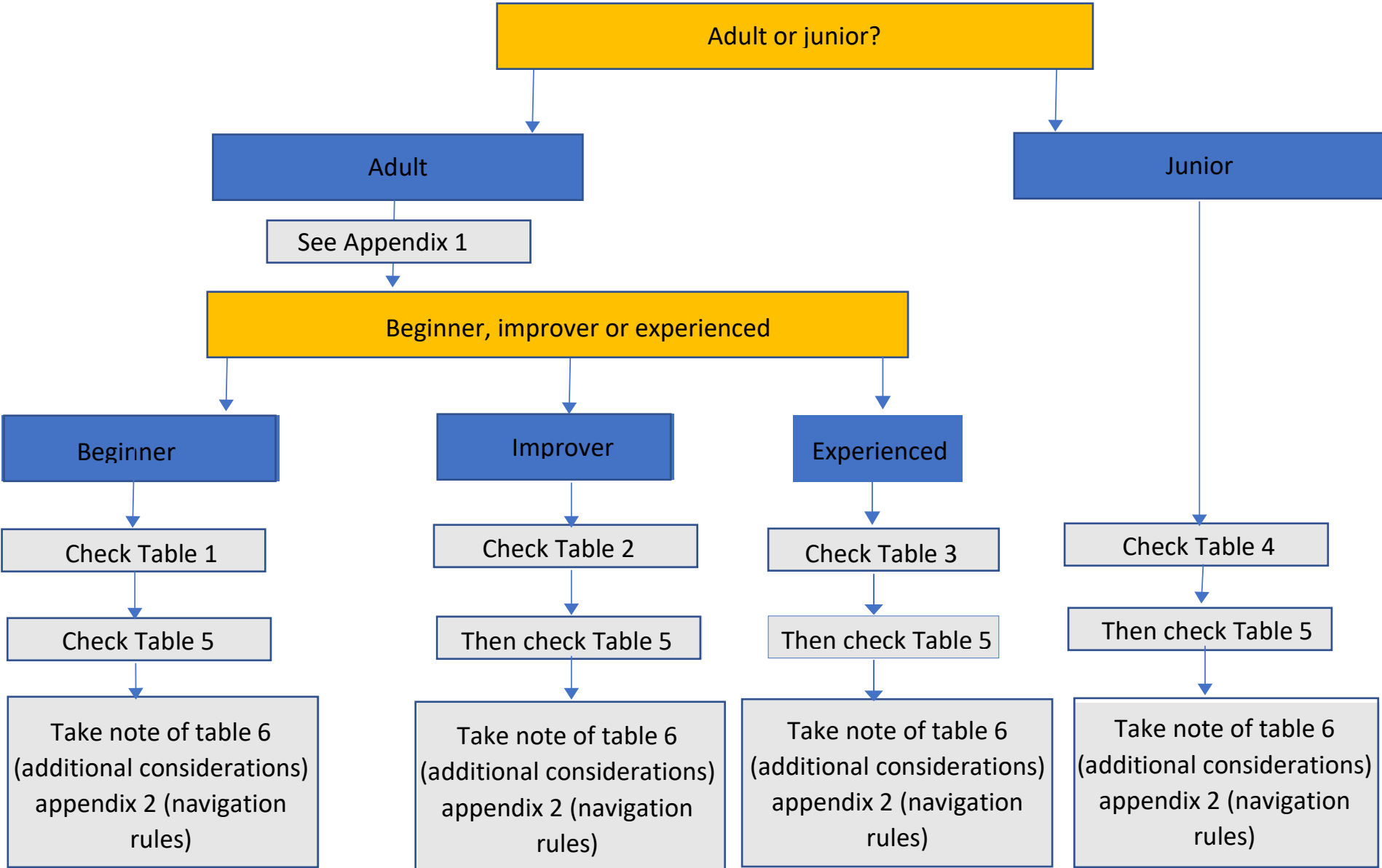


# Boating Conditions for Safe Rowing - Can I Go Out?



**Table 1: Adult Beginners – to be read in conjunction with further risk assessment criteria, table 5**

ADULT BEGINNERS*	Environment Agency (EA) <a href="#">Board Warning Colour Status</a> Teddington Lock to Molesey Lock			
DURING DAYLIGHT	NO WARNING COLOUR PROVIDED	YELLOW	RED (flow rate < 250 m <sup>3</sup> s <sup>-1</sup> )	BLACK (red boards, flow rate > 250 m <sup>3</sup> s <sup>-1</sup> )
1x	Under Dedicated Rowing Supervision (DRS)** in launch	NO	NO	NO
2x / 2-	Under Dedicated Rowing Supervision (DRS)** in launch	NO	NO	NO
4x / 4-	Under Dedicated Rowing Supervision (DRS)** in launch	NO	NO	NO
4x+ / 4+	Under Dedicated Rowing Supervision (DRS)** in launch	NO	NO	NO
8+ / 8x+	Under Dedicated Rowing Supervision (DRS)** in launch	NO	NO	NO

\*See appendix 1 for full definitions/meaning.

\*\*Dedicated Rowing Supervision (DRS) comprises Coach In Launch (see appendix 1 for definition) operating as follows:

- Adult beginners – supervision of only one boat of any size, at any one time
- Mixed Experienced/Beginner Crew Boats - the crew must comprise at least 50% Experienced Adults; coach may supervise 3 doubles or quads; the boats must not be further away than 100m in total of each other and the coach. Experienced adult MUST be at bow

**Beginners are not allowed out in any boat type under any circumstances during the hours of darkness**

**Table 2: Adult Improvers – to be read in conjunction with further risk assessment criteria, table 5**

IMPROVERS*	Environment Agency (EA) <a href="#">Board Warning Colour Status</a> Teddington Lock to Molesey Lock			
