

Grateful Oars Rowing Club
Safety Guidelines
Adopted 7/14/2015

1. All safety rules, protocols, and procedures shall be reviewed by the board annually.
2. All rowers must be able to swim.
3. The club shall post a map indicating the traffic pattern on the lake. All rowers shall follow this pattern to the extent that conditions allow.
4. The club will maintain a log book. All members are required to sign in and out when using their own or club equipment.
5. Each person shares responsibility for the whole boat and is 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.
6. When used, the launch shall carry life jackets for each person rowing, the cox, and the launch occupants.
7. Weather and wind conditions will be evaluated by the captain, cox, and coach in conjunction with the skill level of the crew. Under no circumstances shall a crew row when thunderstorms are imminent or in fog in which visibility to shore is less than 100 yards.
8. Crews shall not row before sunrise or after sunset.
9. Water temperature should be monitored and crews should take appropriate precautions. Stay near the shore when the water is cold.
10. A rower in the water should not leave his/her shell. Even if a swamped boat is within a swimmable distance from the shore, the rower should swim the boat to the shore. So do not leave your flotation even if you consider yourself a strong swimmer.
11. Singles should be rowed with a buddy boat or launch. Your buddy boat or the launch will help stabilize you for the re-entry into the boat. Those who row alone are encouraged to wear or carry a lifejacket.

For more information, see the US Rowing Safety Guidelines at <http://www.usrowing.org/safety/safetyguidelines>