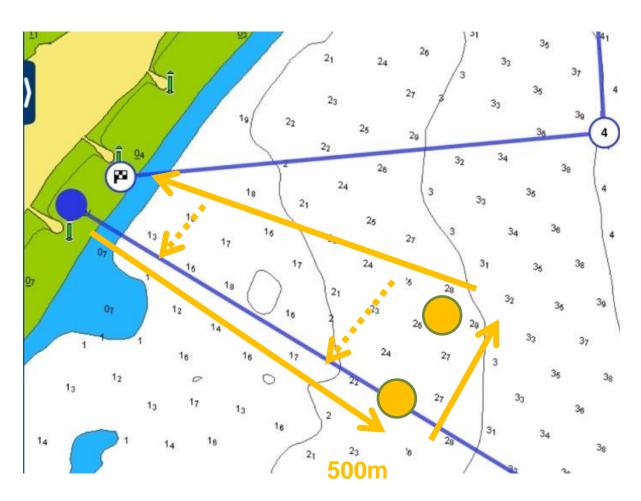
Saturday Training Zone



When turning back onto the main track give way to oncoming traffic



All boats must sign in and out.

There is no safety cover out side of the training zone

If you chose to go beyond the Training Zone it is important that you follow your club rules for training and assess the risks.

BRITISH ROWING