



Barnstaple Pilot Gig Club

Rower's Information, Guidance & Advice.

Firstly we would like to take the opportunity to welcome you to the “Barnstaple Pilot Gig Club” and trust you will enjoy all the aspects of this Club.

Barnstaple Pilot Gig Club is committed to a health and safety management based on a common understanding of risks and how to control them. The Club recognises that health and safety is achieved through the management and co-operation at all levels of the club. The Club recognises that health and safety is everybody's responsibility.

The Club is affiliated to the CPGA, Cornish Pilot Gig Association, therefore falls under a guideline criteria laid down by the CPGA.

The website, www.barnstaplepilotingclub.co.uk is available to all and clearly lays out the Clubs criteria and policy. On the website you will find the Clubs Business Plan along with its Constitution, Equity & Fair Play Policies. We would ask that you take the time to read and digest these Policies to familiarise yourself with the rules of the Club and your responsibilities there in.

You will also see on the website the CPGA “Water Safety” by clicking on this it will allow you to access the full CPGA “Health & Safety” and “Water Safety Guidelines” we cannot emphasise enough the importance of H&S attached to Gig rowing both on and off the water. We **ask** that you read the Policy, H&S responsibilities rests with us **all** by way of looking out for **all** other persons safety at **all** times, we ask that you inform, report and/or remove things that have a potential risk to you or others.

On the Water

We would like to draw your attention that whilst you are on the water the coxswains are responsible for the crew safety at all times. Therefore instructions given by the coxswains must be adhered to and their word is deemed as final.

The “Safety Equipment Bag” carried on Gigs, contains a basic first aid kit, life jacket, grab line, flares and thermal blankets the bag is located in the rear of Gig.

Life jackets are available at your request they are not mandatory other than any persons under the age of sixteen and coxswain if person under the age of sixteen in the boat. Please formalise yourself with the lifejacket and wearing instructions.

Suitable and adequate clothing is to be worn to protect you from all weather conditions you are likely to encounter (including sun protection) whilst rowing through out the year. Please note that weather conditions can be notably different between the shoreline and out on the

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water, layers of clothing are the most suitable as you are then able to adjust accordingly; coxswains may cancel your row should they feel you are not suitable clothed.

Off the Water

Transporting the Gigs from the Gig shed to the water using the bogies (a two wheeled trolley) We would like to draw your attention to this process and the risk elements that may occur:

- x Lifting the Gig on/off the bogies ensure you lift with straight back and lift together
- x Lift in a suitable position to allow bogies wheels to be located safely, minding your feet/legs.
- x Be aware of traffic and other pedestrians when transporting by road.
- x Slipways may have debris on them e.g. seaweed, sticks, sand or mud so caution required when launching/retrieving Gig.
- x Suitable footwear is advised when entering the water to launch/retrieve the Gig, chill factor can affect people, Wellingtons or change of footwear advised.

*Please note that lifting of the gig is **NOT** permitted for people who are pregnant or under the age of fourteen.*

Accident/Incident Log Book

All Accidents/Incidents, including "Near Misses", are to be recorded in The Accident Log Book which is located in the Gig storage shed.

In Case of Emergency:

Nearest Life Buoy, is located on wall at entrance of adjacent car park at the Castle Quay slipway.

Nearest Public Telephone, is located outside the Old Bus Station Café, go up slipway along footpath/cycleway towards the old bridge approx 400m, Old Bus Station Café will be on your left, phone box just past it on left.

First Aid kit in each gig and in gig storage shed.

Nearest Defibrillators:

- Barnstaple Rugby Club EX31 1JH
- Sainsburys EX31 3NH
- TM Fitness EX311JP(Manned hours only)

Thank you for taking the time to read this information and happy safe rowing to us all.

July 2019