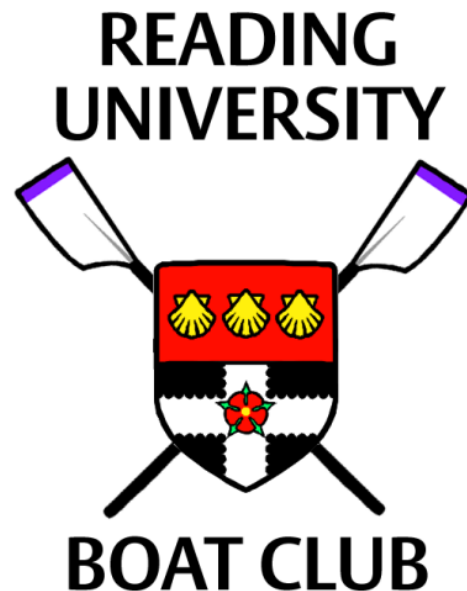


# **RUBC**

# **INDUCTION FOR MEMBERS**

# **2023-24**



# WHAT'S AN INDUCTION

- ◎ This induction is an opportunity for us to:
  - welcome everybody to a new season,
  - help you settle in,
  - ensure you all have the knowledge and support you need to stay safe and perform.



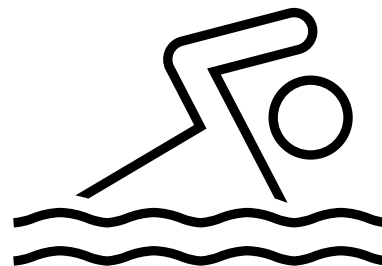
# HEALTH STATEMENT

- ⦿ You should not exercise beyond your own abilities.
- ⦿ You should make yourself aware of any rules and instructions, including warning notices, and follow them.
- ⦿ You should let us know immediately if you feel ill when using our equipment or facilities.

You will need to complete a declaration of your health in the RUBC membership form.

**Speak to the coaches if you have any doubt or concerns about your swimming ability.**

# SWIMMING ABILITY



- All rowers need to be sufficiently proficient at swimming, meeting the standards of:
  - Swim at least 50 metres in light clothing (rowing kit)
  - Tread water for at least two minutes
  - Swim under water for at least 5 metres (you must remain fully submerged)

You will need to complete a declaration of your swimming ability in the RUBC membership form, and you will be expected to complete a swim test when they are organised by the club.

**Speak to the coaches if you have any doubt or concerns about your swimming ability.**

# STAY HOME

- If you are **ill** – stay home
- We aim to:
  - maximise everyone's training
  - minimise the training missed
  - Win more
- Contact the coaches if you would like any guidance.
- Support others who are having to miss training.



# NAVIGATION RULES

- ◉ Map available on the safety notice board, in the boat bays and on the website highlights local hazards – narrowing, bends, etc.
- ◉ Other river users including rowers, canoeists and paddle boarders and many more.

