



## COLD WATER & WEATHER BOATING DYNAMIC RISK ASSESSMENT & GUIDANCE

Individual Coaches are to dynamically risk assess each training session for their athletes (*Please refer to NOP*)

### J14 & J15 Crews boating in less than 6 degrees Celcius Water & Air Temperature

- Small boats are not permitted. These include Single Sculls, Double Sculls, Pairs & Canoes.
- Large boats including Quadruples & Octapules with appropriate competency are permitted in light winds.
- Crews are to turn at 1000m to return to the Boathouse, following the Circulation Plan (Navigation Plan).
- Boating, of any size boat, is not permitted if the outside air temperature is below 0 degrees Celcius.

### J16 Crews boating in less than 6 degrees Celcius Water & Air Temperature

- Small boats are not permitted if the Coach deems the crew to be novice or unskilled. These include Single Sculls, Double Sculls, Pairs & Canoes.
- Coaches who deem their J16 Crew, Athletes & Coxes to have competent watermanship skills can row all boats.

### J18 & Adult Crews boating in less than 6 degrees Celcius Water & Air Temperature

- Small boats are not permitted if the Coach deems the crew to be novice or unskilled. These include Single Sculls, Double Sculls, Pairs & Canoes.
- Coaches who deem their J18 Crew, Athletes & Coxes to have competent watermanship skills can row all boats.

Capsize Drills are not permitted in water temperatures less than 14 degrees Celcius