

UTAH CREW

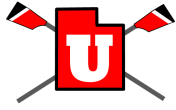
ROWING SAFETY PLAN 2023

I. ORGANIZATION

- **Purpose** - Utah Crew is committed to the safety of all participants and, where appropriate, follows or exceeds all US Rowing and the U.S. Center for SafeSport minimum standards and guidelines for athletes' physical safety and well-being. If you have questions beyond those addressed in this Safety Plan you may refer to:
 - US Rowing's Safety pages at https://usrowing.org/sports/2016/6/2/900_132107062339971607.aspx;
 - US Rowing's SafeSport resources at <https://usrowing.org/sports/2016/6/1/safesport.aspx>; and
 - Utah Crew's Safety and Risk Management Policy posted on our website.
- **Safety Committee** - On an annual basis, the appointed Safety Committee will:
 - Review the safety plan, protocols and procedures and update as needed;
 - Conduct safety audits at each site based on the US Rowing Safety Audit Checklist (approximately mid-March for the Great Salt Lake and early May for the Jordan River Surplus Canal); and
 - Confirm coaches and administrators are compliant with applicable laws and Utah Crew policies.

II. COACHES AND STAFF

- **Training & Education**
 - All coaches are required to view the US Rowing Safety Video before getting on the water for the first time and, thereafter, at least once per year (preferably the beginning of the Spring season).
 - Coaches shall review the Rowing Safety Plan and other safety/emergency procedures on an annual basis.
 - Coaches are recommended to be current on their First Aid/CPR/AED certification, and at least one First Aid/CPR/AED certified coach should be present at on-water practice or events.
- **SafeSport** - All coaches and administrators are required by US Rowing to be current in their SafeSport certification, background check requirements and otherwise in compliance with Utah Crew's Safety and Risk Management Policy.
- **Logbook** - A logbook or similar documentation will be used to note when crews leave and return, athlete attendance and any equipment problems.



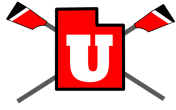
- **Incident Reports** - An incident report should be filed after a problem arises. The reporting coach/administrator should file a report within 5 days of the incident to keep the events clear in mind. The incident report shall be submitted to the Safety Committee first for review and comment and then circulated to the rest of the club.

III. THE WATERWAY AND FACILITIES

COURSE – JORDAN SURPLUS CANAL



- **Facilities**
 - All shoes, clothing and other loose items must be in a box and off the dock.
 - All gates and container doors should be locked while boats are on the water.
- **Launching and Landing**
 - Hold boat overhead before stepping on ramp
 - Launch heading upstream
 - Land heading upstream
- **Traffic Rules**
 - Follow a counter clockwise traffic pattern.



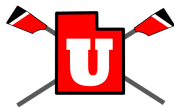
- Coaches should operate launches to minimize wake for oncoming crews.
- Faster crews should stay towards center of the canal to pass slower crews. Slower crews should stay close to the starboard shore.
- Crews with a safety launch can go upstream of California Avenue for an additional 700m.
- Rapidly dropping water depth may uncover hazards so avoid getting close to them.

COURSE – GREAT SALT LAKE

Great Salt Lake Marina



- **Facilities**
 - All shoes, clothing and other loose items must be in a box and off the dock.
 - All pen gates and container doors should be locked while boats are on the water.
- **Launching and Landing**
 - Crews should not proceed from mouth of marina until accompanied by coach's launch.

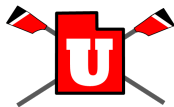


- Rowing into and out of the marina should be done at slow speed since space is limited. Incoming boats should give way to outgoing shells. There is typically only enough room for one shell in the marina channel so crossing boats must pull aside.
 - Rowing shells must yield to sailboats in the marina.
 - All boats and oars should be washed down with fresh water to clean off the salt at the end of practice
- **Traffic Rules**
 - Follow a clockwise traffic pattern.
 - Coaches should operate launches to minimize wake for oncoming crews.
 - Faster crews should stay towards center to pass slower crews. Slower crews should stay close to the port side.
 - Rapidly dropping water depth may uncover shallow rocks so avoid getting close to them.

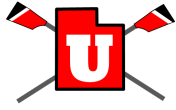
IV. **ATHLETES**

- **Swim Test** - All rowers are required to pass a swim test before starting on-water practices, by providing a signed swim test verification form. The form confirms that the rower has passed a test consisting of swimming 100 yards, treading water for 10 minutes and then putting on a lifejacket while treading water. A lifeguard is required to witness and sign the swim test form. Any rower that has not passed the test has to wear a PFD on the water at all times.
- **Medical**
 - Rowers should consult with a physician before participating in Utah Crew.
 - Athletes (or their legal guardians) must notify Utah Crew in writing of any medical conditions, and specify any activity restrictions, required medications and a response plan if a medical event occurs.
- **Flipping**
 - Rowers should be aware of procedures for flipping a boat which is covered in the US Rowing Safety Video.
- **Terminology**
 - Athletes should understand basic boat nomenclature and rowing terminology including:
 - Bow, stern, port and starboard;
 - Number of their seat, stroke position, bow person and seat numbers in between;
 - Weigh Enough, Sit Ready, Back, Tie-in, Un-tie, Hold Water
- **Safety Video** - All athletes are required to view the US Rowing Safety Video before getting on the water for the first time and, thereafter, at the beginning of the Fall and Spring season.

