**Guidelines for Junior Rowing at Aberaeron**

**(Appendix to Safe Rowing at Aberaeron)**

There will always be a senior rower holding a current DBS at every junior row. The club will ensure there is an appropriate number of members who hold a current DBS.

The minimum age for junior rowers is 11 years of age at joining.

On joining, all juniors will have a safety briefing, as with all members, and a safeguarding briefing, clearly laying out who they can go to if uncomfortable with anything or what they are being asked to do.

Junior rowers will wear life jackets at all times, whether there is a safety boat in attendance or not.

Junior rowing will always take into account physical strength and developmental constraints for rowing and training. Juniors will be encouraged to row in both green and red positions.

Juniors under 14 will row with two senior rowers and an experienced senior cox.

Junior coxswains will be approved by club coach and safety officer having demonstrated competence coxing senior crews. No junior under 14 will cox.

Junior crews will not row at night unless that specific row is approved by two of the following, the chair, the club coach, and/or safety officer.

If a junior crew is out on its own they will be coxed by an experienced senior cox and a senior rower will be on land.

All junior rowers will have dry land induction training and on going dry land training to ensure competence.  Juniors will row in the harbour until club coach is satisfied with their competence.

Following WSRA rules, no junior under the age of 14 will be part of a crew racing at a WSRA event.