



OSH – Safety Rules for the Boathouse

Rowing Club Slavia Praha

Location: Nábřeží 87/2, 150 00 Praha 5–Smíchov

Purpose: To ensure safe behaviour within the boathouse area, during boat and oar handling, throughout training, and after returning from the water.

Applies to: All athletes, coaches, assistants, and visitors.

Responsibility: Everyone using the facility is expected to follow these rules and the instructions of coaches or facility managers. Failure to do so may result in temporary suspension from training or equipment use.

1) Safe behaviour in the Boathouse

- **Moving around the boathouse:** Always walk. Do not run or push. Floors may be wet and slippery.
 - **Order and cleanliness:** Keep passageways clear. Do not leave equipment in walkways. Wipe up spilled water immediately.
 - **Appropriate clothing:** Non-slip footwear is recommended. In cold weather, wear suitable layers and a hat. Long hair must be tied back. Avoid loose drawstrings and jewellery.
 - **Prohibited:** Alcohol, drugs, smoking, and open flames are not allowed anywhere on the premises. Do not interfere with electrical installations unless authorised.
 - **First aid & fire safety:** The first aid kit, fire extinguishers, and emergency exits are clearly marked (see facility map).
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2) Handling Boats (Respect for Equipment)

- **Taking out and returning boats:** Always follow the coach's or facility manager's instructions. Return boats to their assigned rack space.
 - **Carrying boats:** Minimum two people (for an eight-oared boat, follow crew coordination). Stay aware of corners, doors, and people around you.
 - **Equipment check:** Before launching, check the fittings, nuts, seat tracks, bolts, shoes, and gates.
 - **After training:** Rinse the boat with fresh water, wipe it down, and leave it to drain. Check for any damage and report it.
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3) Oars – Use and Storage

- **Choosing oars:** Make sure you take the correct type and length (single scull or pair).
- **Handling:** Do not leave oars lying on the dock or around the boathouse.

- **Returning:** After training, place them neatly in the designated rack space. Keep pairs together and avoid damaging blades by hitting the ground.
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4) Logbook – Water Record

- **Before going out:** Enter the date, boat name/type, crew members, and departure time.
 - **After returning:** Record the return time, approximate distance, and any issues or incidents.
 - If anything, unusual happens (delay, equipment issue, route change), inform the coach or facility manager.
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5) On-Water Safety (Rowing Guidelines – Summary)

1. **Plan:** Only go out in suitable conditions (wind, current, visibility).
 2. **Dress properly:** Wear appropriate layers. In winter, use thermal clothing. Bright or visible colours are recommended.
 3. **PFD (Personal Flotation Device):** Recommended for beginners, young rowers, cold water conditions, and solo outings.
 4. **Navigation rules:** Follow local navigation rules, keep to the right, and stay aware of other traffic.
 5. **Communication:** Use clear commands within the crew. Use lights or sound signals when rowing in poor visibility.
 6. **Safe distances:** Keep a safe distance from other boats, locks, buoys, shallow areas, and obstacles.
 7. **No headphones:** You must be able to hear instructions and your surroundings at all times.
 8. **Hydration:** Bring water. Drink regularly in hot weather. In winter, consider a warm drink.
 9. **Health:** Do not go out if you feel unwell, have a fever, or have consumed alcohol.
 10. **Know your limits:** Do not overestimate your abilities. Return immediately if conditions worsen.
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6) Capsize Procedure – What to Do

Objective: Stay calm, remain with your boat, signal for help, and exit the water safely.

1. Stay calm: Take a breath and avoid panic. The boat will float — hold on to it.
 2. Free yourself: Release your feet from the shoes if secured. Do not attempt to right the boat immediately in strong current.
 3. Signal for help: Raise your arm or call out to attract attention from your crew or the coach on the accompanying boat.
 4. **Rescue:**
 - If a coaching escort boat is nearby, wait for instructions.
 - If you are close to the shore or dock and it is safe to do so, swim the boat to shore (do not let go of it).
 5. Cold water: Reduce movement to conserve heat. If wearing a PFD, assume the HELP position (knees drawn to chest).
 6. After recovery: Assess your condition, stop training, change into dry clothes, inform the coach, and record the incident in the logbook (including location and cause).
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7) After Returning – Care for Equipment and Surroundings

- Landing: Approach the dock slowly and be mindful of others.
 - Remove the boat according to crew instructions. Do not rest blades on the edge of the dock.
 - Cleaning and check: Wash the boat, inspect it for damage, and report any issues.
 - Storage: Return the boat to its assigned rack and store oars properly.
 - Keep the area tidy: Leave the dock clean, roll up hoses, and secure doors and windows as required.
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8) Weather, Risk Conditions and Restrictions

- Do not launch during: Storms, heavy fog, strong winds, large waves, ice, floating debris, or flood conditions.
 - Final decision: The coach or facility manager has the final word. For solo rows, follow a simple rule — if in doubt, do not go out.
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9) Youth and Beginners

- Coach supervision is mandatory.
 - A PFD may be required depending on conditions and the coach's decision.
 - No solo outings without the coach's approval.
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10) Incident Reporting and Maintenance

- Any incident, injury, or equipment issue must be reported immediately to coach or facility manager and recorded (who, when, where, what happened, cause, action taken).
 - Prevention: Regularly check bolts, fittings, seat wheels, shoes, and gates.
 - Medical conditions: Inform your coach about allergies, asthma, injuries, or other relevant conditions.
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11) Contacts and Emergency Procedures

- Emergency numbers: 112 / 155 (Medical), 150 (Fire Brigade), 158 (Police).
 - Boathouse address: Nábřeží 87/2
 - Coordinators/DESCRIPTION of access for IZS: 61383236
 - Contacts: Facility manager, Head Coach, OHS responsible person)
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A) “Rower’s Ten Rules” – Noticeboard Poster (Short Version)

1. Sign the logbook – plan your session, list the crew, record your return.
2. Take the correct boat and oars and check everything before you go out.
3. Keep to the right and stay aware of other traffic.
4. Maintain a safe speed. No headphones.
5. Stay visible – use lights or reflective elements when needed.
6. Dress appropriately and stay hydrated.
7. Respect the weather – if conditions worsen, head back.
8. If you capsize, stay with your boat and signal for help.
9. After training, wash, dry, and store the boat and oars properly.
10. Report and record any damage or issues.

B) Selected Prohibitions (For Clarity)

- No alcohol, drugs, or smoking on the premises or before training.
- No jumping from the dock into the water, no dragging boats on the ground, and no leaving oars on the dock.

C) Training Checklist (To Be Signed by Coach)

- Tour of the facility and location of first aid kit/fire extinguisher
- Logbook procedure – entry before and after rowing
- Handling boats and oars (taking, carrying, rinsing, storage)
- On-water rules and capsize procedure
- Weather awareness and operational limits
- Incident reporting and emergency contacts

