

UMBCCRR SAFETY REGULATIONS:

1. ALL ROWERS MUST ATTEST THAT THEY ARE ABLE TO SWIM WELL ACCORDING TO STANDARDS SET BY US ROWING *
2. ALL ROWERS MUST BE 18 YEARS OF AGE OR OLDER
3. ROWERS WILL FOLLOW THE TRAFFIC PATTERN ON THE SCHUYKILL RIVER. ALL LAUNCHES AND SHELLS MUST KEEP TO THE SOUTH BANK GOING UP RIVER AND TO THE NORTH BANK COMING DOWN, INCLUDING THROUGH THE CHANNEL ON THE SOUTH SIDE OF BARBADOES ISLAND. NO ROWING IS PERMITTED ON THE NORTH SIDE OF BARBADOES ISLAND
4. WHENEVER POSSIBLE SHELLS SHOULD USE THE SOUTH SIDE LANES (# 4,5,6) GOING UNDER THE 202 BRIDGE AND THE RAILROAD BRIDGE GOING UP RIVER AND THE NORTH LANES (#1,2,3) COMING DOWN RIVER.
5. LAUNCHES AND SHELLS SHOULD NOT GO ABOVE THE DAM BUOYS AT THE UPPER END OF THE COURSE BY THE BEZTWOOD BRIDGE UNLESS THE ROWER IS FAMILIAR WITH THE COURSE.
6. SHELLS SHOULD STOP ROWING WELL BEFORE THE DANGER BUOYS AT THE NORRISTOWN DAM. AT TIMES OF HEAVY CURRENT, SHELLS MAY HAVE TO TURN WITHIN 5 TO 10 STROKES OF CROSSING UNDER THE 202 BRIDGE (SEE RIVER CONDITIONS).
7. ALL BOATS SHOULD HAVE WORKING LIGHTS ON BOTH THE BOW AND STERN ON _ HOUR AFTER SUNSET AND UP TO _ HOUR BEFORE SUNRISE.
8. NO NOVICES ARE ALLOWED TO ROW SINGLE SHELLS IN THE DARK
9. VISIBILITY TO SHORE NEEDS TO BE AT LEAST 30 YARDS; PEOPLE SHOULD NOT ROW IN FOG IF AT ALL POSSIBLE. IF CAUGHT IN FOG IT IS RECOMMENDED THAT ROWERS PROCEED WITH EXTREME CAUTION AND APPROPRIATELY SLOWER SPEEDS IN THE DIRECTION OF THE BOAT HOUSE. BE SURE TO MAKE NOISE SO THAT OTHERS ON THE RIVER MAY BE ALERTED TO YOUR PRESENCE.

10. DO NOT ROW IN ELECTRICAL STORMS. IF A STORM ARISES, HEAD BACK TO THE BOATHOUSE IF POSSIBLE OR TO THE NEAREST SHORE. LIGHTNING STRIKES OCCUR MORE OFTEN ON EDGES OF STORM CLOUDS.

11. ROWERS SHOULD BE AWARE OF WATER STAGE AND FLOW RATES. THESE CAN BE ACCESSED AT http://pa.waterdata.usgs/nwis/dv/?site_no=01473500. FLOOD STAGE AT THIS AREA OF THE RIVER IS 17 FEET. ROWERS SHOULD REFER TO MARKERS AT THE DOCK AND NOT ROW WHEN THE WATER LEVEL IS OVER THE MARK.

12. HYPERTHERMIA AND HEAT EXHAUSTION CAN OCCUR WHEN AIR TEMPERATURE IS ABOVE 76 DEGREES F., ESPECIALLY AT TIMES OF HIGH HUMIDITY AND SUN EXPOSURE. EACH ROWER SHOULD DRINK WATER BEFORE LEAVING THE DOCK AND TAKE A WATER BOTTLE ON THE BOAT FOR EASY ACCESS DURING THE ROW. ROWERS SHOULD HYDRATE THEMSELVES DURING THE ROW.

13. HYPOTHERMIA CAN OCCUR WHEN WATER TEMPERATURE IS BELOW 50 DEGREES. BECAUSE OF THIS DANGER THE ROWING OF CLUB SINGLES WILL NOT BE PERMITTED FROM DECEMBER 15 THROUGH MARCH 15. WATER TEMPERATURE MAY BE MONITORED AT THE US GOVERNMENT WEB SITE:

http://waterdata.usgs.gov/pa/nwis/uv/?site_no=01472104&PARAMeter_cd=00010

(DEGREES FAHRENHEIT= (9/5xTEMPERATURE CELCIUS) + 32

WATER TEMPERATURE	DEGREES CENTIGRADE	FAHRENHEIT
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	20	68
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	15	59
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	10	50
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	5	41
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RULES OF 50: AN AVERAGE ADULT HAS A 50/50 CHANCE OF SURVIVING A 50 YARD SWIM IN 50 DEGREE WATER

14. ROWERS SHOULD NOT ROW IN CONDITIONS PRODUCING HIGH WINDS OR WHITECAPS.

15. ROWERS IN DOUBLES OR QUADS SHOULD FOLLOW THE COMMANDS GIVEN BY THE BOW AT ALL TIMES. QUESTIONS CAN BE ADDRESSED TO THE BOW AFTER THE COMMAND IS FOLLOWED.

16. UNDER NO CIRCUMSTANCES SHOULD A ROWER LEAVE HIS OR HER BOAT IN CASE OF A ROLLOVER. THE BOAT IS A FLOTATION DEVICE AND SHOULD BE USED AS SUCH, NO MATTER HOW STRONG A SWIMMER THE ROWER IS. THE ROWER(S) SHOULD SWIM THE BOAT TO THE SHORE. IN CASE OF A CAPSIZING WHEN WATER TEMPERATURES ARE BELOW 50 DEGREES, THE ROWERS SHOULD GET OUT OF THE WATER AS QUICKLY AS POSSIBLE, EVEN IF IT MEANS LYING ON TOP OF THE CAPSIZED BOAT. BODY HEAT LOSS IS 25 TIMES GREATER WHEN IN THE WATER.

