



## **Welcome to your River Thames Boating Holiday with Kris Cruisers**

We hope you have had a pleasant journey and are now ready to explore the Wonderful delights of Europe's most scenic river, the River Thames.

Once you have settled into your boat, pop into reception with your completed Welcome form and one of our instructors will shortly come aboard to show you how everything works and will demonstrate just how easy it is to drive. Don't worry if you forget anything, as this Skippers Handbook including a trial run reminder form, is here to guide you through for a trouble free and relaxing holiday.

Should a problem occur during your holiday, please telephone the number below as soon as possible so we can arrange a convenient time to have it rectified for you and allow you to carry on with your cruise.

<b>Kris Cruisers:</b>	<b>01753 543930</b>
<b>Hours of Business:</b>	<b>8am to 5.30pm</b>
<b>Boat:</b>	<b>?</b>
<b>Maximum Sleeping Capacity:</b>	<b>to</b>
<b>Length: ft (m)</b>	<b>Beam: ft (m)</b>

We hope you enjoy your holiday and return relaxed, refreshed and with your batteries re-charged. Please remember to return your boat by 9.30am and to vacate it no later than 9.45am.

We ask you to leave it in a clean and tidy condition as you found it.  
This will enable us to prepare her on time for the next customer.

**Enjoy your holiday, Safely.**



# Contents

Welcome .....	1
Contents .....	2
Living Aboard Your Boat .....	3
Safety .....	7
Cruising on the River .....	8
Boat Handling Tips .....	10
Help & Advice .....	12
Environment Agency Free Moorings .....	13
Pubs and Restaurants.....	14
Fishing .....	16
Locks and Bridges & Navigation .....	18
Lock Safety .....	19
Lock Un-Attended .....	20
Lock Facilities .....	22
Pump-out, Water & Laundrettes .....	24
TV Instructions .....	25
Chemists, Doctors, Hospitals .....	26
First Aid .....	28
Holiday Return Procedure .....	32
Trial Run Reminder .....	34



## Living Aboard Your Boat

**One of the most enjoyable aspects of a boating holiday is the feeling of freedom.**

**To enable you to enjoy this freedom to the max, you will need to adapt.**

**Just a little bit, to the change in the way of life on board a boat.**

### **Drinking Water:**

Your tank will be full when you leave and we recommended that you fill up every day. If you run out of water, one of our engineers may have to come out to you to bleed the air from the pump. The newest boats added to our fleet will have a gauge on board as a guide to filling up.

You can fill up at most boatyards and marina's where there will be a small charge, or there is a list on pages 22 and 23 telling you which Locks have a hose facility supplied by the Environment Agency which is normally free of charge. Make sure the hose is clearly marked for Drinking Water and let it run for a few seconds before putting it into your tank. When full, please return the hose to its fixing point keeping the end of the hose out of the river at least 1m off the ground.

### **Showers:**

Hot water is generated by running your engine. Your tank is not as big as your tank at home and it is suggested to keep the engine running while you are showering to enable all members of your party to have a hot shower. The shower water is pumped overboard for your convenience.

### **Electricity:**

Your boat is fitted with either 2 or 3 banks of batteries, 1 bank for starting your engine, 1 bank for running your 12v system like lights, water/shower pumps, heating, fridge and radio etc. The 3<sup>rd</sup> bank of batteries is for the 240v system which runs your TV/DVD, microwave, hairdryer, toaster (where fitted) and all household type sockets. Most boats are fitted with a trip fuse system similar to most homes, please see your Trial Run Reminder Form on page 34 for details.

To use all or some of the above appliances you will need to run your engine to charge up your batteries. Depending on the time of year you will need to run your engine for a minimum of 5 to 6 hours a day.

### **Hair Dryer & Microwave & Vacuum**

When using your hairdryer, microwave or vacuum, you must at all times run your engine at about 1400 revs to reduce the risk of flattening your batteries.

### **Fridges:**

Boat fridges for a number of reasons are not as efficient as domestic fridges. When running the engine, you can adjust the temperature to suit your requirements. To conserve battery power at night, turn the thermostat down to the minimum setting.



# Living Aboard Your Boat

## Cooking on Gas:

Your boat has been supplied with 2 bottles of gas which are stored outside. One of which will be full and together there will be enough for at least a 2 week holiday. To light your cooker, please follow the Trial Run Reminder Form on Page 34.

- ! Although most appliances have flame failure devices, Never leave a gas appliance unattended.
- ! Always shut the oven door gently as shutting it hard can blow the flame out.
- ! Never block up your fixed ventilation, it is there for your safety and must always be left clear.
- ! If you suspect a gas leak, disconnect the regulator from the gas bottle immediately.
- ! Open all windows and doors in the surrounding cabins.
- ! Do not smoke or strike a match or turn on any electrical appliance.
- ! Phone us on 01753 543931 for advice.

## Heating:

All boats are fitted with a warm air heating system which runs off your batteries and diesel. Unless stated you must always turn the heater off when leaving the boat unattended or at night when going to bed. Please keep all outlets clear from obstruction as this can cause the heater to stop working. Please note that some of the cabins have outlets that can be closed to direct more heat into the cabins being used. Full instructions for each boat can be found on the Trial Run Reminder Form on page 34.

## Toilets:

These will have been emptied and serviced before you arrive. If they require emptying during your holiday, you will find a list of recommended pump-out stations on page 24. Do not use the self services stations situated at some Locks or Marinas. You have no chemical on board to put in the toilet to stop it from smelling, and unless properly trained, there is a strong risk you may get a splash back while emptying the toilet.

- ! Do Not put anything into the toilet unless you have eaten it first, apart from toilet paper.
- ! Do Not put any **toilet or wet wipes** into the toilet as they will block the toilets.
- ! If we have to unblock any toilets which are blocked by anything other than toilet paper or human waste, there will be a £50.00 charge to unblock the obstruction.
- ! Do Not put or use any household chemicals into the toilet as they will damage the seals and stop the toilet from working properly.
- ! Full operation of your toilets can be found on your Trial Run Reminder Form on page 34.

## Smoking:

Ashtrays are supplied for your use but we respectfully ask you to consider the next customers aboard your boat and refrain from smoking inside.



# Living Aboard Your Boat

## Security:

- ! When leaving your boat unattended, **Never** leave valuables in sight, hide them away.
- ! Lock all doors, windows, roofs, and pull the curtains on the side nearest to the bank.
- ! If you see any suspicious people hanging around, do not hesitate to call the police.

## Sliding Roofs:

Do not climb onto the sliding roof as this is not fixed and it can move and be unstable. If you have a sliding roof with a winch, please follow the instructions on your Trial Run Reminder Form carefully on page 34.

## Pets:

For the boats that accept pets on board, we appreciate that most owners see them as a family member rather than just a pet, we do ask you to keep them off of the seats and bedding please. If you have forgotten their bedding just let us know and we will be happy to supply a blanket free of charge. When passing through locks, please make sure they are safely inside the boat. If you are using the opportunity to walk them, please keep them on a lead at all times and clean up any mess they may have left behind.

## Fire Extinguishers:

There are between 2 and 4 fire extinguishers on board depending on the size of your boat. These will have been pointed out to you during your trial along with the location of your fire blanket. Please take a moment to familiarise your crew with the use of these in case of an emergency. If required, always use a fire extinguisher from outside the cabin.

! Remember, If in Doubt - Get Out – Phone 999 and then telephone us on 01753 543931.

## Cleaning Your Boat:

Whilst we don't supply cleaning chemicals, we ask you to keep the boat clean and tidy as you would do at home. For cleaning the inside, you will find a vacuum along with a dustpan and brush. For the outside we have supplied a bucket, a mop or broom and a 'flunkey' which can be used for all parts of the exterior including the windows.

