

## **Junior Rowing Policy**

### **On-Water Rowing**

- Before children are able to row in the gigs they must -  
Be able to carry an oar unaided  
Be able to climb in and out of the gig unaided  
Be able to comfortably reach the stretchers with their feet
- Primary school aged children (Year 6 and below) are not permitted to race in gigs. (In accordance with the *“British Rowing Policy Statement : On-Water Rowing by School Children”*).
- Children are permitted to row at the discretion of coaches based upon suitable weather and sea conditions and the experience and competence of individual rowers.
- Buoyancy aids must always be worn in gigs by children under the age of 17.
- Parents / guardians must not leave children unattended at training sessions unless a coach is present.
- It is the responsibility of parents / guardians to inform coaches of any medical conditions, injuries and disabilities which a child may have along with any medication which the child may need.

### **Fitness Suite**

- Children under the age of 16 are not permitted to use the Fitness suite unless they are supervised by an adult.
- No primary school aged children are permitted to use the indoor rowing machines. (In accordance with the *“British Rowing Policy Statement : Indoor Rowing by School Children”*).
- Coaches have the right to turn away children from Fitness Suite training sessions on the grounds of safety in order to comply with the following adult : child ratios -

Ages of children	Number of children	Number of adults required
4 - 8 Years	6 or less	1
9 -12 Years	8 or less	1
13 - 16 Years	10 or less	1

- Rame Gig Club and coaches accept no responsibility for the safety of children if they leave the Fitness Suite during training sessions.
- Parents / guardians must not leave children unattended for training sessions in the Fitness Suite unless a coach is present.
- Parents / guardians must be present for all Fitness Suite inductions for children under the age of 16.

7th May 2017 2017