



## **National Learn to Row Day**

### **Safety Guidelines**

The safety of the participants must be the first consideration for national Learn to Row Day events; a safe experience will be critical and enjoyable for everyone involved.

#### **Safety Recommendations:**

##### **Insurance**

Each member organization hosting a Learn to Row Day event needs to have general liability or sports accident insurance coverage. Your USRowing organizational membership insurance covers these needs.

##### **Waiver**

Each Learn to Row Day participant must sign a USRowing waiver before the day begins. Please use the USRowing Digital Waiver or paper waiver. Organizations should keep the waivers on file for the remainder of the year.

##### **Swimming**

All participants must certify that they can swim and tread water unaided. If not, they **MUST** wear a flotation device.

##### **Pre-national Learn to Row Day:**

Let all participants know: What type of clothes to wear, to bring a water bottle, socks, sunscreen, hat, etc. Make sure they do not wear baggy clothes which could get caught in tracks. Layers of clothing work well for all temperatures.

##### **Orientation**

Follow your organization's plan for Learn to Row Day activities giving instruction on: demonstration of proper movement (start on the erg), the basic emergency commands, (weigh enough, hold water, check it down) where to step in the boat, how to set a shell when not rowing, and all basic safety knowledge **BEFORE** rowers push off the dock.

## **Emergency Plan**

Always assess conditions before you launch. Discuss the risks of being on the water with all participants. Brief the participants on procedures in case of an emergency. Advise participants to wear suitable clothing and to bring water. First Aid facilities and trained medical personnel should be available.

## **Crew Organization**

Make sure there are experienced rowers along with Learn to Row Day participants in the boat. The coxswain and the rowers in bow and stern (at least) should be experienced, known members of your organization. **Crews should not be composed of just Learn to Row Day participants.**

## **On the Water Safety**

Life jackets must be readily available to all Learn to Row Day participants.

There should be as many life jackets in the launch as there are rowers being coached. The launch itself should have the capacity to rescue the number of rowers. **Everyone in the launch should wear a flotation device.**

Have one launch to one coached boat ratio.

Each organizer must list each participant as a member of your program for the day. You may define membership in whatever terms or conditions you see fit. But to be covered under the USRowing insurance plan, the participant must be considered a member of the club.

**ALWAYS use caution as you assess the rowing conditions and weather. Do not launch if conditions are uncertain or dangerous.**