V. **ROWING CONDITIONS (WEATHER)**



- **Overall Weather**
 - Coaches will evaluate weather forecasts for practice times with a four-hour buffer and advise rowers and parents if practice will be canceled or moved indoors.
 - Boats that expect to launch / return before sunrise or after sunset should be equipped with appropriate lighting: red light on the port side, green light on the starboard side and a white stern light.
- **Unsafe Conditions** - Under the following conditions, crews are not allowed on the water:
 - Whitecaps in any area the shells may have to row through
 - Observed lightning or thunder
 - Fog
- While on the water, if weather conditions deteriorate to one of the above conditions, crews must come in immediately.
- **Cold Weather**
 - If the wind chill is below 25°F, no boats are allowed on the water.
 - If the combined air and water temperature is below 90°F:
 - In the GSL Channel / Jordan River Surplus Canal:
 - Only boats with four or more oars are allowed on the water (Four-Oar Rule); OR
 - Safety launches shall be within 100 yards of all boats.
 - In the main body of the Great Salt Lake:
 - Only boats with four or more oars are allowed on the water (Four-Oar Rule); AND
 - Safety launches shall be within 100 yards of all boats.
 - If the water temperature is below 40°F, no boats are allowed to row on the main body of the Great Salt Lake (rowing permitted in the GSL channel and Jordan River Surplus Canal).
- **Recommended Precautions and Gear**
 - In warm weather:
 - Bring a water bottle and hydrate before and throughout practices
 - Avoid sunburn by using sunscreen and wearing a hat/visor and sunglasses
 - Wear lightweight, light-colored, moisture wicking clothes
 - In cold weather:
 - Dress in layers of wool, silk or synthetic materials (no cotton)
 - Wear a windbreaker as an outer layer
 - Wear wool/fleece socks (no cotton)
 - Wear hats and use “Pogies” or socks on hands
- *For more information about the risks, precautions/prevention and response measures for various weather conditions, refer to the “Rowing Conditions” section of the US Rowing Safety Guidelines.*



VI. EQUIPMENT

- **Coaching/Safety Launch**

- Every person in the launch should wear a PFD
- Each launch should have:
 - One marine first aid kit with emergency blanket and whistle
 - PFD's for all rowers that launch is following including the coach and any other passengers
 - One Type IV throwable PFD (blue cushions)
 - One red (rescue) throw bag with rubber ring
 - One water pump for bailing
 - One paddle
 - One weight to be placed in bow if there are no passengers in the launch
 - One yellow toolbox for small equipment adjustments or repairs, to allow for rowing to continue
 - Flares in a water tight Ziploc bag
 - One electric or cone megaphone
- Wearable kill switch for motor must be worn while the launch is in operation.

- **Communications**

- Be aware of site addresses and landmarks to relay to first responders.
- Each coach should have a mobile phone with the contact number of all other coaches, local emergency numbers and emergency contacts for all coaches and rowers.

- **Trailers**

- Before traveling, coaches will confirm trailer is properly functioning.
- Drivers must have a valid driver's license.

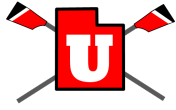
VII. ON THE WATER

- **Launches**

- Coaches and anyone driving a launch will be trained and checked out by the Head Coach on all safety procedures and launch skills before driving a launch on their own.
- At least one motor should be started before the first crew is launched.
- The launch and shells should stay within hailing distance of each other.
- The launch should slow to trolling speed 50 meters from oncoming crews to avoid waking them. This may make you fall back from the crews you are following but you can accelerate after passing.
- No crew is allowed on the water without an accompanying safety launch.

- **Boats**

- The boat is not a Personal Flotation Device (PFD); it is an emergency flotation device.



- Newer shells have been designed for flotation and have flotation compartments under the rower's bench. Older boats may not have sealed compartments under the rower's bench but the bow and stern compartments will keep the boat afloat.
- Oars are not a PFD, nor an emergency flotation device.
 - Modern oars will fill with water in a matter of minutes and lose any expected flotation.
 - Singles should always carry an inflatable PFD.
- *For more information and demonstrations see the US Rowing Safety Video and refer to the "On the Water" section of the US Rowing Safety Guidelines.*