

# Nelson Rowing Club Rules - Adult Rowing 2023

## General

1. **At all times, rowers must act with respect** towards each other, those who use the NRC facility and dock, and all water and park users. Additionally, NRC coaches, directors and volunteers must follow the Safe Sport Policy.
2. **Members contribute to the overall health of the club by volunteering to help with club operations.** This may include - cleaning the boat house, helping at events, mentoring new rowers, dock and equipment maintenance, and/or serving on the board or a committee.
3. **All rowers must follow the sign-in procedure,** as posted.
4. **If these rules are not followed** by any rower, the board will determine the appropriate action.

## Safety

5. **Rowing is only permitted during daylight hours.** Early morning sessions must begin no earlier than a half hour after dawn and evening rowing sessions must end no later than a half hour before dusk.
6. **Rowers must consider weather patterns.** Rowing sessions must not begin if there is thunder, lightning, low fog, or white caps near the dock. Rowers are responsible for checking the weather and wind forecast prior to each session and to make a plan that prioritizes safety.
7. **There must be a minimum of two boats on the water in every rowing session.** In rare situations, private boat owners may row on their own with special permission from the board. Those new to rowing are encouraged to row with a coach whenever possible.
8. **Rowers must wear an approved inflatable or buoyant personal floatation device (pfd)** while they are on the water. All members are encouraged to purchase and use a personal pfd. If a member borrows the club's pfd and it is deployed, the member is responsible for replacing the cartridge. **Rowers must carry** a sound-signaling device (e.g. whistle). **Rowers are strongly recommended to carry** a cell phone (charged, in a waterproof bag, with emergency contact numbers). During a regatta, rowers may not be required to carry safety equipment if there is a designated safety craft, as detailed in [Small Vessel Regulations](#).
9. **Rowers must avoid collisions at all times.** This includes collisions with other boats, floating debris, infrastructure such as docks and posts, and swimmers. Preventative measures include: frequent shoulder checks, wearing bright colours, following the established rowing pattern as posted in the boathouse, avoiding rowing in the middle of the lake, never using headphones while rowing, proactively communicating with other water users, and alerting other rowers to hazards.
10. **Rowers must follow posted safety guidelines.**



## Equipment

11. **Only members may use club equipment**, unless part of an event organized by the club (Come-and-Try, Junior's programs, etc). Members of other rowing clubs may be able to use club equipment when coordinated with the board and accompanied by a member.
12. **All members may use the recreational boats.** The racing boats may only be used by members with several years experience. The high-value boats may only be used by members authorized by Kimberley Shea or Dominique Preney, to protect these boats from unnecessary damage. Members can consult the posted "NRC Boat Usage Guidelines" to help identify appropriate boats.
13. **Each member is responsible for the repair of any damage they cause to equipment.** This includes dings, dents, and other damage that is a result of improper docking, transport, or collisions. Damage to the boats, oars, or infrastructure should be immediately reported to Dominique Preney and also clearly indicated on the equipment so that others do not use it.
14. **Members must ensure the boat house is securely locked when not attended.** This includes while rowing and after the equipment is returned.
15. **The coach boat may only be used by licensed coaches.** Unauthorized use of the coach boat is not allowed, unless in an emergency where there is no other way to get urgent help.

**Approved March 9th 2023**

