

Safety Plan: East Hampton Rowing

The following safety plan has been developed after consulting existing local high school programs, and is based on guidelines established by US Rowing.

Required Elements:

A. Safety Officer

East Hampton Rowing will appoint a safety officer who will be responsible for the following:

- Communicating the safety plan to all members and volunteers
- Coordinating all safety training exercises and drills
- Maintaining an accident log for the purpose of documenting any non-trivial incident in order to evaluate the effectiveness of this plan. The log must include a description of all actions taken to respond to the incident and must document that an accident report was filed with the school.
- Monitor and take action to ensure adherence to the safety plan by all members and volunteers
- Regularly inspect all watercraft to ensure that all are suitable for use
- Ensure that all safety equipment is properly stowed in the launch prior to practices, regattas, or meets.

B. Safety Rules and Regulations

East Hampton Rowing will develop and post a document entitled *Safety Rules* that will include the following:

- Information regarding safe rowing equipment
- Local navigation rules
- Rower, volunteer, coach and coxswain responsibilities
- Emergency rules/ capsize and accident procedures
- Requirements for launches
- Safety at regattas
- Visual aids on: water safety, lifesaving, hypothermia, hyperthermia, resuscitation procedures
- Telephone number list, to include non-emergency numbers:
 - Police, Fire Department
- Safety and first aid equipment should be readily available in every boating area to include:
 - First aid kit
 - Thermal blankets/exposure bags
 - Life rings/buoys and rope line
 - Life jackets for every person on the water to be stowed in the launch

C. Safe Rowing Equipment

For the safety of all concerned, rowing equipment should be maintained in good working order. Particular attention must be paid to the following:

- Every boat must have a firmly attached ball of not less than 4 cm (1.5 inches) diameter on its bow. Where the construction or nature of the boat is such that the bow is properly protected or its shape does not represent a hazard then this requirement need not apply.
- Heel restraints and “quick-release” mechanisms must be in proper and effective working order in all boats equipped with fitted shoes. These restraints should not allow the heel to lift more than 5cm (2 inches).
- All oars and sculls should be checked to ensure that “buttons” are secure and properly set.
- Bow and stern compartments should function as individual buoyancy compartments and must be checked to ensure that they will function as intended.
- Boats should meet minimum flotation requirements:
When full of water a boat with the crew seated in the rowing position should float in such a way that the top of the seat is a maximum of 5 cm (2 inches) below the static waterline.
- Older boats not designed to meet this requirement may use inflatable buoyancy bags, foam blocks or other materials.

D. Personnel Responsibilities

General

- All participants in rowing and sculling, including coxswains, should receive proper instruction in watermanship and technique, including capsizing drills, from a qualified coach. No one should put him- or herself or others at risk when on the water.
- Athletes are encouraged to become fully aware of life-saving and resuscitation procedures by attending training courses.
- Rowing activities should be coordinated with those of other local water users to minimize clashes of interest and the possibility of creating additional water hazards.
- All non-trivial accidents will be reported to the Safety Officer or higher authority where these events are recorded for further review

Rowers and coxswains

- Any rower or coxswain going out on the water will be responsible for abiding by all local rules, regulations and traffic patterns.
- They should be properly attired for present and potential conditions.
- All rowers and coxswains should demonstrate the ability to swim 100 meters and to demonstrate within that test competence under water and in treading water. If a person cannot meet the requirements of the swimming test for physical or other reasons, an approved lifejacket or buoyancy aid must be worn when in a boat.
- In case of accident, stay with your boat rather than attempting to swim to the shore. Your boat, unless seriously damaged, is your life raft.
- Coxswains should receive a full explanation on handling the boat, all relevant safety procedures and boat handling. Inexperienced coxswains should be allowed out in boats only if observed by an experienced coach. They must also be familiar with navigation rules.

Coaches

- Coaches must be responsible for those under their authority and should ensure that they are informed of all safety procedures, and that those procedures are enforced on a consistent basis.
- They must evaluate environmental conditions and determine if it is safe for rowers to go out on the water.
- Coaches must never allow athletes on the water without the supervision of a coach in a launch.
- Coaches must actively communicate with parents of club members regarding any behavioral concerns.
- In all respects, coaches must demonstrate the highest ethical standards and abide by the code of conduct established by the CIAC and the East Hampton Public Schools.
- Coaches must have all certifications and otherwise meet all requirements established by the East Hampton High School Athletics Department.

E. Launches

East Hampton Rowing will maintain a coaches' launch for the purpose of safety and instruction. All launches will conform to the following:

- The coach must drive safely, always consider the safety of those on board, and consider the effect upon other water users.

- The launch will be piloted to avoid excessive washes and waves that create difficult rowing conditions and that can cause accidents to smaller boats.
- Launch pilots will abide by all rules established by local authorities in the use and navigation of the waterway.

Launch Requirements

All coaching and safety launches must carry the following safety aids:

- Floatation devices for every club member and coach on the water
- Floatation device attached to a line at least 15 meters long
- A horn or similar warning device, capable of attracting attention over a distance of at least 200 meters (217 yards)
- A grab line at least 15 meters (16 yards) long with a large knot tied in one end to assist throwing
- Thermal/exposure blankets to reduce wind-chill and counteract hypothermia.
- A basic first aid kit (list contents and check regularly)
- A sharp knife with carrying sheath
- A paddle
- Simple handholds fixed to the side of a launch or a removable boat ladder to give help to any person being rescued, and provide self-help should the driver fall overboard
- Engine, cutout lanyard device.
- An anchor and line.