



Policy: Training

1. RATIONALE AND PURPOSE

1.1 The Torrens Rowing Club recognises the responsibility of members to use both the club and surrounds responsibly

1.2 Members of the Torrens Rowing Club are expected to abide by Torrens Lake and West Lakes rules as set by state and local authorities

1.3 This policy aims to provide guidance on rowing best practice to foster a safe, responsible and egalitarian training environment

POLICY GUIDELINES

2. BOAT LIGHTS

2.1 All members must use a bow (white) and stern (red) light in low-light conditions; the bow and stern lights are available at the TRC Torrens and West Lakes sheds. The bow and stern light must meet all requirements as set by SA law, namely a 360 degree constant white light

2.2 Any member found to be rowing without boat lights when it is dark enough to be required may face a fine or ban from training. This is a significant safety risk.

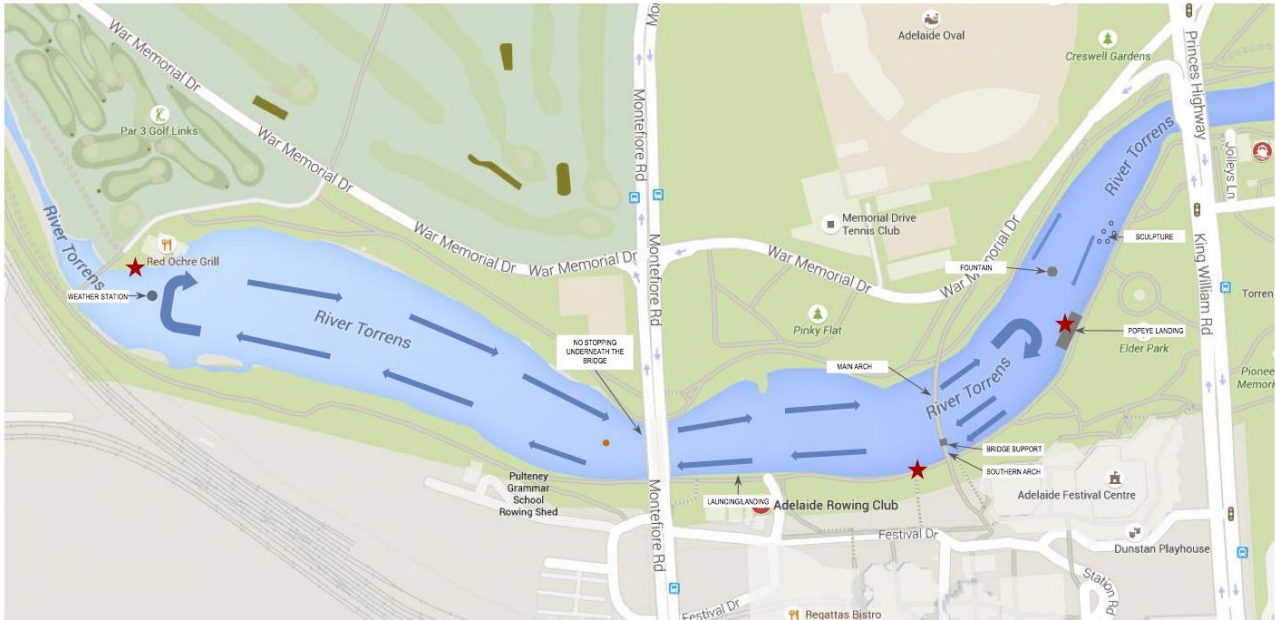
3. RIVER RULES

3.1 All members are expected to familiarise themselves with the preferred training lines for rowing boats to safely navigate obstacles and bridge arches in the Torrens and West Lakes

3.2 Members whose training results in equipment damage due to rowing contrary to the lake rules will be subject to the Boat Use damage policy

3.3 Permissible training lines are detailed in the downloadable PDF, reflecting the below image:

TORRENS LAKE – CIRCULATION PATTERN



★ DESIGNATED COACHING AREA

NOTES

- All crews must travel clockwise keeping their stroke side oars closest to the bank at all times.
- Crews must not stop on the Lake except at the designated coaching areas.
- Crews travelling both ways must travel through the main arch of the footbridge.
- Only crews who are stopping at the designated coaching area to travel through the small arch of the footbridge.
- Always give way to faster crews and do not turn in front of crews.
- Two all-round white lights, attached to stern and bow end must be used in low visibility conditions.
- All crews entering and exiting from the King William Rd bridge to proceed with extreme caution.