## Other Boaters:

When moored up for the night, bear in mind that there may be boats nearby that have young Children on board who go to bed before you do, please be considerate to others particularly with any noise you may be making while having fun.



# Safety

**Most accidents can be avoided providing you and your party take care.  
Follow these safety rules and the risk of an accident will be reduced**

## **Life Jackets:**

**!** Life jackets are recommended and will be offered to everyone no matter how good a swimmer you are. Keep an eye on children and make sure they wear their life jackets at all times when they are on deck, or close to the water's edge.

## **Life Ring:**

**!** Your life ring will be shown to you on your trial run by your instructor and should only be used in an emergency.

## **On Deck:**

**!** Please keep off the sliding roof at all times.

**!** Always use the hand rails provided especially when decks are wet as they can be slippery.

**!** Always wear flat soled shoes when moving around the decks especially when cruising.

**!** Always make sure everyone is inside the boat when passing weirs and under bridges.

**!** Never dangle arms or legs over the side especially when passing under bridges or through locks.

**!** Never mop the decks down while the boat is moving.

**!** Never use the boat hook to fend-off, it is only to be used for hooking things out of the river.

**!** Always keep your mooring ropes neatly coiled and ready for use.

**!** Keep your fingers clear of ropes around bollards, sudden tension in the rope can trap fingers.

## **Getting Aboard and Ashore:**

**!** Never step or jump off a moving boat, wait until it stops and step off carefully.

**!** Never jump the gap between the boat and the mooring, pull the boat closer with the rope.

**!** Look out for hazards on river banks.

**!** Always carry a torch when returning to your boat at night.

## **Fending Off:**

**!** Never use your feet or hands to fend-off, **Always** use the fenders supplied.

## **Cruising Along:**

**!** Boats don't have brakes like cars and you will need to use reverse gear to slow the boat down, remember to give yourself plenty of time to stop.

**!** Always allow for the wind and river current when mooring up or going into a lock.

**!** Watch out for rowing boats and sculls, they sit low in the water and can easily be missed.

**!** NEVER cruise at night, your boat is not equipped with navigation lights or insured to cruise in the dark.



# Safety

## **Man Overboard:**

- ! If you're wearing your life jacket, don't panic, you will float to the surface.
- ! If you're not wearing your life jacket, kick your legs and spread your arms out to increase your buoyancy.
- ! Shout out aloud to alert your crew to let them know you have fallen in.
- ! Be ready to grab your life ring or rope when thrown to you.

## **If you're the person to spot the man overboard:**

- ! Don't panic – Don't jump in.
- ! Keep an eye on the person overboard and make the boat driver aware someone is in the water.
- ! Throw the Life Ring to the side of the person and Not at them.

## **If you're the driver:**

- ! Immediately put the throttle into Neutral.
- ! **Don't** reverse the boat as you may drive over the person in the water.
- ! Only when the boat is clear of the person in the water, turn the boat around.
- ! Approach Slowly, carefully steering the boat to one side of the person in the water.
- ! Stop the engine and let the crew help the person back on board.

## **If you're the crew:**

- ! Use the boat hook to hook the life ring line and pull the person to the side of the boat.
- ! Pull the person on board using the ropes or tie the life ring to a cleat to use as a step.
- ! Never jump in unless the person is unconscious, but put your life jacket on first.
- ! Once out of the water, remove wet clothing and keep them warm and give them a warm drink.
- ! If the person in the water or anyone is injured, call for medical assistance on 999.

## **Medical Assistance:**

There is a list of local Chemists, Doctors and Hospitals on Page 26.

## **Weil's Disease (Leptospirosis):**

Although this is an extremely rare waterborne disease, it is sensible to take a few precautions. Keep any cuts and grazes covered up, if you fall into the river, have a shower, treat cuts with an antiseptic and wash clothes before wearing again. If within the next 2 weeks you develop flu-like symptoms, see your doctor and mention that you had fallen into the river. Not all doctors are aware to look for Weil's disease.

## **Swimming:**

We strongly advise you not to swim in the river as you could get entangled in weeds, hit by a passing boat or maybe catch a waterborne disease.



# Cruising on the River

## Navigation Limits:

This is limited to the non-tidal stretch of the Thames which is from the Kingston side of Teddington Lock right up to Lechlade covering some 124 miles and 44 locks.

## Cruising:

Whilst you drive on the right hand side of the river (opposite to the road) make sure you stay well away from the banks where they can become quite shallow. If there are no boats coming towards you, it is good practice to drive up the right hand side of the middle. Your cruising limits are sunrise to sunset, please make sure you do not travel in the dark as you and the boat are not insured to do so.

## Speed Limits:

The speed limit on the river is 8kph which is equivalent to 5mph, signs are displayed at locks and some boatyards and marinas. Just as important as your speed is the wash you leave behind, if you are making waves you are travelling too fast, please throttle back and slow down as your wash will erode the river banks and may cause damage to boats moored up. Boats caught speeding by the Environment Agency may be prosecuted and fined.

## Right of Way:

When approaching bridges, slow down and give way to boats travelling downstream, they will take longer to stop with the current pushing them from behind. Give way to barges, boats towing and vessels larger than yours, it just makes sense, no-one wants an accident to happen.

## Overtaking:

You overtake boats on their left (port) side without causing a wash. Never overtake near bridges or approaching bends as you never know what is around the bend.

## Horn Signals:

1 blast	moving to the right	4 blasts & 1 blast	turning around to the right
2 blasts	moving to the left	4 blasts & 2 blasts	turning around to the left
3 blasts	stopping or reversing	1 long blast & 2 blasts	I can't manoeuvre

## Caring for the Environment:

Don't throw litter overboard, keep it on board and dispose of it properly.

Don't burn the river banks with BBQ's, use a stand to keep it off the grass.

Respect and enjoy the wildlife the Thames has to offer and please slow down for anglers.

## Towing:

You are not permitted to tow or be towed unless with prior agreement from Kris Cruisers.





## Cruising on the River

### Weirs:

Watch out for the warning signs and please keep well away from the weirs.

### Rowing and Sailing Boats:

Make sure you slow down for rowing sculls/boats and sailing boats as your wash could cause them to capsize. The river is there for everyone to use, always give plenty of room to both types of boats and pass them without leaving any wash, never cross the bows of a sailing boat.

### Regattas:

Rowing and sailing regattas are frequently held on the river, if you come across one stay well clear of the course. There is normally a section of the river marked off for boats to pass by safely but very slowly as not to create a wash. Henley Regatta is normally held the week of the first Saturday in July and moorings near the town centre will be limited during this period.

### Underwater Divers:

If operating in the river, there is normally a safety boat and a white and blue marker on display.

### Dredgers:

When approaching a dredger, always pass it on the white flag side. Never pass by the side with a red flag as there will be chains in the river which may get caught around your propeller.

### BBQ's:

Never light a BBQ on board the boat as it may result in a fire.  
Gas BBQ's are not allowed on board as they conflict against the boat safety scheme laws.

### Alcohol:

We strongly recommend you not to cruise under the influence of alcohol as it will affect your ability to drive the boat safely. Your insurance will be invalid if you have an accident whilst under the influence of alcohol.

### Strong Stream:



With constant rain or heavy rainfall, the river flow may increase and make it harder for you to control your boat. If this happens the locks will display a yellow board saying Stream Increasing. If the speed continues to increase you may find a red board saying Strong Stream. At this point you will be asked by the lock keeper to tie up and phone us for assistance. When Red boards are displayed, hire boats are not allowed to travel without a pilot. As the river slows down you see a yellow board saying Stream Decreasing. Please take care when cruising the yellow boards are displayed.



