



If you need to **TURN / CROSS OVER ANYWHERE** you **MUST CHECK, GIVE WAY**, then move with caution to other side

NO NOISE ZONE and **cox boxes OFF** before 7am around the Bluff

NO PACE ZONE EXITING the channel

OR when **RETURNING** past the **BLUE** Police buoy

JUNIORS assembly area to wait for coach **BEFORE** heading on to course - do **NOT** wait in channel heading to Spit Bridge



Occasional course... **BE AWARE**

DO NOT ENTER before sunrise

SINGLE file from here on to the Wires and beyond - except when passing and no crews are approaching in the opposite direction

DO NOT make turn to return to Rowing Sheds until you are in line with Northbridge Sailing Club -
CHECK for craft & **GIVE WAY** BEFORE crossing & returning to sheds
PLEASE - NO NOISE when returning to sheds

- MRC
- HIGH RISK ZONES
- ASSEMBLY AREA
- SAFETY BEACH
- NO PACE ZONE
- PACE COURSE MUST END AT BLUE BUOY

SAFETY RULES - See full club rules at mosmanrowing.com.au

- Bow and stern lights are compulsory before sunrise and after sunset
- Keep to your bow-side at all times
- Stay out of the middle third of the channel
- Check your course frequently (i.e. every 5 strokes)
- Take extra care in high risk zones
- Be extremely vigilant when approaching the Davidson boat ramp
- When coming out of any bay you must **CHECK & give way** coming onto the main course
- Follow the course marked with arrows
- Keep at least 150m clear of the Bluff when returning towards MRC
- When turning at the sailing club look out for boats heading north from Cammeray/Tunks.

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If you intend to head down to Cammeray / Tunks Park from the Club, cross over from the Bluff to Northbridge Sailing Club & give way to crews returning from Killarney

### COURTESY RULES

- Do not stop on main routes; move to the side
- Use the assembly areas
- Minimise noise particularly when between MRC and the Green Pole
- When coaching, avoid washing out following crews.