



NORTH KESSOCK
Rowing Club

NORTH KESSOCK ROWING CLUB RULES

1. Subscriptions – As per NKRC website
2. No member shall be entitled to move any boat except for bona-fide use.
3. No member shall take a boat out of North Kessock without authorisation from the Committee.
4. Any dispute about use of a particular boat shall be settled by the Chair.
5. All members must be aware of, and adhere to the Clubs Health & Safety Policy.
6. The Cox in any boat is in charge of the crew although they are responsible for listening and responding to the needs of the crew.
7. Appropriate clothing must be worn. A wind and waterproof jacket must be taken. No heavy fleeces or denims must be worn as these are very heavy when wet.
8. When taking a boat out the Cox must have checked the weather forecast and the state of the sea and tides before departing. All crew are responsible for checking tide times, tide flow, swell, weather conditions & forecast before heading out.
9. The cox will phone the Aberdeen Coastguard (01224 592334) before each session to let them know which boat, expected duration, number of people, expected location etc and call in to confirm safe return.
10. The Cox must check that all crew are wearing a correctly fitted and serviced life jacket and that they are aware of its operation.
11. The waterproof kit bag, including radio & safety equipment must be taken out on every trip. The Cox should check the radios battery indicator before heading out, and leave the radio switched on (channel 16 if alone or M1 if other boats are out) for the duration.
12. Visitors from other clubs may use the Clubs boats whilst under the supervision of a NKRC member.
13. Non-members are allowed 2 free rows before joining the club. They should be aware that they row NKRC craft at their own risk.
14. Only two inexperienced rowers can be taken out at a time and should sit in positions 2 & 3.
15. All crew have a responsibility to behave appropriately with regards to the safety of the crew and boat, and must not be under the influence of alcohol or drugs.
16. Every member when landing from a Club boat, or a boat being used by the Club, shall assist in cleaning and housing it, and in doing so shall follow directions from the Cox.
17. The radio battery must be checked on return to see if it needs charging.
18. Any damage to the boat(s) or other equipment must be communicated by the cox to the maintenance co-ordinator.
19. Any person breaking or damaging items belonging to the club by negligence or improper usage shall pay a sum towards repair or replacement as directed by the committee.
20. Any person breaking the rules may be asked to explain their actions to the committee who may require suspending or cancelling that person's membership.

Alterations to the rules

The Committee may make temporary changes to these rules at their discretion. Temporary changes shall be submitted to the next general meeting of the club for approval. Permanent changes to these rules shall not be made without the consent of a simple majority of the members present and voting at a general meeting called for that purpose.