## Boat Handling Tips

### Boating Terms:

<b>Bow</b>	The front of the boat	<b>Stern</b>	The back of the boat
<b>Port</b>	The left side of the boat	<b>Starboard</b>	The right side of the boat
<b>Head</b>	Toilet	<b>Galley</b>	Kitchen
<b>Helm</b>	Steering position	<b>Cabin</b>	Bedroom
<b>Saloon</b>	Lounge	<b>Warps</b>	Ropes
<b>Go Ahead</b>	Go forwards	<b>Go Astern</b>	Put the engine in reverse
<b>Cast Off</b>	Letting the ropes go	<b>Fender</b>	Blue/White balloons on the side

### Casting Off:

**!** Start your engine first and let it warm up for a couple of minutes before releasing your warps. Untie the downstream warp first and pass the mooring pins if used to a member of your crew on board the boat. Check that the river is clear and allow for the stream and wind conditions before pushing the bows out and stepping onto the boat. Put the boat into gear slowly and wait until your stern is clear of the bank before accelerating to cruising speed.

### Ropes:

**!** Always coil your warps up ready for use and hang them on the brackets if fitted. It is particularly important to make sure the stern warps are safely on the deck, if they were to fall into the water they could get tangled around the propeller and a diver will be required to free them off for you. Although this might sound exciting, divers are not on standby and it can sometimes take up to 24 hours to find an available diver.

### Steering:

**!** Your boat will not handle like a car, there are no tyres to grip the road so there will always be a delay from the time you turn the helm, to the boat moving. It is very easy to over steer, take your time and be patient. Always keep an eye on your stern as this is the part of your boat that steers the boat and will move before your bows.

### Approaching:

**!** Always approach your mooring against the current as you will have more control of your boat. If you're travelling downstream, find your mooring, go past, turnaround and face upstream. Look out for tree tops or flags as they will assist you with any wind direction. As you approach your mooring, slow down well in advance to a crawl, not forgetting you will have to turn the wheel further at slower speeds. Point your bows towards the bank and as you get close turn the wheel to the opposite lock and go astern, (applying your brakes), not forgetting to pause in neutral first. Your crew should be able to step off the boat with the warps, and not jump off.

**!** Never stop your engine before your warps are securely tied up.



## Boat Handling Tips

### Slowing and Stopping:

Boats don't have brakes so you will need to go astern to slow the boat down. Remember to give yourself plenty of time to stop, especially when travelling downstream. Pull back on the throttle to approach as slowly as possible, always pause in neutral for a second before going astern, (applying your brakes). Once the boat has stopped, immediately move the throttle into neutral or your boat will start to go backwards.

### Mooring:

Always go into your mooring bows first unless there is a sign stating deep water mooring. If you do reverse into a deep water mooring, be aware that your steering is less effective as there is no flow of water travelling past the rudder from the propeller. Always adjust your fenders to help protect the boat from damage once your warps are secure.

### Tying Up:

Many places will have rings or posts to tie up to, if not you can always use your mooring pins. If using your mooring pins, always bang them into the ground just inside the bow and the stern of the boat. This will assist you when returning to your boat in the dark. As you approach your boat you will be ready to spot your ropes and will avoid tripping over them. There are many types of knots you can use, the 3 most commonly used are below.

**Clove Hitch:** This is ideal for attaching a mooring line to a dock post or mooring pin



**Bow Line:** This is ideal for attaching a mooring line to a dock post or ring



**Round Turn & 2 Half Hitches:** This is ideal for attaching a mooring line to anything





## Help and Advice

### Running Aground:

If you find yourself in shallow water and aground, **Never** try to go forwards, **Always** try to get off the same way you went on. Gently put the throttle into Neutral and listen to see if you can hear the propeller hitting the bottom of the river. If there is no sound, slowly accelerate to move the boat into deeper water. If you are still not moving try rocking the boat from side to side whilst at the same time leaving the engine in reverse gear. If you have managed to free yourself, please pull over to a deep water mooring and check your filters, it is a strong possibility you may have clogged them up with silt from the river bed. If you are still stuck hard aground, you will need to telephone us on 01753 543931 for further advice.

**!** Never ask a boat for a tow as this can cause serious damage to the boat as you do not know what may lie beneath the surface, a rock or even a boulder can do a lot of damage.

### Accidents:

If you are unfortunate enough to be involved in an accident, whether it is with another boat, a lock or a bridge etc, after making sure that no-one has been injured, you will need to follow the following procedure.

**!** If another boat is involved, Do not admit liability.

**!** Inspect both boats for damage and make notes on the damage visible on both boats. If there is damage to the 3<sup>rd</sup> party's boat, please take a picture or two.

**!** Take details of the boats name, the driver and the owner.

**!** Make a note of the place, date and time of the accident.

**!** No matter who is at fault or whether or not you can see any damage, please report it to us Immediately by telephoning us on 01753 543931 **before** you carry on with your cruise. On your return you will be asked to fill in an accident claim form. If you paid the damage waiver, you will be fully protected, if you paid the security deposit, you may be liable up to the full amount you have paid. The only change to this policy will be if you are found to be negligent.

### Breakdown:

If your boat develops a technical fault and you are unable to carry on cruising, please telephone us on 01753 543931 with your exact location and as much detail as possible about the fault and we will endeavour to have an engineer with you within the hour. If you are still able to carry on cruising, please telephone us with your technical fault as soon as possible as we may be able to assist you over the phone or advise you of another boatyard local to your position who can assist you quicker than we can. Don't leave it until the end of the day as it may not be possible to assist you until the following day.

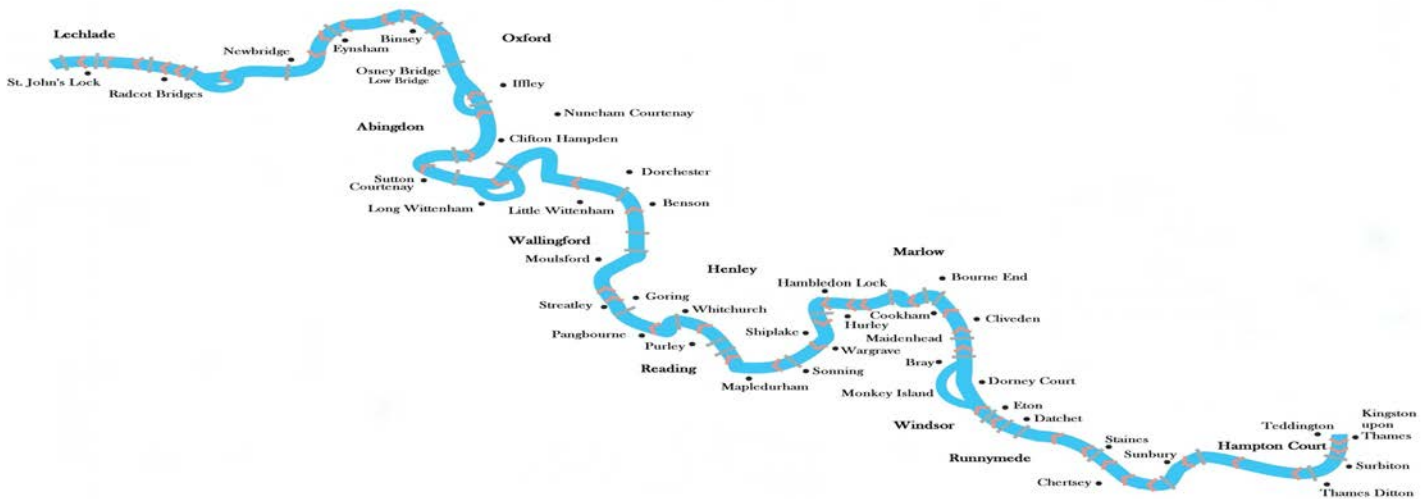
### Trial Run Reminder List:

Don't forget to check your trial run reminder list on page 34 before you telephone us as this may have the answer to your question.



