

**St Hugh’s Boat Club**

**Guide for Outings**

All members of St Hugh’s Boat Club must abide by the rules of OURC’s and British Rowing. If in doubt as to what these rules are they should ask the Captains in the first instance.

Full OURCs rules may be found here: <http://www.ourcs.org.uk/rules/2>

If taking outings out that are not organised by the captains:

1. Check the flag status: (Flag conditions can be found at: [www.ourcs.org.uk](http://www.ourcs.org.uk))

Green All crews allowed out, novice coxes allowed WITH a bankrider

Blue All rowers allowed on the water, X and S status coxes only

Amber Senior crews only (4 rowers that have rowed for more than 3 terms and **no** rowers that have rowed for less than 1 term) with an S status cox AND a bankrider with a throwline and a mobile phone number programmed with the phone number for Iffley lock.

Red Nobody allowed on the water

Grey Flag currently not being maintained by OURCs, please undertake suitable risk assessments with reference to <http://riverconditions.environment-agency.gov.uk/>

1. You MUST conduct a suitable risk assessment
2. Your cox must be registered as a member of OURC’s and must be allowed under the Flag Status rules. Confirmation of whether a cox is registered and their status can be sought from the Captain of Coxes
3. Check OURC’s to see if there are any River Restrictions: <http://www.ourcs.org.uk/ourcs/rules/riverrestrictions>

As you can see here, there is a limited number of crews allowed out at certain times. For this reason you must check with the captains to see if they have organised an outing. **Outings organised by captains get priority.**

1. You must inform the captains of when the outing is, who the crew is and who is coxing.

All damage must be reported in the book at the back of the boathouse, and the boat must be left out on trestles. Please also tell the captains as it may impact on other outings.

All members should observe the safety recommendations as outlined in the row safe guide. A first aid kit is provided at the back of the Isis boathouse and in the locker room at the Isis boathouse.

All rowers and coxes must be swim tested. A full member (as defined in the constitution) of the boat club may take a non-member in a boat so long as they have been swim tested by OURCs.

The smallest boat you may take on the water without being capsize tested is a 4+.

Before using either the Women’s or Men’s 1st VIII or blades permission must be granted from the respective captains.

If a fine is incurred due to not following the OURC’s code of conduct, the Treasurer may pass this on to those involved as they see fit. *Last Updated: 20/01/14*