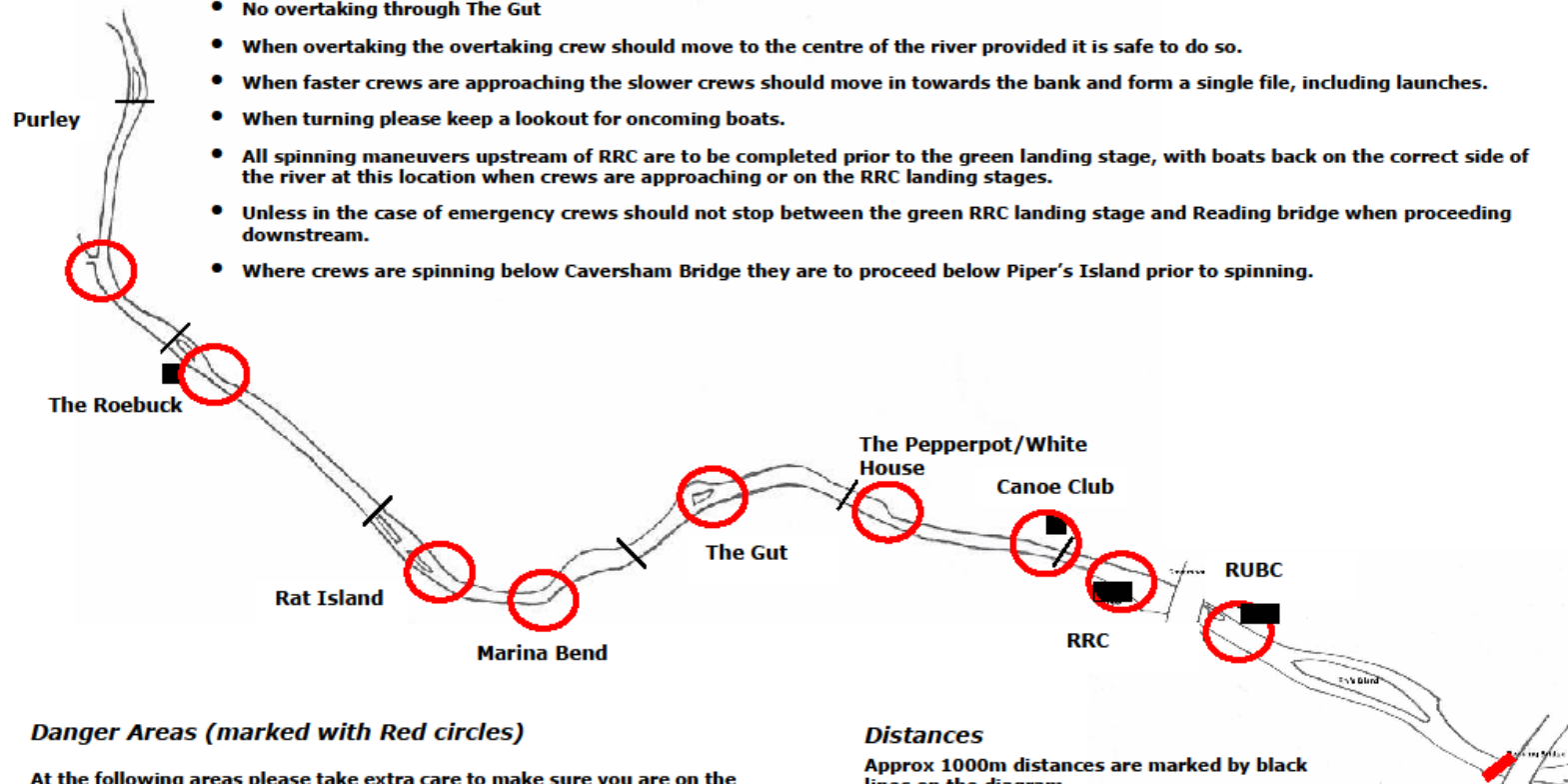


# The Reading Reach

## Navigation rules and Danger areas

### Navigation Rules

- No crew has a right of way over the centre of the river
  - a) When travelling upstream keep across to the Oxfordshire bank.
  - b) When travelling downstream keep across to the Berkshire bank.
- No overtaking through The Gut
- When overtaking the overtaking crew should move to the centre of the river provided it is safe to do so.
- When faster crews are approaching the slower crews should move in towards the bank and form a single file, including launches.
- When turning please keep a lookout for oncoming boats.
- All spinning maneuvers upstream of RRC are to be completed prior to the green landing stage, with boats back on the correct side of the river at this location when crews are approaching or on the RRC landing stages.
- Unless in the case of emergency crews should not stop between the green RRC landing stage and Reading bridge when proceeding downstream.
- Where crews are spinning below Caversham Bridge they are to proceed below Piper's Island prior to spinning.



### Danger Areas (marked with Red circles)

At the following areas please take extra care to make sure you are on the correct side of the river and do not cut the corners

- a) The Canoe club – care canoeists! Take a wide berth.
- b) The Pepperpot/White House
- c) The Gut
- d) Marina Bend
- e) Approach to bottom of Rat Island
- f) Narrowing below The Roebuck
- g) Top Bend by Purley

### Distances

Approx 1000m distances are marked by black lines on the diagram

- Bottom of Purley island – Roebuck
- Roebuck – top of Rat Island
- Top of Rat Island – Slipway
- Slipway – Railings
- Railings – bottom of canoe club

# FIRE PROCEDURES

- Building fitted with automatic fire detection.
- Contact fire services on 999.
- Location – Reading University Boat House, behind Waitrose car park in Caversham.
- Fire exits.
- Assemble at front gates by river.



