

NORCAL CREW Safety Rules

- 1 Rowers must follow all NORCAL, USRowing and BIAC, traffic/safety rules, at all times.
- 2 Rowers must familiarize themselves with the contents of the USRA safety video and whatever additional rules and safety guidelines the coaches make available.
- 3 Rowers must follow the instructions of the NORCAL coaching staff. The coaches have final say on whether conditions are safe for rowing.
- 4 All rowers should wear clothing appropriate to the weather conditions: warm synthetic or wool clothing, especially hat and socks are recommended in cold weather. Remember that it is always colder and windier on the water. Hat, sunscreen and water or sports drinks are recommended in hot weather.
- 5 Rowers must complete and return all required forms before they will be allowed to practice.
- 6 Notify your coach if you have any medical conditions that could impair your ability to row or that requires special attention.
- 7 Take precautionary medications in the boat with you while rowing (i.e. asthma inhalers).
- 8 A swim test must be completed and submitted before on-water rowing. Those who fail to turn in a completed swim test form will be required to wear a life jacket while rowing, until such time as the swim test is completed.
- 9 All rowers should check the equipment before launching: ensure that all nuts and bolts are in place, check hull for any cracks or leaks, check foot-stretcher tie-downs and ensure that they are in place. If you notice any damage to the boat, notify the coach and log the damage in the repair logbook.
- 10 Follow the traffic rules of the waterway as outlined by coaches. Scullers, coxswains and bow persons must check the course of travel frequently.
- 11 Scullers or coxswains should, unless specifically otherwise instructed, make an effort to remain in ear shot and sight of the coach and if separated should stop and wait for the coach.
- 12 At the beginning of the season, when it becomes dark early, all boats must have a white solid stern light, attached to their boat outside the stern cockpit. All boats must have a solid red /green (port/starboard) bow light attached to their boat on the outside of the bow washbox.
- 13 The Cox's is in command of the boat at all times, and should be given complete attention and respect.
- 14 The primary job of the Cox's is to safely guide the boat by steering the boat and commanding the crew.
- 15 Members of a crew should not talk while the boat is moving: it makes it harder to hear commands and distracts the cox'n from their primary job: the safe guidance of the boat.
- 16 Any rower who sees a hazard that they believe the cox'n does not see, should notify the cox'n immediately.
- 17 The cox'n is responsible for following the traffic pattern at all times.
- 18 The cox'n is responsible for being aware of, and avoiding other traffic, who may or may not be following the traffic pattern.
- 19 If any rower hears thunder he or she should notify the coach immediately. The sound of thunder is usually masked by the noise of the engine.