



## Site Rules

Please remember these rules are to protect you and the other users of the site. They are meant to enhance the enjoyment of your visit and to keep you safe. They are meant to protect both your property and that of others. Please take time to read and understand them.

### Everybody must :-

obey all verbal and written instructions issued by the Lead or Assistant Coach or member of staff on duty  
wear appropriate personal buoyancy when on or near the water (if capsized test not completed),  
wear shoes and suitable clothing for the conditions,  
take care at the water's edge as it may be slippery,  
report accidents to the Lead or Assistant Coach or member of staff on duty,  
report damage, faults or concerns to the Lead or Assistant Coach or member of staff on duty,  
wash hands before eating,  
respect all the wildlife and fauna within and around the site,  
respect other users and their enjoyment,  
respect Club equipment.

### must not:-

leave valuables in the changing rooms,  
run,  
swim,  
smoke in the Club buildings or when attending a session,  
eat or chew gum when on or near the water,  
throw stones,  
cause a nuisance to other users or to neighbouring properties e.g. house boats

### Warnings

All inland waters and surrounding areas are susceptible to Weils Disease and Blue Green Algae. Group members should always wash their hands before eating.

### Swimming Ability

Participants must be able to swim 50 metres in light clothing. If participants have not completed a capsized test a buoyancy aid will need to be worn and these are provided by the club. When water activities are taking place a rescue launch boat will be available if appropriate. Coaches will carry throw lines and thermal blankets.

### Further Information

Why not visit the club to see what's available and to discuss your needs. For further information, please do not hesitate to contact the Head of Schools' Programme at [schools@learc.org.uk](mailto:schools@learc.org.uk)

Lea Rowing Club Limited  
The Boathouse  
Spring Hill  
Clapton  
London E5 9BL

Website: [www.learc.org.uk](http://www.learc.org.uk)