## Main Boathouse



Fire procedures – read this in conjunction with local fire emergency

### Fire Alarm

Then Men's Boathouse Building has a fire alarm system that incorporates automatic fire detection. Located at every staircase or external exit door is a manual fire alarm call point. If you discover a fire and the fire alarm is not yet sounding, then raise the alarm by pressing the manual call point. **The fire alarm sound in this building is electric bells. This building DOES NOT have an alerting system for people with a hearing impairment. If you have a hearing impairment report this to the building manager.**



Fire Alarm Call Point

### Fire Exits

On hearing or seeing the fire alarm sounding make your way to the nearest available safe exit route and leave the building without delay. The fire exits in this building are signified as follows:



### Fire Assembly Point

Once you have left the building make your way to the fire assembly point which is located at **the front gates towards the river**. Do not re-enter the building. Wait at the assembly point until you are informed by the Evacuation Officer, University Security or fire brigade that it is safe to return to the building.

Building manager contact details:

Name: Will Rand

Phone: 07989 972594

Email: w.rand@reading.ac.uk

Please inform the Building Manager or your School Disability Representative if you need:

- this information sheet to be produced in large print, Braille or as an audio tape
- assistance to familiarise yourself with the evacuation routes



# EQUIPMENT

- Check with the coaches and captains before using any equipment.
  - Boats are designed for different weight people.
  - Much of the equipment is very expensive (up to £25k)
  - Some of the equipment is privately owned.
  - You must have been instructed on proper use the equipment before you use it.



# FIRST AID

## ○ First Aid

- First aid kits are in:
  - kitchen
  - boat bays
  - Launches
- First aid – The coaches have training and experience
- If you need an ambulance, then dial 999.
- The boathouse location is behind the Waitrose car park in Caversham.



# DEFIBRILLATOR

## ○ IPAD defibrillator

- A defibrillator is a device that gives an electric shock to the heart
- If you come across someone who has had a cardiac arrest, it's vital to call 999 and start CPR. Then you should find out if there is a defibrillator nearby.
- RUBC have 4 defibrillators, one in each of the boathouses and one on each of the launches.



# SAFETY EQUIPMENT



- ⦿ Life Jackets (personal floatation devices or PFD's)
  - These should be worn by everyone on a launch.
  - If you are not competent to pass the swim tests you must wear a life jacket when on the water.
  - These are hung in the boat bay of the main building.
  - They are inflated by pulling the toggle.
  - Adjust to fit snugly when putting them on.

# SAFETY EQUIPMENT

## ◎ Throw ropes

- Generally used to assisting someone following a capsized.
- These are hung in the boat bays.
- Carried on coaches bikes & launches



# SAFETY EQUIPMENT

## ○ Foil blankets

- Used to conserve heat.
- Waterproof, windproof and reflect heat back to your body.
- In the first aid boxes, on each launch, with the coaching bikes.
- Used should someone capsize.



# CLUB OFFICERS

- President = Dan
- Men's Captains = Josh
- Women's Captain = Finn
- Treasurer = Rosie
- Welfare = Leah
- Club secretary = Jack
- Recruitment & alumni = Ellie and Charlie
- Press = Ethan & Jake
- Kit = Jonjo
- Social = Katie
- Fund raising = Marlana & Alex

Any issues these should be your first port of call and are all there to help you.

# COACHES

- All here to help you!



