



## Long Lake Rowing Crew Safety Policy

Safety is the number one priority of the Long Lake Rowing Crew board of directors and coaching staff, and the safety of all rowers is our utmost concern. The Long Lake Rowing Crew Safety Policy outlines all aspects of safety within our operations. This policy is designed to make everyone aware of their personal responsibilities to themselves, other rowers and our equipment.

### **Personal Safety**

Your safety and the safety of your fellow rowers is your personal responsibility. This section describes the actions you must take and the considerations you should give in order to row safely. Rowing is a water sport with inherent dangers; you should always exercise caution when choosing under which conditions to row and what equipment to use.

1. All rowers must be able to swim. All rowers sign and attest that they can swim at least 100 meters.
2. All rowers must sign and attest that they have watched the US Rowing safety video and understand all contents.
3. All rowers must sign the LLRC waiver every year before getting on the water. They are also required to sign any other waivers relating to the use of equipment or training venues used for dry land conditioning.
4. Rowers are advised to consult a physician before starting any form of exercise program.

### **Use of Rowing Equipment**

The following applies to rowers who are 18 years old or older and covers rowers using club equipment that is launch from club facilities, as well as private equipment launched from club facilities without a safety launch present.

1. Adult rowers must be members of LLRC.
2. Adult rowers must have a signed LLRC waiver on file

3. Adult rowers are required to get prior approval from the Head Coach and only row equipment you are approved to row. (See Equipment Use Policy for specific requirements for college and adult rowers)
4. When rowing without a safety launch present, adult rowers must carry a PFD in compliance with MN DNR rules. Shells are designed for flotation but they are not a Personal Flotation Device (PFD). It is an emergency flotation device as are the oars. Small inflatable PFD's can be purchased at any marine retailer or from online rowing supply websites.

[https://www.amazon.com/Onyx-M-16-Manual-Inflatable-Jacket/dp/B013RLI9XS/ref=sr\\_1\\_4?s=porting-goods&ie=UTF8&qid=1500857021&sr=1-4&keywords=inflatable+pdf](https://www.amazon.com/Onyx-M-16-Manual-Inflatable-Jacket/dp/B013RLI9XS/ref=sr_1_4?s=porting-goods&ie=UTF8&qid=1500857021&sr=1-4&keywords=inflatable+pdf)

5. Before getting into a shell on the water, a rower must understand basic terminology: bow, stern, port, starboard, weigh enough, ready to row, back, tie-in, untie, stop. They need to know who is the stroke, bow person, seat numbers in between and what number seat s/he is in that day. The term "stop" should be used only when talking to a specific crew in a race. When a coxswain or coach wants a crew to stop immediately, the proper command is "Weigh enough! Hold water!"
6. Know and follow the Long Lake traffic pattern. East bound traffic will row on the SOUTH side and Westbound traffic rows on the NORTH side.
7. Long Lake is used by many types of recreational vehicles. Take precautions around other types of vessel to avoid collisions and be courteous with boats that have less maneuverability or ability to stop quickly. Be aware of powerboats and treat them with respect. Do not cross or row in front of any larger vessels that would in any way cause that vessel to change course or take an avoidance action.
8. Logbook: everyone on the water must sign in and out, and they should also include any equipment issues that need addressing in the comment section of the logbook.

### **Cold Weather vs. Cold Water Rule**

**Cold WATER Rule:** Water temperature should always be monitored (see Hypothermia Section). If water temperature is below 50 degrees, only 4 oar shells or larger can launch and must be followed by a safety launch. No boats can launch without a safety launch as survival time is probably not long enough for a rescue. **Please keep in mind how long you will be in wet clothing on**

**top of your boat or on the shore once you get out of the water.**

<i>Water Temp.</i>	<i>Exhaustion or Unconsciousness</i>
Under 32 degrees	Under 15 minutes
32.4-40 degrees	15-30 minutes
40-50 degrees	30-60 minute
50-60 degrees	1-2 hours

**Cold WEATHER Rule:** Smaller crews can launch with a safety launch if the water temperature is at least 50 degrees and the air temperature combines to add up to more than 90 degrees Fahrenheit. For example, if the water is 50 degrees and the air is 40 degrees, then singles and doubles are permitted to launch with a safety launch as cold WEATHER rules will apply.

For adults rowing without a safety launch....\*

### **Adverse Weather**

1. Be aware of weather conditions. Watch for gathering clouds, changes in wind speed and direction, temperature changes and other boats returning home.
2. Do not row in whitecaps
3. If sudden winds come up, return to the dock if the trip is safe, or take the boat to the nearest shore and wait for the winds to calm.
4. If you are on the water and see lightning, hear thunder or notice your hair standing on end with static electricity, head for the nearest shore and wait for the storm to pass.

