

**Visiting Clubs Welcome Pack:**

Welcome to Canberra and the wonderful training playground that is Lake Burley Griffin! We hope you enjoy your time here in the nation’s capital. This safety pack is a useful guide for visitors on some of the unique features of rowing on Lake Burley Griffin.

After you have read this information, we suggest having a look at the following quiz to make sure you understand the lake rules: [https://www.rowingact.org.au/qsm\\_quiz/visiting-clubs-quiz/](https://www.rowingact.org.au/qsm_quiz/visiting-clubs-quiz/)

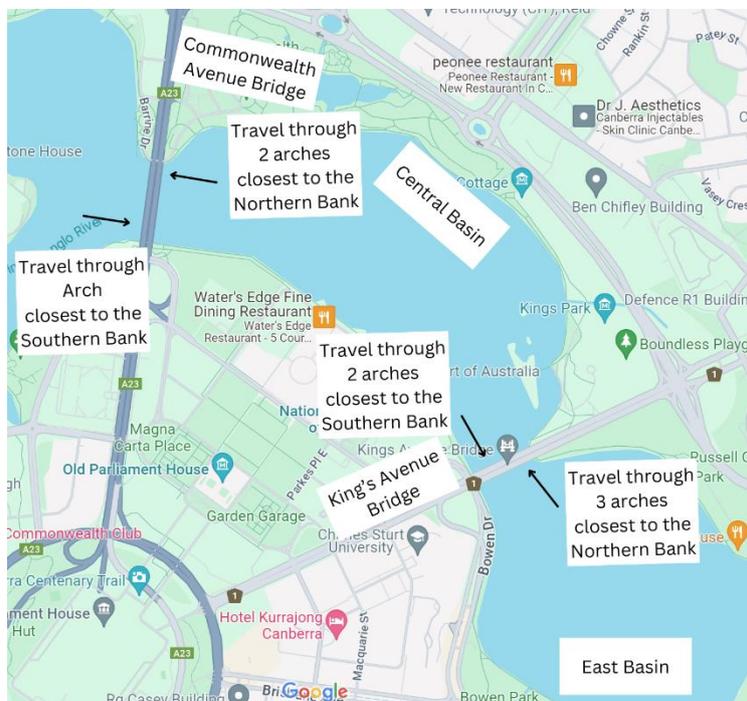
*Key Contacts for Rowing ACT:*

Name		Phone	Email
Sarah Davoren	Executive Officer – Rowing ACT	0406 376 666	<a href="mailto:eo@rowingact.org.au">eo@rowingact.org.au</a>
Kent Peters	President – Rowing ACT		<a href="mailto:president@rowingact.org.au">president@rowingact.org.au</a>
Water Police - AFP	Based in Yarralumla	000 6245 7393 (during office hours)	

*Traffic Flows:*

The traffic flow on Lake Burley Griffin has some unique aspects to it. The key principle for crews is to stick to your bow side when rowing. There are a number of intersections to keep an eye out for when training.

*Central and East Basins:*



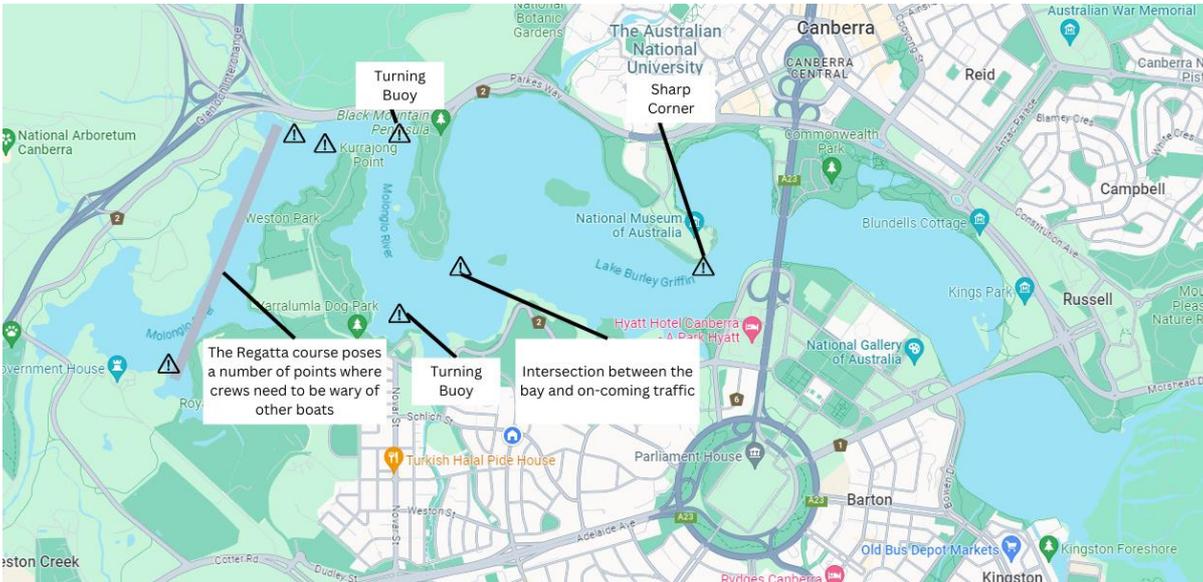
There are two big bridges on Lake Burley Griffin, being Kings Avenue Bridge and Commonwealth Avenue Bridge. There are specific arches crews can travel through in each direction, with certain arches being a no travel zone.

