



PPGC Safety Rules

Members must:

- Listen to the instructions of their Cox at all times and abide by the Cox's final decision to adjust training sessions due to weather conditions, ability of crew etc. as necessary
- Inform the cox of any medical condition not already disclosed
- Wear a lifejacket if you are a junior member, coxing a boat or are not a competent swimmer. Juniors and coxes must put on lifejackets before going onto the gangway to pontoons
- Refrain from running on the pontoon and take extra care on the pontoon and boarding the boats in wet weather
- Be aware of other people and obstacles when carrying paddles. Juniors must carry only one paddle at a time.
- Place kit on pontoons so as not to cause a trip hazard and be aware of mooring ropes as potential trip hazards.
- Take care in working areas of harbour and refrain from climbing on the rocks beside the pontoon.
- Get in/out of boat one at a time and to listen to cox's instructions. Wait for the cox to ensure the boat is secured to pontoon before alighting.
- Avoid standing up in boats and swap positions only if conditions allow. Crew to move one at a time on instruction from cox, moving from the middle of the boat first.
- Take responsibility for wearing suitable kit, stretching out after rowing, and bringing own drinking water to sessions.
- Report any safety concerns, near misses and incidents to the Safety Officer