

ROW SAFE



Rowers & Coxswains

Do you know distress signals?

Wave arms or shirts overhead, blow whistle or horn, raise one oar vertical to the boat (for eights)

- Stay with swamped or capsized boat and use the boat for flotation
- NEVER attempt to swim to shore without the boat
- Do not use oar as flotation device
- Use the buddy system at all times when not accompanied by launch
- Know protocol for docking procedures

In and On the Boats

Is the bowball firmly attached?

- Check heel ties for secure quick-release
- Maintain batteries on bow and stern lights
- Carry a sound device - horn or whistles

Observe Club Rules

Do you always log out and back in?

- Learn any other site-specific or club-specific rules

Know the Venue

Do you know and observe all traffic patterns?

- Be aware of currents and tides
- Identify & remember locations of submerged hazards

On the Launch

Does the launch have enough PFDs for every rower?

- Equip launch with bailers, paddles, first aid kit, fire extinguishers, anchor, extra line, flare kit and space blankets
- Keep visible launch lights working
- Carry cell phone or radio for communication and possible rescue

Coaches

Do you review rules and emergency procedures with all rowers on a regular basis?

- Make sure that every rower passed a swim test
- Keep log book in prominent place
- Communicate an action plan for emergency
- Keep equipment well maintained and safe
- Know and obey all local and federal regulations concerning all boating safety
- Review rowing venue and conditions with coxswains and assistant coaches to identify hazards & tricky currents

Watch the Weather

Do you stay aware of lightning and thunderstorms?

- Watch for flood conditions and high winds
- Do not row in heavy fog, even with lights

In Hot Weather

If sweat is excessive and fluids not continually replaced, dehydration may occur

- Drink water before, during and after practice and limit time in sun
- Plan activity level consistent with degree of heat, amount of sun exposure, and/or humidity
- Wear light colored clothing to deflect the sun and apply sun block before heading outside

In Cold Weather

When the air is below 40 degrees and/or water below 50 degrees, keep launch within 100 yards of all shells

- In these conditions hypothermia can set in quickly

Resources

To learn more about boating safety and regulations, please visit:

www.usrowing.org