**Will Rand**

**Simon Williamson**

**Chris Bartley**

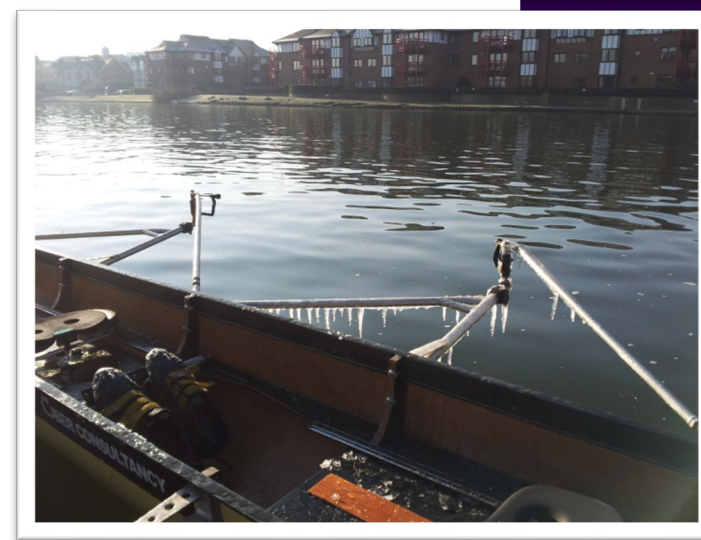


# CAPSIZING



- ◎ **STAY WITH YOUR BOAT – and use it to float.**
  - Get on top of the boat.
  - **Do not swim away** from the boat, as in cold conditions your swimming ability is dramatically reduced.
  - As a last resort even your oars will float.
  - Attract attention for assistance.
  - **STRADDLE AND PADDLE** with the boat to the bank.

# COLD WATER EMERSION



- ◎ What should you do if you end up in the water?
  - STAY AFLOAT. Avoid submersion of your head and face.
  - STAY CALM. Know that the effects of cold shock will pass.
  - STAY WITH THE BOAT.
  - GET OUT OF THE WATER. Get yourself or as much of your body as possible out of the water as quickly as possible – climb on the boat.
  - STRADDLE AND PADDLE with the boat to the river bank.

# CLOTHING

- ◎ Your clothes need to be:
  - comfortable so you can move.
  - not too baggy.
  - You should not go in a boat with jeans, a heavy coat, or restrictive clothing, as if you were to fall in this may prevent you getting to safety.
  - You'll learn to "love the lycra"!
  - Later in the term you'll be able to buy all-in-ones.
  - It's important to look smart for races (matching kit).



# BOATING RESTRICTIONS

- Boating restrictions may be put in place:
  - If the River Flow rate is too high. This normally follows higher than average rainfall.
  - If it is too dark to row safely.
  - If is too cold to row, and other training would be more suitable.
  - If the wind makes the river too rough.
  - The coloured board on the notice boars will be updated to indicate restrictions.

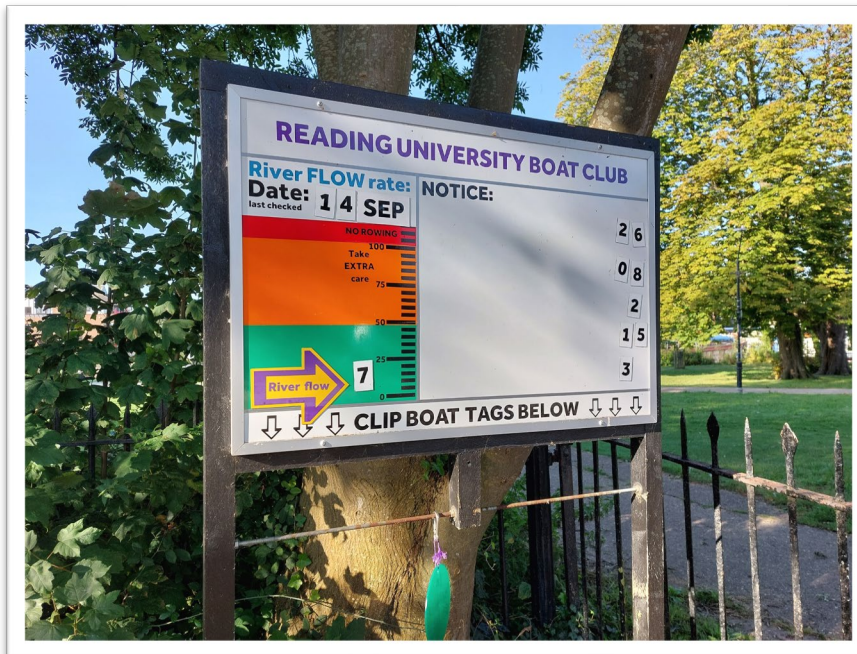
**If in doubt,  
DON'T  
go out!!!!**



# BOAT TAGS

Tags are important as they inform us who is on the water, and when they are safely back.

