

## Rules for safe rowing

- All members must ensure they have paid their membership.
- All members must be on time for training. If for any reason a member cannot make the session they must contact one of the coaches.
- While at training/competitions every member must show respect to each other and their coaches.
- We would appreciate if all members would stay around the jetty area and avoid the road.
- For any adult who is parking at the lake, please do not park at entrances to any houses.
- When instructed all members must wear life jackets.
- Youth must be picked up at agreed time by the coach.
- No one should stand up in any boat.
- All members must warm up on the rowing machines before going into the boat. A minimum of 10-minute warmup followed by a row on the lake.
- While in the boat all members must listen and show respect to the cox and one another.
- The coaches will select members for crews to compete in regattas.
- All members must wear the club colours in any competition they enter.
- Members must keep the grounds at the lake/St.John's Pier and the containers tidy at all times.
- Members must respect all club property including rowing machines, oars, boats and lifejackets.

We all look forward to the rowing season ahead in a happy safe environment and we appreciate all your continuous support!

ROWING  
IRELAND