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| <b>MRC Weather Guidance</b>                                                                                                                                                                                                                 |
| Last updated: August 2025                                                                                                                                                                                                                   |
| Ensuring safety is far more important than getting the session done. Please use your judgement and always err on the side of caution.                                                                                                       |
| This document is for guidance, rowing within the suggested parameters does not amount to approval by the club or that conditions will definitely be safe. Factors such as wind direction can have a greater impact than speed, for example. |
| Everyone is responsible for their own safety and coxes/steers should perform their own assessment of the risks. Nobody should be pressured into going out if they are not comfortable with the conditions.                                  |

|                              | Water Levels          |                                       |                    |                                                                                                                                                                             | Wind Levels  |                                                                            |                                                    |             | Fog levels                                                                                                                |                                 | Lightning                                                             |
|------------------------------|-----------------------|---------------------------------------|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|----------------------------------------------------------------------------|----------------------------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------------|
|                              | Green                 | Amber                                 | Red                | Low                                                                                                                                                                         | Green        | Amber                                                                      | Red                                                | Black       | Some mist/fog but pumping station is visible.                                                                             | Pumping station is not visible. | < 30 seconds between lightning and thunder within the last 30 minutes |
|                              | Up to the orange step | Between the orange and red steps      | Above the red step | Significantly below the wooden step                                                                                                                                         | Gusts <20mph | Gusts 20-35mph                                                             | Gusts 35-50mph                                     | Gust >50mph |                                                                                                                           |                                 |                                                                       |
| <b>Beginners (incl. LTR)</b> | Y                     | N                                     | N                  | Proceed with caution. Ensure that you are able to safely embark and disembark, this includes being able to safely lift the boat without damage (including hitting the fin). | Y            | Rowers confident to manoeuvre with experienced cox and in sight of launch. | N                                                  | N           | Proceed with caution, bow and stroke to wear high visibility clothing (this can be loaned from the club). Launch advised. | N                               | N                                                                     |
| <b>Coxless Boats</b>         | Y                     | Experienced crews of minimum 4 people | N                  |                                                                                                                                                                             | Y            | Experienced steers only.                                                   | Experienced steers in sight of launch.             | N           |                                                                                                                           | N                               | N                                                                     |
| <b>Coxed Boats</b>           | Y                     | Experienced crews of minimum 4 people | N                  |                                                                                                                                                                             | Y            | Experienced coxes only.                                                    | Experienced coxes in sight of launch.              | N           |                                                                                                                           | N                               | N                                                                     |
| <b>Private Boats</b>         | Y                     | Experienced crews of minimum 4 people | N                  |                                                                                                                                                                             | Y            | Experienced steers / coxes.                                                | Experienced steers / coxes within sight of launch. | N           |                                                                                                                           | N                               | N                                                                     |
| <b>Night Time Rowing</b>     | Y                     | Experienced crews of minimum 4 people | N                  |                                                                                                                                                                             | Y            | Experienced steers / coxes.                                                | Experienced steers / coxes within sight of launch. | N           |                                                                                                                           | N                               | N                                                                     |

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| <b>Other things to consider:</b>                                                                                                                                                                                    |
| Wind direction: the gust may be low level but wind over stream can result in choppy conditions. These can change at various points on the river so stay vigilant.                                                   |
| Thunder: sometimes thunder may be heard but not accompanied by lightning, in these circumstances it is sensible to not boat until a sufficient period of time has passed since thunder was last heard (30 minutes). |
| Debris: particularly after storms there can be a lot of debris, much of this can be submerged. Undertake a visual assessment prior to boating and do not row if there is a high risk of large debris.               |
| Cold weather: sudden, unexpected immersion in cold water below 15' is potentially dangerous. No rowing is permitted where water temperatures are below 2.5'.                                                        |
| Deterioration of conditions: conditions can easily deteriorate throughout an outing making it unsafe to row. In this event, boats should return to the boat house immediately.                                      |