

This plan shows the Exe Estuary and approaches where we conduct most of our rowing. New starters should be made aware of the various hazards, warnings, safety tips and guidance contained in this plan.

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EXMOUTH ROWING CLUB SAFETY PLAN

KEY

-  DEFIBRILATOR
-  NATIONAL COASTWATCH STATION
-  SLIP

Top 10 Safety Tips

1. Check the weather forecast and tides before a planned row.
2. Notify someone of your planned row including times and route.
3. Keep a good lookout when crossing the road with a boat trailer.
4. Cox to have a VHF radio and mobile phone.
5. Check safety equipment before launch (bung, rudder, smoke flare, knife, exposure suit and life jackets).
6. Juniors and non-swimmers to wear blue life jackets and made aware they are inflated by pulling down on the toggle.
7. Maintain a proper lookout by sight and hearing while afloat.
8. Keep to the right hand side within navigation channels, keeping other vessels to port (red), and obey all other navigation conventions.
9. Stay with the boat in the event of a capsize.
10. Look after yourself and your fellow crew at all times.

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Warnings

1. The shortcut from 12 to 17 buoy, through the moorings, should only be attempted when the tide is over 3m.
2. There is fast flowing and turbulent water near Exmouth Dock and up to 13 buoy midway between high and low tide, especially during spring tides.
3. Care is to be taken when launching and recovering boats in Force 4 (13-18mph) E, SE, S or SW winds and tide is above Pole Sand due to breaking waves. With this tide and wind directions if the wind strength is Force 5 (19-23mph) or above it is unsafe to launch.
4. Care is to be taken when launching and recovering boats when the Dawlish wave buoy indicates a wave height between 0.5m and 0.75m and the tide is above Pole Sand due to breaking waves. With the same tide and the Dawlish wave buoy indicating a wave height of more than 0.75m it is unsafe to launch.
5. Large swells prevalent in entrance channel and near Pole Sand in SE, E or NE winds Force 4 (13-18mph) or greater when frequent 'white horses' will be visible.
6. Take care when crossing Pole Sand, at least 3m of tide is required to cross safely to the seaward side of Dawlish Warren. Do not attempt in strong onshore winds.