



NRC SAFETY GUIDELINES

All rowers and coaches are responsible for following these guidelines, NRC Safety Code, and the Transport Canada Regulations for Boating.

Rowing Season Hours of Operation: April 1- October 31

- Morning sessions must begin no earlier than a half hour after sunrise.
- Evening rowing sessions must end no later than a half hour before sunset.

Weather Restrictions

WHEN IN DOUBT DON'T GO OUT

- No rowing in conditions that might affect visibility such as fog or smoke.
- No rowing during forecasted weather alerts including heavy rains or high winds.
- No rowing if thunder/lightening are present or are forecasted during your rowing session. Rowers who are on the water when a storm occurs should get to land as quickly as possible. Stay off and out of the water and in a safe location for 30 minutes after the last rumble of thunder. Docks and piers are NOT safe places during severe weather!

Sign In/Out

All rowers must use the sign in/out log at the boathouse. Masters rowers must also use the google docs sign-up sheet.

Safety Equipment

- Each rower must wear a PFD unless attended by a safety boat. Rowers are required to carry a whistle.
- Rowers are strongly recommended to carry a cell phone (in a waterproof container) or walkie talkie and a bailer (sponge).

Rowing Environment and Risk Management

- Follow posted boat usage guidelines.
- Study NRC posted maps which display traffic flow, hazards, and safe havens.

Emergency Procedures

SIGNAL FOR HELP - STAY WITH THE SHELL

- Stay calm and follow the instructions of the safety launch, if present.
- Do not attempt to swim to shore.
- Please review and complete RCA Safety Modules (posted on website).
- Additional Safety information is posted on SLACK #safety-channel.

Cold Water Precautions

There is increased risk of hypothermia before [May 15] and after [Oct 1]. During this time rowers are strongly advised to:

- wear a buoyant (not inflatable) PFD.
- Use a LiteBoat or the recreational boats.
- be extra cautious and conservative when estimating weather and water conditions.