# Tunnel Safety

Glandŵr Cymru
Canal & River Trust in Wales

## Powered craft in tunnels

Tunnels can be narrow with only room for one-way traffic, or they can be wide enough for two boats to pass. All users should check for instructions, entry times or traffic lights at the tunnel entrance.

If it's a one-way tunnel, make sure there's no boat inside. If you have to wait your turn, stay well clear of the entrance

Switch on your headlight and some interior lights. Some stern lighting will help a following boat to see you, but if it's a single bright spot or rear navigation light, it might be confused with a headlight by the helmsman of a following boat.

It can be cold and damp in there, so put on warm clothes and waterproofs and have a waterproof torch to hand.

As you go in, sound one long blast on your horn. Now steer by looking at one side of the tunnel only and keep to a moderate speed. Move the tiller or wheel as little as possible – it's a common illusion to feel the boat's being pulled to the side. You might find it helps to shine your torch on the tunnel wall. Watch out for the changing profile – tunnels are rarely straight and the headroom can change.

Keep at least two minutes (at normal cruising speed) or about 500ft (160m) away from any boat in front of you. If it's two-way traffic, keep a look-out for oncoming boats and pass slowly on the right.

Watch out for canoes or other small unpowered boats that might be in the tunnel. These are required to display a forward facing bright light.

Passage through some Canal & River Trust tunnels now require pre-booking online or by phone. Please check the website or call the Trust for more details.

## Special safety tips

- Keep your crew and passengers inside the boat
- Make sure you have enough fuel to get you through ´1f you break down in a tunnel, switch off the engine
- Don't smoke or use cookers and heaters. Turn off the gas except pilot lights
- Make sure the air controls are set to prevent a solid fuel stove over-firing
- Watch your head, some tunnels have low and variable headroom. Never stand on the gunwales when entering a tunnel
- Don't allow inside lights to shine into the steerer's eyes
- Make sure you have a torch
- Most tunnels have a chain fixed to one wall near the water level to help if someone falls in
- Reflective signs on the walls of long tunnels point to the nearest end
- It is advisable to wear a life jacket when traveling through tunnels
- Please check the Canal & River Trust website for additional safety advice related to specific tunnels, for more detailed information visit **www.canalrivertrust.org.uk/boating-through-tunnels**

## Unpowered craft in tunnels

If you are in canoes or other small unpowered boats, for your own safety you should think very carefully before deciding to navigate through a tunnel. If travelling in a group, it is advised that a member walks ahead to check that the tunnel remains clear. These are the Canal & River Trust criteria for permitting canoes and other small unpowered boats to pass through a tunnel:

- A forward facing bright light is displayed by all craft using tunnels including unpowered
- The tunnel is less than 400 metres long, and there are good sight lines through the tunnel
- The tunnel is between 400 and 650 metres long, and there are good sight lines, AND a single way traffic system is in place
- We don't allow passage through other tunnels unless it's part of a managed event for which we have given permission
- Exceptions may be made on the basis of local risk assessments taking account of factors such as potential smoke and fumes, existence of towpath/grab chains etc

**For your own safety if you are in an unpowered craft:**

- Always stop and check the tunnel port signage to ensure that the tunnel is open to unpowered craft and for other information such as the length
- You must use a forward facing bright light (such as a head torch not less than 80 Lumen)
- You are strongly advised to wear a buoyancy aid/lifejacket
- Download a list of Canal & River Trust tunnels open to small unpowered craft from the website **www.canalrivertrust.org.uk/canoeing-safely**

Rhif Elusen/Charity no. 1146792

# Diogelwch mewn twneli

Glandŵr Cymru
Canal & River Trust in Wales

## Cychod â phŵer mewn twneli

Gall twneli fod yn gul gyda dim ond digon o le i un cwch ar y tro, neu gallant fod yn ddigon llydan i ddau gwch basio ei gilydd. Dylai pob defnyddiwr chwilio am gyfarwyddiadau, amseroedd mynediad neu oleuadau traffig wrth fynedfa'r twnnel.

Os yw'n dwnnel un ffordd, gofalwch nad oes cwch yn y twnnel. Os oes yn rhaid i chi aros eich tro, cadwch yn ddigon pell o'r fynedfa.

Rhowch eich prif oleuadau ymlaen ac ambell i olau mewnol. Bydd golau ar starn y cwch yn helpu cwch y tu ôl i chi eich gweld, ond os yw'n un sbotolau llachar neu olau mordwyo cefn, gallai'r sawl sy'n llywio'r cwch y tu ôl i chi ei gamgymryd am brif olau.

Gall fod yn oer a thamp yno, felly gwisgwch ddillad cynnes a dillad sy'n dal dŵr a gofalwch fod gennych dortsh dal dŵr wrth law.

Wrth i chi fynd i mewn, canwch eich corn yn hir unwaith. Nawr llywiwch trwy edrych ar un ochr y twnnel yn unig a chadwch at gyflymder cymedrol. Symudwch y llyw neu'r olwyn cyn lleied â phosib – gallwch gael yr argraff bod y cwch yn cael ei dynnu i'r ochr ond dyw e ddim. Efallai y bydd goleuo'r dortsh ar wal y twnnel yn eich helpu. Cadwch lygad am newid yn y proffil - nid yw twneli yn syth fel arfer a gall faint o le sydd uwch eich pen newid.