3.4 Torrens Lake is an intensively used, community area. All TRC members should be mindful of other activities occurring on Torrens Lake; on occasion the lake will be closed for the purpose of other users, competitions and festivals.

3.5 Torrens Lake is, on occasion, closed for water management purposes (i.e. flood control, algae outbreak). It is the responsibility of TRC members to check [Adelaide City Council notices](#) for such closures.

3.6 TRC members are expected to check weather conditions prior to training. No rowing is to occur in conditions of lightning. As rowing in South Australia is a summer sport, TRC members should be mindful of training in the heat; the [Rowing SA Hot Weather Policy](#) provides guidance on this.

4. LAUNCH AREA USE

4.1 The launch area of the Torrens Lake can be hazardous due to irregularities of the grassed area and the grate at the water's edge. Members will take absolute care when launching and retrieving boats from the Torrens edge.

ROWING TRAINING MAP - A.M. RAMSAY REGATTA COURSE, WEST LAKES



GENERAL COURSE RULES

- Stationary or slower boats must give way to overtaking boats by moving out of their lane (except in the designated 'BOATING AREA')
- When turning, crews must row directly across the course and give way to all oncoming traffic
- It's the duty of ALL crews to ensure that they avoid collisions
- Use your voice and warn other crews of any approaching hazards
- All boats must have lights on both the bow and stern from dusk till dawn

BOATING AREA (Lane 0, 1750m- 2050m)

- Crews boating ON or OFF the course have right of way in this area
- Crews rowing through this area should slow down and expect to be impeded, or preferably choose Lanes 1, 2 or 3 to travel past this area

SAFETY LANE (Rowing Lane 4)

- No rowing in this lane marked by yellow buoys
- Can only be used to cross the course or if avoiding collisions

CYCLING for coaches only

- **EXTREME CAUTION**
- Many children and residents use this path
- Pedestrians have right of way
- Light, bell and helmet are mandatory, as per normal DPTI Rules

NO STOPPING ZONES

- Due to the restricted area adjacent to the Starting Pontoon, no stopping within 30m of the eastern or western ends of the Start Pontoon

NOISE RESTRICTIONS

- ALL rowers/coaches must obey local 'noise' regulations. Please keep noise to a minimum before 7am
- No power megaphones at any time

IT'S EVERYONE'S RESPONSIBILITY TO FOLLOW, AS WELL AS TO POLICE, THESE RULES. THEY ARE TO ENSURE EVERYONE'S SAFETY ON THE WATER

Please report any infractions and incidents to course@rowingga.asn.au
For more information, please refer to WEST LAKES SAFETY POLICY on the Rowing SA Website

5. PONTOON PRIORITY ACCESS

5.1 The pontoon of West Lakes deck can become congested. Rowers will launch and land with efficiency in mind

5.2 When more than one TRC squad is rowing, coaches and athletes are expected to cooperate to expedite landing and launching. Performance squads will have priority access

5.3 Members choosing to row outside the TRC squad structure are expected to give way

6. TRAINING TIMES

6.1 The coach, in consultation with TRC members, will set training times for both the West Lakes and Torrens facility.

6.2 TRC Competition athletes have priority of training times, use of facilities and equipment

6.3 Members wishing to row outside an allocated training session in a club boat must notify the club Captain, or in their absence vice-captain, a minimum of 24 hours prior to training. Members may wish to have a standing arrangement for training outside of scheduled sessions but must notify the Captain (or Vice Captain) 24 hours prior in the first instance (as per the Boat Use Policy)

Version 1

Ratified by TRC Committee 9th January 2017