



## THUNDER BAY ROWING CLUB - SAFETY RULES

### GENERAL:

1. Every person registering for a TBRC on-water rowing program must acknowledge being able to swim 50 m in light clothing.

### BOATHOUSE:

2. Rowers should locate and make themselves familiar with the following:
  - Course map
  - Location of safe landing sites
  - Emergency Action Plan
  - First Aid Kit
  - Fire Extinguishers (3)
  - Telephones (2)
  - Bulletin Board
  - Incident Reports
  - Log Book
3. Crews must sign the logbook before and after any training session. The bow person is responsible for ensuring that this is done.
4. Look out for road traffic when carrying boats in and out of the boathouse.

### TIMES OF DAY & WEATHER RULES:

5. Boats may be on the water one half hour prior to sunrise and off the water by sunset.
6. No rowing is allowed during electrical storms, strong winds, severe fog or cold. If visibility is reduced to less than 500 m while on the water, hug the nearest shore, blowing whistle if necessary and proceed with caution back to the dock.
7. Coaches and rowers alike should take note of safe landing sites for emergency shelter in case of a sudden storm.
8. Mornings with low light conditions:
  - All shells must have a bow and stern light.
  - Each rower and coxswain must wear a personal light, whistle, and bright coloured top.
  - Rowing is restricted to the area between the Jackknife and Island Drive bridges.
9. Coaches have the right to cancel any rowing sessions when they deem the conditions unsafe for rowing.
10. Cold weather can cause rapid loss of muscle function and mental confusion. Rowers are more at risk of drowning in cold weather and/or in cold water. To dress for the cold, wear layered clothing with high moisture wicking properties.
11. The following **COLD WATER RULES** apply when water temperature is below 15°C:
  - All rowers must wear their whistle. It cannot be tied to the boat.
  - Rowers 16 years of age and over in single shells must wear an inflatable PFD; in larger, crew boats, they may either wear their inflatable PFD or have it available in the shell.
  - Inflatable PFD's are not approved for persons younger than 16. Each rower under 16 must have a regular PFD available in the shell.
  - Rowers shall row close together maintaining a buddy system.

- All shells must stay within 500 m of the coach boat.
  - If shell has tipped, rowers should get as much of their body out of the water as possible by draping themselves over the upturned hull.
12. Hot Weather can cause heatstroke. Signs of overheating include dizziness, elevated heart rate, fatigue and an absence of sweating. Immediate first aid assistance is required. To reduce the risk of heatstroke, in hot weather rowers should:
- hydrate every 20 minutes
  - wear hats for protection from direct sun

### **LAUNCHING & NAVIGATION:**

13. **Do not loiter** on the dock! In consideration of others wanting to launch or dock, spend as little time as possible at the dock. If possible, adjust equipment either beforehand when the boat is on stretchers or afterwards on the water.
14. Do not leave shoes on the dock. Remove oars from dock as soon as possible.
15. Launch boats in a downstream direction (towards the lake).
16. Land boats from the upstream direction (from the Jackknife Bridge).
17. When rowing downstream, travel close to the near shore (Clubhouse side). When rowing upstream, travel close to the far shore. The port side of the boat should always be closest to the shore.
18. After 20 strokes, stop, check and adjust foot-stretchers and oarlocks and tuck clothing.
19. Rowers face backwards so cannot see hazards ahead. The bow person should check over **both** shoulders **at regular intervals** when rowing.
20. Be on the lookout for local hazards such as floating logs and deadheads. Observe caution when passing under bridges.
21. Be visible to the safety/coach boat at all times!
22. Slower crews must yield to faster crews. When overtaking a slower boat, pass on its starboard side, i.e. middle of river side. When a large wake approaches, stop rowing and align boat parallel to the waves.
23. When coach directs crews to warm up prior to coach boat leaving the dock, crews are to stay close together.
24. A **single air horn blast** from the coach boat means to **stop rowing**, gather as a group, and make your way to the coach boat for further instructions.
25. All boats must use the logbook to sign in and out.
26. Single boat owners rowing on their own must carry a whistle, \*PFD and, in low light conditions, a watertight light, in accordance with boating regulations.
- \*Individuals under 16 years of age or under 80 lb. may not use inflatable PFDs.

### **EQUIPMENT:**

27. All shells must have at least one whistle.
28. All shells must have bow balls.
29. Check shoes before launching. For shoes that are fixed to boat, heels must not be allowed to lift more than 7cm; and shoe straps must be able to be loosened by one quick pull of one strap. Quick-release type shoes must be able to release with a quick twist of foot or by other release device according to the design.
30. Report any equipment problems immediately to a Coach or Club Captain and/or record problem on the clubhouse whiteboard.

**COACH BOATS (Coach/Safety Boats):**

31. Coach boats must be fully equipped before leaving the dock. Motors should be running before crews leave the dock.
32. Requirements for coach boat operators:
  - Boat operators must familiarize themselves with the operation of club boats prior to use. This may require extended practice depending on previous experience.
  - Coaches must carry their PCOC license while operating the boat.
33. Coach boats must contain the following:
  - Sufficient PFD's for the largest crew on the water plus those in the coach boat
  - First aid kit
  - Bailer, whistle, 15 m rope & flashlight
  - re-boarding device
  - space blanket
  - At least one paddle
  - Cellphone
  - Air horn

**SWAMPING/ TIPPING:**

34. If the boat swamps, exit it one at a time. If you remain in the boat the weight of the extra water could cause the shell to break up.
35. If the boat swamps or tips:
  - Blow whistle to attract attention; remain calm
  - Account for all personnel
  - Pairs should form buddies
  - Hang on to shell and flotation device
  - Remain in a group
  - Try to make way to shore with boat and blades, or
  - Follow procedure, as directed by coach, to either climb into coach boat or to right and re-enter shell and continue rowing

**DO NOT ATTEMPT TO ABANDON THE BOAT AND SWIM TO SHORE!!!**

**INCIDENT REPORTS**

36. An incident report must be completed after all incidents, including swamping and tipping. Forms are provided in the office.