**The Environment Agency provide the following 24hr moorings Free of Charge  
Notice boards at these sites indicate the length of moorings available**

Lechlade - Riverside	Boveney - Towpath at Boveney Lock
Eynsham - Towpath above and below Eynsham Lock	Windsor - Towpath below Windsor Road Bridge
Oxford - Towpath at East Street	Egham - Towpath below Runnymede Pleasure Ground
Sandford - Towpath below Sandford Lock	Staines - Towpath below Staines Bridge
Abingdon - Towpath above Abingdon Lock	Laleham - Towpath at Laleham Wharf
Goring - Towpath below Goring Bridge	Chertsey - Towpath at Dumsey Bend, Between Chertsey and Shepperton
Reading - Towpath at Kenneth Mouth	Weybridge - Towpath opposite Shepperton Lock
Sonning - Towpath above Sonning Lock	Desborough - Desborough Island
Wargrave - Towpath at Lower Lashbrook below Wargrave	Walton - Towpath at Walton, east side
Henley - Towpath above Henley Road Bridge on the right hand side	Molesey - Towpath above Molesey Lock
Marlow - Towpath below Marlow Lock	Kingston - Kingston Wharf



## Pubs & Restaurants

We have put together a list of Pubs and Restaurants that have been recommended by customers along the River, including Dog Friendly ones. All of these have a minimum rating of 3 stars on Trip Advisor.



### Dog Friendly Pubs (DF)

#### Teddington

The Wharf - 020 8977 6333  
Tide End Cottage Pub – 020 8977 7762 (DF)  
The Anglers – 020 8977 7475 (DF)

#### Kingston

Harts Boatyard – 020 8399 7515  
Browns – 020 8974 5698  
Cote Brasserie – 020 8546 9422  
Bills – 020 8549 1410

#### East Molesey

Chakra Indian Cuisine – 020 8541 5757  
Wags n Tales – 020 8390 9617 (DF)  
The Mute Swan – 020 8941 5959 (DF)  
The Prince of Wales – 020 8979 5561 (DF)

#### Sunbury

White Horse Pub – 01932 770999 (DF)  
The Phoenix – 01932 785358 (DF)

#### Staines

Slug & Lettuce – 01784 456914  
Roshni's – 01784 462515  
The Swan Hotel – 01784 452494 (DF)  
Nostrano Lounge – 01784 460944 (DF)

#### Runnymede

Italian Concept Restaurant – 01784 432244  
The Lock Bar & Kitchen – 01784 220999  
Leftbank Restaurant – 01784 220999  
The Lounge – 01784 220999

#### Old Windsor

Bells Of Ouzey – 01753 861526

#### Datchet

The Royal Stag – 01753 584231  
Spices Indian Cuisine – 01753 581008  
Franco's Italian – 01753 549314

The Magpie – 01932 782024 (DF)

The Weir – 01932 784530 (DF)

### Walton-on-Thames

Sushi Wakyo – 01932 267888

Khao Sarn – 01932 245005

The Anglers of Walton – 01932 223996 (DF)

The Swan – 01932 225964 (DF)

### Shepperton

Warren Lodge Restaurant – 01932 242972

The Thames Court - 01932 221957 (DF)

The Kings Head – 01932 221910 (DF)

Red Lion – 01932 244526 (DF)

### Chertsey

The Kingfisher – 01932 579811 (DF)

The Bridge – 01932 565644 (DF)

### Cookham

The Crown – 01628 520163

Spice Merchant – 01628 522584

The Bel & Dragon – 01628 521263

The Kings Arms – 01628 530667 (DF)

### Bourne End

The Walnut Tree – 01628 532417

Kongs – 01628 522100

The Last Viceroy – 01628 531383

The Bounty – 01628 520056 (DF)

### Marlow

George & Dragon – 01628 814312

La Cantina Del Vino – 01628 477885

Bills Marlow – 01628 481571

The Two Brewers – 01628 484140 (DF)

### Hurley

The Rising Sun – 01628 825733 (DF)

### Aston

The Flower Pot – 01491 574721

### Henley

The Angel on the Bridge – 01491 410678

Bird in Hand – 01491 575775

The Argyll Pub – 01491 573400 (DF)

The Baskerville – 0118 940 3332 (DF)

Catherine Wheel – 01491 848488 (DF)

### Windsor and Eton

Flaming Cow – 01753 863379

Cote Brasserie – 01753 868344

Gogo`s Waterfront – 01753 869057

The Waterman`s Arms – 01753 861001 (DF)

The Boatman – 01753 620010 (DF)

Horse & Groom – 01753 868488 (DF)

### Bray

Oakley Court – 01753 609988

Waterside Inn – 01628 620691

### Maidenhead

Thai Orchid – 01628 777555

The Thames Riviera Hotel – 01628 674057

Blue River Café – 01628 674057 (DF)

Jenners Café – 01628 621721 (DF)

Boulter's-01628 621291 (DF)

### Pangbourne

The Swan – 0118 984 4494

Miahs – 0118 984 3731

Ninos – 0118 984 1333

The Ferryboat – 0118 984 2161 (DF)

### Goring

Miller of Mansfield – 01491 872829

Masoom`s Indian Cuisine – 01491 872796

The John Barleycorn – 01491 872509 (DF)

The Catherine Wheel – 01491 872379 (DF)

### Moulsford

The Beetle & Wedge Boathouse – 01491 651381

### Wallingford

The Old Post Office – 01491 836068

Wallingford Tandoori – 01491 833133

The Boat House – 01491 834100 (DF)

The Shellfish Cow – 01491 832807

### Benson

Waterfront Café – 01491 833732 (DF)

### Clifton Hampden

Barley Mow – 01865 407847 (DF)

### Long Wittenham

The Vine & Spice – 01865 409900

### Wargrave

George and Dragon – 0118 940 4474

### Sonning

The French Horn – 0118 969 2204

Coppa Club – 0118 921 9890

The Bull Inn – 0118 969 3901 (DF)

### Reading

Thames Lido – 0118 207 0640

Cozze – 0118 959 1459

Picasso Tapas – 0118 948 4141

River Spice – 0118 950 3355

### Abingdon

The Old Anchor Inn – 01235 534123

The Crown & Thistle – 01235 522556

The Kings Head & Bell – 01235 525362 (DF)

The Nags Head – 01235 524516 (DF)

### Oxford

The Folly – 01865 201293

The Porterhouse – 01865 248546

The Head of the River – 01865 721600

The Punter – 01865 248832 (DF)



## Fishing on the River Thames

### Rules for Fishing

#### Coarse fishing:

The annual coarse fishing close season is 15 March to 15 June (inclusive).

#### Salmon and migratory trout:

The annual close season for fishing with rod and line shall be from the 1 October to the 31 March (inclusive).

**!**On rivers you may take no more than:

One pike of less than 65cm per day

Two grayling of between 30 and 38cm per day

A total of fifteen barbel, chub, common bream, common carp, crucian carp, dace, perch, pike, roach, rudd, silver bream, smelt or tench (Including any hybrids of these species) of less than 20cm per day.

**!**The size is determined by measuring from the tip of the snout to the end of the tail fin.

**!**This byelaw does NOT apply to the following:

**!**Any undersized freshwater fish if kept alive in a keep-net and returned alive to the water at the point of capture not later than at the conclusion of fishing;

**!**Any undersized freshwater fish (not exceeding twelve in any one day) for use as bait in the water from which they were taken;

**!**Any undersized fish for any specific purpose with the previous consent in writing of the Authority.

**!**No person without the previous consent in writing of the Authority when fishing with rod and line shall take away from the river in any one day more than two fish of which not more than one may be Tench, Carp, Barbel, Bream or Pike.

