

RBBC Rowing Guidelines

Initial questions to ask:

- What is the flow rate?
- What is the tide doing?
- What boat are we in?
- What are the crew like?
- What is my ability to cox in the current river conditions?
- Is it advisable to carry a passenger?
- Are there any other safety considerations e.g. lifejackets/buoyancy aids, clothing?

Rowing Guidelines

The following guidelines are to help with the decision process whether to row or not, and if possible, help make early decisions.

		Considerations	Caution	Raised Caution	High Caution	No Rowing
Flow Rate, m3/sec at Kingston Bridge	Daylight row	Flood tide	0 - 100	100 - 200	200 - 240	240 plus
		Maintained		100 - 160	160 - 200	200 plus
		Ebb tide		100 - 140	140 - 180	180 plus
	Night time row	Flood tide	0 - 100	100 - 160	160 - 200	200 plus
		Maintained		100 - 140	140 - 180	180 plus
		Ebb tide		100 - 120	120 - 160	160 plus
	PLA Boards		Black/Green	Yellow	Yellow	Red
	Wind speed		0-24mph	25mph - 34mph	25mph - 34mph	35mph +
	Visibility		200m plus	200m plus	200m plus	Less than 200m
	Lightning		Not predicted	Not predicted	Not predicted	High risk/forecast
	Boat type		All boats	Skerries & Cutters	Skerries only	
	Cox		All Levels	Intermediate	Intermediate/Experienced	
	Crew number		Cox's discretion	Cox's discretion	Full boat	
	Crew strength		Beginners	Intermediate	Strong	

- The coxes can cancel a row at any time if they do not feel comfortable.
- The coxes can discuss topics on the cox's group on Wix, or with Graham Green (Safety Officer)
- It may not be possible to predict ahead of the day if it is not possible to row, so members should follow updates on Facebook
- Rowing in conditions that are identified in red, would result in a disciplinary procedure
- If in doubt, don't go out!

Definitions/Source Material

Flow rate	Based on the flow rates at Kingston Bridge, flow rates can be found here: www.richmondcanoeclub.com/members/flow/kingston/
Flood Tide	www.tidetimes.org.uk/richmond-lock-tide-times
Ebb Tide	www.tidetimes.org.uk/richmond-lock-tide-times
Maintained Tide	Normally two hours before and after high tide when Richmond lock gates are lowered. If the lock gates are not down use ebb/flood flow
Wind speed	Taken from the Met office weather App for Richmond
Lightning	Taken from the Met office weather App for Richmond
PLA Boards	www.pla.co.uk/tidal-information
Cox ability	Guide definitions to follow
Crew Strength	Cox to determine strength of combined crew, based on personal knowledge
Daylight	Rows that start and finish between sunrise/sunset
Night time	A row that could finish after sunset, or start before sunrise. Sunset timings as defined on Met office weather app
Visibility	Taken from PLA guide. (200m is approximately from the clubhouse to the Slug & Lettuce/Water Lane)
Richmond Lock	To double check if the lock gates are down at Richmond you can call 0208 940 0634