



Canadian Henley
Rowing Corporation

COLD WATER SAFETY

Cold Water Rowing on Martindale Pond

Cold water rules are posted each year and will be in effect in the spring until the water reaches greater than 10°C. (50°F.) and the fall once it drops to 10°C. These rules are for the safety and benefit of the people rowing and those acting as their safety people. When in effect, the Cold Water Rowing Rules must be strictly adhered to.

1. Safety Boats

All rowing shells must be accompanied by a safety boat and crews must be within 500 metres of the safety boat attending them. The safety boat operator is responsible for the rowers within his charge at all times on the water. The safety boat operator and the rowers he is responsible for must have discussed the training plan they will be using. **Unless the safety operator has given his consent to be responsible for them, it is not enough for rowers simply to be within 500 metres of a safety boat in their general vicinity.**

2. Personal Flotation Devices

Singles, doubles and pairs must carry their own PFD's. The safety boat operator must carry enough PFD's for each member of the largest crew he is attending in addition to the occupants of the safety boat.

3. Clothing.

Rowers and safety boat operators should wear clothing that is appropriate for both the temperature and their activities.

4. Sound Device

Rowers must carry a safety whistle at all times.

5. Lighting

All rowing boats operated between sunset and sunrise should carry a flashing or steady light on their bow. Additionally, a red light on the stern is advisable. Safety boats should carry suitable navigation lights.

6. Fog

Rowers should not go on the water unless they can see the pylons from a distance of 250 metres. From the dock, you should be able to see both the 1000 and the 1500 metre pylons. In addition, the fog conditions change rapidly so rowers and safety boat operators should keep verifying that they can still see the required 250 metres while they are out on the course.