**!**This does NOT apply to Trout, Zander or Eels

**!**Fish must be weighed as close as possible to the point of capture.



- ! No person shall fish with rod and line having more than three separate hooks attached hereto.
- ! No person shall use in conjunction with rod and line any device intended to hook a fish automatically.
- ! When fishing with multiple rods and lines, rods must be placed such that the distance between the butts of the end rods does not exceed three metres.
- ! No person shall use for freshwater fish or eels any fishing line which has attached any lead in the form of a lead weight unless it weighs 0.06 grams or less, commonly called dust shot or lead weights greater than 28.35 grams (1oz).
- ! Any person who leaves a rod and line with its bait or hook in the water unattended, so that the person shall be unable at any time to take or exercise sufficient control over their rod and line will be guilty of an offence.

**Rod Licences:**

Rod licenses are either a 1 day, 8 day or annual pass and are available from Post Office's or by telephoning **0344 800 5386**. The phone lines are open from 8.00am to 6.00pm Monday to Friday and 8.00am to 1.00pm on Saturday.



## Fishing on the River Thames

Free? Surely not! It's true – at these sites you don't have to pay for a day ticket or permit, but you must have a valid rod licence if you're over 12. You can catch many different species of fish in these areas. But please make sure you don't disturb other river users or damage the banks. Happy fishing!

**Oxford: Osney Lock**

Description: First 150m below Osney Lock on towpath side

**Oxford: Iffley Lock**

Description: First 100m below Iffley Lock on towpath side

**Newbury: Northcroft Recreation Ground, River Kennet**

Description: Fishing permitted on the North bank of the River Kennet only.

**Reading: Hills Meadow**

Description: The effect of Caversham Weir and the backing up of the current around the small mill stream combine in this section. The considerable flow of the main stream close to the bank contrasts with the slow and shallow water of the mill stream.

**Reading: Caversham Lock**

Description: This is an attractive fishery providing easily accessible, comfortable fishing right through Kings Meadow down to the junction of the Kennet and Avon Canal at Kennet mouth. No fishing from mooring platform at Tesco or from lock area.

**Reading: Christchurch Meadow**

Description: The length of the river bank available downstream from Wolsey Road. Upstream from Wolsey Road to the end of the section, fishing is prohibited as the site is a swan sanctuary.

**Reading: Thames Side Promenade**

Description: A particularly popular and attractive park area, Thames Prom provides a pleasant

setting for relaxing fishing. Although the river is often busy with rowers and other water traffic there is usually enough space for all river users to exist together. No fishing for 200m upstream and downstream to Caversham Bridge due to swan sanctuary.

**Sonning: Sonning Lock**

Description: Upstream of lock on tow-path to old power station discharge point, just beyond island in river, fishing available throughout season. Downstream from the lock to Sonning Road Bridge, on the towpath side. 1st November to the 14th March only.

**Staines Bridge to Teddington (16 miles)**

You can fish anywhere downstream of Staines Bridge to Teddington where there's public access.



# Locks, Bridges and Navigation

## Lock Keepers Hours of Duty

January – March	09.15	to	16.00*	Expect Self Service
April	09.00	to	17.00	
May - June	09.00	to	18.00	
July - August	09.00	to	18.30	
September	09.00	to	18.00	
October	09.00	to	17.00	
November – December	09.15	to	16.00	Expect Self Service

\* When Easter falls in March: Good Friday to Easter Monday inclusive is 09.00-17.00

**When locks are unattended, you may work them yourself, at your own risk. Most locks have power making them easier to operate. These operating instructions are also posted at locks.**

During your cruise you will come across many bridges with a few bridges having low headroom. Weather conditions upstream can have an effect on river water levels. An Eight foot headroom today might not be an eight foot headroom tomorrow. Particular care should be taken when navigating all bridges.

! Always warn your crew when approaching a bridge, make sure that all of your crew are off the roof and within the profile of the boat.

! Lower your windscreen and roof at all low bridges – you will be liable for the cost of damage to these if they have not been lowered.

! Proceed at slow speed and check that there are no objects on your cabin top.

! Avoid turning round near bridges.

! Osney Bridge near Oxford is especially low and some of the upper Thames bridges beyond will need to be treated with caution.

! Sonning Bridge is just below Sonning Lock, care should be taken as the upstream side is very close to a tight bend, with the weir stream on your right and the lock on your left.

! Remember, boats travelling downstream have right of way and passenger steamers often frequent the river in the summer.

! **Channel Markers** If there's a channel you should stick to it – it will usually be marked by buoys or by **red cans** and **green cones**.

If you're heading **downstream**, keep the **red cans to your right** and the **green cones to your left**.

If you're going **upstream**, the **red markers should be on your left** and the **green on your right**.



## Lock Safety

During your cruise you will pass through a number of locks which are all operated by lock keepers from the Environment Agency. They are ready to help and advise you on any aspect of your holiday, whether it's for the nearest shop, pub, restaurant or even a nice country walk.

! In narrow lock cuts, please remember some boats draw up to 1.2 metres (4 feet) or more and might not be able to manoeuvre quickly.

! When waiting for a lock, form an orderly queue at the layby as near to the lock as possible.

! Queue jumping is bad mannered, it causes ill feeling and can cause delays entering the lock.

! When the lock gates open, wait for the lock keepers signal before releasing your ropes.

! Obey the lock keeper's instructions. For both safety and efficiency reasons they may not necessarily instruct boats to enter the lock in strict order of arrival.

! As you approach the lock, have your crew on deck with both ropes, the Lock Keeper will tell you which side to go, to enable him to get as many boats inside as possible. Turn off any radios.

! Always use your reverse gear to stop your boat and not the ropes. Never wrap a rope round any part of your body and keep hands and fingers away from bollards and cleats.

! Loop both your bow and stern lines around the bollards, **NEVER** tie them up, hold onto them and then stop your engine.

! Once the lock is full, any remaining boats on the layby should move forward to ensure those waiting in the channel can moor at the back of the queue.

! When the water is rising or falling in the lock, adjust your lines to keep them fairly taut.

! Make sure your boat does not get caught up on the sides as the lock is emptying.

! Do Not fend off with hands, feet or boat hooks.

! Do Not moor upstream of the vertical white line on the lock wall or your boat may be damaged on the sill.

! Do not run on the lock side or allow others to run.

! Keep children under close supervision at all times.

! Please keep dogs on your boat, or on a lead whilst passing through the lock.

! Most importantly, Take Your Time and pay attention while going through the lock.



# Lock Un-Attended

## How to operate the lock

If the **BLUE** 'Power Available' light is **OFF**, please follow the instructions on the side of the control pedestal. If the **BLUE** 'Power Available' light is **ON**, follow the instructions below.

**1** To fill or empty the lock, make sure that all gates and sluices are closed and the **RED** light is **ON**. If not, please follow procedures **3 and 4** below before continuing.

**IF THE LOCK IS EMPTY** and the **GREEN** light is **OFF** you must follow this operation before you can open the gates.

Press the 'OPEN SLUICES' button **Once**. The sluices will gradually open automatically and the **GREEN** light will flash while the lock is **Filling** or **Draining**. This will take several minutes.

**IF THE LOCK IS FULL** and the **GREEN** light is **OFF** you must follow this operation before you can open the gates.

Press the 'OPEN SLUICES' button **Once**. The sluices will gradually open automatically and the **GREEN** light will flash while the lock is **Filling** or **Draining**. This will take several minutes.

**2** To open the gates, wait until the **GREEN** light has stopped flashing and is **ON**. Press **and hold** the 'OPEN GATES' button.

