

S.R.W.S.C. Rowing Outings - Checklist

PREPARATION – before outing.

1. Weather forecast. Check beforehand. Take special note of Met office Strong wind warnings.
2. Risk Assessment – To be completed by one of the crew – that person is then in charge of the boat. (Does not have to be cox). Please fill in assessment before the outing. (Sea state can be assessed from the path just past the lifeboat shed)
Discuss with crew, conditions and possible routes. (*refer to Education in Policy Document*).
3. Safety equipment for boat – Following MUST be taken on all outings.
 - 5 lifejackets (*refer to Lifejackets in Policy Document*)
 - Yellow box (contents – 2 Flares / TPA or Exposure Blanket / Whistle / Knife)
 - VHF Radio / Phone
 - 10m 6mm Braided rope
 - Bailer/Bucket
 - Bung
 - Adequate clothing
 - 2 TPAs –foil or survival bag
4. Boat - Check the following before launch
 - Pump (hose connected ok)
 - 2 buoyancy tanks fore and aft, are they dry?
 - Hatches are in
 - Bung in
 - No obvious defects on the hull

During outing please ensure you are familiar with the following:

- Weather & Sea State
- Boat Handling & Harbour by-laws
- Navigation - Local Rocks and Hazards
- Collision regulations – rules of the road

(The headings above are covered in more detail in the SRWC Outings Policy Document – This is available at all times in the SRWC Club Shed).

S.R.W.S.C. Outings Policy Document

EDUCATE CREWS - Seamanship

This section aims to educate crews and ensure that rowers who go out from Solva Harbour are equipped with the relevant seamanship skills.

1. Weather & Sea State

- WEATHER information. Good sites include Windguru, Met. Office and XC Weather.
- Any outing outside the harbour should be carefully considered. A wind strength of Force 4 or above generally means DO NOT go outside the harbour.
- Northerly (offshore) winds are particularly dangerous when rowing outside Solva Harbour. The sea is generally flat but wind strength will increase as you get further out in the bay. In these conditions it is advised to only row inshore close to the cliffs.
- It is always advisable to stop the boat before leaving the harbour – by Black Rock - and assess the sea conditions.
- Beware of larger swells near rocks and Islands. More detail on this can be found in the section Local Rocks and Hazards.
- In certain sea conditions it is easier to row directly upwind. This has the added advantage that you should have the wind behind you on a return journey.
- FOG – it is rare but can sea-mist can occur very quickly in this area. At first sign of any mist alter course for shore and home.

2. Boat Handling & Harbour By-laws

- Solva Boat Owners Association - SBOA own the quay and run the harbour. There is a management committee which is made up of local boat owners who are elected annually. There is a Harbour Master who is in charge of day to day running of the harbour. We enjoy a good relationship with SBOA and need to ensure that all members of SRWC act accordingly to maintain this.

- Harbour users – There are many different users of the harbour.

Working Boats - fishermen and tripping boats.

Sailors – in yachts or sailing dinghies

Small Boats – Rubber Bubbles, Rowing Boats and Boats with Engines.

Power Boats

Swimmers

Kayakers

Paddle Boarders

Visitors

Walkers

Crabbers

Members of SRWC should set a good example in boat handling and awareness of possible problems.

Be ALERT at all times to potential hazards from the list above.

1. Use of Slips - Keep slips clear e.g. be aware of other boats loading and unloading.
2. Please do not block the top of the slip and bottom of coast path in the area by the Lifeboat shed e.g. put launching trolley out of the way.
3. Main fairway/channel must be kept clear - don't stop.
4. Queen's Steps – only use for loading and unloading, do not tie up and leave longboats.
5. Speed in the harbour area up to Black Rock is 4 knots.
6. Parking on the Quay is strictly for SBOA members only.

3. Navigation – Local Rocks and Hazards

Harbour and Approaches. (also see Map)

Be cautious around moored boats. Paddle light. Give way to sailing and fishing boats. They have deeper keels than a longboat and may not be able to get out of your way ie they have to stay in the main channel.

Follow the channel down the harbour (dotted line).

Beware of the Irishman. This is hidden other than at low tide but is always sharp!

Trwyn Caws extends into the main channel and can easily be struck at lower parts of the tide.

Carreg Samsen Rock is close to the shore.

Outside the Harbour

The Dilys – this is effectively a reef and extends out from the main coastline, keep seaward of it at all times.

Pen Dinas – can be large swells in this area, leave a good 3 lengths – a wide berth.

The Three Islands – Gasseg, Green Scar and Black Scar.
It's ok to turn around the Gasseg quite sharply, it's very steep sided unless a large swell.

Green Scar has an isolated rock on the east side, there is a small reef on the south side, be very aware from half to low tide.

Black Scar should be given a wide berth (3 lengths in calm conditions and more when it's rough). Inexperienced crews should avoid completely in rough weather. A reef extends a long distance from Black Scar and creates bigger swells, at low tide it can expose additional hazards.

Half Tide Rock (Porth Clais Rock) – about a mile offshore from Porth Clais.

4. Collision regulations – rules of the road

Drive on the right! – The correct course to steer when approaching an oncoming vessel is to starboard (to the right). This applies when there is any possible chance of a collision but is most important when rowing in the Harbour and main fairway.

Power gives way to sail – For the purposes of navigation a longboat is a powerboat therefore must give way to sailing boats at ALL times.

Manoeuvrability - Oars extended on both sides of a longboat will occupy a large section of the channel. Please keep this in mind as some boats with deeper keels require deeper water so longboats must keep out of the way.

Divers – Dive boats operate in the area, please give them a wide berth, at least 100m. They will be flying a blue and white swallow tail flag when divers are down.

LIFEJACKETS

SRWC has enough life jackets to equip all three longboats and the Club RIB (17 in total). They are serviced every 2 years. They are only of value if they are worn and worn correctly. Adults are not required to wear a lifejacket when rowing but they must be available if conditions worsen while on a rowing outing.

All youth crews under 18 **MUST** wear a lifejacket when rowing.

There are 2 types of lifejacket – Manual and Automatic.

Manual jackets require the wearer to pull a cord to inflate the jacket when in the water.

Automatic jackets will inflate on contact with the water automatically. Both can be topped up using the inflation valve on the jacket. Please be aware of which type of jacket you have taken with you – a red bobble on the chord is an automatic and yellow is manual.

Please ensure you know how to put the lifejacket on, adjust it accordingly to fit (it should be tight enough to only allow your fist under the straps). If the jacket has crotch straps these can be used or rolled up out of the way.

WEATHER information. Good sites include Windguru, Met.Office and XC Weather.

New list of coxes needs to go up in clubroom. *All boats MUST have a recognised cox on board unless by prior agreement eg 2/3 boats going out at the same time or exceptionally fine weather.*

Shopping List

Bailer bucket

Knife or Opinel

1st aid kit?

Large yellow x 1

Rope 10m 6mm

Whistles

Label lifejackets