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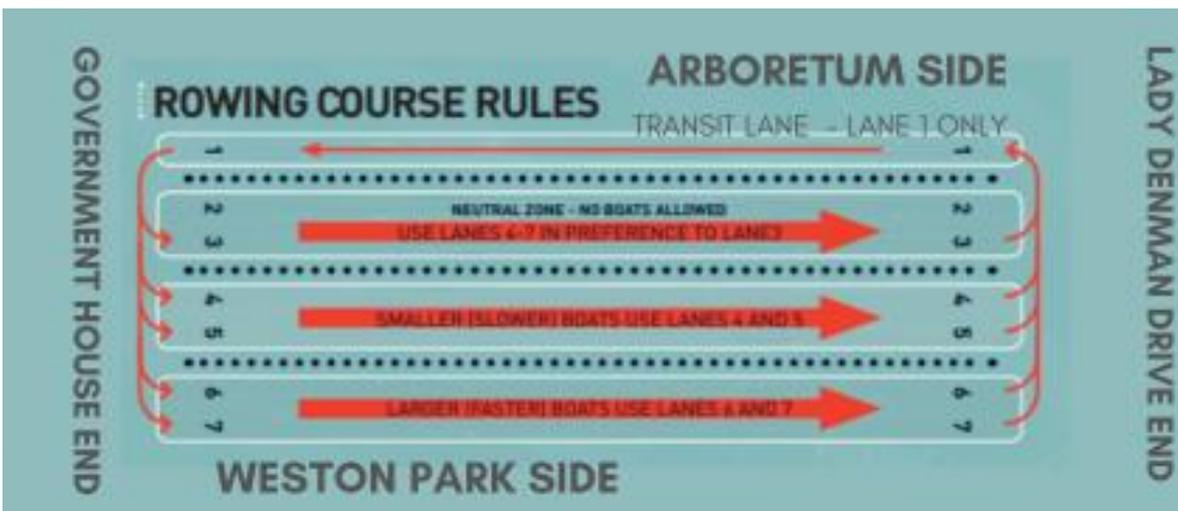
P: PO Box 7074, Yarralumla ACT 2600

There is a number of points where boats will cross, meaning crews should keep an eye out for oncoming traffic



The traffic flow map for Lake Burley Griffin can be found [here](#).

The traffic flow on the regatta course is specific to Canberra. Crews need to cross the finish line when heading to the course and travel to start line up lane 1. Coaching boats should continue at idle up the middle of the course.



If coaches are joining you on the water, have a look over the tinny protocols on tinny usage which can be found [here](#) along with some guidelines for tinny driving can be found [here](#).



Lake Burley Griffin has restrictions on tinny driving, so we encourage all coaches to have a read of the guidelines and protocols before heading out on the water.

Lake Burley Griffin regulations and Ordinance can be found [here](#).

If you are involved in an incident on the lake whilst training, we encourage you to report this through our [online incident reporting form](#).

Canberra can get rather cold in the winter months, so if you do happen to fall into the water between May and September, Rowing ACT asks that this is reported through our online incident reporting form. The cold water can pose additional risks to safety.

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