

Competent scullers able to go afloat independently

In order to go afloat independently without the jurisdiction of coaches and captains, club members need to meet the following criteria.

1. Be a competent, able and strong sculler. Capable of long continuous outings with significant speed and strength to cope with a variety of adverse conditions. Likely to have at least 1 years' experience in singles and small boats, covering a variety of water and weather conditions: is likely to have had racing experience in a single scull (head and/or regatta). Is competent and capable of independently removing and replacing boat from rack, boating and landing, without risk of damage to any boat or equipment.
2. Is familiar with the content of the British Rowing Row Safe Guidance <https://www.britishrowing.org/about-us/policies-guidance/rowsafe/> and the local safety procedures for St Neots Rowing club

In relation to safety the following require particular attention for independent scullers:

- Be familiar with the navigation of the local river and identification of key hazards
 - Be conversant with the principles of risk assessment (see British rowing Safety Basics)
 - Understand the potential harm from cold water immersion and hypothermia (see BR cold water and hypothermia module)
 - Be able to recover a capsized boat and be familiar with how to undertake/ be assisted by a buddy rescue.
 - Has a responsibility to assist any person in distress while sculling on the river and provide any necessary assistance to avoid harm.
3. Is a full (senior) rowing member of the club. If rowing in private boat has own insurance to include liability cover.

Applying for independent sculler status

Applications to be listed as an independent sculler to be made to the captain. The decision to award independent sculler status will be ratified by the rowing committee. Applicants can expect that they may be asked to demonstrate sculling competence and show evidence of the required knowledge and experience to meet the criteria detailed above.

British Rowing on line courses recommended for all rowing members

<https://www.rowhow.org>

Safety basics risk assessment module V 3.1 (takes about 20 mins to compete)

Cold Water and Hypothermia on line course (takes about 20 mins to complete)

- Recognise the four stages of harm from cold water immersion
- Know what kinds of barriers and controls to implement to reduce the likelihood of cold water immersion
- Identify the symptoms of mild hypothermia and moderate to severe hypothermia
- Know what kinds of barriers and controls to implement to reduce the likelihood of hypothermia