### **Water Conditions**

1. Know how to handle waves. If an approaching wake is higher than the gunwale, the shell should be turned parallel to the wake to avoid having part of the shell unsupported by the water. It is possible to split a shell under these conditions. Rowers should stop rowing and lean away from the approaching wake, with oars on the wake side lifted slightly.
2. If the wakes are lower than the gunwale and widely spaced, continue to row without a course adjustment. Deep and closely spaced wakes that are lower than the gunwale may be taken at a 90 degree angle with the bow directly toward them.

3. Turning in waves is tricky; allow plenty of room, energy and time.
4. Each person is 100% responsible for the whole boat and 100% accountable for their own oar, rigging, foot stretchers, seat and slide. Check to make sure that all equipment is functioning properly before leaving the dock. If you aren't sure, ASK!
5. Check the following:
  - Nuts on the rigging are tight
  - Heel ties on your shoes are tied and in good condition.
  - Clothing cannot become tangled in your seat or oar handle.
  - You have proper safety devices on board your rowing shell.
6. The safety launch provides safety supervision when rowing and support assistance in an emergency. The following precautions should be taken:
7. The driver must be trained in the proper use and operation of the powerboat.
8. A radio or cell phone is recommended for rescue services and other coaches on the water in the event of an emergency.
9. Emergency supplies in the launch should include a first aid kit, fire extinguisher and tool kit. The tool kit should contain wrenches, appropriate nuts, tape, washers, and other materials needed to make small repairs. Only minor repairs should be done on the water.
10. In the launch there is one life jacket for each person rowing under the coach's care.
11. Know how to have rowers enter the coaching launch from the water. Approach from the leeward side (side closest to the overturned shell) keeping the outboard propeller away from any rowers. Turn off the engine as soon as contact is made.
12. Under no circumstances should athletes who are minors (under the age of 18) be left unsupervised on the water without a safety launch.
13. Understand weather related illnesses and how to treat them
  - Hyperthermia: excessive heat exposure
  - Heat exhaustion vs. heat stroke
  - Hypothermia: excessive cold exposure

## **Emergency Conditions and Appropriate Verbal Commands**

Under no circumstances should a rower in the water leave his/her shell, even if they are within a swimmable distance from the shore. Instead the rower should swim with the boat to the shore. Do not leave your flotation even if you consider yourself a strong swimmer.

1. Man overboard – Immediate command: *“Weigh enough! Hold water!”*  
If the safety launch can get to the victim first, allow the launch to rescue the victim. If the launch is not in the immediate vicinity, back the shell to the victim and have him/her hang onto the shell until the launch arrives. Another rower may have to enter the water to assist if the victim is injured.
2. Rower injured – Immediate command: *“Weigh enough! Hold Water!”*  
Signal launch if first aid is needed.
3. Shell damaged or swamped by NOT sinking – Immediate command: *“Weigh enough! Hold water!”*  
A shell is swamped with the interior water reaches the gunwales. If your shell has sealed compartments under each rower’s bench, it will stay afloat and the rowers should stay in the shell.
4. Shell broken or sinking – Immediate command: *“Untie!”*
  - Be sure that all rowers are accounted for.
  - Stay with the boat until assistance arrives or swim the boat to shore if launch rescue is not immediate.
  - Bow person directs rowers to untie, and by seat number, rowers should quickly slip overboard.
  - Signal the launch and unload rowers by pairs, starting in the middle of the boat in order to avoid damage to the boat.
  - Pairs should form “buddies” and keep watch of each other.
  
  - Do not roll the boat if rescue will be quick.
  - Remember that body heat loss occurs 25 times faster in the water.
  - Do not attempt to roll the boat if rescue is on the way. This uses too much energy for those who are in the water.
  
  - If rescue is not imminent, take the following steps:
    - a. Remove oars and place them parallel to the shell.
    - b. All persons should move to the two ends of the shell. It is dangerous to roll a shell when victims are near the riggers.
    - c. Then roll the boat upside down to form a more stable flotation platform so rowers can lie on top of the hull or buddies can hold onto each other across the hull.

5. Another boat in distress – If a distress signal is seen and insufficient assistance is near that boat, maneuver your shell to the distressed shell. Assist in any way that does not jeopardize the lives in your shell. The shell should stay within hailing distance of the safety launch.

### **Light Conditions**

LLRC does not permit rowers to launch club boats between sundown and sunup. Rowers may not row in the dark or in low light conditions without proper lighting. Enough light should be available to make rowers visible to be able to warn approaching vessels.

### **Equipment Damage**

Report any broken or worn equipment or equipment with missing parts by filling out information in the LLRC Equipment log book located in the storage bin, and updating Head Coach.

Please refer to the LLRC Breakage Policy.