



# Safety Guide for Winter River usage

Who	Maximum River Height	Status	
<b>River Closed</b>	<b>3.90m +</b>	<b>All</b>	
Senior coxed Crews Only 8+	Maximum <b>3.85m</b>	Falling or Steady <b>NOT Rising</b>	 <p>3.90m (2 small steps up from 2nd post)</p>
Experienced Club Crews only 8+,4+,4x, 2x,1x	Maximum <b>3.75m</b>	Falling or Steady <b>NOT Rising</b>	 <p>3.75m (level with 2nd post)</p>
Experienced Juniors 4x,2x,1x	Maximum <b>3.70m</b>	Falling or Steady <b>NOT Rising</b>	 <p>3.70m (one small step below 2nd post)</p>
General Club Crews & Juniors 8+,4+,4x,2x,1x	Maximum <b>3.60m</b>	Falling or Steady <b>NOT Rising</b>	 <p>3.60m</p>
Normal level - No Restrictions	Normal Level <b>3.50m</b>	Falling or Steady <b>NOT Rising</b>	 <p>3.50m (level with landing stage)</p>

River Height check on the Environment Agency website location Trews Weir Exeter  
 CHECK RIVER HEIGHT HERE: <https://riverlevels.uk/river-exe-exeter-trews-weir>

**After Dark \*NO LIGHTS, NO OUTING\***

All Juniors should have a coach /parent accompany them on the bank

Lights are mandatory after dark! White light bow facing and red light stern facing

## River Height Guide

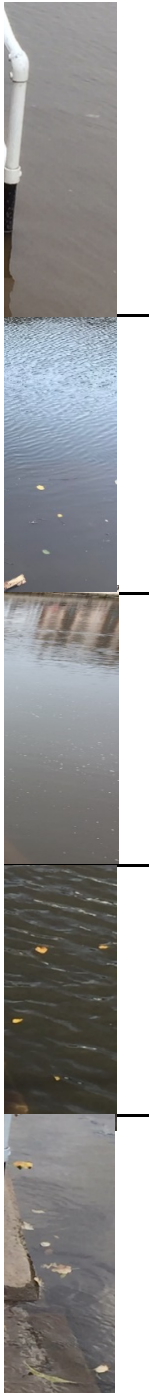
3.60 Meters just above bottom post

3.70 Meters 1 small step below 2nd post (see pic)

3.75 Meters level with 2nd post (see pic)

3.90 Meters 2 steps above 2nd post

**\*\*CAUTION: A 15cm RISE AT TREWS WEIR WILL PUT 75cm OF EXTRA HEIGHT AND SPEED AT MILL ON THE EXE\*\***



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