paddle
- Suitable handholds fixed to the side of the boat – to assist persons being rescued.

All participants should be aware of the requirements set out in the Rowing Ireland Water Safety Code.

### 8.3 Boat construction and equipment

- All rowing equipment should be kept in good order and inspected regularly.
- Buoyancy compartments located in bow and stern must be checked to ensure they are in good order and will function as intended. Boats should be handled carefully and correctly at all times when out of water to avoid damage to hulls or injury to crews or spectators.
- Boats, when placed on water and prior to crew embarking, should be checked to confirm they are safe, free of leaks and all moving parts are functioning.
- Restraints and quick release



mechanisms must be in good working order on boats equipped with fitted shoes. The use of Velcro straps on fixed shoes, as opposed to lace-ups, is recommended.

- Check ventilation bungs are in position and that outriggers, swivels, seats, etc. are secure.
- Ensure all steering mechanisms are working.
- Sculls and oar buttons should be checked to ensure they are secure and properly set.
- Coaching launches should be on the water at all times when rowing craft are in use. Unescorted outings are not encouraged and, if undertaken, a designated person ashore should be aware of departure times, destinations and return times.
- All persons participating should be in good health and capable of swimming 100 m while wearing light clothing.
- All boat coxswains should wear an approved PFD/lifejacket at all times.

Boats should not be used at night unless they comply with the requirements of the International Collision Regulations regarding navigation lights. Boats should not be operated in weather or tide conditions that may compromise their low freeboard and stability.

Coaches, coxswains and crew should at all times be aware of local navigation rules, including any possible hazards or potential dangers arising from tidal, stream or wind that may prevail locally. When racing in competitions, the Water Safety Code of Rowing Ireland is to be adhered to fully.

#### **8.4 Coastal racing gigs/Traditional racing currachs**

- Crew engaged in racing these boats should wear a suitable PFD/lifejacket at all times.
- Boats should be equipped with a means of attracting attention (Aerosol Klaxon).

- Coaches/Crews should not operate these boats in waters that are beyond the capabilities of the crew or boats.
- Coaching/Rescue boats that are in attendance should be suitably equipped and be operated by competent operators.

#### **8.5 National Associations**

Rowing Ireland is the governing body for rowing in Ireland and represents over 100 clubs across Ireland (See Appendix 10 for contact details).

The Irish Coastal Rowing Federation is a governing body for coastal rowing in Ireland (see Appendix 10 for contact details).