17. IT IS THE RESPONSIBILITY OF ALL ROWERS TO RETURN BOATS AND ALL EQUIPMENT TO THE BOAT HOUSE AT THE CONCLUSION OF THE ROW.

18. DEFECTIVE OR DAMAGED EQUIPMENT SHOULD BE REPORTED AT ONCE SO THAT NO ONE USES AN UNSAFE BOAT. DAMAGED BOATS SHOULD BE IDENTIFIED BY A TAG PLACED ON THE RIGGERS IN 2 PLACES AND SIGNED. CLUB OFFICERS SHOULD BE NOTIFIED BY PHONE (A LIST OF PHONE NUMBERS IS IN THE BACK OF THE BOATHOUSE).

19. ALL ROWERS SHOULD LOG OUT THEIR ROW BEFORE LEAVING THE BOAT HOUSE AND LOG IN UPON RETURNING.

20. ALL ROWERS SHOULD REPORT ACCIDENTS AND INJURIES TO A CLUB OFFICER.

21. SAFETY IS AN ISSUE FOR THE ENTIRE CLUB. ROWERS ARE RESPONSIBLE FOR THEIR OWN SAFETY AND THOSE AROUND THEM. ALL MEMBERS SHOULD BE AWARE OF THE SAFETY RULES AND REPORT VIOLATORS TO THE CLUB OFFICERS. RETURNING ROWERS SHOULD REPORT ANY HAZARDS ON THE COURSE TO THOSE JUST STARTING OUT AND DOCUMENT THESE CONDITIONS IN THE LOG BOOK.

*URROWING SAFETY BULLETIN

RULES FOR NOVICE ROWERS UMBCCR

1. ALL NOVICE ROWERS MUST BE 18 YEARS OF AGE OR OLDER.
2. NOVICE ROWERS MUST COMPLETE THE NOVICE ROWERS PROGRAM SPONSORED DURING THE ROWING SEASON BY THE UMBCCR OR SHOW PROOF THAT THEY HAVE SUCCESSFULLY COMPLETED A COMPARABLE PROGRAM ELSEWHERE.
3. NOVICE ROWERS MUST ROW 10 ADDITIONAL SUPERVISED ROWS AFTER COMPLETION OF THE NOVICE PROGRAM BEFORE THEY CAN JOIN REGULAR CLUB ROWS.
4. NOVICE ROWERS MUST PASS A BASIC SKILLS TEST ADMINISTERED BY SENIOR MEMBERS OF THE UMBCCR (SEE BELOW).
5. NOVICE ROWERS MUST ABIDE BY ALL CLUB RULES AND REGULATIONS.

UMBCCRR COMPETENCY TEST

AS OF 7/1/04 ALL UMBCCRR MEMBERS WISHING TO ROW AT UNSUPERVISED TIMES IN A SINGLE OR DOUBLE MUST PASS THIS BASIC COMPETENCY TEST. THE EXAM TESTS BASIC SKILLS WHICH ARE NEEDED TO ENJOY A SAFE ROW AND TO BE IN CONTROL OF YOUR BOAT. THOSE NOT PASSING THE TEST WILL BE DIRECTED TO FURTHER INSTRUCTION AND PRACTICE AND CAN RETAKE THE TEST LATER, BUT MAY CONTINUE TO PARTICIPATE IN CLUB ROWS.

NAME _____

DATE _____

1. ATTEST TO SWIMMING ABILITY
2. SKETCH A DIAGRAM OF THE COURSE INCLUDING
 - a. TRAFFIC PATTERNS
 - b. TURNING POINTS ON THE COURSE
 - c. DANGER POINTS ON THE COURSE
3. DESCRIBE LAUNCHING AND DOCKING TECHNIQUE INCLUDING DOCKING AT TIMES OF INCREASED CURRENT
4. DESCRIBE THE PROCEDURE(S) FOLLOWED IF ONE'S BOAT CAPSIZES
5. DESCRIBE THE RACKING POSITION OF THE BOAT AND OARS YOU USE
6. DESCRIBE WHAT MUST BE ENTERED IN THE LOG BOOK WHEN ROWING.
7. ROWING SKILLS – THE ROWER MUST DEMONSTRATE THE FOLLOWING:

CARRYING THE BOAT TO THE DOCK

PUTTING THE BOAT IN THE WATER AND PLACING THE OARS

SHOVING OFF

GETTING OUT OF THE BOAT

CARRYING THE BOAT TO THE CLUB HOUSE

PLACING THE BOAT ON THE RACK

8. AT THE DIRECTION OF THE INSTRUCTOR THE ROWER SHOULD BE ABLE TO PERFORM THE FOLLOWING:

ROW IN A STRAIGHT LINE _____

TURN WHILE ROWING FORWARD _____

TURN AROUND IN BOTH DIRECTIONS _____

BACK UP _____

HOLD WATER _____

9. SHOW SCULLING OR ROWING SKILLS

STABILITY _____ PASS _____ NOT PASSING

BLADEWORK _____ PASS _____ NOT PASSING

RHYTHM _____ PASS _____ NOT PASSING

BODY _____ PASS _____ NOT PASSING
POSITION

PASSED _____

CLEARED TO ROW IN -----BOATS

CAN CARRY BOATS ALONE _____ **WITH HELP** _____

NEEDS FURTHER WORK BEFORE PASSING _____

COMMENTS:

EVALUATOR _____ **DATE** _____

