



Richmond Community Rowing

Safety Plan

The following are the safety procedures and protocols that have been adapted and agreed to by all athletes, staff, and volunteers. Failure to comply with these procedures may result in disciplinary action.

Emergency Procedure

A. Life Threatening

- **Check:** Injuries of this nature are considered medical emergencies and shall be treated as such. These include but are not limited to:
 - Cessation of breathing
 - Cessation of heartbeat
 - Severe bleeding
 - Serious fracture/dislocation
 - Possible spinal injury
 - Heat illness

- **Call:** When there is little or no time to consult a doctor, immediate care is critical. Instruct nearby adult (coach, etc) to make phone calls in the following order:
 1. **Ambulance (911)** Our address: 4708 Old Main St, Richmond, VA 23231
 2. Executive Director- Tim Nesselrodt: 757-784-6411
 3. Vice President- Mason Brown: 434-996-5051
 4. Treasurer- Thomas Rogers: 757-773-2931
 5. Club Coach:

- a. VBC: Kim Nelson: 804-955-8898
- b. VBC: Emily Chadwell: 949-702-5311
- c. VCU: Yuriy Levitsky: 804-310-2779
- d. UR: Tim Nesselrodt: 757-784-6411

- **Care:** Perform necessary and appropriate first aid (if applicable)
 - Be sure to have someone direct ambulance to athlete

B. Non-Life Threatening:

-Injuries of this nature will require medical attention but are not an immediate threat to the athlete's life. These include but are not limited to:

1. Lacerations which may require sutures
2. Sickness
3. Orthopedic injury (subluxation/dislocation/fracture)
 - Be sure to comfort the athlete, present a calm, logical approach to the problem.
 - Perform the necessary and appropriate first aid.
 - If need be, transport the athlete to: MCV Hospital

Boathouse Safety

General Standards

- All equipment should be routinely checked and maintained by the appropriate club/athlete
- Any issues should be promptly reported to a coach or director
- All facilities should be properly secured when not in use
- Equipment sharing is expected between programs, however permission from the owner club should be granted before use
- All additional club rules should be followed for each program

Water Safety

General Principles

The following general principles apply at all times, in pressure pieces and on the paddle.

- Courtesy and civil language are appropriate at all times.
- Stay to the right-hand side of the river at all times, with starboard blades to shore. For extra safety, keep both boats and blades on the right third of the river as if it were a 3-lane highway. Stay right on turns, and do not cut corners.
- Overtaking boats shall pass to the left (port); boats being overtaken shall yield to shore. It is the responsibility of the overtaking boat to avoid a collision: overtaking boats must be prepared to slow down or stop to avoid contact.
- Boats approaching in opposite directions shall pass port to port.
- Coaching launches shall be aware of traffic in both directions, and shall yield to shore to allow overtaking boats to remain on the correct side of the river.

- Turn quickly and cross to the other side; do not angle across, or stop perpendicular to traffic. Turn only in locations that allow good visibility in all directions; avoid turning near bridges and sharp turns.

Shell Lights

Appropriate lighting for shells is essential for safety, as practice hours are constrained much of the year to dawn, dusk and darkness. Shells launching before or after sunrise must be properly illuminated

- Two lights – marking bow and stern – are necessary for proper illumination of all shells, including single sculls, to ensure visibility by approaching crews from either direction. Lights shall be attached to the boat rather than the crew to ensure constant visibility. Clubs or university programs must provide lights on club equipment, but may require that private shell owners provide their own.
- Bow light should be white, and be attached to the bow marker clip or forward point of bow washbox well in front of the bowman. Flashing or strobe lights are NOT as visible as solid lights, and are not acceptable, except as a secondary source of illumination.
- Stern light should be red, and be mounted aft of stern washbox or mounted above stern of boat.

Clothing

Rowers are urged to wear high visibility clothing with reflective strips to enhance visibility to others. In foggy conditions, darker clothing is more visible, while at dawn or dusk, lighter clothing is best.

Coaching Launches

It is the responsibility of each program to be sure that all launches have current registration, and display the registration numbers and up-to-date stickers in the appropriate places. As for shells, launch affiliations must be clearly marked by name or blade pattern. Communication between all launches and crews or coxswains is essential, particularly when overtaking others or turning. Coaches and coxswains should not be shy, when safety is in question, in communicating their position to other crews and coaches.

Launch Traffic Pattern

Coaching launches shall follow the same traffic pattern as the crews being coached. When traffic or river depth necessitate moving to the left side of the river, coaches must exercise extreme caution and concentrate on the traffic ahead rather than on coaching. Coaches must be aware at all times of traffic approaching from either direction, and shall yield to shore to allow overtaking boats to remain on the correct side of the river

Coaching launches approaching crews in either direction shall reduce large wakes and give other crews sufficient clearance. Coaches are urged to be especially sensitive about waking single sculls.

Lighting

As with shells, launches must display lights.

Safety Equipment

Safety equipment must be carried at all times and should be checked periodically to be sure it is still operable, legal and most importantly, accessible. Safety equipment must include:

- Approved life jacket or floatable cushions or inflatable life vests
- First aid kit
- Space blanket for hypothermia when applicable
- Paddle
- Megaphone or bullhorn
- Horn or whistle
- Spare flashlight
- Mobile communication to shore (cell phone)

Adaptive Programs

General Safety

- Athletes shall be required to pass program swim tests (when applicable)
- Athletes shall conduct strapping tests to ensure understanding and escape procedures in the event of a flip
- All athletes shall be accompanied by a coach launch at all times while on the water
- Athletes shall have the same understanding and responsibility to follow water safety procedures
- All PR1 athletes are required to have pontoons while rowing
- PR2/PR3 have the option to remove pontoons at the coach's discretion
- Any athlete utilizing Active-Hands shall row in a 2x with an able-bodied bow
- Athletes and coaches are expected to go over equipment prior to practice and report any defective equipment immediately.
 - Such equipment shall not be utilized
- Coaches and volunteers are required to have an innate knowledge of the sport/equipment/athlete's ability. They shall undergo training on an annual basis to maintain proficiency in these aspects. Doing so allows for a safe training environment and athlete development.
- All previous safety procedures shall be followed

Coaches/Staff

- Coaches shall adhere to the following requirements:
 - All coaches shall conduct equipment checks prior to practice

- Coaches shall ensure launches contain required safety equipment
- Coaches are responsible for safety of the athletes while under supervision
- Coaches have the discretion to cancel practice if conditions are determined unsafe
- Coaches are responsible for running practice of assigned program and shall have supervisory authority over assistants/volunteers
 - Violations regarding this will be referred to the SafeSport Policy
- Coaches shall obtain the following Certification:
 - Boater Safety License
 - Available free online or through the DMV
 - CPR
 - First Aid
 - Additional licenses required for their individual club