



DORNEY LAKE

ROWING & CANOE TRAINING

Session Information, and Safety Guidelines

2025

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MAKING A BOOKING

To make a booking for our General Rowing Sessions, please contact our Reception Team on-

01753 370370 or rowing@dorneylake.co.uk

We request that only the Coach makes the booking, where we will ask for a contact telephone number should we need to contact the coach on the day of your booking as well as information on the number of athletes, boats, and trailers expected.

SESSION PRICES

Sessions are priced at the following, per athlete - (We do not charge for Coxes)

2025 Prices-

Adult - £9.80 per athlete, per session
Junior (under 18) - £6.20 per athlete, per session

We take many methods of payment including credit card (except American Express), debit card and invoice. Any clubs that would like to have an account set-up for invoicing purposes will need to contact the Reception Team. Please note that all invoices are on a thirty-day payment term and any late payments may result in restricting the clubs access to the lake for training purposes.

HIRING THE RETURN LAKE

- Hiring the return lake is only possible within our normal lake operating hours, and dependant on availability. Our normal operating safety policies, weekday and weekend session timings; all still apply when hiring the return lake.
- The maximum number of boats, in total on the return lake at any one time, is 50 boats.
- Novice and inexperienced crews in small boats are not permitted, under cold water guidelines.
- You are welcome to invite other clubs to join you, however, they must pre-book with us as per the usual process and we cannot guarantee availability for them due to, for example, available trailer parking.
- Each club's coach should report to Reception to book in all athletes, note the lake circulation plan (navigation plan), and be made aware of any safety information by the Reception Team before any athlete from their club goes afloat. No person shall access the water until this has been completed and bow numbers have been issued. This applies to each individual club training in the return lake.
- Any crews without a Dorney Lake issued bow number and/or have not booked in at Reception, and/or are not following the circulation plan (navigation plan) will be asked to leave the water immediately.

Entire Use hire of the Return Lake is priced at:

2025 Prices-

£485 per session
The 'per athlete' charge is payable in addition to the hire fee

SESSION TIMINGS

Weekday Bookings

Summer Session Timings

Morning session – 08:00 to 12:30
Afternoon session – 12:30 to 16:30

Winter Session Timings

Morning session – 08:00 to 12:00
Afternoon session – 12:00 to 16:00

Session Timings are subject to change at any time dependant on other activities taking place at Dorney Lake. We will endeavour to make you aware of any changes as soon as possible.

We do not require a minimum number of athletes to open during the week.

Reception and Changing Rooms will close at 16.45. If athletes are to be collected after the session e.g. parent pick-up, please note access beyond the security barrier at our main entrance will not be possible after this time.

Weekend Bookings

Session Timings

Morning only session – 08:00 to 12:30

For weekend rowing bookings, we require a minimum number of 60 athletes in order to run the session. Alternatively, if the minimum requirement of 60 athletes is not met, a club/clubs can agree to pay the minimum opening fee of £560 for 2024 bookings, and £590 for 2025 bookings.

To assess if we have reached the minimum requirements to open, clubs must provide and confirm final athlete numbers to us by Thursday noon of that week. Club/s will be invoiced on the confirmed number of athletes as a minimum charge. Cancellations made after Thursday noon will also be invoiced on the confirmed number of athletes as a minimum charge.

The decision on whether to open/close for the session will be communicated with all clubs with a provisional booking via email.

Reception and Changing Rooms will close at 13.30. If athletes are to be collected after the session e.g. parent pick-up, please note the security barrier at our main entrance will close at 14.15. Access beyond the barrier will not be possible after this time.

We kindly ask that all crews are promptly off the water 12.30, and bow numbers are returned to reception as soon as possible. If a club is repeatedly late off the water, this may result in restricting the clubs future access to the lake for training purposes.

ARRIVING FOR YOUR GENERAL ROWING SESSION

- The club's coach in charge of the booking should report to Reception to book in all athletes, note the lake circulation plan (navigation plan), and be made aware of any safety information by the Reception Team before any athlete from their club goes afloat. No person shall access the water until this has been completed and bow numbers have been issued.
- Any crews without a bow number and who have not booked in, or are not following the circulation plan (navigation plan) will be asked to leave the water immediately.
- For your safety, all bow numbers must be returned to Reception at the end of each session. Bow numbers not returned will be charged at £6 (£5 + VAT) per number.
- All rowing trailers, boats, and equipment must leave site after your session, or block booking of sessions has finished. If a trailer is left behind, this can severely impact other activities within the venue and the owner will be contacted to return to site to remove the trailer.
- Following recommendations from our Safety Auditors, the Duty Manager may conduct random spot checks on crews' heel restraints and bow balls.

All coaches must have a bicycle to follow their crew whilst on the water with a throwline.

Coaches must also carry a mobile phone to alert the duty manager if there is a capsiz -

THE EMERGENCY SAFETY PHONE NUMBER IS 07961 994442

GOING AFLOAT FOR YOUR SESSION

- **The Coach must be familiar with and implement 'RowSafe' whilst their crews are on the lake.**
- Coaches are responsible for ensuring that their boats are safe and are prepared to the required standards at all times including practice.
- Crew and boating activities should be dynamically risk assessed by the club coach, depending on the level of crew competence and weather conditions.
- Rowers must never be left unsupervised whilst on the lake.
- Coaches should be fully aware of the lake safety system in place and ensure that the rules for lake use are observed. A copy is displayed in Reception.
- Rescue boat service and safety procedures in the form of the Normal Operating Plan (NOP) and the Emergency Action Plan (EAP) are explained to the visiting coach when they register their crews with reception. A summary of both is shown in Reception and on the notice board outside Reception.
- Emergency points are situated at 500m intervals around the Lake. EPs have emergency contact telephone numbers and two throw lines housed in a container.
- In the event of a capsiz that cannot be righted, rowers must remain with their craft until the rescue boat arrives, where they will be collected and if necessary taken back to the Boathouse.

ADVERSE WEATHER CONDITIONS

Lightning Storms

- In the event of thunderstorms where the flash-to-bang time is longer than 30 seconds, no action is required.
- If the flash-to-bang time falls to less than 30 seconds all users of the lake should return to the pontoons near the main Boathouse, secure the boats and wait in the Boathouse.
- If the flash-to-bang time falls to less than 10 seconds all users of the lake should take their boats to the nearest side of the lake, secure the boats and walk to the Boathouse where they will wait until the weather clears.

Fog

- If The Lake is 'Fog Bound', i.e. Navigation on the lake is considered dangerous. rowing boats and canoes will not be permitted afloat. There will be no permitted use of the lake if the finishing tower's (Olympic Suite) internal furniture is not visible from within the Reception office.
- If the fog lifts and the above requirements are satisfied, the Duty Manager will permit the crews onto the lake for training. There must be a constant of 5 minutes whereby the finishing tower internal furniture is visible from within the Reception office.
- If fog draws in again and the lake becomes dangerously fog bound - again, the Duty Manager will stop crews boating and proceed to evacuate the lake. The Duty Manager will communicate with the boats afloat using a megaphone from the safety launch, motoring slowly along the safety buffer lane. Crews will be asked to complete their loop (no turning mid-way) and return to the Boathouse pontoons.

Cold Water

- Please refer to our Cold Water Guidance.

COLD WATER & WEATHER BOATING DYNAMIC RISK ASSESSMENT & GUIDANCE

Individual Coaches are to dynamically risk assess each training session for their athletes

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 Quads & Octos 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 16 degrees Celcius

