



SAFETY CODE:

All registrants and their parents must review the following Safety Policy and agree to abide by it before the rower can participate in any “on water” activity.

- 1) All registrants must be able to swim 50 meters in light clothing. Immediately after they must be able to tread water for 10 minutes and must be sufficiently at ease in the water not to panic. By agreeing to abide by this code the registrant and their parent(s) acknowledge that this is true.
- 2) Training sessions will begin promptly, at the scheduled time. Coaches may decide not to boat rowers who arrive late. Coaches will not be responsible for onshore supervision of late arrivals.
- 3) Each rower must have a whistle attached to their person prior to leaving the shore.
- 4) Rowers must not leave the dock until the coach/safety boat motor is running. They must not proceed beyond the pipeline signs or the bridge until accompanied by their assigned coach.
- 5) All rowers must be accompanied on the water by a coach, or approved substitute, in a coach/safety boat. Rowers on the water must remain within 300 metres of the coach/safety boat and stay in visual contact with the coach boat at all times.
- 6) Boats should stay in groups of two or more. If a partner’s boat capsizes, the “buddy” boat should ensure the capsized rower(s) are safe (back in the boat or on shore) before going for help. Rowers should stay with the boat rather than attempt to swim to safety, however strong a swimmer a rower may be. The international distress signal is waving both arms over the head. Rowers should also use whistles to signal that assistance is required.
- 7) In the event that a crew must return to the dock, the crew must be accompanied by a coach. All other crews under the supervision of that coach must also return to the dock.
- 8) Rowers must familiarize themselves with docks and low bank waterfront landings in the training or racing area. In the event of a storm or other unsafe conditions, rowers should immediately proceed to a safe landing area to get themselves out of the water.

9) Each coach must hold a valid Pleasure Craft Operator Card and must also hold a valid First Aid Certification – St. John’s Ambulance Safety Oriented First Aid or its equivalent.

10) Each coach/safety boat must be equipped with the following items:

a) PFDs of the appropriate size for each crew member on board. The coach must wear a PFD and a motor “kill switch” must be attached to the PFD and the motor;

b) PFDs of appropriate size for each member of the crew of the largest shell being attended;

c) a minimum of 5 warming blankets;

d) a First Aid Kit;

e) a buoyant heaving line of not less than 15 metres;

f) a watertight flashlight or a minimum of 3 emergency flares (Canadian approved of Type A, B or C);

g) a sound-signalling device or a sound-signaling appliance;

h) a bailer or pump;

i) one manual propelling device (e.g. paddle).

11) Each supervising coach must carry an operable cellular phone while rowers are on the water.

12) Each coach/safety boat will supervise a maximum number of 14 junior rowers in a maximum of 6 rowing shells.

13) Coaches are responsible for determining whether conditions are too dangerous to row due to darkness, fog, high winds, ice, cold water, storms or any other conditions which they determine may be of danger to the rowers. No rower shall be forced to row against his/her better judgement should conditions be questionable.

14) No morning rowing shall commence prior to daylight.

15) All boats must be off the water by sunset.

16) Rowing shall not take place in foggy conditions if visibility falls below 1000 metres.