

BASIC RULES OF THE RIVER DERWENT

The river flows from North to South, from the top of this page to the bottom. Going **with** the flow is known as **DOWNSTREAM**, going **against** the flow is **UPSTREAM**. On the Derwent you **always** keep the bank as close to your **LEFT** or **STARBOARD** side apart from when turning and crossing the river.

Imagine the river has three lanes, a dedicated upstream and downstream lane closest to each bank, and a central lane left clear for faster boats overtaking slower ones.

GOING OUT

When leaving the landing stage **ALWAYS** check that there is no traffic coming downstream, and no traffic coming upstream that you may impede. Leave the stage, cross the river and continue upstream keeping the bank to your left.

TURNING

1. Keep into the bank and stop and wait until the river is clear **SHOUT 'HAVE A LOOK'** to other oncoming boats.
2. Turn and cross the river to the other side
3. Carry on rowing, keeping the bank to your left

LANDING

You must always wait on the **OPPOSITE** side of the river to the landing stage if it is busy close to the bank, **NEVER** the same side. Cross when clear to land.

**DERWENT ROWING CLUB,
BOAT HOUSE AND LANDING
STAGE**

**DERBY ROWING CLUB,
BOAT HOUSE AND LANDING
STAGE**

A learner is often the slowest boat on the river and should **SHOUT 'HAVE A LOOK'** in plenty of time to crews that are getting close so that they can safely move out to overtake

HAZARD! Other crews coming **DOWNSTREAM**. If turning, wait until clear, if you are on their side **SHOUT 'HAVE A LOOK'**

THE BIG BEND LEARNERS **MUST NOT** PASS HERE UNTIL INSTRUCTED TO DO SO BY A COACH, IF THEY DO THEY ARE OUT OF SIGHT OF THE CLUB.

3. MAXIMUM LEARNER CIRCULATION, Until confident on floats and then initial sessions off floats.

As you become more confident the coach will allow you to go as far as the *big bend*.

Do not go around this bend and **ALWAYS** turn before the bend so you have enough time to get across the river safely and begin going downstream before any crews that were upriver come around the bend going downstream.

As you gain competence and come off floats **ALWAYS** give yourself extra time to turn safely

REMEMBER, KEEP TO THE BANK, OTHER FASTER BOATS MUST PASS ON YOUR PORTSIDE OR RIGHT-HAND SIDE IN THE MIDDLE OF THE RIVER

2. EXTENDED LEARNER CIRCULATION, First few sessions

For the first few sessions in a wide learner scull and then in a fine boat with a float under each rigger the coach will allow you to move further up the river in a longer circuit.

ALWAYS keep close to the bank

ALWAYS SHOUT 'HAVE A LOOK' to any crew that is coming towards you so that they have plenty of time to overtake

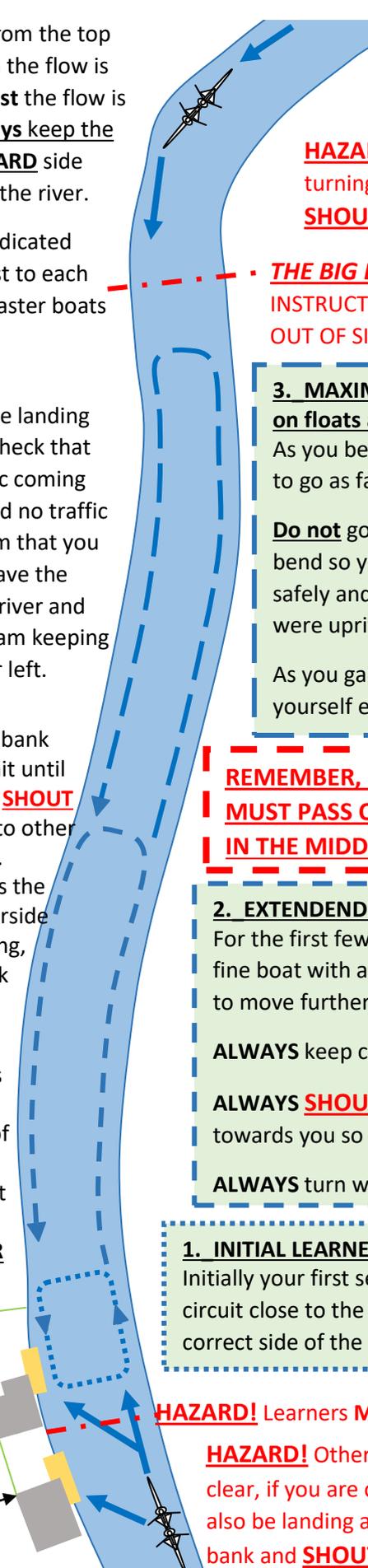
ALWAYS turn with care, see left

1. INITIAL LEARNER CIRCULATION, Under close supervision

Initially your first session will be under close supervision in a short circuit close to the landing stage so that turning and staying on the correct side of the river can be supervised.

HAZARD! Learners **MUST NOT** go below landing stage unless instructed

HAZARD! Other crews coming **UPSTREAM**. If turning, wait until clear, if you are on their side **SHOUT 'HAVE A LOOK'** Crews may also be landing at either landing stage, if in doubt get close to the bank and **SHOUT 'HAVE A LOOK'** to let them know you are there



WHAT TO WEAR AS A ROWER

Firstly ALL learners, ALL juniors and it is recommended ALL senior rowers wear a hi-visibility top to allow them to be seen more easily. You may want to wear your own or wear one of the club ones that are hung in the bottom boathouse.



ALL learners must initially wear a floatation device. This is not a life jacket but will keep you afloat in the event of capsizing. Select the right size for your weight from those hanging in the lower boathouse.



For summer and base layers for winter, the basic rowing kit is made of well fitting lycra because loose clothing can get caught by the hands or handles or get caught under the wheels of the seat as you slide.

Kit can be as simple as cycling shorts and a well fitting t-shirt.



For winter, layer up with leggings and long sleeved kit. Lightweight waterproofs are also useful. Always wear a hat in cold weather, and remember, you can always take kit off but if you haven't got it you can get cold.

Below is some Derwent club kit including the standard lycra rowing all-in – one for winter base layer or summer racing.



Never wear heavy clothes such as heavy fleeces that could get waterlogged in the event of capsizing, or hoodies with pockets at the front that you can get your thumbs or the handles of the blades caught in.



If you have long hair please tie it up, not just in a pony tail but a tight knot or bun. This is recommended after a rower with long hair became entangled during a capsizing and was momentarily held under water by their hair.

