

# 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, always stay with 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
- Never consume alcoholic beverages or use dangerous drugs while rowing

## **Know the Venue:**

Do you know and observe all traffic patterns?

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

## **Watch the Weather!**

Do you check the most current weather forecast to **stay aware of thunderstorms and wind?**

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

## **In Cold Weather:**

When 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
- Be aware of the dangers of cold water immersion and the symptoms of hypothermia

## **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 sun and apply sun block before heading outside

## **Coaches:**

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

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

## **In and On the Boats:**

Is the bowball firmly and properly attached?

- Heel ties must all be tied and at correct length of 3" between shoe and footboard.
- Maintain batteries on bow and stern lights
- Carry a sound-producing or signalling device - horn or whistles

## **Observe Club Rules:**

Always use the logbook, and be sure there is a plan in place, if you do not return

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

## **On the Launch:**

Does the launch have **enough life jackets** for every rower, coxswain and coach?

- Everyone in the launch should wear a life jacket, **especially the coach.**
- Equip launch with bailers, paddles, first aid kit, fire extinguishers, anchor, extra line, flare kit and space blankets
- Keep launch lights working
- Carry VHF, FM marine radio or cell phone for communication and possible rescue

## **Resources:**

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

**[www.usrowing.org](http://www.usrowing.org)**



USRowing advises all organizations to familiarize themselves and all club members with the USRowing safety video and the Rules of Rowing, in addition to any local safety guidelines. We recommend that every rower attend a seasonal meeting to learn the rules of the waterway and of safe rowing. While we strongly advise that you and your team abide by all safety guidelines, by the publication of any guidelines and production of this poster, USRowing assumes no responsibility for, and expressly denies liability for, any mishaps or accidents that may occur.