DAYLIGHT	NO WARNING COLOUR PROVIDED	YELLOW	RED ( <u>flow rate</u> < 250 m <sup>3</sup> s <sup>-1</sup> ) (Outing with Captain's permission only)	BLACK(>250 m <sup>3</sup> s <sup>-1</sup> )
1x	<ul style="list-style-type: none"> <li>•Adult Improver Steersman (IS)* qualified.</li> <li>•Non-IS* accompanied by BBS** or DRS* in launch</li> </ul>	<ul style="list-style-type: none"> <li>•Adult Improver Steersman (IS)* qualified and accompanied by DRS*</li> <li>•Non-IS* not allowed</li> </ul>	NO	NO
2x / 2-	<ul style="list-style-type: none"> <li>•Adult Improver Steersman (IS)* qualified at bow</li> <li>•Non-IS* bow accompanied by BBS** or DRS* in launch</li> </ul>	<ul style="list-style-type: none"> <li>•Adult Improver Steersman (IS)* qualified at bow and accompanied by DRS* in launch</li> <li>•Non-IS not allowed</li> </ul>	NO	NO
4x / 4-	<ul style="list-style-type: none"> <li>•Experienced Adult Steersman (ES)* qualified at bow</li> <li>•Adult Improver Steersman (IS)* qualified at bow plus DRS* in launch</li> </ul>	<ul style="list-style-type: none"> <li>•Experienced Adult Steersman (ES)* qualified at bow + 50% Experienced Adult (E)* crew</li> <li>•Adult Improver Steersman (IS)* qualified at bow plus DRS* in launch</li> </ul>	ES steersman (ES)* + 50% Experienced Adult (E)* crew + DRS* in launch	NO
4x+ / 4+	<ul style="list-style-type: none"> <li>•club approved cox or DRS* in launch</li> </ul>	<ul style="list-style-type: none"> <li>•club approved cox plus DRS* in launch</li> </ul>	Club approved cox + 50% Experienced Adult (E)* crew + DRS* in launch	NO
8+ / 8x+	<ul style="list-style-type: none"> <li>•club approved cox or DRS* in launch</li> </ul>	<ul style="list-style-type: none"> <li>•club approved cox plus DRS* in launch</li> </ul>	Club approved cox + 50% Experienced adult (E)* crew + DRS* in launch	NO

