



## IMPAIRED VISIBILITY / NIGHT ROWING RULES

These rules are for your safety and that of other users of the River Dee. They apply to ALL ABC members and those using boats stored at ABC.

### **THERE ARE ABSOLUTELY NO EXCEPTIONS TO THE IMPAIRED VISIBILITY / NIGHT ROWING RULES.**

Failure to comply will result in a STRIKE against the cox or steerer. ABC operate a three strike rule; following the third strike the cox or steerer will be unable to operate at night or in impaired visibility.

“**NIGHT ROWING**” is defined as “an outing that finishes after the sunset time, or starts prior to the sunrise time, as noted in the tide tables contained in the boat booking file”.

“**IMPAIRED VISIBILITY ROWING**” is defined as “an outing in rain, mist, haar, etc that has the effect of reducing visibility significantly below normal standards”.

Common sense must prevail with respect to river and weather conditions and the cox or steerer is expected to err on the side of caution. For rowing at night and in impaired visibility, the tolerances on wind and stream conditions should be more stringent than those applied during the day.

### **Notification**

Crews must "SIGN OUT" at the ABC bar before boating and "SIGN IN" on their return.

Night rowing is NOT allowed if the ABC bar is closed (e.g. after 23.00 hrs), including outings before sunrise. The only exceptions are when either a coach accompanies the crew on the bank or crews use a buddy system when on the water.

### **Visibility – “whites & lights”**

**Bow Light** - white and solid (non-flashing), securely attached to the BOW. The bigger and brighter the better; any additional bow lights supplementing the main light are encouraged. Small cue lights and flashing lights MUST NOT be used.

**Stern Light** - red and solid, preferably attached to a suitable position on the rear of the boat, or prominently on the stern rower or cox if necessary. It must be highly visible. Small cue lights and flashing lights MUST NOT be used.

**Clothing** - all persons rowing, sculling or coxing must wear a white top layer at all times. This should be worn from the START of the outing,

### **Capability**

All coxes and steerers must have attended the Aberdeen Boat Club Safety Induction, demonstrated capability in daylight, and completed the Night Coxing / Steering Assessment. Coxes with limited experience may be considered for Probationer status, allowing them to cox boats with experienced crew members.

Only coxes and steerers approved by any two of the Captain, President and Safety Officer, may take boats out after dark.

A full list of ABC members authorised to cox and/or steer at night will be posted on the ABC notice board and updated regularly.



## General Rules for Coxless Boats

Sculling (1x) must have the equivalent of:

- SARA sculling proficiency scheme - Gold Level Award
- 9 months regular experience in a single scull on the Dee
- Aberdeen Boat Club Night Coxing Course

Sculling (2x) must have the equivalent of:

- All requirements for 1x above
- 9 months regular steering experience in a 2x

Sweep (2- and 4-) must have the equivalent of:

- Minimum of 12 months regular sweep rowing experience
- 9 months regular steering experience in a 2-
- Aberdeen Boat Club Night Coxing Course

Sculling (4x) must have the equivalent of:

- All requirements for 1x, 2x, 2- and 4- above
- 9 months regular steering experience in a 4x