Cadwch o leiaf ddau funud (ar gyflymder morio arferol) neu oddeutu 500 troedfedd (160 metr) i ffwrdd o unrhyw gwch o'ch blaen. Os yw'n draffig dwy ffordd, cadwch lygad am gychod yn dod i gwrdd â chi a pasiwch yn araf ar y dde.

Cadwch lygad am ganŵod neu gychod bach di-bŵer eraill a allai fod yn y twnnel. Mae gofyn i'r rhain ddefnyddio un golau llachar yn wynebu ymlaen.

Mae angen archebu ymlaen llaw ar-lein neu ar y ffôn erbyn hyn i basio drwy rai o dwneli Glandŵr Cymru. Gwiriwch y wefan neu ffoniwch am ragor o fanylion.

## Cychod di-bŵer mewn twneli

Os ydych chi mewn canŵs neu gychod bach di-bŵer eraill, er eich diogelwch eich hun dylech feddwl yn ofalus iawn cyn penderfynu mynd drwy'r twnnel. Os ydych chi'n teithio mewn grŵp, cynghorir i un aelod fynd ymlaen ar droed i sicrhau bod y twnnel yn glir. Mae gan Glandŵr Cymru feini prawf ar gyfer caniatáu i ganŵod a chychod bach di-bŵer eraill basio drwy dwnnel:

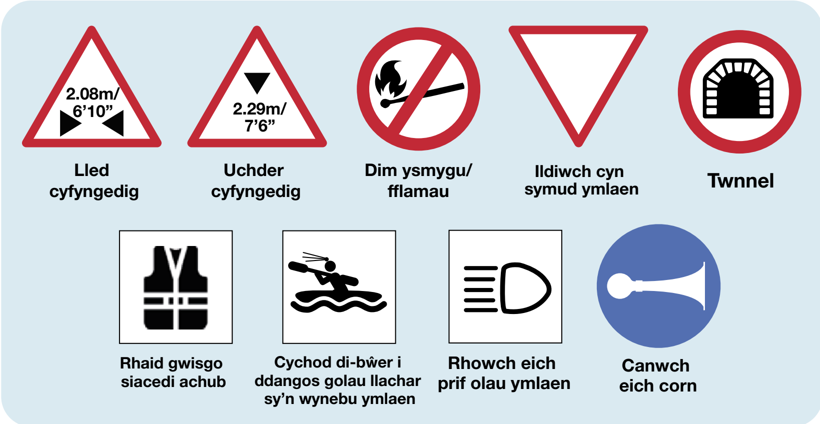
- Rhaid i bob cwch sy'n defnyddio twnnel, gan gynnwys cychod di-bŵer, fod â golau llachar yn wynebu ymlaen
- Mae'r twnnel yn llai na 400 metr o hyd, ac mae llinellau gweld da drwy'r twnnel
- Mae'r twnnel rhwng 400 a 650 metr o hyd, ac mae llinellau gweld da AC mae system draffig un ffordd ar waith
- Dydyn ni ddim yn caniatáu pasio drwy dwneli eraill ac eithrio fel rhan o ddigwyddiad a reolir sydd wedi cael ein caniatâd
- Gellir gwneud eithriadau ar sail asesiadau risg lleol gan ystyried ffactorau fel mwg a mygdarth posibl, a oes llwybr tynnu/cadwyni cydio ac ati

**Er eich diogelwch eich hun, os ydych chi mewn cwch di-bŵer:**

- Stopiwch ac edrych ar yr arwyddion wrth borth y twnnel er mwyn sicrhau bod y twnnel ar agor i gychod di-bŵer ac am wybodaeth arall fel ei hyd
- Mae'n rhaid i chi ddefnyddio golau llachar sy'n wynebu ymlaen (fel tortsh pen dim llai na 80 Lumen)
- Fe'ch cynghorir yn gryf i wisgo cymorth hynofedd/siaced achub
- Lawrlwythwch restr o dwneli Glandŵr Cymru sydd ar agor i gychod di-bŵer o'r wefan yn **www.canalrivertrust.org.uk/canoeing-safely**

## Cyngor diogelwch arbennig

- Cadwch eich criw a theithwyr y tu mewn i'r cwch
- Gofalwch fod gennych chi ddigon o danwydd i gyrraedd yr ochr arall. Os ydych chi'n torri i lawr yn y twnnel, diffoddwch yr injan
- Peidiwch ag ysmygu neu ddefnyddio'r popty neu wresogyddion. Diffoddwch y nwy, heblaw goleuadau peilot
- Gofalwch eich bod wedi gosod y mesurau rheoli aer i atal stôf tanwydd solet rhag gorboethi
- Gwyliwch eich pen, mae gan rai twneli nenfwd isel ac anwastad. Peidiwch byth â sefyll ar y gynwalau wrth fynd i mewn i'r twnnel
- Peidiwch â gadael i oleuadau'r tu mewn ddisgleirio yn llygaid y llywiwr
- Gofalwch fod gennych chi dortsh
- Mae gan y rhan fwyaf o dwneli gadwyn ynghlwm wrth un wal ger lefel y dŵr i helpu os oes rhywun yn cwympo i mewn
- Mae arwyddion adlewyrchol ar waliau twneli hir yn pwyntio i'r pen agosaf
- Dylech wisgo siaced achub wrth deithio drwy dwneli
- Cadwch lygad ar wefan Glandŵr Cymru am fwy o gyngor diogelwch yn ymwneud â thwneli penodol, am wybodaeth fanylach ewch i **www.canalrivertrust.org.uk/boating-through-tunnels**

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