

## **Safety Guidelines**

*The safety of the participants is of utmost importance. Listed below are several recommendations for your Learn to Row Day.*

### **General Liability:**

- Each organizer must carry some form of general liability/sports accident insurance coverage.
- Each Learn to Row Day participant must sign a waiver.

### **Safety before getting into a boat:**

- Each organizer should ask the participants if they know how to swim or certify that they can stay afloat unaided.
- Each organizer should discuss the dangers of water with all Learn to Row Day participants and ask if the participants have any reservations before entering the boat.
- All participants should be briefed on procedures in case of emergencies. Briefing should include procedures to follow in case of medical emergency and the location of medical personnel and telephones and/or radios. Contingency plans should provide for drowning, heart attack, head and cold disorders, and clearing the area in response to a weather emergency. First aid should be available.
- Each Learn to Row Day participant should be advised in advance to wear suitable clothing and to bring sufficient amounts of drinking water.
- First aid facilities and trained medical personnel should be available at a clearly marked location during hours of operation. A vehicle for emergency transportation should be readily available and manned at all times. An exit path for the vehicle should be kept clear.

### **Safety while on the water:**

- Personal Flotation Devices (PFDs) should be readily available to all Learn to Row Day participants. There should be as many PFDs in the launch as there are rowers being coached and the launch itself should have the capacity to hold as many rowers.
- Experienced rowers should accompany Learn to Row Day participants in the boat. Specifically, it is recommended that the person coxing and the person in the bow and stern have rowing experience. NO boat should include only novice rowers.
- One launch per shell is recommended.

### **USRowing Requirements:**

- The events of the day must be scheduled and supervised.
- Each organizer must list each participant as a "member" of that program for the day. The organizer may define the membership in whatever terms or conditions they see fit, but to be covered under the USRowing insurance plan, the participant must be considered a member of the club.