

CBC - Skiff Rowing

Session Leads Policy

Club leads are the ones that lead each rowing session and puts out the call to the rest of the club. There should be 2 leads for each rowing session.

- Session leads have overall responsibility for the session and communicates session plan to participants.
- Session leads need to know where the First Aid box is – in shed, and familiarise themselves with the Emergency Action Plan (EAP), (which is in this box too.)
- Session leads must report any incidents or near misses to Activity Leads or CBC – following EAP.
- Session leads check tides and weather forecast before putting out a call to the rest of the group, stating clearly the date and the time of meeting. Then risk assess at beginning of session for suitability.
- The lead opens the facilities and checks the conditions are suitable for rowing, also assessing the ability and competency of the crew.
- The whole club helps with launching the boat and putting it alongside the pontoons.
- The leads have the VHF radios and makes sure one is on the boat with the cox and the other is on shore with a club member. It is important to have club members on the pontoons for help with casting off and coming back to land, especially in rougher weather.
- If the weather conditions are allowable, then a crew of 5 can take the boat out themselves. Always remember to have the PLB (Personal Locator Beacon) on board when boat in water.
- The lead facilitates a group decision on who will be cox and the crew for each row. Taking into consideration the weather conditions and the competency of the people present.
- If there are new people present the leads will show them what to do and give some instruction on how to row, answering any questions they might ask. All new people should be given a copy of the New Members Handout – in box in shed.
- Each cox is then in charge of the safety of the boat and crew and gives clear commands so the crew can hear them.
- All club members help with taking the boat out of the water and back into the shed.

- The leads will lock up facilities and make sure everyone has left the club.
- The leads will learn how to use the pressure washer and help with keeping the slip clean.
- Where possible – leads should hold an up to date First Aid certificate and do a Coxes course.