



ROYAL CHESTER ROWING CLUB



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## SWIM & CAPSIZE PROCEDURE

***The priority at all times is SAFETY***

This document outlines the procedure to be adopted by Royal Chester Rowing Club (RCRC)

- New members will tick a box on the membership form confirming they can swim 50m fully clothed. This is a self declaration.
- Learn To Row (LTR) participants will endorse the same declaration on the LTR application form.
- Visiting club members will also complete the declaration on the temporary membership form.
- Anyone who does not meet the criteria or is not confident will wear a buoyancy aid.
- Juniors complete a capsize drill & must attend. The drill will be done in the river periodically, but mainly in the summer due to water temperatures.
- Pool based drills will be arranged subject to availability of the facility.
- Junior coaches will make a record of who attends.
- Adults are encouraged to attend capsize drills when arranged and a list of attendees recorded.
- For adults attendance is encouraged, for juniors it is a requirement.