**Table 2: Adult Improvers (continued) – to be read in conjunction with further risk assessment criteria, table 5**

IMPROVERS*	Environment Agency (EA) <a href="#">Board Warning Colour Status</a> Teddington Lock to Molesey Lock			
DARKNESS***	NO WARNING COLOUR PROVIDED	YELLOW	RED (flow rate < 250 m <sup>3</sup> s <sup>-1</sup> )	BLACK (> 250 m <sup>3</sup> s <sup>-1</sup> )
1x	NO	NO	NO	NO
2x / 2-	•Experienced Adult Steersman (ES)* qualified at bow	NO	NO	NO
4x / 4-	•Experienced Adult Steersman (ES)* qualified at bow •Adult Improver Steersman (IS)* plus DRS* in launch	•Experienced Adult Steersman (ES)* qualified at bow plus DRS* in launch	NO	NO
4x+ / 4+	•club approved cox + 25% Experienced Adult (E)* crew	•club approved cox plus 25% Experienced Adult (E)* crew plus DRS* in launch	NO	NO
8+ / 8x+	•club approved cox plus 25% Experienced Adult (E)* crew	•club approved cox plus 25% Experienced Adult (E)* crew plus DRS* in launch	NO	NO

\*See appendix 1 for full definitions/meaning. DRS = Dedicated Rowing Supervision

\*\* BBS – Boat to Boat Supervision. Person taking responsibility for others must have met the criteria for Experienced Adult Steersman (ES – see appendix 1 for definition). An accompanying ES may look after a maximum of 1 single or double. Boats must be no more than 50m apart and ES must be ahead of all boats at all times

\*\*\*All crews boating at night should wear reflective tops/high vis tops and no dark clothing, with white solid light on the stern and bow NOT fastened to a rigger.

**Table 3: Experienced adult rowers – to be read in conjunction with further risk assessment criteria, table 5**

EXPERIENCED*	Environment Agency (EA) <a href="#">Board Warning Colour Status</a> Teddington Lock to Molesey Lock			
DURING DAYLIGHT	NO WARNING COLOUR PROVIDED	YELLOW	RED ( <a href="#">flow rate</a> < 250 m <sup>3</sup> s <sup>-1</sup> ) (outing with Captain's permission only)	BLACK (> 250 m <sup>3</sup> s <sup>-1</sup> )
1x	<ul style="list-style-type: none"> <li>•Experienced Adult Steersman (ES)* qualified</li> <li>•Non-ES* accompanied by BBS* or CIL*</li> </ul>	Experienced Adult Steersman (ES)* qualified	Experienced Adult Steersman (ES)* only plus DRS* in launch	NO
2x / 2-	<ul style="list-style-type: none"> <li>•Experienced Adult Steersman (ES)* qualified bow</li> <li>•Non-ES* bow accompanied by BBS* or CIL*</li> </ul>	Experienced Adult Steersman (ES)* qualified bow plus Experienced Adult (E)* crew	Experienced Adult Steersman (ES)* at bow plus Experienced Adult (E)* crew, plus DRS* in launch	NO
4x / 4-	<ul style="list-style-type: none"> <li>•Experienced Adult Steersman (ES)* qualified bow</li> <li>•Non-ES* bow accompanied by CIL*</li> </ul>	Experienced Adult Steersman (ES)* qualified bow plus Experienced Adult (E)* crew	Experienced Adult Steersman (ES)* at bow and Experienced Adult (E)* crew	NO
4x+ / 4+	club approved cox or CIL* plus 50% Experienced Adult (E)* crew	Club approved experienced cox or CIL plus 50% Experienced Adult (E)* crew	Club approved experienced cox or DRS* in launch plus 50% Experienced Adult (E)* crew	NO
8+ / 8x+	club approved cox or CIL* plus 50% Experienced Adult (E)* crew	Club approved experienced cox or CIL* plus 50% Experienced Adult (E)* crew	Club approved experienced cox or DRS* in launch plus 50% Experienced Adult (E)* crew	NO

\* See appendix 1 for full definitions/meaning. BBS=Boat to Boat Supervision, CIL=Coach in Launch, DRS=Dedicated Rowing Supervision

**Table 3: Experienced adult rowers (continued) – to be read in conjunction with further risk assessment criteria, table 5**

