

ST. CATHARINES ROWING CLUB ON-WATER SAFETY CODE

Rowing as an outdoor water sport carries inherent risks of personal injury either from a collision, or from drowning as a result of falling into the water. All risks are heightened in cold water. Safe enjoyment of the sport is the aim of the St. Catharines Rowing Club (SCRC) and personal safety is of paramount importance.

As required by Rowing Canada Aviron's "Safety Requirements and Safety Guidelines", member clubs are to have an on-water safety code and a Safety Advisor, to oversee that the code is followed. The SCRC Club Captain is the SCRC Safety Advisor. While strict enforcement of the club's on-water safety code is the duty and responsibility of every SCRC coach and member, failure to follow the rules outlined in this on-water safety code will result in disciplinary action, and suspension of club privileges, at the discretion of the Captain. Final interpretation and enforcement of the rules, below, will be at the discretion of the Captain (with consultation of the Rowing Committee). Furthermore, the Captain shall have the final say in matters related to rowing times, safety, and equipment maintenance and usage. If the Captain is not present, the most senior coach, or any other individual so designated by the Captain, will assume this responsibility.

GENERAL RULES

1. As a general rule, all participants in on-water activities of the club shall be able to swim. Details of the swimming ability requirements can be found in the SCRC "Ability to Swim/Attestation Form".
2. Each year all rowers, coxswains, coaches and safety boat drivers are to view the RCA "Safety Video" and/or the RCA on-line education module "Rowing Safely".
3. All coach boats and safety boats, for the purposes of on-water safety, shall be regarded as the same type of vessel. They may be referred to herein as "launches" for brevity.
4. The drivers of the launches are required to carry on board their Pleasure Craft Operator Card (PCOC). The Captain shall keep a copy of the card on file.
5. All launches must carry the equipment as required in the Transport Canada (TC) Small Vessel Regulations (SVR) – at all times. This includes the following: a PFD for each person on board; a 15 m buoyant heaving line; a watertight flashlight; a paddle; a bailer, and to carry navigation lights if operated before sunrise or after sunset. In addition, the launch must carry the equipment as required in Rule 10, below.
6. In the evening, there shall be no rowing after civil twilight. In the morning, there shall be no rowing prior to ninety (90) minutes before sunrise.
7. Shells on the water during nautical twilight in the morning shall carry lights. A proper red and green light on the bow is preferred.
8. Civil twilight is defined as when the centre of the Sun's disk is 6 degrees below the horizon and Nautical Twilight is when the Sun is 12 degrees below the horizon. The

sunrise, nautical and civil twilight times for each day shall be posted on the notice board each month.

9. Each coach and safety boat operator must ensure the launch under their control is in a well maintained, safe operating condition. Each launch driver shall affix the 'kill switch' to their person when in the boat.
10. There shall be a maximum of two persons on board a coach boat or safety boat. Per TC regulations, each person shall have a readily accessible Personal Flotation Device (PFD) to wear. The launch shall also have on board an additional nine (9) PFD's for the rowers under the safety boat driver's/coach's supervision.
11. Rowing shells are to be checked by the user(s) prior to launching to ensure that: the boat meets the RCA Rules of Racing equipment requirements; that the hull and riggers are sound and any steering mechanism is functional, and that equipment required under the TC SVR's is carried on board.
12. All crews and scullers will follow the traffic pattern as outlined on the motor shed. There shall be no rowing above the starting gates.
13. The launch operator and the crew(s) he/she is responsible for shall have discussed the training plan the crew(s) will be using. Unless the launch driver has given his/her consent to be responsible for the crew(s) it is not enough for the rowers simply to be within 500 m of a launch in their general vicinity.

PROGRAM SPECIFIC RULES

14. Junior scullers and sweep crews may only row accompanied by a launch.
15. For U23, Sr and Masters crews and scullers that are on the water with a launch, the launch is to be within 500 m at all times from the largest shell under their supervision. Crews and scullers that do not keep within 500 m of their respective launch are required to carry on board PFD's and a pealess whistle for each member of the crew.
16. U23, Sr and Masters Scullers:
 - a) For U23 and Sr: When rowing in the morning, there shall be a maximum ratio of six like-speed-shells per one launch.
 - b) For masters: the maximum ratio of shells to one launch in daylight and when cold water rowing rules are *not* in effect is 11:1.
 - c) Once on the water, the shells assemble at the 1000 m pylon and wait for the launch to arrive.
 - d) Shells proceed upstream to the start gates while maintaining a maximum 100 m distance to the launch and keep this formation going down the course.
 - e) When it is daylight, shells with PFD's and a whistle on board can go 500 m beyond the launch; shells without PFD's and a whistle are to stay within 500 m of the launch.

COLD WATER ROWING RULES

1. Cold Water Rowing Rules are in effect when the temperature of the water in Martindale Pond is less than 11 degrees Celsius. The following rules are in addition to (and may supersede) any of the above related rules.

2. Non-swimmers will be not be allowed to row or cox when the cold-water rules are in effect.
3. No crews are allowed on the water without a launch. The maximum ratio of shells per launch is 6:1.
4. The launch may not be more than 500 m from the crew(s).
5. Coxswains shall wear a PFD. Coxswains 16 years or older may wear an inflatable PFD.
6. All shells shall carry a safety whistle.
7. No crews shall launch before nautical twilight in the months of November, December and January. In March and April no crews shall launch more than 90 minutes before sunrise.
8. All crews shall be off the water by sunset. Nautical twilight start times, sunrise and sunset times shall be posted on the notice board.

ADVERSE WEATHER

1. Crews should not launch if fog reduces visibility to less than 500 metres. If the density of the fog increases and the visibility drops to less than 250 metres, crews shall end their practice and slowly make their way back to the main dock.
2. At any time crews or launch drivers see lightning, crews are to head back to the dock or the nearest shelter area.

EMERGENCY

1. In any emergency, call 911 and follow the instructions posted on the Emergency Action Plan.

CONCLUDING THOUGHTS

When in a coach boat or a safety boat, the first responsibility is safety for all and not coaching. At any time is 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.

Approved by the Board of Directors March 1, 2022

To be reviewed by the Board annually