



NEW CLUB MEMBER – COMPETENCE CHECK LIST

General Rules	Date	Signature
Understands and complies with the Tees RC Safety Code.		
Takes responsibility for own safety and the safety of others.		
Is aware of key club policies and rules and where to find them.		
Has provided the club with information on personal floating and swimming ability.		
Has informed the club of risk owing to current or previous illness or injury and explained how the club can help.		
Understands the effects of cold water immersion.		
Has completed the British Rowing Cold Water & Hypothermia online learning module.		
Has read the Safety Alert - Cold Water Kills.		
Operates within own competence level by recognising own growing level of knowledge and understanding.		
Questions a coach or Club Official on any aspects of safety which cause concern or lack clarity.		
Before an Outing		
Understands environmental factors (Temperature, Wind, Flow).		
Demonstrates choice of clothing appropriate to conditions.		
Understands personal flotation devices (differences/when to use).		
Understands Boat Booking system.		
Understands different types of boats (Stability, Crew Weight, Restrictions).		
Demonstrates safe lifting technique remove boat from racking to trestles and from trestles to pontoon (Slip risk, Pedestrians and Cyclists).		
Demonstrates basic boat safety check (Hull, Fin, Hatches, Seat, Slides, Shoes, Heel Restraints, Steering Mechanism, Rudder, Rigger Security, Swivel Height and Pitch, Oar Collars and Handles).		
Demonstrates how to adjust equipment to suit personal stature and requirement.		
Understands the significance of signing out correctly.		

During an Outing		
Understands the circulation pattern in front of the RTWC.		
Understands the navigation rules and potential hazards:		
• From Infinity Bridge to Princess of Wales Bridge		
• From Princess of Wales Bridge to Victoria Bridge		
• From Victoria Bridge to Teal Bend		
• From Teal Bend to Bassleton Wood/Jubilee Bridge		
• Beyond Jubilee Bridge.		
• Downstream from Infinity Bridge to the Barrage.		
Can manoeuvre a boat and perform an emergency stop.		
Understands the procedures to follow in case of an incident (Collision, Capsize, Abuse).		
Understands what may cause a capsize.		
Understands how to recover from a capsize (BR video of what to do in case of capsize).		
After an Outing		
Demonstrates safe lifting technique to remove boat from water and return to trestles and racking.		
Understands the significance of signing in correctly.		
Demonstrates boat cleaning and checks for damage.		
Understands system for reporting damage.		
Understands how to report all incidents both within the club and to British Rowing.		

Notes: