

# SCRC On-Water Safety Guidelines

1. Observe proper safety conditions at all times
  - a. Far side 1500m pylon and nearside 500m pylon must be visible
  - b. Assigned safety group decide on condition safety
  - c. When in question, there is no question, we don't row
2. In any emergency call 9-1-1 and follow the posted Emergency Action Plan
3. At ALL times, safety boat drivers MUST be wearing the kill switch/automatic stop tether
4. Observe the boathouse open and closing times
5. Take responsibility for the boathouse at all times; when in doubt, close all bay doors and lock all gates.
6. All singles must have a whistle and personal flotation device (PFD); club owned singles will have these items provided; PFD can be removed for racing only
7. At all times we respect fellow athletes, competitors, volunteers and officials
8. All are expected to read and understand the club St. Catharines RC Handbook
9. All are expected to read and understand the club Emergency Action Plan (E.A.P.)
10. 2 person maximum in coach boats while coaching or observing training
11. Trailered boats must be returned to the boathouse no later than the day after the regatta
12. Two coaches MUST stay with any junior athlete(s) waiting for ride home from the boathouse
13. There is an observed sliding scale of coach experience versus number of boats permitted to coach; this must be followed
14. All Under 19 and Under 17 crews will be accompanied by a coach boat; including private singles
15. NO shell/athlete(s) is to be on the water alone [see Additional Safety Notes below]. This applies to all masters, recreational, non-competitive and competitive seniors (juniors see rule #14). All SCRC shells and privately owned shells must have at least two boats, in close proximity to each other, when on the water.
16. PFD's are to remain in the bag with the bag closed unless needed for emergency use; PFD's are not seat cushions
17. All shells are to be wiped down after every row with a personal towel

# Additional Safety Notes for SCRC Members

The following information is to further clarify the following information from the SCRC On-water Rules (Numbers 14 and 15):

NO shell/athlete(s) is to be on the water alone. This applies to all masters, recreational, non-competitive and competitive seniors (juniors see rule #14). All SCRC shells and privately owned shells must have at least two boats, in close proximity to each other, when on the water.

## **Private singles:**

Must be with a buddy (another single or other shell) or with a coach boat. PFD and whistle must be on board. If there are other boats already on the water go join them or be near them; stay in sight. Avoid going off on your own where nobody can see you and nobody is aware.

If there is nobody on the island or no coach boat on the water, put in a coach boat so it is ready to help with any emergencies. Any carted SCRC coach boat will do. Remember to include the paddle, pfd's and fuel. If the coach boat you put in the water gets used by an arriving coach, then there is now a coach boat on the water. That coach will be aware that there is a crew/single(s) on the water because the coach boat was placed on the water by someone rowing. All SCRC coaches are on the water to help out any person in need of emergency assistance.

## **Club shells (doubles, quads, cox fours, eights):**

Junior rowers must have a coach with them.

Masters using club owned equipment must have confirmation of use from a program lead that the boat has been assigned to and/or more importantly Mark Welsh Head Coach/Club Captain/Club Manager.

If there is nobody on the island or no coach boat on the water, put in a coach boat so it is ready to help with any emergencies. Any carted SCRC coach boat will do. Remember to include the paddle, pfd's and fuel. If the coach boat you put in the water gets used by an arriving coach, then there is now a coach boat on the water. That coach will be aware that

there is a crew/single(s) on the water because the coach boat was placed on the water by someone rowing. All SCRC coaches are on the water to help out any person in need of emergency assistance.

## **Coach Boat Use**

There is a coach boat assigned to the masters (i.e., Coach Boat 16-2). This boat can be put in the water at any time so that masters are showing awareness and responsibility for their safety.

When/if that coach boat is used by a Masters coach, that coach is then aware that there are others on the water. Awareness of risks is one of our big goals with safety. The coach that is assigned to the boat is not necessarily coaching but they are part of the SCRC coaching staff and will provide assistance in the event of emergency. This includes returning the coach boat to the boathouse if needed or leaving the boat in the water if so asked.

## **Summary**

The need for improvement in regard to safety at the rowing club has been met with great support as well as with great concern. There has been a great amount of time spent on discussing what is best for the members as well as for the future of the rowing club. The continuing theme is the need for communication and the need for awareness. When going for a row, be aware of the hazards involved and how best to be prepared to handle them. Be aware of what could happen and be aware of what then needs to be done to stay safe.

For example, we have introduced the plan of putting in a coach boat for emergency help if there is no other coach boat on the water. Make good decisions about where on the water you are rowing. We have suggested the buddy system for private singles, but what if you are on your own and the water way is very busy on Thursday night rec racing night. Yes, that makes sense to still go out for a row, but it also makes sense to stay in sight and not go back to Martindale Bridge where no one can see you if there is an emergency.

At this time, I remind all persons that when in a coach boat the first responsibility is safety for all and not coaching. At any time if there is an emergency with any club, any person, any equipment, we will help out. In an emergency any coach from any club can use our equipment to help out. In an emergency safety comes first, the colours we wear go away immediately and without question.