



Derwent Mercantile Collegiate Rowing Club

BOAT HOUSE RULES

FIVE CARDINAL BOAT HOUSE RULES

1. Only DMCRRC approved boat drivers are to drive coach boats.
2. All rowers must wear a hi-vis cap at all times when training. If training alone and unsupervised, a hi-vis singlet or T shirt must be worn by a sculler, and by the bow rower in boats of all sizes.
3. All rowers and coxes must carry suitable foot-ware, and warm clothing in the event of an immersion, particularly in cold weather.
4. All incidents and near incidents must be entered in the incident book and reported to the safety officer, club captain / president & rowing liaison.
5. In poor light or darkness, all boats must carry bow and stern lights in compliance with current MAST standards. A reversed bright white light should be worn by bow rowers and scullers.

YOUR COACH CANNOT LET YOU OR YOUR TEAMMATES ROW IF YOU BREAK THESE RULES

6. Train in groups and/or under a coach's supervision whenever possible.
7. A radio must be carried when training alone. At least one boat in a group situation, must carry a radio. Coaches must carry a radio.
8. All unsupervised scullers and rowers must enter on the white-board, the date and time of departure, intended direction/destination, expected time of return and crew identification.
9. A suitable PFD per person, must be worn or carried when rowing in singles, doubles or pairs if unsupervised. A PFD must be worn by a coxswain at all times.
10. Except when training in compliance with #6 above, no training is to occur south of the Royal Hobart course, nor north of the Bowen Bridge.
11. Traffic-flow rules of the river are to be obeyed (please refer to the Safety Board.)
12. Except when complying with #6, scullers and crews should advise a suitable person by telephone or in-person, when leaving the club, and report back on return.