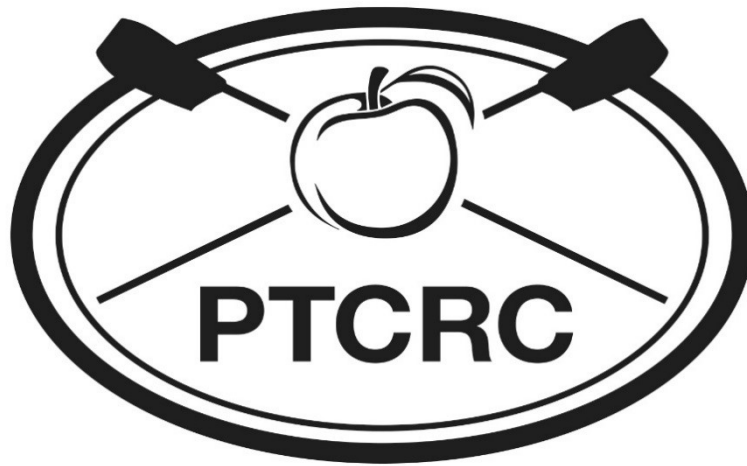


Peachtree City Rowing Club, Inc.

Safety Manual



Lake McIntosh Park
3501 TDK Blvd
Peachtree City, GA 30269

REVISED 6/2017

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INTRODUCTION

Throughout its long history rowing has established itself as a safe sport. Consistent with that history, operations of the Peachtree City Rowing Club, Inc. (PTCRC) will be conducted with safety as the number one priority. This safety manual is intended to outline the best procedures to ensure a continuous safe rowing operation. It has been drawn from the experience of rowing clubs throughout the world, U.S. Coast Guard navigation rules, recommendations of the U.S. Rowing Association and consultation with the Fayette County Marshal's Office. Every participant is responsible to know and follow the procedures outlined in this manual. Every participant is responsible to monitor the activities of other rowers and provide feedback and immediate corrective action in the event of any non-compliance or if observing an unsafe action or condition. The same co-operative team effort required for good rowing is necessary to ensure a safe operation. Coaches have an additional responsibility for training, supervising and controlling their teams.

Failure to comply with the procedures in this plan will result in follow-up and disciplinary sanctions with the individuals or groups involved. Repeat or serious infractions will result in membership revocation.

Board of Directors

Peachtree City Rowing Club, Inc.

ACCOUNTABILITY

- 1) No one under 12 years of age will be permitted to row with the Peachtree City Rowing Club. Youth under 16 are not permitted to row without a Coach/Capable Adult on the water.
- 2) All rowers and coaches will read and acknowledge with their signature that they understand and will comply with all club safety rules prior to participating in any club activities. Prior to participating in any club activity, everyone will sign a US Rowing waiver of liability acknowledging the risks and hazards of rowing.
- 3) All practices will be recorded in the log book prior to rowing. Each boat must be logged out and in individually by the coxswain or bow of each coxless boat. Boats requiring repair and/or maintenance should be tagged and noted in Log Book.
- 4) A bulletin board will be mounted in a prominent place in the boathouse with a posting of safety rules, any safety notices or updates and emergency phone numbers. Rowers and coaches will check this board prior to launching.

PROCEDURES

- 1) Each rower will participate in a water safety program. Coaches are responsible for ensuring rowers are trained. Topics will include:
 - a. Rescue procedures in the water
 - b. Recognition of unsafe water conditions
 - c. Basic first aid
 - d. Hypothermia
 - e. Proper navigation rules and boat handling
 - f. Rowing terminology
- 2) Each rower will watch the US Rowing Safety video (<http://www.usrowing.org/safety-video/>) upon joining.
- 3) All rowers will demonstrate their swimming/flotation skills by completing the club swimming assessment or indicating with their signature or their parent's signature (if under 18) that they can swim at least 100 yards and tread water for 10 minutes. Swim tests will be conducted for the Junior Team at the start of each season under the direction of the Coach and/or a Certified Lifeguard.
- 4) Anyone injured during a rowing activity or on the boathouse grounds will report the injury to the coach or club officer. The Fayette County Marshal's Office should also be notified. If sufficiently serious to warrant medical treatment, a formal incident report will be submitted to the Club President and Fayette County Parks and Recreation Department via email within 12 hours.
- 5) All launches will operate in accordance with applicable safety regulations. Coaches are required to wear a PFD at all times on the water. The engine kill switch should be tethered to the PFD. Launch operators should carry a waterproof communications

device (a cell phone in a waterproof case). Launches will carry Kippy Liddle Kits consisting of 11 PFDs, weather blankets, and sound horns.