**3** To close the gates, Press **and hold** the 'CLOSE GATES' button.

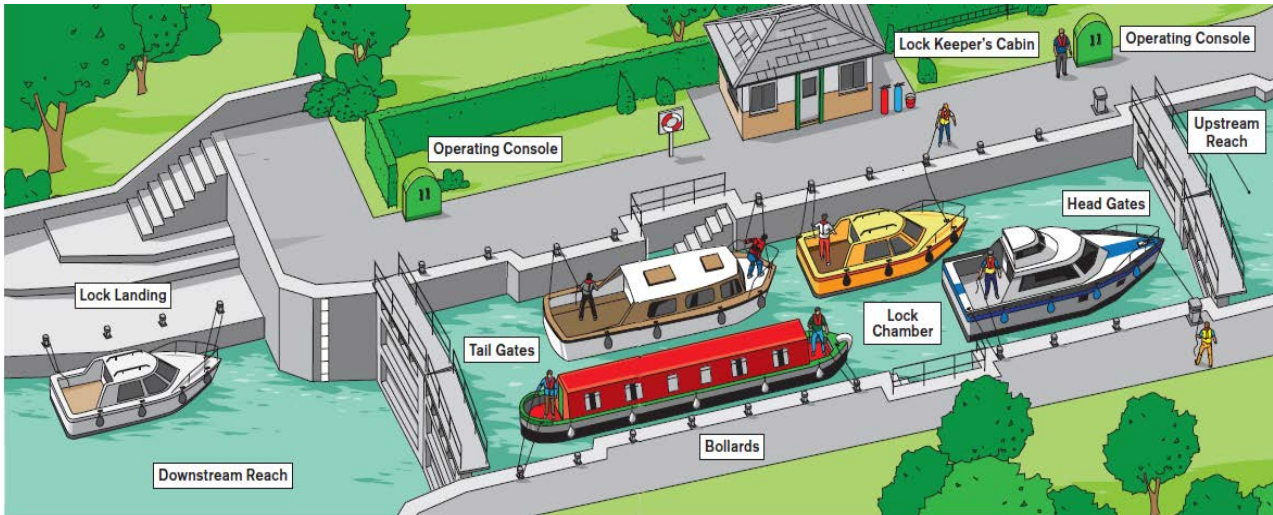
**4** To close the sluices, make sure the gates are properly closed. Press the 'CLOSE SLUICES' button **Once**. The **GREEN** light will go out and the sluices will close automatically until the **RED** light comes **ON**.

**When you leave the lock, please CLOSE the gates behind you and leave the tail sluices OPEN.**



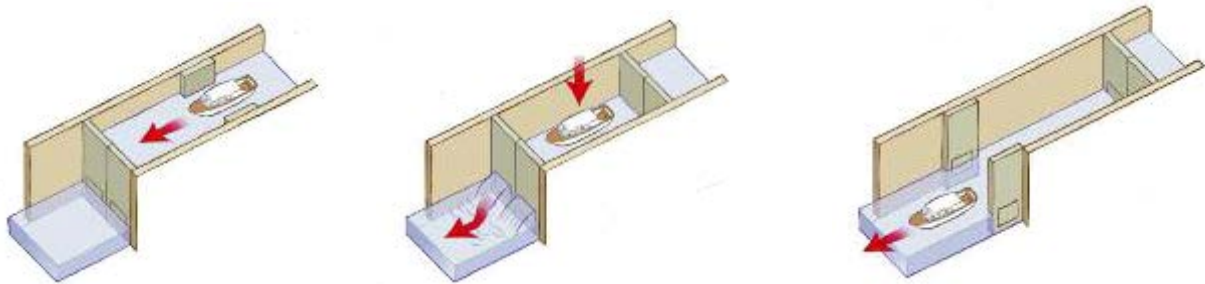


# River Thames Locks



**Did You know ?**

Not all of the locks on the river are the same. Some have wooden beams that have to be pushed open by hand. The others like this picture, are opened mechanically



**Did You know ?**

There are 44 locks on the non-tidal section of the river Thames. The biggest is Teddington which holds 8 million litres of water, the same as 24 million cans of cola. The smallest is St. Johns which holds 330 thousand litres of water, the same as 1 million cans of cola.



# Lock Facilities

## Key



Water



Rubbish



Recycling



Toilets



Accessible Toilets



Electric

Lock	Services	Miles to Next lock	Minutes to Next Lock at 5mph	Telephone
St John's		1.15	15	01367 252309
Buscot		3.34	41	01367 252434
Grafton		1.85	23	01367 810251
Radcot		2.63	32	01367 240676
Rushey		4.30	52	01367 870218
Shifford		4.74	58	01367 870247
Northmoor		3.86	47	01865 862923
Pinkhill		1.48	18	01865 881452
Eynsham		2.71	33	01865 881324
King's		1.13	14	01865 553403
Godstow		2.40	30	01865 554784
Osney		2.32	28	01865 247050
Iffley		1.68	21	01865 777277
Sandford		4.58	56	01865 775889
Abingdon		2.58	32	01235 523044
Culham		2.81	34	01235 522061
Clifton		2.98	36	01865 407821
Day's		3.96	48	01865 407768
Benson			79	01491 835255
Cleeve		0.62	8	01491 872608
Goring		4.07	50	01491 872687
Whitchurch		2.28	28	0118 984 2448



# Lock Facilities

## Key



Water



Rubbish



Recycling



Toilets



Accessible Toilets



Electric

Lock	Services	Miles to Next lock	Minutes to Next Lock at 5mph	Telephone
Mapledurham		4.40	54	0118 941 7776
Caversham		2.63	32	0118 957 5764
Sonning		2.91	36	0118 969 3992
Shiplake		2.59	36	0118 940 3350
Marsh		3.24	35	01491 572992
Hambleden	Glass Only	3.66	45	01491 571269
Hurley		0.64	8	01628 824334
Temple		1.68	22	01628 824333
Marlow		4	49	01628 482867
Cookham		2.08	26	01628 520752
Boulters		2.13	26	01628 624205
Bray		3.17	39	01628 621650
Boveney		2.33	29	01753 862764
Romney		3	37	01753 860296
Old Windsor		2.92	36	01753 861822
Bell Weir		2.84	35	01784 432333
Penton Hook		1.95	24	01784 452657
Chertsey		2.06	25	01932 562208
Shepperton		2.95	36	01932 221840
Sunbury		2.98	36	01932 782089
Molesey		4.81	59	020 8979 4482
Teddington		0.24	28	020 8940 8723





## Pump-out & Water

The following is a list of boatyards and marina's who offer the facility to empty (pump-out), your toilets and supply you with fresh water.

Look out for the symbol below to guide you to your nearest pump-out station.



<b>Eynsham</b>	<b>Oxford Cruisers</b>	<b>01865 881698</b>
<b>Oxford</b>	<b>College Cruisers</b>	<b>01865 554343</b>
Abingdon	Abingdon Bridge Marine	01235 521125
<b>Benson</b>	<b>Swancraft</b>	<b>01491 838304</b>
<b>Reading</b>	<b>Caversham Boat Services</b>	<b>0118 957 4323</b>
Caversham	Better Boating	0118 947 9536
Bourne End	Bourne End Marina	01628 522813
<b>Datchet</b>	<b>Kris Cruisers</b>	<b>01753 543931</b>

**!** Please telephone in advance before calling into one of the blue highlighted pump-out stations on Fridays and Saturdays. Their moorings may be full due to a turn-round with their hire fleet and may be unable to assist you on these days.

**!** Please be aware that even though some locks have a self service pump-out, we Do Not recommend them in the interest of your health and safety. Without the experience and proper equipment, (equipment not supplied) there is a strong risk of a blow back which would not be very pleasant. Always go to one of the recommended service stations above.

## Laundrettes

If you wish to use a laundrette, we have supplied a list of some laundrettes close to the River.

