

## ROWING SESSION GENERAL INFORMATION – pass to accompanying Leader/adult

**Water sports are potentially dangerous so GOOD DISCIPLINE AND GOOD BEHAVIOUR must be maintained, both on and off the water. Our rules have also been updated to comply with our Covid Risk Assessment so please read carefully.**

1. Participants should be Scouts, Guides or older – not Cubs or Brownies. They and participating adults or Leaders should be able to swim 50 metres in ordinary clothes and keep afloat for five minutes wearing a buoyancy aid (supplied). At the discretion of Instructors, one non-swimmer wearing a full life jacket may form part of each boat crew.
2. Up to 18 participants can be Scouts and/or Guides can be accommodated for any one period, depending on the availability of boats and Instructors (maximum 6 people form a crew for each boat).
3. Evening sessions start at 6.30pm to allow for preparation and briefing. This needs to be strictly adhered to as we have to keep separate from other groups using the boathouse and pontoon. We should be on the water for at least an hour and should be finished between 8.15 and 8.30pm.
4. At least one responsible adult or Leader must take charge of the group ashore and remain in attendance. This adult must bring along contact details for next-of-kin for all participants, as required by Scout or Girlguiding rules.
5. On arrival, a leader should advise the instructors they have arrived and will be given further instructions. No young people are to enter the boathouse unless told to do so by an instructor. Participants for rowing sessions should wait outside the top compound close to the personnel door into the boathouse. To limit contact, parents and others not participating should not wait around the Boathouse or pontoon area and should keep their distance. No bags or personal belongings can be stored in the Boathouse and should be left with parents or leaders according to your own risk assessment.
6. The adult in charge should ensure all participants have their hands sanitised before and directly after the activity. Less of a requirement these days. Hand sanitiser can be provided however ideally bring your own.
7. Buoyancy aids will be brought outside and fitted to all participants and a safety briefing given before we go on the water.
8. A WC is available at the property for use by participants.
9. At the end of the activity, the buoyancy aids will need to be hung back on the racks with the zips closed. Leader help with this may be required. The participants will be asked to help unload the equipment from the boats and again be advised where this is to be stored for cleaning. Remember to wash or sanitise everyone's hands at the end of the activity. No one must leave the site at the end of the session without permission from the lead Instructor and the accompanying unit Leader/responsible adult.
10. Fees are £50 per session for each boat. This should be paid on booking or at latest within two weeks of receipt of confirmation from the Bookings Secretary - cheques payable to "JGSRP Club" or by BACS – information available upon request.
11. While there have been no instances in Bristol Harbour for some years, Weil's disease remains a risk. Please ensure that cuts and abrasions are covered by waterproof plasters beforehand (see sheet).
12. We have a first aid kit at the boathouse, the leader/responsible adult should be prepared to administer first aid if required.
13. Those attending should wear old clothing (not jeans) and bring a wind/waterproof coat, a warm jumper, sun/rain hat and a water bottle, as is appropriate for the weather. Soft-soled shoes should be worn and spectacles secured. Mobile phone and valuables should not be brought into the boats and should be left with parents or group leader.
14. Units should report (6.30pm for evening sessions) to the **Benjamin Perry Boathouse, Phoenix Wharf, Off Lower Guinea Street, Bristol BS1 6TJ** (near the old General Hospital on Lower Guinea Street). While passengers can be dropped off at the Wharf itself, parking is restricted to permit holders unless specific permission is obtained from the lead Instructor. (Public parking is available nearby on Redcliffe Parade East or at the junction of Lower Guinea Street and Commercial Road.)
15. If weather looks bad – strong wind or heavy rain - ring the lead Instructor whose contact details you will have been given. When booking, include a mobile number for your unit / accompanying Leader or adult.

16. If unable to attend or numbers are reduced, ring the Lead Instructor or Bookings Secretary (07552 402857) so that the booking can be offered elsewhere or boats set aside. Refunds are unlikely if less than 48 hours notice is given unless there are exceptional circumstances. Fees will be refunded if the session is cancelled by the Club.

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## Location

**Benjamin Perry Boathouse, Phoenix Wharf, Off Lower Guinea Street, Bristol BS1 6TJ**