- 6) Experienced rowers must be checked out with an on the water demonstration of basic sculling skills before being allowed to row alone. Beginning rowers must be adequately instructed and supervised until skill level to row unsupervised has been demonstrated and certified by a coach.
- 7) Club boats will only be transported on a car, van or trailer by driver specifically designated by the club president or coach. They will be familiar with related U.S. Rowing guidelines and comply with all motor vehicle rules for doing so.
- 8) All boats should be strapped down using a minimum of two straps when not in use. Open port/stern holes to allow water to drain when not in use.

COACHES

- 1) Coaches and administrators should have current First Aid/CPR/AED certification <http://www.redcross.org/ux/take-a-class#Sports>
- 2) Coaches and volunteers who plan to drive a launch are required to successfully complete the Georgia Boater Safety Course available at <http://www.boatus.org/georgia/> prior to operating a launch.
- 3) Coaches are required by USRowing to be current in their [SafeSport certification](#).
- 4) Coaches are required to complete Concussion training - <https://www.cdc.gov/headsup/youthsports/index.html>
- 5) Coaches are required to complete Mandatory Reporter: Critical Links in Protecting Children Training - https://www.prosolutionstraining.com/store/csi_store.cfm/ses_/details.cfm,list,x,x,x,0112/
- 6) Coaches may be required to meet periodically with the Fayette County Marshal's Office to review safety procedures at the facility.

FACILITY

- 1) The facility is equipped with a defibrillator. It is the responsibility of the coaching staff to check the defibrillator battery once a month.
- 2) All gasoline storage will be located in a secure storage bin.
- 3) Fire extinguishers will be present, clearly marked and inspected monthly.
- 4) Aisles will be kept free of obstacles.
- 5) Launches will be stored and locked in the designated area on the Peninsula.
- 6) A first aid kit will be maintained in the boathouse and inspected regularly.
- 7) Boathouse gate doors will be locked when departing. Boathouse gate doors will be locked if no one is in the immediate vicinity or on the shore. All valuables left in the boat facility should be stored out of sight.
- 8) Alcoholic beverages are not permitted in or around the boathouse.

HOURS OF ROWING

All rowing from Lake McIntosh will comply with Fayette County Park Hours. Boats on the water after daylight hours are required to have a stern and bow light.

WINTER ROWING

No boat with less than 4 oars may launch when water temperature is below 50 degrees. Exceptions may be granted by the Board on a case by case basis.

WEATHER

- 1) Rowers/coaches must always be aware of weather conditions. Watch for gathering clouds, changes in wind speed/direction, and temperature changes. Check mobile weather applications prior to launching and review the radar.
- 2) Land all boats on the shore at the first sign of lightning. Retreat to a car or the Lake McIntosh bathrooms in the event of lightning.

EQUIPMENT

- 1) Any boat launching from the facility must have a bow ball affixed.
- 2) Every boat launching from the facility must have heel restraints/quick release mechanisms in compliance with USRA rules. Coaches will assure they are properly maintained.
- 3) All practices will be recorded in the log book prior to rowing. Each boat must be logged out and in individually by the coxswain or bow of each coxless boat. Boats requiring repair and/or maintenance should be tagged and noted in Log Book.

LAKE TRAFFIC PATTERN

Five large buoys have been placed in Lake McIntosh to designate two traffic lanes.

- 1) A course map with traffic pattern will be displayed on the bulletin board. Course rules are to keep to the right – travel north on the Fayette County side and south on the Coweta side of the lake.
- 2) Before crossing to the dock, look for oncoming traffic.
- 3) Remain vigilant for other vessels and avoid them.
- 4) Stay clear of the dam. Do not row close to the dam.

THE WATER

Rowing takes place on the water, not in it.

- 1) No club member may get in the water with the exception of conducting a water safety drill or a flip test. There will be no swimming, no throwing in of coxswains, or any horseplay. Items dropped in the water that are not visible and within reach from the shore are considered lost and not recoverable.

- 2) Water should be kept from any open wounds (blisters too) as much as feasible. Wash with soap and water or hand sanitizer as soon as possible after rowing. Wet clothing should be washed prior to wearing again.

COMMUNICATIONS

With the preponderance of cellphones, the boathouse does not have a land line phone. Emergency numbers will be posted on the bulletin board. In the event of an emergency the first number to dial is 911. To report non-emergency situations, contact the Fayette County Communication Center at (770) 461-4357.