

## **Twickenham Yacht Club**

### **Guidance on the Use of the Club's Pontoons, Tenders and Moorings**

**Please read and ensure you understand the guidance below before accessing Club moorings:**

- Before going out it is the responsibility of each member to carry out their own risk assessment based on conditions such as, but not limited to- tides, fluvial flow, ambient light, wind, volume of river traffic before deciding whether to use TYC pontoons, tenders and access moorings. It is dangerous to use tenders when there are strong river flows, especially when downstream flows up-river of Teddington lock combine with outgoing tides. Please see the appendix for further information.
- Falling into the river either from a boat, tender or pontoon is a major risk factor to be aware of. Water temperatures of 15 degrees C or lower are very dangerous and immediately life-threatening and can result in cold water shock and a loss of control of breathing which in turn can lead to drowning. The Club urges all members to be aware of this risk, please see appendix for further information, and advises appropriate action with the following steps.
- The Club strongly advises that you and your crew wear a lifejacket with a crotch strap at all times when on the pontoons, in club tenders and on Club moorings. (See below the RNLI advice that an automatic lifejacket is used because of 'cold water shock' immersion.)
- The Club strongly advises that you securely tie Club tenders fore and aft when transferring to and from your boat.
- The Club strongly recommends taking a mobile phone, (securely attached by cord to your lifejacket or belt), or other communication device for calling for help, in a waterproof pouch for emergencies.
- The Club strongly recommends that you ensure that your lifejacket is regularly inspected and is tested annually as advised by the RNLI – see guidance notes below.
- The Club strongly recommends that you learn and understand the effects of 'cold water shock' and how to mitigate against it.
- The Club strongly recommends that you always tell someone where you are going and when you'll be back.

#### **Declarations (Please read and tick)**

- I declare that I have read and understood the Club guidance above and the Guidance Notes on pages two and three.
- I declare that I am suitably competent and experienced to use the moorings and Club tenders.
- I declare that I am, to the best of my knowledge, not suffering from any illness or health issue or Covid 19 which may leave me unfit for or at greater risk from using Club moorings.
- I agree the Club and / or its committee members do not accept liability for any form of personal injury (including death) arising out of the use of Twickenham Yacht Club's gangway, pontoons, tenders and moorings and any user of these facilities does so at their own risk and liability.

**Name:**

**Signature:**

**Date:**

***Please scan or photograph page one and email to the TYC Harbourmaster at [paul.tippell@caobjects.com](mailto:paul.tippell@caobjects.com)***

## Appendix: Guidance Notes

### RNLI advice on Lifejackets

See: <https://rnli.org/safety/lifejackets>

Please read these sections: Auto or Manual; Fitting and Maintaining Your Lifejacket

- How to fit Lifejacket: <https://www.youtube.com/watch?v=mY7IBaRNJ90>
- How to fit crotch straps: <https://www.youtube.com/watch?v=mY7IBaRNJ90>
- Inspection of life jackets: <https://www.youtube.com/watch?v=4kEf5cOe5Zg>

### For Tidal Data

PLA Tide Prediction Tool: <http://tidepredictions.pla.co.uk/>

You can use this to download tide tables for up to 3 months in PDF form. Keep these on your phone.

To do this:

1. Select *Gauges* along the top bar.
2. Select *Richmond* from the left-hand menu option.
3. Select your required *month* and *time period* and *time zone* (GMT/BST) to display tides.
4. Select *PDF* from the bottom bar to download a PDF file of tides.

For live Tides: <http://www.pla.co.uk/hydrographics/ltoverview.cfm>

### River flow Data

The most reliable data on non-tidal flow called *fluvial flow* comes from the Environment Agency Flow gauge at Kingston. Real-time data is available from <http://thamestides.org.uk/now>

Fluvial flow is the upstream river flow which much higher at times of heavy rainfall. The normal summer flow rate at Kingston is 15 – 20 cubic metres per second. During the periods of heavy winter rainfall the flowrate can reach as high as 400 cubic metres per second. Do check before you plan to go across to your moorings, over 50 cubic metres/sec may be too high.

### Effects of the Ebb Tide on River Flow

Bear in mind that the fluvial flow will add to the outgoing tidal flow resulting in dangerous conditions at times of high downstream flow.

### Calling for Help in an Emergency

***In an emergency call 999, or 112 and ask for COASTGUARD (MAYDAY) Risk to Life***

If you have a waterproof portable VHF radio channel 16 will be picked-up by the Coastguard &PLA

### Calling for help in a Non-Emergency situation (e.g. engine failure) *Not a risk to Life*

PLA London Vessel Traffic Services (VTS) will respond to non-emergency calls.

Call them on 0203 260 7711 or VHF Channel 14 (*Understand how to make and use portable waterproof VHF handset, as ofcom SRC and DSC calling for help*).

## **RYA SafeTrx Application**

The RYA SafeTrx app monitors your boat journeys and can alert emergency contacts. The app will automatically determine your location and direct the call to the UK emergency services.

See <https://www.rya.org.uk/knowledge-advice/safe-boating/keep-in-touch/Pages/safetrx.aspx>

## **Cold Water Shock**

When sailing or boating on water at sea, in a river or on a lake there is always the risk of falling into the water. Water temperatures of 15 degrees C or lower are very dangerous and immediately life-threatening. No matter of how strong, fit, thin, fat, old or young you are *cold water shock*, could happen to you.

When the human body is immersed in cold water the skin temperature rapidly drops this causes:

- the heart to beat faster.
- blood pressure to increase.
- loss of control of breathing.

The loss in control of breathing is the biggest risk to drowning. You start to hyperventilate (over breath) and you cannot hold your breath. Normally you can hold your breath for a minute when in the air but that reduces to just a few seconds when immersed in cold water. You only have to inhale the equivalent of about a third of a normal breath of water (2-3 pints) and you pass the lethal point for drowning.

See: <https://rnli.org/safety/know-the-risks/cold-water-shock>

<https://www.islandbarn.org.uk/article/1209/Cold-Water-Shock---Advice-from-the-RNLI.html>

## **Hypothermia**

Hypothermia occurs when your core body temperature drops dangerously low - below 35 degrees centigrade. Survival times at 10 to 16 degrees C can be as little as 1 hour, with loss of dexterity occurring within 10 -15 min. Water at 16 – 21 degrees C is still hazardous with loss of dexterity occurring within 40 minutes or less and exhaustion or unconsciousness as low as 2 hours.

See: <http://www.coldwatersafety.org/WhatsCold.html>

<https://www.britishcanoeing.org.uk/uploads/documents/4-Hypothermia-Cold-Water-Immersion.pdf>

[https://www.useakayak.org/references/hypothermia\\_table.html](https://www.useakayak.org/references/hypothermia_table.html)