Windsor	Bubbles	1 mile	01753 862115
Reading	Launderama	0.2 miles	0118 947 1063
Pangbourne	Launderclean	0.5 miles	0118 984 2197
Abingdon	Westing House	1 mile	01235 524782



## TV Tuning Instructions

Make	Model	Tuning Sequence
Blaupunkt	All	Menu – Press OK - Auto Tuning – Press OK – Country Press OK Press Exit to Remove Message – Tuning Starts Automatically – Press OK x 4 – Press Exit
JVC	LT-24C685	Press House – scroll down to Settings – scroll right to Installation Press OK – scroll down to Automatic Channel Search Press OK x 2 – Select Yes – Press OK x 2
LG	M197WDP	Menu - Press Setup / - Press Auto Tuning – Press OK – Press Yes – Press OK
Hitachi	L22DG07U J	Menu – scroll across to Install & Retune - Press OK x 3
Samsung Black	LE19B450C4 LE22B470C9	Menu – scroll down to satellite Dish/Channel – scroll right to country – scroll down to Auto Store – Press ENTER x 3
Samsung White	LE19R86W	D.Menu – scroll down to satellite Dish/Channel – scroll right to country – scroll down to Auto Store – Press ENTER x 2
Sharp	LC24DHF	Menu – scroll across to Channel – Press Auto Tuning – Tuning Mode scroll right to Freeview TV – scroll down and Press Auto Tuning – Press Exit to remove message and when tuning has finished Press OK x 4
Toshiba	19DL833B	Menu – scroll across to Install & Retune - Press OK x 3
Toshiba	19DV555DB	Terrestrial – Press Menu/Setup – scroll right to 3 <sup>rd</sup> Box – Scroll down to Auto Tuning – Press Enter – scroll down to start & press Enter Digital – Press ATV/DTV – Press Digital Menu Button and follow the instructions above



## Medical Assistance

<b>Town</b>	<b>Chemists</b>	<b>Doctors</b>	<b>Hospitals</b>
Lechlade	Lechlade Pharmacy 01367 252285	Hilary Cottage Surgery 01285 712377	Fairford Hospital 0300 421 6470
Radcot	Boots Pharmacy 01367 240505	Bampton Surgery 01993 850257	Faringdon Day Hospital 01367 242150
Eynsham	Lloyds Pharmacy 01865 881283	Long Hanborough Surgery 01993 881330	Witney Community Hospital 01865 904222
Oxford	Boots Chemist 01865 247461	Beaumont Street Surgery 01865 240501	John Radcliffe 0300 304 7777
Abingdon	Boots Chemist 01235 520056	Long Furlong Medical Centre 01235 522379	Abingdon Community 01865 904346
Wallingford	Boots Chemist 01491 839061	Tilehurst Surgery 01189 427528	Wallingford Community 01865 904488
Goring	Lloyds Pharmacy 01491 872124	Tilehurst Surgery 01189 427528	Prospect Park Hospital 01189 605000
Pangbourne	Lloyds Pharmacy 01189 842935	The Boathouse Surgery 01189 842234	Prospect Park Hospital 01189 605000
Mapledurham	Lloyds Pharmacy 01189 842935	Tilehurst Village Surgery 01189 452612	Royal Berkshire 01183 225111
Reading	Boots Chemist 01189 587529	Elden Road Surgery 01189 391919	The Royal Berkshire 01183 225111
Wargrave	Lloyds Pharmacy 01189 403557	The Bell Surgery 01491 843250	Townlands Community 01865 903755
Henley	Boots Chemist 01491 574132	Hambledon Surgery 01491 571305	Townlands Community 01865 903755
Marlow	Boots Pharmacy 01628 482875	The Doctors House 01628 484666	St Marks 01628 632012
Bourne End	Lloyds Pharmacy 01628 520144	Orchard Surgery 0844 4773016	St Marks 01628 632012



## Medical Assistance

<b>Town</b>	<b>Chemists</b>	<b>Doctors</b>	<b>Hospitals</b>
Cookham	Cookham Pharmacy 01628 521369	Cookham Medical Centre 01628 810242	St Marks 01628 632012
Maidenhead	Bridge Road Pharmacy 01628 623125	Rosemead Surgery 01628 622023	St Marks 01628 632012
Windsor & Eton	Boots Chemist 01753 830745	Clarence Medical Centre 01753 865773	Wexham Park 01753 633000
Datchet	Village Pharmacy 01753 541786	Datchet Health Centre 01753 541268	Wexham Park 01753 633000
Staines	Boots Pharmacy 01784 455437	Knowle Green Medical 01784 883654	Ashford Hospital 01784 884488
Chertsey	Lloyds Pharmacy 01932 563015	The Bridge Practice 01932 561199	St Peters 01932 872000
Weybridge	Boots Chemist 01932 842738	Church Street Practice 01932 504450	St Peters 01932 872000
Shepperton	Boots Chemist 01932 220328	Shepperton Medical Practice 01932 220524	St Peters 01932 872000
Walton on Thames	Boots Chemist 01932 223719	Fort House Surgery 01932 253055	St Peters 01932 872000
Sunbury on Thames	Lloyds Pharmacy 01932 782167	Health Centre 01932 713399	St Peters 01932 872000
Hampton Court	Boots Chemist 0208 9795559	Hampton Medical Centre 0208 9795150	Molesey Hospital 0208 9414481
Kingston	Boots Chemist 0208 5411644	Kingston Health Centre 020 8549 4747	Kingston Hospital 020 8546 7711



## Life Saving Procedures

Priorities when dealing with a casualty are always the same:

**Airway**

**Breathing**

**Circulation.**

A primary survey of a casualty will establish your priorities. When dealing with an unconscious casualty you should open and maintain their **airway** as your first priority. If the airway should become obstructed, possibly by the tongue falling to the back of the throat, then the casualty will be unable to breathe and this will lead to death if untreated.

If the casualty is **breathing**, the simple procedure of placing the casualty into the **recovery position** should ensure that the airway will remain clear of obstructions.

If the casualty has stopped breathing you can assist them by performing a combination of **chest compressions** and rescue breaths. You breathe out enough oxygen to potentially keep the casualty alive until the emergency services arrive, the oxygen you breathe into the casualty will need to then be pumped around the body using chest compressions.

It is important to remember that in any life threatening situation the **emergency services** should be called as soon as breathing or absence of breathing has been identified.

## Recovery Position

**Baby:** *A baby is considered to be less than 1 year old for the purposes of these instructions.*

! For a baby less than a year old, a modified recovery position must be adopted.

! Cradle the infant in your arms, with its head tilted downwards to prevent it from choking on its tongue or inhaling vomit.

! Monitor and record vital signs - level of response, pulse and breathing until medical help arrives.

**Child/Adult:** *Anyone over the age of 1 year for the purpose of these instructions.*

! An unconscious casualty who is breathing but has no other life-threatening conditions should be placed in the recovery position.

! Turn casualty onto their side.

! Lift chin forward in open airway position and adjust hand under the cheek as necessary.

! Check casualty cannot roll forwards or backwards.

! Monitor breathing and pulse continuously.

! If injuries allow, turn the casualty to the other side after 30 minutes.

**Note:** *If you suspect spinal injury, use the jaw thrust technique.*

! Place your hands on either side of their face.

! With your fingertips gently lift the jaw to open the airway.

! Take care not to tilt the casualty's neck.

### Please Note:

These hints are no substitute for thorough knowledge of first aid! They are only here as a guide.



# Artificial Respiration

## For Adults

### Cardio-Pulmonary Resuscitation (CPR)

If you have someone with you, send them to **dial 999** (or 112) for an ambulance **immediately**.  
If you are **alone dial 999** (or 112) for an ambulance immediately and then return to help the casualty.

#### **! Give 30 chest compressions**

- ! Place heel of your hand in the centre of the chest.**
- ! Place other hand on top and interlock fingers.**
- ! Keeping your arms straight and your fingers off the chest, press down by 4-5cms then release the pressure, keeping your hands in place.**
- ! Repeat the compressions 30 times, at a rate of 100 per minute.**

#### **! Give 2 rescue breaths.**

- ! Ensure the airway is open.**
- ! Pinch nose firmly closed.**
- ! Take a deep breath and seal your lips around the casualty's mouth.**
- ! Blow into the mouth until the chest rises.**
- ! Remove your mouth and allow the chest to fall.**
- ! Repeat once more.**

**Continue resuscitation**, 30 compressions to 2 Rescue Breaths.

#### **Do not stop unless:**

Emergency help arrives and takes over.  
The casualty breathes normally or  
You become so exhausted that you cannot carry on.