- ⦿ Take tags off boat before going on the water
- ⦿ Clip them below notice board
- ⦿ Clip back on boat after water session



# WEATHER

- ⦿ Everyone should assess the weather & river conditions and decide if it is suitable and safe to row on the river.
- ⦿ There is a risk of hypothermia during the cold winter months.
  - Wear appropriate clothing.
  - Watch for signs of it.
- ⦿ Other weather factors are:
  - Wind
  - Heat (sunburn or sunstroke)
  - Lightning
  - Fog



# HIGH-VIS CLOTHING

- It's boat club policy to wear **high-visibility tops** in the winter and spring terms.
- **Bow** person of every boat **MUST** have them on and visible while on the water.
- Our aim is to **reduce collisions**, minimise injury and time lost from training.

**Be Bright,  
Be Seen**



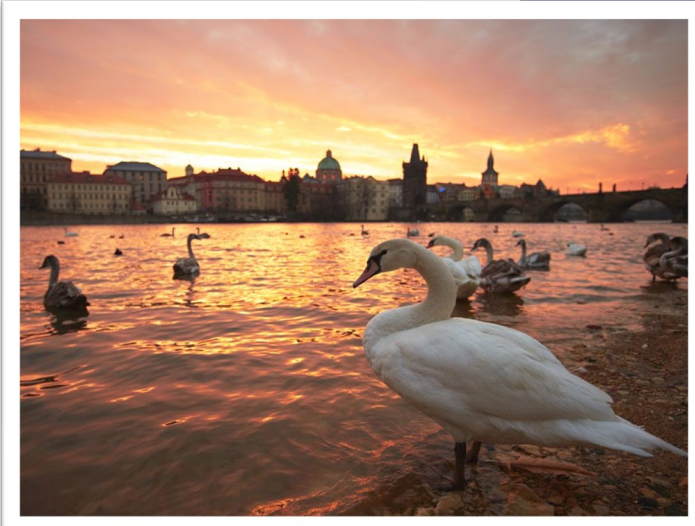
# NIGHT & POOR VISIBILITY ROWING

- Crews should avoid rowing in the dark or foggy conditions if possible.
  - Beginners will not go out in the dark.
  - If seniors must row in the hours of darkness they must
    - have a white light showing both forward and backwards.
    - Wear bright/reflective clothing.
    - Ensure someone knows they are on the river.





# WATER BORNE DISEASE



- ⦿ The river we row on is not always as clean as we would choose.
  - Weill's diseases – Leptospirosis
    - ⦿ Risk is very small, however can be serious.
    - ⦿ Caused from contact with infected animal urine
    - ⦿ It can enter the body through cut, abrasions or the lining of the nose, throat, mouth or eyes.
    - ⦿ The symptoms are flu-like and develop 7-14 days after exposure.
    - ⦿ Tell your doctor about recent exposure to the river water.

# WATER BORNE DISEASE

- Never drink river water.
- Cover cuts and abrasions with a waterproof dressing.
- Keep oar handles clean.
- Wash your hands with soap and water after each training session.



# HYGIENE

- Good practice with hygiene will minimise the risks of ill health:
  - Use hand gel before coming in the boathouse
  - Wash your hands before eating or drinking.
  - Use the alcohol-based hand sanitizers regularly.
  - Don't share drinks bottles.



# HYGIENE

- Wipe down the rowing machines, bikes and other equipment with spray provided.
- Don't sit on the chairs in wet kit!
- If we can stay in good health, we can train better & become faster rowers!!!!



# TRAINING ALONE

- ⦿ There are risks associated with training alone.
- ⦿ You should **not train alone at RUBC.**
- ⦿ You will benefit from having a training partner.
- ⦿ Arrange training sessions with other people.



