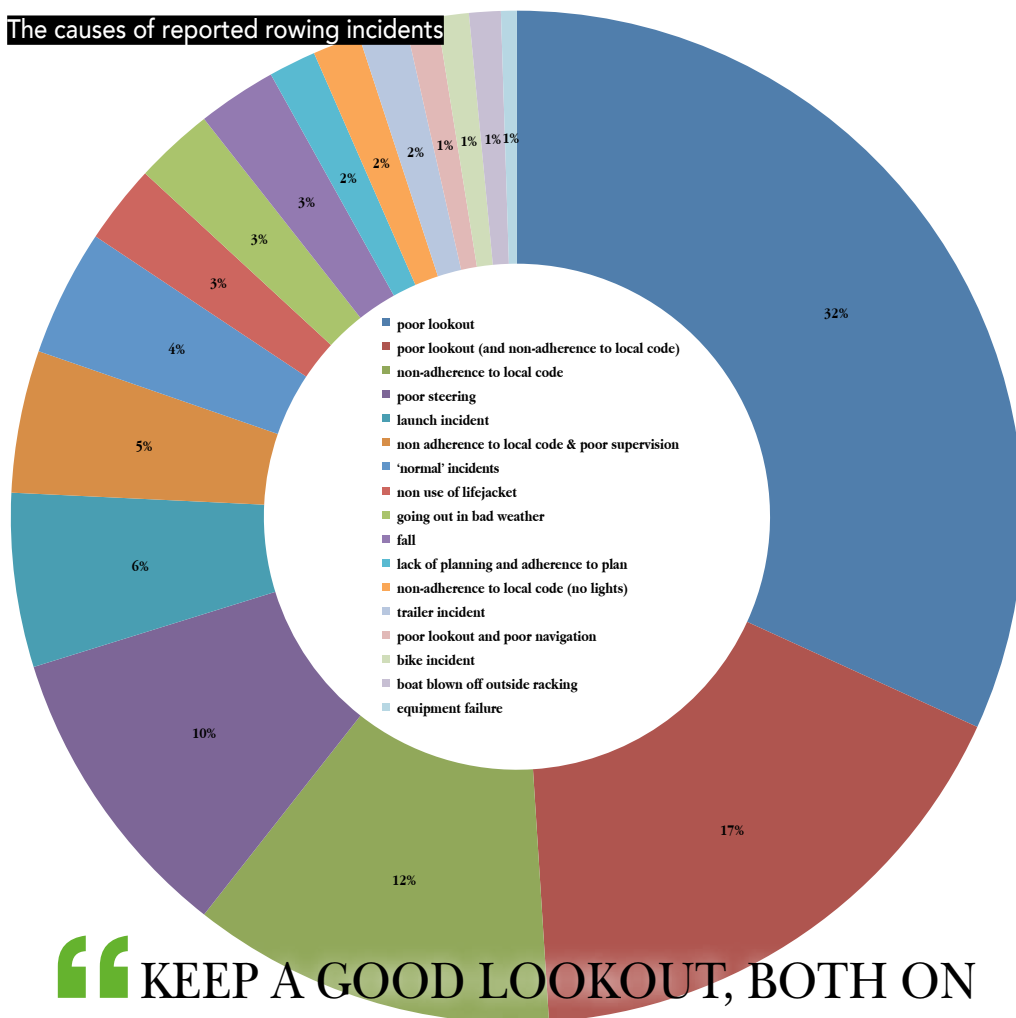


IT'S ROWING, *not the dodgems!*

Almost all collisions last year could have been avoided by simply keeping a better lookout. **Stephen Worley**, British Rowing's Honorary Rowing Safety Advisor, reports

The causes of reported rowing incidents



“KEEP A GOOD LOOKOUT, BOTH ON LAND AND WATER”

Collisions are becoming common and many of them result in injury, or boat damage, or both. Sometimes this injury or damage is minor but too often it results in something more serious.

In 2014 there were 352 collisions with moving objects, mostly other boats, reported via the Incident Reporting System. Of these 21 (6%) resulted in minor injury and a further 28 (8%) resulted in significant injury.

So how do we avoid collisions? A recent analysis of significant incidents – all except simple capsizes – shows that the most common causes are not keeping a good lookout, not following the circulation plan or doing both at the same time.

Here is a five-point plan that we will explore in more detail in future issues:

1. Keep a good lookout, both on land and water. Listen as well as look.
2. Be conspicuous, by day and night. Make it easy for others to see you.
3. Review the circulation plan. Know where you are and where you are going.
4. Follow the circulation plan at all times.
5. Employ coaches and helpers: they can help to spot hazards and warn rowers.

Check out this new video on the British Rowing YouTube channel – www.youtube.com/watch?v=Ahal1G3R7jE

IN SHORT...

Registration is now open for a special pageant – **Magna Carta 800th The River Relay** – celebrating the signing of the Magna Carta at Runnymede. The flotilla will navigate from Hurley in Berkshire to Runnymede on 13 and 14 June. If you would like to take part, applications are open until 28 February. The entry fee is a flat rate for adult crews of £60 per boat and for the juniors, under 18-years-old, £40 per boat. More at www.thamesalive.org.uk/magnacarta

Fancy picking through the **Rowing & Regatta archives**? Good news – they're now available for free to British Rowing members on RowHow! Two articles will be added to RowHow each month, with January's including a focus on indoor rowing and coping with seasonal illnesses. Take a look at www.rowhow.org/course/view.php?id=133

Calling young, talented athletes! Applications are currently open for GLL Sport Foundation funding – the largest independent athlete support programme in the UK. You have until 20 February 2015 to apply for financial awards of up to £1,250. Find out more at www.gllsportfoundation.org

A community rowing project is currently underway in Cambridge, in which a group of schoolchildren are repairing a boat previously used to row the length of the Amazon before rowing it down the Thames. Follow the group's progress at www.facebook.com/ParksideRowingChallenge

Birmingham has played host to a new **Rowing And Canoeing Event – RACE**. Fifty students from four West Midlands colleges attended the event, which included endurance races, team relays and sprints in both sports. To see how they got on, visit www.britishrowing.org/news/2015/january/8/race-roaring-success-birmingham

Are you a rower on the **Medway and Swale**? The Medway & Swale Boating Association, in partnership with the RYA, is holding a conference for up to 300 people on 7 March 2015. Visit www.msba.org.uk to find out more and book your ticket.