

APPENDIX I

COVERACK GIG CLUB – CLUB RULES - APPROVED 22/03/23 AMENDED 10/01/24

The following rules are to be used alongside all CPGA rules & guidelines.

Section 1. Terms & Conditions of membership.

All members must abide by Coverack Gig Club's Constitution – available at www.coverackgigclub.co.uk

New members can apply to join at any time of the year. Membership fees (currently £130) are due on 30th November each year. For anyone joining in May, fees are currently £50.

Membership categories are: Racing (£130), Non-racing (£130), Junior (16 and under) (£40) and supporter (currently £10).

PLEASE NOTE: Racing membership alone does not guarantee a "seat" in a racing crew.

All members must refrain from engaging in activities or behaviour that could be deemed damaging to the club's reputation. This is particularly important when wearing club branded clothing or when engaging on rowing pages on social media.

** Amendment 10/03/24

Camping for World Pilot Gig Championships, Isles of Scillyany non club /non rowing members camping with the club would be required to become Supporter Members and adhere to the same rules and policies as applied to other campers .

Members may be required to undertake a Disclosure & Barring Service (DBS) check.

Any member deemed by the cox or committee members to be unfit to row due to the effects of alcohol will not be allowed in the boat.

The Club has a zero-tolerance policy towards drug abuse. Any member found to be using illegal substances during any club activities will be instantly banned from the club. There will be no reimbursement of membership fees.

The club will be taking out personal accident insurance through the CPGA scheme to cover all members. This will start on 1st August 2023.

Lifejackets are available for the use of all members – non- swimmers are advised to make use of them; coxswains and Junior members must use them.

Prior to the World Pilot Gig Championships (WPGC) on the Isles Of Scilly, novice rowers will only be considered for the WPGC crews at the discretion of the Rowing and Selection Committee.

Priority will be given to WPGC crews at all sessions prior to the event.

Section 2. Club Equipment / Premises

No smoking in the gig shed or around the boats at any time.

Flammable material may only be stored in the gig shed if kept in a suitable container.

The gig shed is to be kept swept and clear of rubbish.

The gig shed is to be secured and gates etc. closed at the end of every session and consideration shown towards farm property & animals etc. keeping any disturbance to a minimum.

All defects found on any club equipment must be reported to the Club Captain or any committee member.

An appropriate number of members must be present in order to manually move the gig & trailer safely.

Members wishing to tow must have an appropriate vehicle, licence and insurance. All tapers are to carry out a visual inspection of the boat and trailer and must display the correct number plate for the towing vehicle. The Club accepts no liability for any unlawful activity.

All members must assist in the launch & recovery of the boats and the correct stowage of equipment.

Section 3. On The Water

All sessions on the water must adhere to the Training Safety Plan.

The Rowing and Selection committee have overall responsibility for activities on the water.

Any decision in relation to safe launching must be agreed by at least two members of the Rowing and Selection Committee, based on seamanship and local knowledge.

If crews are on the water without any R & S Committee members present, then it must be agreed by at least two members of that committee that the crew may continue in the current conditions.

The time of departure and a list of crew members is to be left with a responsible member on shore. If there are no members left on shore, this will be left on shore in the dedicated green dry bag.

The coxswain is to be in total charge of the gig and his / her crew and be of appropriate experience and competency to handle boat in the prevailing conditions. They must also be aware of the abilities and any medical conditions of individual crew members.

If a novice cox is taking a crew out, there must be a competent cox in the boat, whether in the crew or as a passenger.

Charged VHF radios set to Channel 72 must be taken on the water and an initial radio check carried out to establish communication with the shore radio or the radio in the second gig, as appropriate. If only one gig is out and there is no shore base, radio should be tuned to Channel 16.

A competent First Aider must be present at all sessions. A list of current first aiders will be held by the committee, and training sessions will be organised at appropriate intervals.

COVERACK GIG CLUB – TRAINING SAFETY PLAN (updated February 2023)

1) MEMBERS OF THE ROWING AND SELECTION COMMITTEE MUST ENSURE THAT IT IS SAFE TO LAUNCH – CHECK SEA CONDITIONS, TIDE AND WEATHER FORECAST AND ENSURE THAT THE COX AND CREW ARE **COMPETENT** FOR THE CONDITIONS.

IF LAUNCHING OUTSIDE REGULAR CLUB TRAINING TIMES, A MEMBER OF THE ROWING AND SELECTION COMMITTEE* WHO IS NOT PART OF THE CREW MUST BE INFORMED OF LAUNCH TIME AND EXPECTED RETURN TIME AND SUBSEQUENTLY ADVISED OF SAFE RETURN TO SHORE

ENSURE THAT THERE ARE SUFFICIENT PEOPLE TO LAUNCH AND **RETRIEVE** THE GIG(S)

2) RADIO TO BE CARRIED AT **ALL** TIMES.

SET TO CH 72 IF THERE IS A SHORE BASED MEMBER OR SECOND GIG

SET TO CH 16 IF THERE IS NO SHORE BASE

COASTWATCH STATION AT NARE POINT IS ON CH 65 DURING MOST DAYLIGHT HOURS AND MAY BE CONTACTED FOR A RADIO CHECK

MOBILE PHONES ARE RECOMMENDED TO BE CARRIED AS BACK UP

3) COXES AND JUNIORS **MUST** WEAR A LIFEJACKET

4) GRAB BAG TO BE CARRIED CONTAINING THE FOLLOWING :

First Aid Kit

Throw line

Flares

Compass

Knife

Sound signalling device

Exposure Blankets

5) LIGHTS MUST BE CARRIED IF ROWING BEFORE SUNRISE OR AFTER SUNSET

6) ALL CREW MEMBERS REMAIN RESPONSIBLE FOR THEIR OWN SAFETY

NB : HEALTH AND SAFETY IS A COLLECTIVE RESPONSIBILITY – NOT THE RESPONSIBILITY OF ANY ONE INDIVIDUAL

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