

SAFE CONDUCT CODE

Don Rowing Club of Mississauga
April 1st, 2008

Caitlin Pakosh -Safety Advisor 2008

SAFETY ADVISOR'S RESPONSIBILITIES.

The Advisor informs members and coaches about the safety guidelines and obligatory rules, ensures that notices, safety equipment and safety training programs are in place. Ensure that all novices are shown the rowing safety video. If equipment goes missing, please notify Caitlin.

The safety advisor ensures that all coaches have current First Aid and Cardio-Pulmonary Resuscitation certification. It's critical that coaches know how to begin resuscitation procedures, stop excessive bleeding and treat hypothermia properly.

LOCAL MANDATORY SAFETY CODE

Coaches, coxswains and athletes are all expected to conform to safety rules as a condition of their membership. Non-compliance may result in suspension of privileges or membership.

Cold Water Rules- In effect when water temperatures are at or below 10 degrees C. Singles, pairs and doubles must be equipped with PFDs and must be accompanied by a buddy. Large boats must be accompanied by a coach boat. These rules apply to all DRCM programs.

Dock Protocol – Coaches must ensure athletes launch and exit the dock and boathouse with high regard for individual safety and equipment. Coaches, coxes and crew leaders will ensure that all athletes know how to handle equipment.

Darkness – Lights must be carried on all boats before dawn and at dusk. White lights are to be carried on the bow of all boats and a red light at the stern or on the cox or stroke, in the case of a bow loader. Greater care should be taken to keep boats in the correct position on the river when dark and shouted or whistled warnings should be given to alert all boats of their proximity.

Traffic Pattern – Launch with bow to the south (lake) and follow a rectangular travel pattern at any turn around point to ensure safety. Turns must result in ending up on the correct side of the river. Keep to the right side of the river on the way up to the QEW Bridge and again keep to the right going back down to the Lakeshore Bridge. No unsafe mid-river turns are allowed. Approach to the docks must be made from the north.

Beware of canoeists crossing the river directly from their dock to head up-river. All small and large boats must ensure the canoeists are warned politely and firmly before they are about to be passed. We share a river course and must respect other users. Collisions with canoeists and kayakers must be avoided at all costs.

A board showing the traffic pattern is mounted inside the boathouse.

If boats shoot the Lakeshore Bridge and enter the Marina area, they are to on the lookout for and take avoiding action when commercial and pleasure craft are moving or reversing out from their berths. **We do not have the right-of-way, they do.**

Rail Bridge & High Water-- When water levels are high or the river in flood, great care should be taken by small boats and by coxes in large boats when running under the Rail Bridge. The low spans and their knuckles can be a source of serious injury to the head, especially for tall athletes.

Lake Practice or Lake Time Trials – No boats beyond the Marina or on the lake without adequate coach boats or in the case of small boats, a buddy boat. No lake rowing allowed under unsafe or adverse weather conditions. Coaches must take adequate means of communications with them such as radios and/or cell phones to coordinate practices or react to emergency situations.

Coach Boats – Should leave the docks well-fueled and must have a BIG BAG - full rescue bag (9 pfd's) plus, blanket, paddle, throw buoy, self-bailer, whistle, radio, and lights. Coaches should also carry a personal cell phone if they have one. There are 4 BIG BAG sets available – one for each coach boat. All contents are stored with the bag – including lights.

Coxswain PFDs – A special suspender-style design of inflatable PFD is available for coxswains and must be worn by a cox in 8+ and 4+ boats traveling out on to the lake.

Singles and PFDs—all singles are required to carry a PFD under Coast Guard rules. This rule applies to private singles rowed out of the Club

First Aid Kit and Blankets – Located in the cox box storage area. A separate box of bandages is available and identified. Athletes that have small cuts and blisters should use the bandages. Please don't raid the First Aid kit unnecessarily.

EMERGENCY ACTIONS AND COMMUNICATION

On-river emergencies – signal another coach or athlete to obtain the additional support required – including a possible 911 call. Immediately secure the boat and athletes in trouble. If lives are at risk all other boat traffic should return to the dock and clear equipment quickly. In cases where radios are available use them for inter-boat communication and cell phones for dock/911 calls.

On-lake emergencies – one coach carries a cell phone (in addition to a radio) for 911 or stranded coach boat requirements. If multiple boats are on the lake, then the accompanying coaches must be able to communicate by radio with each other and for added safety more than one cell phone should be carried.

- Signal other coaches using radio equipment – two or three coach boats required to remove 9 athletes from the water.
- Secure the boat and athletes in trouble. Stay with the crew and remove them from the water.
- If available, another coach boat must take charge of fleet and return all boats to docks. If not, athletes must gather by the distress situation and return with rescued athletes.
- The coach in charge at the time must write and submit an Incident Report within one day of the emergency or incident.

HAZARD AVOIDANCE AND RULES

Weather

- No boats on water when lightning is present or imminent.
- Athletes must wear appropriate gear for cold weather and carry hydration for hot conditions (Water temperature of 10 degrees C, or below, warrants cold water precautions).
- Visibility in fog conditions must be a minimum of 100 metres. Whistles are to be used for added safety.
- Lake rowing shall only occur in the absence of significant swells and significant water traffic. Steering measures to meet large boat wakes must result in meeting the wake diagonally.

River in Flood –should the river be in flood and there is floating debris, boats shall not be launched until levels stabilize, debris flow subsides and it is safe to pass under the rail bridge.

River debris - tag or safely remove any in-river or bank debris that may damage equipment or pose a risk for athletes.