EXPERIENCED*	Environment Agency (EA) <a href="#">Board Warning Colour Status</a> Teddington Lock to Molesey Lock			
DURING DARKNESS**	NO WARNING COLOUR PROVIDED (outing only permitted with Captain's permission)	YELLOW (outing with Captain's permission only)	RED (flow rate < 250 m <sup>3</sup> s <sup>-1</sup> )	BLACK (> 250 m <sup>3</sup> s <sup>-1</sup> )
1x	<ul style="list-style-type: none"> <li>•Experienced Adult Steersman (ES)* qualified</li> <li>•Non-ES* accompanied by CIL*</li> <li>•<b>NO lone single scullers</b></li> </ul>	<ul style="list-style-type: none"> <li>•Experienced Adult Steersman (ES)* qualified</li> <li>•<b>NO lone single scullers</b></li> </ul>	NO	NO
2x / 2-	<ul style="list-style-type: none"> <li>•Experienced Adult Steersman (ES)* qualified at bow</li> <li>•Non-ES* qualified, Experienced Adult (E)* crew, accompanied by CIL*</li> </ul>	Experienced Adult Steersman (ES)* qualified at bow plus Experienced Adult (E)* crew	NO	NO
4x / 4-	<ul style="list-style-type: none"> <li>•ES qualified at bow plus Experienced Adult (E)* crew</li> </ul>	Experienced Adult Steersman (ES)* qualified at bow plus Experienced Adult (E)* crew	NO	NO
4x+ / 4+	club approved cox plus Experienced Adult (E)* crew	club approved cox plus Experienced Adult (E)* crew	NO	NO
8+ / 8x+	club approved cox plus Experienced Adult (E)* crew	club approved cox plus Experienced Adult (E)* crew	NO	NO

\* See appendix 1 for full definitions/meaning. CIL=Coach in Launch.

\*\*All crews boating at night should wear reflective tops/high vis tops and no dark clothing, with white solid light on stern and bow NOT fastened to a rigger.

**Table 4: Juniors – to be read in conjunction with further risk assessment criteria, table 5**

Juniors	Environment Agency (EA) <a href="#">Board Warning Colour Status</a> Teddington Lock to Molesey Lock			
DURING DAYLIGHT	NO WARNING COLOUR PROVIDED	YELLOW	RED (flow rate < 250 m <sup>3</sup> s <sup>-1</sup> )	BLACK (> 250 m <sup>3</sup> s <sup>-1</sup> )
1x	Only accompanied by CIL*, and with further risk criteria (table 5) having been met. Junior Beginners (JB)* under DRS* only.	J17/18 - Only accompanied by CIL*, and with further risk criteria (table 5) having been met. <b>Extra care in Risk Assessment on Yellow flow increasing.</b> No Junior Beginners (JB)*	NO	NO
2x / 2-	Only accompanied by CIL*, and with further risk criteria (table 5) having been met. Junior Beginners (JB)* under DRS* only.	J16/17/18 - Only accompanied by CIL*, & with further risk criteria (table 5) having been met. <b>Extra care in Risk Assessment on Yellow flow increasing.</b> No Junior Beginners (JB)*	Experienced J16/17/18 at coaches discretion. Only accompanied by CIL*, & with further risk criteria (table 5) having been met. Flow less than 175 m <sup>3</sup> s <sup>-1</sup>	NO
4x / 4-	Only accompanied by CIL*, and with further risk criteria (table 5) having been met. Junior Beginners (JB)* under DRS* only.	Only accompanied by CIL*, and with further risk criteria (table 5) having been met. <b>Extra care in Risk Assessment on Yellow flow increasing.</b> Junior Beginners (JB)* under DRS* only.	Experienced J16/17/18 at coaches discretion Only accompanied by CIL*, & with further risk criteria (table 5) having been met. Flow less than 175 m <sup>3</sup> s <sup>-1</sup>	NO

4x+ / 4+	Only accompanied by CIL*, and with further risk criteria (table 5) having been met. Junior Beginners (JB)* under DRS* only.	Only accompanied by CIL*, and with further risk criteria (table 5) having been met. <b>Extra care in Risk Assessment on Yellow flow increasing.</b> Junior Beginners (JB)* under DRS* only.	Experienced J16/17/18 at coaches discretion Only accompanied by coach in launch, & with further risk criteria (table 5) having been met. Flow less than 175 m <sup>3</sup> s <sup>-1</sup>	NO
8+ / 8x+	Only accompanied by CIL*, and with further risk criteria (table 5) having been met. Junior Beginners (JB)* under DRS* only.	Only accompanied by CIL*, and with further risk criteria (table 5) having been met. <b>Extra care in Risk Assessment on Yellow flow increasing.</b> Junior Beginners (JB)* under DRS* only.	Experienced J16/17/18 at coaches discretion Only accompanied by CIL*, & with further risk criteria (table 5) having been met. Flow less than 175 m <sup>3</sup> s <sup>-1</sup> Very experienced cox	NO