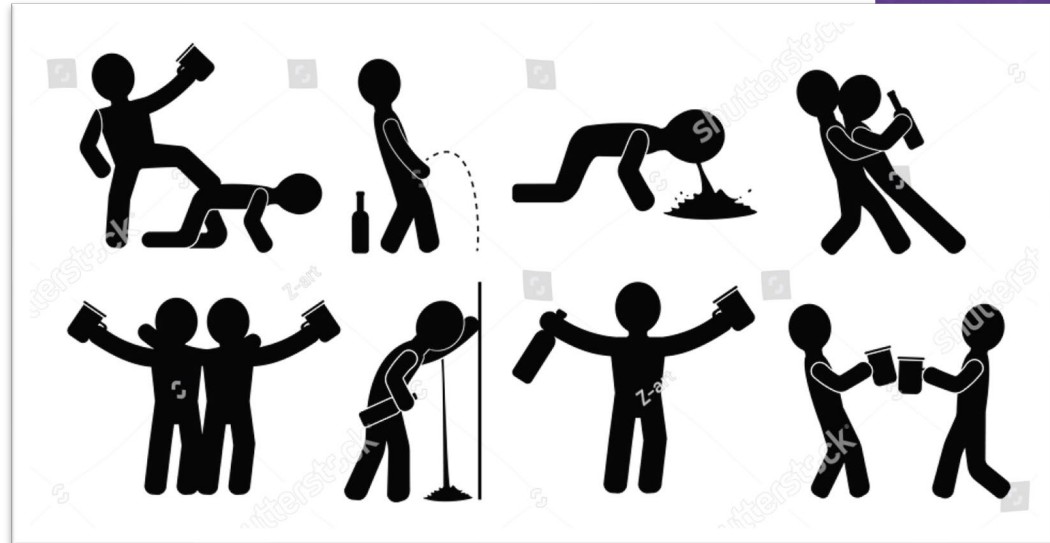
# BUILDING RESPONSIBILITY

- ⦿ Leave area's clean and tidy.
- ⦿ Close windows & doors when you leave.
- ⦿ Makes sure the boathouses are secure.
- ⦿ Lock gates, both front & back.
- ⦿ Report anything suspicious.



# CULTURAL RESPONSIBILITY

- ◉ We need to ensure behave responsibly particularly on nights out.
- ◉ There could be individual disciplinary action for those involved and face possible suspension from the club and university.
- ◉ The Boat club could lose support, reputation, and funding.



# WELFARE

## ◎ Carrington building

- Receptionists in the Carrington building can help direct any concerns you have regarding student welfare.

## ◎ University website

- Search for the “Health & Welfare” section of the Uni website.

## ◎ Rowing issues

- RUBC welfare officer
- Speak to one of the coaches.





# RISK ASSESSMENT

## ○ Risk assessment

- The activities you will be involved with at RUBC have been risk assessed.
- As your experience develops this should widen the activities you are allowed to be involved with.
- If incidents occur, we review the risk assessments.

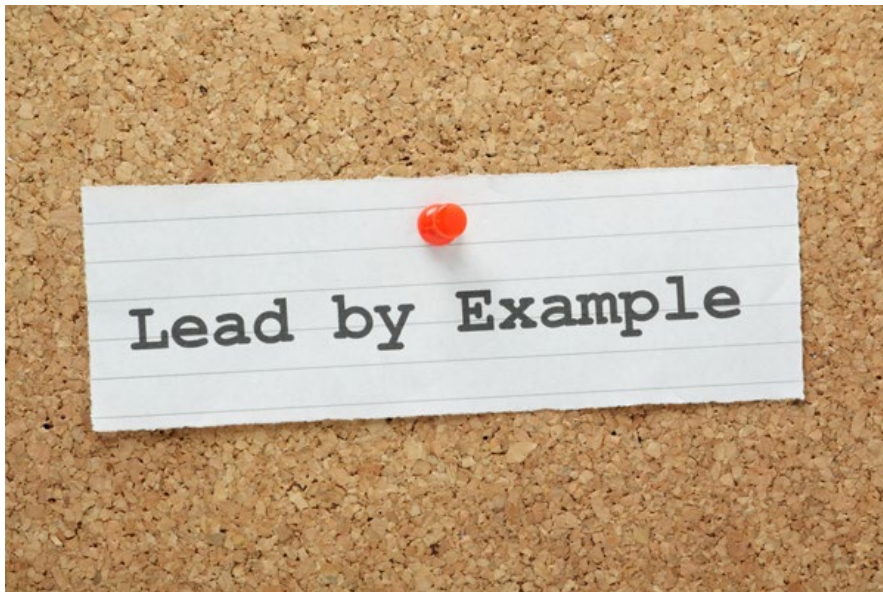


# INCIDENT REPORTING

- Reporting incidents or near misses, help us improve safety
  - Report to Club Water Safety Adviser (Will Rand)
  - What needs reporting:
    - Capsize
    - Collision
    - Swamping
    - Health issues
    - Also any “near misses”.



# SAFETY IS EVERYONE'S RESPONSIBILITY



Any questions or  
comments please  
contact Will Rand  
[w.rand@reading.ac.uk](mailto:w.rand@reading.ac.uk)