

TRC Safety Policy

- Any infringements and/or violations are to be reported to the Safety Committee.
- **Waivers Dues and Fees :**
 - Waiver: Everyone using the boathouse, equipment or dock shall sign a waiver.
 - Dues and Fees: Everyone using the boathouse, equipment or dock shall have their dues and fees paid and current.
- **Boathouse Rules:**
 - Security: Always lock the boathouse doors when it is empty.
 - Running: Running in the boathouse is prohibited.
 - Neighborhood: Be aware of neighborhood dangers and use appropriate caution.
 - Logbook: Everyone rowing from the TRC boathouse shall log in and out.
 - Certification: All rowers using TRC equipment shall be certified for that equipment.(See manual for details)
- **Rowing:**
 - Rules of the road: On the river know the "Rules of the Road" and obey them.
 - Lights: Lights are mandatory during darkness. (1/2 hour after sunrise and 1/2 hour before sunset). This includes boats, shells, and launches.
 - Aldens/Martins require Personal Flotation Devices.
 - Rowing from TRC is forbidden when whitecaps are visible on the river or thunder and/or lightning are apparent.
 - Water/ Air Temperature Policies shall be followed.
- **Minors:**
 - Physicals: All minors must show proof of physical condition annually prior to go on the water. This includes SumPro.
 - Launch policy with minor rowers: A launch is required whenever minors in 4's and/or 8's row.
 - Communications equipment: All crews with minors *must* have "at a minimum" cell phone capability to shore. If using a cell phone, log the cell number with users name.
 - TRC radios: Channel 16 is for calling the coast guard. No chatting on channel 16. Use channel 78 to talk to each other. TRC radios shall be logged in and out.
 - Supervision of rowers (scholastic and juniors): Adult supervision of minor rowers at the boathouse and rowing is mandatory during scheduled practice hours.
 - Safety video must have been seen by all minor rowers.
- **Launches:**
 - PFDs: PFD's are required in the launches accompanying crews on the water.

- Free space for rescue is required in launches so that 3 rowers may be extracted in one lift.
 - Crews shall be within hailing distance of a launch.
 - See the handbook and www.toledorowing.org for further information.
-

TRC Water/Air Temperature Policy

ZONE #1: Either Below 32°F (0°C) Air OR Below 40°F (5°C) Water Temperatures:

- NO crew containing athletes under the age of 18 OR still attending high school shall be allowed on the water.
- TRC RECOMMENDS that adult members do not row on the water.

ZONE #2: Either Below 40°F (5°C) Air OR Below 45°F (7°C) Water Temperature BUT Above ZONE#1 Temperatures:

- In this zone, all crews containing athletes under the age of 18 OR still attending high school shall have one (1) launch PER one (1) shell on the water, regardless of shell size. In addition, there shall be one (1) PFD for all athletes on the water onboard the launch(s) as well as one (1) PFD for all people in the launch(s).
- Crews may have two (2) shells per one (1) launch on the water provided there are other launches on the water at the same time to assist with rescue efforts.
- Crew must row in the space between the ConRail Bridge and the downstream end of the no wake zone.
- Launches must have cell phone communication; radios are strongly recommended.
- Hand held air horns are required in both the shells (with coxswain) and the launches. The emergency signal shall be five (5) short blasts on the horn.
- TRC RECOMMENDS that all adult members take the following precautions:
 1. They should sign in/out of the logbook per TRC rules and provide an estimated time they would be on the water.
 2. They should take a PFD with them, regardless of hull type.
 3. They should notify someone (family member, friend, etc.) of their activities, especially the time they plan on going out and returning. The person notified should be someone not at the boathouse, to assure follow up.
 4. They should utilize the "buddy system" when possible.

ZONE #3: Both Above 40°F (5°C) Air AND Above 45°F (7°C) Water Temperatures:

- Normal TRC policies shall apply for all shells on the water.

Toledo Rowing Club Safety Policy and Water/Air Temperature Policy

I have read the Toledo Rowing Club Safety Policy and Water/Air Temperature Policy and I agree to abide by the regulations set forth within the policy.

Name of School/Club _____

Rower's Signature _____
Signature Print Signature

Parent's Signature _____
Signature Print Signature

Date _____