



# Rowing

## Going rowing?

Rowing is a popular pastime in the Broads, whether just for a pleasant trip along the river, a simple means to get to your favourite fishing spot, or as a competitive sport.

Rowing boats can be hired from a variety of places throughout the Broads - look in the Broadcaster visitor magazine or the Broads Mini-Guide or visit the Broads Information Centres.

### Remember:

- Make sure everyone wears a life-jacket at all times, even for short journeys and ones which you do regularly.
- Let someone know where you are going and when you are safely off the water - even for short journeys.
- Wear sensible shoes and clothing.
- Supervise children.
- Take care getting in and out of the boats - step to or from the middle. Don't rock the boat.
- Don't overload your boat and distribute weight evenly.
- Please follow the rules of the river and stay on the right hand side of the river.

## Competitive rowing

There are heavily used racing and coaching areas indicated by these signs.

There are several rowing clubs located around Norwich, Beccles and Oulton Broad. If you would like to find out more, contact the Amateur Rowing Association on 0870 060 7100 or [www.ara-rowing.org](http://www.ara-rowing.org).

All rowing boats and coaching craft must follow the Broads Authority Byelaws and Amateur Rowing Association Water Safety Code, but here are a few points to help all navigation users:

- All rowing boats and coaching craft must be lit at all times during restricted visibility and after sunset and before sunrise.
- Be courteous when entering other designated water sports zones, and if possible train at alternate times.
- Be aware of people fishing and be considerate when passing them.
- Allow plenty of space when overtaking motor boats.

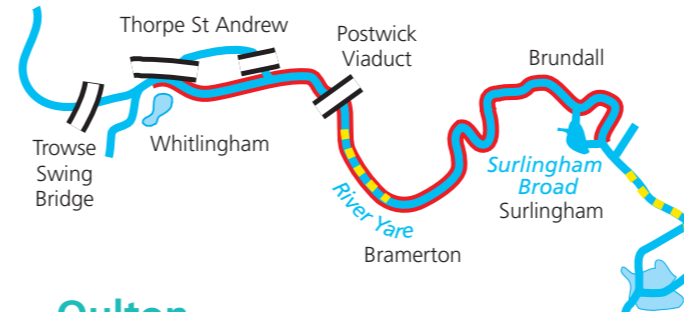


competitive rowing area

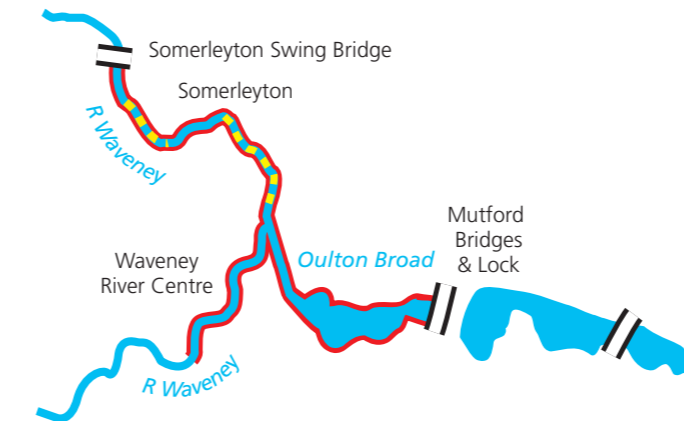


waterskiing area

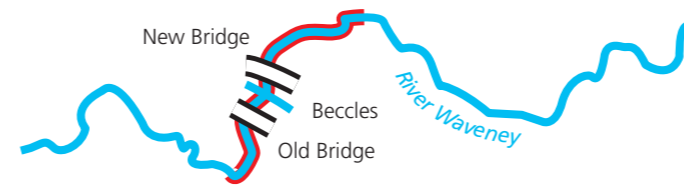
### Norwich



### Oulton



### Beccles



## Out for fun?

- Keep a good lookout for potential hazards and other river users, particularly in heavily used areas and areas designated for competitive rowing. Be aware of potential blind spots for other river users - although you might be able to see them, they might not have seen you.
- If you're in a group, look where you're going and don't spread across the river.
- Take a torch and spare batteries if you'll be returning after dark.
- Don't drink alcohol while out on the water - judgement is impaired, awareness and reaction times are reduced, you're more likely to trip, slip and fall - and if you fall overboard it's very difficult to swim.
- Private boat owners need a Broads Authority licence to use the navigable waters of the broads and rivers.
- Check at the Broads Information Centres or the Broads Authority website for launch sites.

## Out fishing?

- Don't moor mid-channel or on blind corners.
- Don't fish near power lines - LOOK OUT, LOOK UP!



## Help!

Try to take a mobile phone, make sure it is charged and know your number.

### Useful numbers

<b>Emergencies</b> .....	999
<i>Coastguard, Police, Ambulance, Fire</i>	
<b>Problems/advice</b> .....	Broads Radio Control
<i>Broads Authority</i>	01603 756056
<b>Police</b> .....	0845 4564567
<i>non-emergency number for crime and anti-social behaviour</i>	

If you have to telephone in an emergency be as specific as possible about your location. Give:

- the name of the boat
- how many people are on board
- the name of the river
- the nearest village
- any nearby landmarks/post number
- the nearest 24 hour mooring site - this may include a grid reference



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Further information, Byelaws and Better Boating DVD available from the Broads Authority, Dragonfly House, 2 Gilders Way, Norwich NR3 1UB tel 01603 610734 fax 01603 756069 [broads@broads-authority](mailto:broads@broads-authority) [www.broads-authority.gov.uk](http://www.broads-authority.gov.uk)

