**Lake Washington Rowing Club**

Safety Requirements

- Rowers
- Coxswains

- Launches

Last Updated: May 1st, 2017

**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 LWRC Office for details on the float test.)
	* Have passed Learn-to-Row or demonstrated proficiency to a Club Captain to use open water singles, club singles, or double. (Contact the Club Captains or the LWRC Office to schedule a flip test.)
	* Have passed a flip test to row any single, double or pair boat. (Contact the Club Captains or the LWRC Office to schedule a flip test.)
	* Only row equipment you are approved to row.
	* Sign-out all equipment (including personal equipment) in the boat 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 downstairs above sink)*
	* 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 practice rowing with the starboard side 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 towards Portage Bay in windy or threatening conditions.
	* You may not row in dark or low light conditions without attaching a bright white stern light and a bright red/green bow light to your boat. If one of your lights fails to operate or you lose the light, you must immediately return to the club.
4. **Motorized Vessels -** 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 ships propeller could cause you to flip into the water. This danger exists with all vessels but is particularly present behind larger vessels, especially tugs.
5. **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 “cox” 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 wherry keys
6. **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, may be about to fail, worn, or has a missing part.
	* Report any missing parts and/or broken or worn equipment to the Club Captain(s) and to Sow’s Ear for repair or replacement. Report failures, excessive wear or missing parts in the equipment log. Also report any of the above in the Damage Log, located at the Sign In Desk.

**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 Boat Log and ensuring correct lighting for their boat (when appropriate).
4. The coxswain is responsible for the cox boxes and returning them to the coach or in the cabinet, connected to a charger.

**Launch Safety**

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

1. **Launch Requirements –** Each launch should have the following:
	* Working bow and stern lights
	* Paddle
	* Hook
	* Equipment box with the following:
		+ 8 life jackets, tie-up line, 2 bumpers, fire extinguisher, emergency blanket, pump, and air horn
	* If any of the above is missing, let Club Captain Melissa Hayes know immediately
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/CPR/AED certified.
	* Have a WA State Boater’s License
	* Pass driving proficiency check by Club Captain Melissa Hayes
	* Only operate when fully equipped with the required complement of safety equipment listed above.
	* Operate a coaching launch with required navigation lights (all white stern light and red/green bow lights).
	* 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.
3. **If the launch is not working in proper order, does not start, or something occurs while in use, let Club Captain Melissa Hayes know immediately so repairs can occur immediately and/or future damage can be prevented.**

Any questions about any of the above, contact the LWRC Office: office@lakewashingtonrowing.com

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