**\*see appendix 1 for full definitions/meaning. CIL=Coach in Launch. DRS=Dedicated Rowing Supervision.**



**Table 4: Juniors (continued) – to be read in conjunction with further risk assessment criteria, table 5**

Juniors	Environment Agency (EA) <a href="#">Board Warning Colour Status</a> Teddington Lock to Molesey Lock			
<b>DURING DARKNESS</b>	NO WARNING COLOUR PROVIDED	YELLOW	RED (flow rate < 250 m <sup>3</sup> s <sup>-1</sup> )	BLACK (> 250 m <sup>3</sup> s <sup>-1</sup> )
1x	NO	NO	NO	NO
2x / 2-	NO	NO	NO	NO
4x / 4-	<p><b>Only</b> accompanied by coach in launch, <b>subject to:</b></p> <ul style="list-style-type: none"> <li>i) Launch being equipped with a search floodlight and grab sufficient number of handles on the side of launch hull.</li> <li>ii) Fluorescent outer apparel must be worn.</li> <li>iii) The risk assessment, table 5, must be completed by the accompanying coach</li> </ul> <p>No Junior Beginners (JB)*.</p>	<p><b>Only</b> with Captain/safety advisor approval <b>and</b> accompanied by coach in launch, <b>subject to:</b></p> <ul style="list-style-type: none"> <li>i) Launch being equipped with a search floodlight and grab sufficient number of handles on the side of launch hull.</li> <li>ii) Fluorescent outer apparel must be worn.</li> <li>iii) The risk assessment, table 5, must be completed by the accompanying coach</li> </ul> <p>No Junior Beginners (JB)*.</p>	NO	NO

<p>4x+ / 4+</p>	<p><b>Only</b> accompanied by coach in launch, <b>subject</b> to:</p> <ul style="list-style-type: none"> <li><b>i)</b> Launch being equipped with a search floodlight and grab sufficient number of handles on the side of launch hull.</li> <li><b>ii)</b> Fluorescent outer apparel must be worn.</li> <li><b>iii)</b> The risk assessment, table 5, must be completed by the accompanying coach</li> </ul> <p>No Junior Beginners (JB)*.</p>	<p><b>Only</b> with Captain/safety advisor approval <b>and</b> accompanied by coach in launch, <b>subject</b> to:</p> <ul style="list-style-type: none"> <li><b>i)</b> Launch being equipped with a search floodlight and grab sufficient number of handles on the side of launch hull.</li> <li><b>ii)</b> Fluorescent outer apparel must be worn.</li> <li><b>iii)</b> The risk assessment, table 5, must be completed by the accompanying coach</li> </ul> <p>No Junior Beginners (JB)*.</p>	<p>NO</p>	<p>NO</p>
<p>8+ / 8x+</p>	<p><b>NO – High Risk of unmanageable situation</b></p>	<p><b>NO – High Risk of unmanageable situation</b></p>	<p>NO</p>	<p>NO</p>
<p><b>*see appendix 1 for definitions</b></p>				

**Table 5: FURTHER RISK ASSESSMENT Criteria: Any black = no rowing 3 reds = no rowing**

River Flow Rate /m <sup>3</sup> sec <sup>-1</sup>	Below 80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	>250
Water Temp °C	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	<2
Air temp °C	15 & above	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0	0 - -2	<-2
Wind Speed mph (max gusts)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	15 - 20	20 - 25	25 - 30	>30
Wind direction	S	SE	SW	W	E	NW	NE	N											

Information on all of these criteria can be found on the home page of the Walbrook club website: <http://www.walbrookrc.co.uk/>

On yellow and red boards the Risk Assessment form, which can be found on the left hand side of the boatshed when you enter, below the green letterbox, should be completed and the form placed in the letterbox





