

Lake Washington Rowing Club

Safety Requirements

- Rowers
- Coxswains
- Launches

February 1, 2010

Rower Safety

Your safety and the safety of your fellow rowers is your personal responsibility.

This section describes the actions you must take and the considerations you should give to rowing safely. Rowing is a water sport with inherent dangers; you should always exercise caution when choosing where to row, under what conditions to row and what equipment to use.

- 1) Use of Rowing Equipment - To row club equipment or your personal equipment stored in the boathouse and launched from club facilities you must:
 - Pass a float test to use any equipment. (*Contact club manager for details on the float test.*)
 - Have passed Learn-to-Row or demonstrated proficiency to a club captain or the club manager to use a wherry or participate in any sweep or sculling boat of more than 2 rowers. (*Contact the club manager or a sculling coach to arrange for a flip test.*)
 - Have passed a flip test to row any single, double or pair boat. (*Contact club manager or a club captain to arrange for a flip test.*)
 - Only row equipment you are approved to row.
 - Sign-out all equipment (including personal equipment) in the rowing log. This log is located at the desk downstairs in the boathouse.
 - Sign-in after returning from rowing.

- 2) Rowing Course . To row from the LWRC docks you must be familiar with the waterway and accepted traffic patterns.
 - Review the map of the waterways showing the accepted traffic patterns. (*See map posted outside the downstairs restroom in the boathouse.*)
 - Review the location of boat ramps and other places where you can leave the water if necessary along the course you intend to row.
 - At all times practicable row with the starboard side of the boat along the shore. Always avoid rowing towards the center of a waterway unless overtaking or racing with another boat.

- 3) Rowing Conditions . To row from the LWRC docks you must observe and be responsive to conditions and traffic on the waterway.
 - Exercise extreme caution when rowing into Lake Union or East towards Portage Bay in windy or threatening conditions.
 - You may not row in dark or low light conditions without operating bright lights shining forward and aft, attached to your boat. If one of

your lights fails to operate, you must immediately return to the club, rowing cautiously and repair it. (*See the club manager or coaches for advice on selecting acceptable lights*)

- You do not have the right-of-way with respect to larger, motorized vessels. Do not cross or row in front of any larger vessel that would in any way cause that vessel to change course or take an avoidance action.
- Do not cross immediately behind a motorized vessel. The underwater turbulence caused by the ship's propeller could cause you to flip into the water. This danger exists with all vessels but is particularly present behind larger vessels and specifically tugs.

4) Lifting and Carrying Rowing Equipment . Rowing craft are heavy and awkward, care must be taken when lifting and moving equipment to avoid injury to oneself and others. When lifting and moving club equipment:

- Always use enough people such that the divided load is relatively easy to lift.
- Always designate one person to ~~box~~ the lift and move.
- When using stairs, stools or other means to increase height ensure that equipment is stable and will not roll prior to standing on it.
- When lifting overhead ensure that you have enough reach to gain the necessary height.
- When lifting boats from the water or from a low position, protect your back by starting the lift in a squatting position.
- When lifting wherrys off or on the dock racks, use the procedure as described in the instruction placard located next to the downstairs restroom in the Fremont boathouse or next to the sign-out desk at the Fremont boathouse.

5) Reporting Broken or Faulty Equipment . Maintenance of all club equipment for safe use is of paramount importance. You must:

- Check equipment prior to and following each use to determine if any part of the equipment has failed, is worn and may be about to fail or has a missing part.
- Report any broken or worn equipment or equipment with missing parts to failure to club management (Captains and Sows Ear) for repair or replacement. Report failures, excessive wear or missing parts in the equipment log. (The equipment log is permanently located at the sign in desk in the boathouse.) If possible, also notify club management.

Coxswain Safety

- 1) The primary role of the coxswain is the safety of their crew.
- 2) The coxswain should know all of the traffic patterns and dangerous areas. The coxswain should check often for oncoming traffic and potentially dangerous situations and communicate with other rowers on the water.
- 3) The coxswain is responsible for signing out in the log book and ensuring correct lighting for their shell.
- 4) The coxswain is responsible for the cox boxes and correctly placing them back on the chargers after practice.

Launch Safety

This section describes the requirements for all launches and drivers at the Lake Washington Rowing Club.

- 1) Launch requirements . each launch has a set of lights installed, some have a battery some do not. Each launch has a bow line, stern line and ladder. Launch drivers must bring these items with them:
 - Dry bag. Each dry bag contains a(n) air horn, first aid kit, instant hand warmers, emergency blanket and wool blanket.
 - Life Jackets. Take the number of life jackets equal to the number of rowers on the water.
 - Radio. Radios are located in the coaches office and should be tuned to channel 72.
 - Battery (if required)
 - Paddle
 - Bailer
- 2) Driver Requirements . each driver assumes the responsibility of maintaining a safe environment for the rowers and must take action in an emergency. Each driver must:
 - Be First Aid and CPR certified.
 - Sign the driver safety contract.
 - Pass driving proficiency check by club manager or club captain.
 - Be club members who have been qualified in advance by the Club Manager or a designee of the Club Manager.
 - Only operate when fully equipped with the required complement of safety equipment listed above.
 - Operate a coaching launch with required navigation lights (one all-around white and green and red navigation lights).

- Operate launch in accordance with safe load limits. Load limits for each specific launch are posted on the launch fuel storage cabinet in the boathouse.
- Coaching launches must be signed out in the Coaching Launch Log prior to use. (Log is located next to gas locker)
- Coaching Launches must be signed in after use in the Coaching Launch Log.