



Safety Policy

*The Safety of all members, juniors, guests and staff is the highest priority at IRC.
Implementation of safety measures occurs at multiple levels.*

Rowers

- * All rowers must have a swimming proficiency test on file. If a rower has not passed or does not have one on file, they will be required to wear a life jacket on the water
- * All rowers must have a signed waiver of liability on file
- * There is a first aid kit and AED defibrillator located in the coaches cage of the boathouse
- * Singles are encouraged to use buddy system whenever possible
- * Your shell has been designed for flotation. Your boat is not a Personal Flotation Device (PFD); it is an emergency flotation device and your oars are neither. IRC recommends that all unaccompanied boats carry Coast Guard approved PFD's

Observe Club Rules

- * Utilize logbook in boathouse to log club and personal boats out and back in every time. This does not apply to boats going out with a coach
- * Rowers may row from sunrise to sunset - boats must be off the water by sunset (only exception is for club sanctioned after hour's rows with approved boat lighting)
- * IRC requires all rowers who want to take a single out on their own, to pass a flip test before doing so. If unsuccessful, the rower will not be allowed to row the single unsupervised

Know the Water

- * Know and follow the posted IRC traffic pattern
- * Vessels with the least maneuverability have the right-of-way, but always play it safe and take action to avoid all other types of boats
- * Identify and remember locations of submerged hazards - notify other rowers and coaches when possible, either verbally or on the boathouse white board

Watch the Weather

Thunder & Lightning:

* You must wait to row 30 minutes after last hearing thunder in order to avoid lightning strike

Hot & Humid:

* hydrate generously and frequently. Signs of heat exhaustion include: dizziness, headache, muscle cramps and nausea

Severe Weather:

* If a sudden storm or unsafe conditions develop and it is apparent that being on the water is dangerous, get off the water. Personal safety is the priority. If it is not possible to reach the IRC docks in a sudden storm and rowing is still possible, proceed to the nearest shore and get off the water. If you are in the boathouse, it is safest to stay in the boathouse

Fog:

* If visibility is less than 750 meters (you cannot see the marina), no boats shall be permitted to row until the fog lifts

Cold Weather Considerations:

* Hypothermia is a life threatening condition. If you find yourself in cold water it is important that you keep your head above water and remain as motionless as possible. The Heat Escape Lessening Procedure (HELP) position (hold onto floatation, put your body in a tight ball, keeping the head out of water) is effective as is the huddle procedure (hold onto floatation and each other) if you are with someone

* Get out of the water quickly, even on top of the capsized boat. Heat loss is 25 times greater when in the water

Small Boat Rowing:

* Small boats (1x, 2x, 2-) and Novice rowers are advised to not row when winds are over 15 mph. When possible, row in groups. If a partner's shell submerges or capsizes, the "buddy" must ensure they are out of danger (back in shell or on shore) before going to get help

* In order to avoid hypothermia, the water temperature plus air temperature should equal 90 degrees or more (80 degrees for Varsity/big boats). Anything less, and the "Four Oared" rule will be put in place – only boats with 4 or more oars can go out

In the Boat

* Check every boat for firmly attached bow ball

* Visual check of boat must include: skeg, riggers, foot stretchers and seat

* Check for obvious damage/holes – report damage in repair book

Incident on the Water

- * Know distress signals – (calmly) wave arms/shirt in air
- * Stay with the boat! Never attempt to swim to shore. If you are out by yourself and cannot get back into the boat, swim with your boat to shore
- * If the shell is swamped but floating and athletes are in the boat, align shell to minimize further swamping, then remain upright and in seat awaiting rescue
- * If the shell is sinking deeper into the water, submerged or capsized:
 - shell should be rolled upside-down to increase buoyancy by trapping as much air as possible. If wind is a factor roll with the wind. Oars should remain in oarlocks to increase buoyancy
 - the group shall “buddy up” across the boat with even distribution on either side of shell and huddle towards the middle or high point of the shell. The coxswain must buddy with the adjacent pair. Each buddy is responsible for holding onto the other person while they are draped across the shell
- * All athletes must remain as calm as possible and the cox/bow person should assume command and check every athlete continually until rescued
- * When assisting/identifying a boating incident, approach the site into the wind to avoid drifting into disabled boat
- * Establish verbal contact with those in water and establish injuries if present
- * Rescue first, those who appear to be in greatest distress
- * Distribute life vests from rescue craft
- * All attempts to bring injured into the launch should occur in pairs and not near the engine
- * Conduct a head count upon arrival to the scene and when leaving
- * If you are on land and see someone in distress, call 911 and contact managers below
- * Complete incident report



Emergency Action Plan

Level One Emergency Procedures: (Life Threatening)

1. Call 911
2. Give Address: 7350 Eagle Beach Drive, located in Eagle Creek Park
3. Once emergency is stabilized, notify IRC Boathouse Manager and ECP Manager
4. File Incident Report with Boathouse Manager and ECP Manager within 48 hours (scan/email)

Level II Emergency (not requiring 911)

1. Administer first aid. Do not hesitate to call 911 if unsure of level of injury
2. Follow "Incident On The Water" Recommendations
3. Notify IRC Boathouse Manager
4. File Incident Report with Boathouse Manager and ECP Manager within 48 hours (scan/email)

Emergency Contacts:

Police/Fire/Ambulance: 911

Park Rangers: 317-327-3811

IRC Director: Jen Floyd (315-225-1722/jen@indyrowing.org)

IRC Boathouse: 317-991-1829

IRC Boathouse Manager: Mike Burroughs (317-430-4291/mike@indyrowing.org)

Eagle Creek Park (ECP) Manager: Brittany Davis (317-726-6109/Brittany.davis@indy.gov)

IRC Safety Advisor: Sandra Kay (317-840-2021/yakardnas@sbcglobal.net)

*AED located in coaches cage

*Visit www.usrowing.org for additional boating safety regulations