**WALBROOK ROWING CLUB**  
Risk Assessment Form for Rowing on Red and Yellow Boards

Date	Time	
<b>Environmental Conditions</b>		
EA River Status (from EA web site)	Red Yellow (increasing) Yellow (decreasing) Clear	
River Flow Rate (from EA notification)	Time of last notification	Flow m <sup>3</sup> s <sup>-1</sup> =
Water temperature (from EA notification)	Time	°C
Air temperature	Data from	
Wind strength and direction	Data from	
Water description	Flat calm, ripples etc	
Visibility	Can the far bank be seen clearly?	
Weather forecast	Source	
Other hazards		
Now check the Red/yellow coding system on the noticeboard? Have you scored less than 3 red areas?	YES NO	
<b>Mitigation Controls</b>		
Coaching launch in attendance Yes/No	Driver RYAZ/Walbrook proficiency test	Which launch
Launch bag taken yes/no	Mobile phone in launch yes/no	Person notified of expected return time
Remain clear of Weir/Bridges	Crews told to turn at upstream end of Trowlock Island Yes/No	Crew only allowed between Bridge/Ravens Ait and Trowlock Island? Yes/No
All crew members agree that they are happy to boat? Yes/No	Steersman – name-	Crew competency – who is in the boat and level
Boat type/ name of boat		
Risk assessment undertaken by-	1)	Position
Agreement to boat from	1) 2)	Position
Post outing feedback – was the outing worthwhile?		

**Table 6: Additional considerations**

ADVERSE CONDITON	CONSIDERATIO NS		ACTION	RISKS
STRONG WINDS	WILL NAVIGATION BE DIFFICULT?	WILL ROWING BE DIFFICULT?	IF YES DON'T GO AFLOAT	SWAMPING, CAPSIZE, COLLISION
RAIN / SNOW	HOW COLD IS IT?	WILL HYPOTHERMIA BE A RISK?	IF YES DON'T GO AFLOAT	HYPOTHERMIA
RAIN / SNOW	IS VISIBILITY AFFECTED?	WILL NAVIGATION BE DIFFICULT?	IF YES DON'T GO AFLOAT	CAPSIZE, COLLISION
AIR TEMPERATURE	HOW COLD IS IT?	WILL HYPOTHERMIA BE A RISK?	IF YES DON'T GO AFLOAT	HYPOTHERMIA
WATER TEMPERATURE	HOW COLD IS IT?	WILL HYPOTHERMIA BE A RISK?	IF YES DON'T GO AFLOAT	HYPOTHERMIA
LIGHTNING	SEE 'ROWSAFE' 30s RULE		IF YES DON'T GO AFLOAT	ELECTROCUTION
FOG	IS THE FAR BANK OF THE RIVER CLEARLY VISIBLE?		IF NOT DON'T GO AFLOAT	COLLISION
ICE / SNOW ON GROUND	IS IT SAFE TO CARRY THE BOAT TO THE LANDING STAGE?		IF NOT DON'T GO AFLOAT	FALL
DEBRIS IN RIVER	IS THERE DEBRIS IN THE RIVER?		IF YES DON'T GO AFLOAT	CAPSIZE, COLLISION

THE ABOVE LIST DOES NOT COVER EVERY EVENTUALITY, ANY INCIDENT THAT POSES A RISK OF CAPSIZING PRESENTS THE RISK OF DROWNING

## Appendix 1 - Definitions:

### **(JB) - Junior Beginner:**

- Is on, OR has just completed a Learn to Row course either at Walbrook, or another club, but who cannot row in time with others or struggles to do so
- Cannot complete an outing successfully with more experienced people
- Cannot carry out commands (e.g. back down, square, hold it up) without being prompted
- Cannot carry out exercises with consistent success and in time with the rest of the crew

### **(AB) - Adult Beginner:**

- Is on, OR has just completed a Learn to Row course either at Walbrook, or another club, but who cannot row in time with others or struggles to do so
- Cannot complete an outing successfully with more experienced people
- Cannot carry out commands (e.g. back down, square, hold it up) without being prompted
- Cannot carry out exercises with consistent success and in time with the rest of the crew

### **(I) - Adult Improver:**

- Can carry out commands quickly and competently and knows what the commands mean
- Does not need explanations of what is required
- Someone who needs a club approved cox/steersman in attendance; the supervising person (ES) may be in another boat but is responsible for the outing
- Someone who can take part in an outing with more experienced people

**(IS) - Adult Improver Steersman:**

- Has passed the steersman's test in a single/double, but only has experience on normal boarded (i.e. 'Green') water, and also meets the criteria for Improver

