

# Edgewater Crew Safety Policy

## ACCOUNTABILITY

1. All rowing participants will read all safety rules prior to participating in any water activities.
2. Participants will sign a waiver each year as part of the registration process.
3. Safety rules and updated emergency phone numbers will be posted on bulletin board in boathouse office.
4. A safety committee will ensure this policy is kept current and followed. The safety committee will complete a yearly safety inspection of the facility and equipment and of the requirements in this manual. The committee will be responsible to ensure any required corrective action is completed.
5. All coaches, board members, participants over the age of 18 and all adult volunteers will complete the appropriate SafeSport training and refreshers.
6. All coaches will be CPR/First Aid/AED certified.
7. All coaches and executive board members will be background checked.
8. All coaches will have a Florida boaters license (or equivalent).

## PROCEDURES

1. Each participant will view the USRowing Safety video at the beginning of each season or when they join the team if it is after the beginning of the season. Topics reviewed in the video include:
  - a. Rescue procedures in the water
  - b. Recognition of unsafe water and weather conditions
  - c. Basic first aid
  - d. Proper navigation rules and boat handling
  - e. Rowing terminology
2. Participants will demonstrate their swimming/flotation skills by completing a swim test led by a certified lifeguard.
3. Anyone injured during a rowing activity will report the injury to the coach, safety director or board officer.
4. All launches will operate in accordance with applicable safety regulations.
5. Rowing shells will be transported on a trailer by a driver specifically designated by the board president, property manager or coach. They will be familiar with related U.S. Rowing guidelines and comply with all motor vehicle rules for doing so.
6. All boats will be attended by a coach in a launch.
7. All participants in boats in low light conditions will wear white/light colored shirts to be better identified.

## FACILITY

1. All gasoline will be stored in a flammable storage cabinet and will use appropriate spill proof, flame mitigating gas containers.
2. Fire extinguishers will be present, clearly marked and regularly inspected.

3. Bays will be kept free of obstacles
4. Launches will be stored in the designated storage area.
5. A first aid kit will be maintained in the boathouse and inspected regularly.
6. An AED will be maintained in the boathouse and will be inspected regularly.
7. Boathouse doors will be locked when departing.
8. Trash in the boathouse and in the area surrounding area will be deposited in the appropriate containers.

## WEATHER

1. Participants and coaches must always be aware of weather conditions. Watch for gathering clouds, changes in wind speed/direction, temperature changes, etc.
2. Do not row if a thunderstorm warning exists for the immediate area. If a watch or a warning is in the region but outside the immediate vicinity, stay close to the dock area and monitor conditions. Consult radar online. All coaches will have an app on their phone to give the location of latest strikes relative to your position. Under no circumstances should a boat be launched if lightning is within 10 miles of rowing area. No rowers or coxswains will be outdoors until there has been no lightning within this 10-mile radius for 30 minutes. If you are on the water and see lightning, hear thunder, or notice your hair standing on end with static electricity, head for the nearest shore. If the storm is upon you, take your boat to the nearest shore and wait in a sheltered area for the storm to pass (do not wait under a tree or in the water).
3. Boats will not launch in high wind conditions, defined as causing whitecaps on the water. If such conditions are encountered while on the water, return to the dock immediately if safe to do so. If unable to return to the dock, row to the nearest dock point/shore and wait for wind to subside.
4. Do not launch in foggy conditions if you cannot see the other side of the lake. If fog is predicted, take a whistle with you in the boat. If fog is encountered while on the water, signal your position using one prolonged blast (4-5 seconds) followed by two short blasts (one second each). Listen for other whistles or sounds. Proceed very slowly and quietly to be able to hear approaching power boats or to stop quickly if coming upon an obstruction. If you are in a dangerous situation where collision is imminent; sound the danger signal, five or more short blasts. If lack of visibility warrants, go to shore or shallow water to wait for fog to clear.
5. Dock points for removal of boats in severe weather:
  - a. Lake Brantley Boathouse
    - i. 4217 N Orange Blossom Trail, Orlando, FL 32804
  - b. North Orlando Rowing Boathouse
    - i. 1782 Fairview Shores Dr, Orlando, FL 32804
  - c. VFW (Veterans of Foreign Wars)
    - i. 4444 Edgewater Dr, Orlando, FL 32804
  - d. Edgewater Boathouse (Lake Fairview Park)
    - i. 2200 Lee Rd, Orlando, FL 32801

## EQUIPMENT

1. All launched boats must have a bow ball affixed.
2. Every launched boat must have heel restraints/quick release mechanisms in compliance with USRA rules. Coaches, the safety director and property manager will assure they are properly maintained.
3. All shoes in boats should have Velcro closures.
4. For both safety and equipment maintenance reasons, participants will only use boats that are consistent with their skill level.
5. Boats launching in low light conditions must have a white stern light and a red/green bow light attached to the boat.
6. All coaches will wear a lanyard with an automatic cut-off switch for outboard motor.
7. All damage to equipment must be reported to the supervising coach.

## EMERGENCY

1. In case of an emergency, the coach will direct the participants in what steps are necessary to remedy the situation. PFDs are on board the launch in case participants must be rescued from the water.
2. Coaches will have their cell phones with them on the launch when on the water in order to call 911 if an emergency arises and medical help is required. An AED is located at the boathouse.
3. All participants should familiarize themselves with procedures if the boat capsizes. Do not leave the boat. A swamped or upside down boat will not sink.
4. Heat stroke is life threatening. Symptoms may include confusion, behavior changes, nausea, muscle cramps and dizziness. Always take water in the boat and drink often when rowing in warm weather. Seek medical help immediately for rowers with these symptoms.