#### **Notes:**

- ! If you are alone, call an ambulance as soon as you know the casualty is not breathing – unless unconsciousness is due to drowning, whereby you should give FIVE initial rescue breaths and perform CPR for one minute before making the call.**
- ! If two rescuers *with the knowledge of CPR*, are available, change every 2 minutes with minimal disruption.**
- ! If you are unable or unwilling to give rescue breaths, give chest compressions only.**
- ! Continue at a rate of 100 per minute.**
- ! It is possible to identify the correct hand position without removing the child's clothes.**

#### **Please Note:**

These hints are no substitute for thorough knowledge of first aid! They are only here as a guide.



# Artificial Respiration For Children

## Cardio-Pulmonary Resuscitation (CPR)

A child is considered to be between one and a teenager for the purposes of these instructions.

If you have someone with you, send them to **dial 999** (or 112) for an ambulance **immediately**.  
If you are on your own carry out **CPR for 1 min** before dialling **999** (or 112) for an ambulance.

### **! Give 5 rescue breaths**

- ! Ensure the airway is open.**
- ! Seal your lips around the child's mouth while pinching the nose.**
- ! Blow gently into the lungs, looking along the chest as you breathe. Take shallow breaths and do not empty your lungs completely.**
- ! As the chest rises, stop blowing and allow it to fall.**
- ! Repeat four more times then check for circulation.**

### **! Give 30 chest compressions**

- ! Place 1 or 2 hands in the centre of the chest (depending on the size of the child).**
- ! Use the heel of that hand with arms straight and press down to a third of the depth of the chest.**
- ! Press 30 times, at a rate of 100 compressions per minute.**
- ! After 30 compressions, give 2 rescue breaths.**

**! Continue resuscitation** (30 compressions to 2 rescue breaths) without stopping until help arrives.

### **Notes:**

- ! If you are alone, carry out rescue breaths and chest compressions for 1 minute before leaving the child to call an ambulance.**
- ! If you are familiar with adult CPR and have no knowledge of child CPR, use the adult sequence.**
- ! It is possible to identify the correct hand position without removing the child's clothes.**

### **Please Note:**

These hints are no substitute for thorough knowledge of first aid! They are only here as a guide.



# Artificial Respiration For Infants

## Cardio-Pulmonary Resuscitation (CPR)

A baby is considered to be less than 1 year old for the purposes of these instructions.

If you have someone with you, send them to **dial 999** (or 112) for an ambulance **immediately**.  
If you are on your own carry out **CPR for 1 min** before dialling **999** (or 112) for an ambulance.

### ! Give **5 rescue breaths**:

- ! Ensure the airway is open.
- ! Seal your lips around the baby's mouth and nose.
- ! Blow gently into the lungs, looking along the chest as you breathe. Fill your cheeks with air and use this amount each time.
- ! As the chest rises, stop blowing and allow it to fall.
- ! Repeat this 5 times.

### ! Give **30 chest compressions**:

- ! Place the baby on a firm surface.
- ! Locate a position in centre of the chest.
- ! Using 2 fingers, press down sharply to a third of the depth of the chest.
- ! Press 30 times, at a rate of 100 compressions per minute.
- ! After 30 compressions, give 2 Rescue Breath.
- ! Continue resuscitation (30 compressions to 2 rescue breath) without stopping until help arrives.

### Notes:

- ! If you are alone, carry out rescue breaths and chest compressions for 1 minute before taking the infant with you to call an ambulance.
- ! If you are familiar with adult CPR and have no knowledge of infant CPR, use the adult sequence using two fingers for compression.
- ! It is possible to identify the correct hand position without removing the infant's clothes.

### Please Note:

These hints are no substitute for thorough knowledge of first aid! They are only here as a guide.





## Holiday Return Procedure

Thank you for taking your holiday with us and we hope you have had a lovely time and a trouble free cruise. When you return your boat to us, there are a few simple tips that will help both you and us in making your return a swift and hassle free end to your holiday.

### Return Time:

Your boat must be moored in Kris Cruisers boatyard no later than 09.30hrs. The locks are manned from 09.00hrs which will allow you plenty of time to pass through 1 lock and travel to our boatyard. Your boat must be vacated by 09.45 hours to allow us enough time to get it ready for the next holidaymakers. If you prefer not to pass through the last lock early in the morning, you are very welcome to moor at Kris Cruisers boatyard on your last night. A charge of up to £100 may be made if the boat is returned late or in a dirty condition.

### No More Locks ! :

You are more than welcome to moor at Kris Cruisers on your last night to escape the early start. We have rubbish disposal, water and toilet facilities for you to use. If the toilets are locked, the code is the year Kris Cruisers first hired out boats, **1978**.

### Checking Out Times:

You can check out from 08.00hrs on the last day of hire. If you need to leave earlier than this time, you will need to be moored at Kris Cruisers boatyard no later than 17.00hrs the day before your last night. This will allow us enough time to check your fuel and sort out any deposit if paid. We would advise you to telephone us in advance if you require checking out before 08.00hrs.

### Advance Planning:

After you have passed through the last lock, it will save time if can you place the following items into the Blue Laundry Bag which was left on board before your arrival. Bed sheets, pillow cases, duvet covers, 'T' Towels, floor cloth, oven gloves, shower mats, hand and bath towels and leave it by the exit door. **No blankets please**. You will also need to have your cases packed, the skippers handbook and your copy of the boat acceptance certificate to hand.

### Customer Feedback:

One of the most important methods we use to assist us in offering you the best service possible is through your feedback. You will find a form in the back of this Skippers Handbook, please feel free to fill it in and drop it into the office on checking out. If you prefer to, you can take it home and pop it into the post at your leisure.

***Please remember to leave your boat clean and tidy as you received it.***



## Holiday Return Procedure

### How to approach Kris Cruisers from Windsor and Romney Lock?

After you pass through Romney Lock, you're travelling time is approximately 15 minutes to reach Kris Cruisers boatyard. As you approach there will be a member of staff waving to you to indicate where you will be required to moor your boat. Please wave back to let them know that you have seen them and then cruise to the end of the boatyard before turning around. Approach your mooring slowly and look out for further instructions, especially if you are required to bring the boat in backwards. Don't forget to have 2 people on deck ready to hand over your bow and stern ropes, when both ropes are tied it will then be time to stop your engine for the last time.

### How to approach Kris Cruisers from Runnymede and Old Windsor Lock ?

After you pass through Old Windsor Lock, you're travelling time is approximately 15 minutes to reach Kris Cruisers boatyard. As you approach us, there will be a member of staff waving to you to indicate where you will be required to moor your boat. Please wave back to let them know you have seen them. Approach your mooring slowly and look out for further instructions, especially if you are required to bring the boat in backwards. Don't forget to have 2 people on deck ready to hand over your bow and stern ropes, when both ropes are tied it will then be time to stop your engine for the last time.

### Fuel & Checking Out:

Once your ropes are tied, a member of staff will shortly return to check the amount of fuel you have used. Once this is done, please return all life jackets along with the Skippers Handbook and your copy of the boat acceptance certificate to the office. **Please report any breakages or losses to the office or add them to the customer feedback form.** If you require a taxi, please ask at reception where this can be booked for you.

Everyone at Kris Cruisers would like to take this opportunity to thank you for taking your holiday with us. We wish you a safe journey home and we look forward to seeing you again in the future.

**Thank You**

**From**

Chris, Pam, Paul Clark & all of our Dedicated Staff

**at**

**Kris Cruisers**