

2.1.2020

Dear All Affiliated Clubs and Coaches,

REMINDERS TO KEYHOLDERS AND CLUBS
EARLY MORNING TRAINING ON THE SHING MUN RIVER

INTRODUCTION

The HKCRA is keen to encourage club crews to practice on a regular basis and provides **authorized Club Keyholders and their rowers** with access to the Sha Tin and Jockey Club Shek Mun Rowing Centres for early morning training. It should be noted however that some restrictions apply to all training outside of general opening hours. Please kindly ensure that your members pay close attention to the following:-

Training Period

Early Morning Training generally is from 06:00am to 08:30am on weekdays and on weekends - **unless the Rowing Centres are closed for any special reason/event. (For more details, please refer to the monthly centre notices).**

COMPETENCE

The early morning time-slot is intended to facilitate regular training of more experienced crews. **Novice crews and beginners are not permitted to row at these times.**

As a general guide, crews should be able to maneuver their boats quickly and effectively, and not obstruct the training of others. Those not yet competent to take part in a regatta, those with very limited experience, scullers who are not able to get back into their boats after capsize, young juniors (except HKG squad under supervision of HKSI coaches), and others of a similar standard are **NOT** permitted to train outside regular centre opening hours.

All juniors must be under the direct supervision of a suitably qualified adult coach and must meet the required competence standards if involved in early morning training.

TRAFFIC RULES

Crews shall obey the standard HKCRA traffic rules at all times. Special care should be taken near the pontoons, near bridges and at turning points. Crews should not obstruct the bridge arches.

Slow or stationary crews must actively give way to faster crews, or give an early, loud shouted warning if this is not possible. Crews should not row too close to the centre-line of the river or use the middle arch of the bridges.

At low tide, crews should also avoid rowing too close to the river bank where there are mud banks and shallow areas which might cause boats to run aground.

Special care must be taken to avoid obstructing Hong Kong Squad crews undertaking training pieces or time-trials. **Crews are required to follow all reasonable instructions given by Hong Kong Squad coaches in this regard.**

LIGHTS

All boats must display lights between sunset and sunrise (see Hong Kong Observatory website for times). Please remind your crews that the Marine Department requires **lights to be white in colour, have a 360-degree lens, and to shine continuously.** The light should be mounted at, or as near as possible, to the boat's bow number plate holder. To avoid any confusion, please do NOT use flashing lights, lights of different colours, lights with single-direction lenses, or lights mounted in different locations - such as on the body, riggers, washboard etc.

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NOISE

Crews, coxwains and coaches should take care to limit noise levels – especially close to, or facing, residential buildings.

COACHING

Coaches accompanying crews on bicycles are required to keep on the cycle paths at all times. **Cycling on the pedestrian footpath is strictly forbidden at ALL times.** Great care should also be taken to avoid accidents, or any inconvenience to members of the public, particularly elderly persons who might wander onto the cycle paths.

Coaches bicycles should be equipped with lights at night, and coaches are strongly advised to wear appropriate safety helmets when cycling.

WEATHER

Coaches and crews should pay attention to weather bulletins issued by the Hong Kong Observatory and follow the respective safety guidelines and rules issued by the Association from time to time.

COMMUNITY AWARENESS

Rowing has long been part of the community in Sha Tin and along the Shing Mun River. It is important that our sport presents a positive image at all times and integrates harmoniously into the local environment. Maintaining a friendly relationship with our neighbours and the general public is the responsibility of all. Crews and coaches should be polite at all times and any incident should be reported to the Association Office as soon as possible.

SUPERVISION

Clubs/Key Holders using the facilities are responsible for the supervision and proper behaviour of their crews and accompanying coaches. The staff of the HKCRA and Hong Kong Squad full-time coaches, are empowered to give warnings, issue safety instructions and, if required, to report to the HKCRA any breaches of regulations. Serious breaches of these regulations may result in termination of keyholding rights for the club/individual concerned.

Should you have any questions on the above, please feel free to contact our staff.

Thank you for your kind co-operation.



Hong Kong, China Rowing Association