**(E) - Experienced Adult:**

- Has the knowledge of boat handling in strong stream conditions i.e. on Red and Yellow boards
- Has had at least 6 months regular rowing and has experienced Red and Yellow conditions under supervision AND ...
- Has experience of turning a boat upstream and down-stream in strong stream conditions and strong wind, including turns close to bridges
- Who has raced in both Head races and 'side by side' Regatta races (river or multi-lane)

**(ES) - Experienced Adult Steersman:**

- Has passed the club's steersman's test for crew boats and who also meets the criteria for Experienced
- Can expedite, and explain in a crew boat, how to turn a boat upstream and down-stream in strong stream conditions, strong wind, including turns close to bridges and weirs/other obstacles such as marker buoys at the start of head races or moored vessels
- can take responsibility for Improvers or Adult Beginners who are in the same boat
- can take responsibility for those in a double or single when accompanying them on an outing ie boat to boat supervision

*In addition there will also be some objective judgement by coaches/committee etc. in allowing members to boat on different stream conditions*

**Those wishing to be classified as an "Experienced Oarsman" or "Experienced steersman" should keep a log of their outings showing when they experienced the yellow and red conditions (date/boat type) and who was supervising (who was in the launch) for a 6-month period.**

**(C) - Coach:**

- Either a qualified coach or person (must meet criteria for ES) approved by club capable of taking out/supervising others on the water

**(CIL) - Coach in launch:**

- Either a qualified coach or person (must meet criteria for ES) approved by club capable of taking out/supervising others on the water and who has passed RYA2 or the Walbrook Launch Driving Proficiency test
- coach in launch will stay in general proximity of the rowing boat but may have several boats under their supervision at once. Specific limitations on numbers are detailed in the DRS section below. Where these specific limitations do not apply, the number supervised is at the discretion of the coach. He/she is responsible for the crews at all times.
- if a capsize occurs then the coach will instruct the other boats to remain stationary whilst rescuing the capsized boat

**(DRS) - Dedicated Rowing Supervision**

- Coach in launch (as above) that will stay in immediate proximity to the crew(s) as follows:
  - For crews comprising Junior Beginners: only one boat, of any size, at any one time
  - For crews comprising totally of Adult Beginners: only one boat, of any size, at any one time
  - For Adult Improvers: coach may supervise a maximum of 3 singles or doubles; coach must remain behind boats and must be within 50m of the crews
  - For Experienced Adults in singles: a maximum of 4 singles when supervising on Red Board rowing. Coach must remain behind boats and scullers must be within 100m of coach
  - For Experienced Adults in crew boats: a maximum of 3 crew boats when supervising on Red Board rowing. Coach must remain behind boats and must be within 100m of the crews
  - Mixed Experience Crew Boats: the crew must comprise at least 50% Experienced Adults; coach may supervise a maximum of 3 doubles or quads; the boats must not be further away than 100m in total of each other and the coach. Experienced adult must be at bow
- if a capsize occurs then the coach will instruct the other boats to remain stationary whilst rescuing the capsized boat



**(BBS) - Boat to Boat Supervision**

- a person taking responsibility for others whilst accompanying them in a boat must have met the criteria for Experienced Adult Steersman
- Can take responsibility for ONE single or double of Adult Improver (I)/Adult Improver Steersman (IS) from another boat and must be ahead of the crews at all times and within 50m of all boats.

## Appendix 2

### Navigation rules:

In line with the reach agreement do not at any time:

- turn less than 50 yards upstream of Hampton Court Bridge
- turn less than 100 yards upstream or downstream of the moored boats on Ditton bend
- turn or stop less than 100 yards upstream of the end of Ravens Ait
- turn or stop 50 yards downstream of the end of Ravens Ait
- turn or stop less than 100 yards upstream of Kingston Bridge or railway bridge
- turn or stop less than 50 yards downstream of the railway bridge
- turn or stop alongside Steven's Ait
- turn or stop on the bend by the sea scouts (situated on Middlesex bank - downstream of Stevens Ait)

When yellow and red boards are showing and rowing is permitted:

- Do not navigate upstream of Hampton Court bridge
- Do not navigate downstream of the downstream end of Trowlock Island
- Be aware that the stream increases upstream of Ravens Ait compared to downstream