

OLRA- BSS Policies & Rules of the Road **2013**

Members are referred to the following (Copies are posted on the boathouse bulletin board and are provided on the OLRA website under 'Reference/Safety'):

- ❖ ***The Roger's Lake Traffic Pattern***
- ❖ ***Safety Checklist***
- ❖ ***The USRowing Safety Bulletin***
- ❖ ***FISA Minimum Guidelines for the Safe Practice of Rowing***
- ❖ ***CT DEP Regulations regarding racing shells and personal flotation devices***

SAFETY

- ❖ The rowing season will run from no earlier than mid-March until no later than December 1.
- ❖ Boats are not allowed to leave the dock in the event of thunderstorms (thunder or lightning viewed or heard within a half hour of launch time), whitecaps, or impaired visibility (that is, if first island is not visible on account of dense fog).
 - ❖ All boats should return to the dock immediately if weather conditions become unsafe as described above. In the event of thunder or lightning observed while rowing, rowers should either return to the dock or bring the boat ashore, depending on the judgment of the rowers as to what will be safest.
- ❖ Junior rowers (up through high school graduation, whether rowing in a summer program or during the academic year) must be accompanied by a chase boat at all times.
- ❖ Until the water temperature reaches 50 degrees:
 - ❖ There must be no less than four oars on the water assuming that no launch is out.

- Under cold water conditions (water temperature below 50 degrees), boats must stay in close eye contact at all times.
- If a member takes out a club single, they **MUST** launch with and row with another single or other boat (e.g. chaseboat) and stay within sight of one another. This will be strictly enforced.
- When the water temperature is below 50 degrees, it is recommended that only experienced scullers row in single shells
- Once water temp has reached 50 degrees as confirmed by the Team Captain, the four oars on the water rule will no longer be required but rowers are encouraged to row together.
- ❖ CT DEP regulations for PFD's are to be followed:
 - During the period from October 1st through May 31st all rowers must wear an approved personal flotation device of appropriate size and in serviceable condition unless accompanied by a properly equipped escort vessel.
 - During other periods of the rowing season, PFDs must be carried in rowing shells unless a properly equipped escort vessel is on the water.
- ❖ Under no circumstances should a rower in the water leave his/her shell. Even if a swamped boat is within a swimmable distance from the shore, the rower should swim the boat to the shore unless a launch is available at the scene. Never leave your floatation (shell) even if you consider yourself a strong swimmer.
- ❖ At a minimum, boats must carry a bow light if operating around dawn or dusk. As per Coast Guard regulations, any vessel operating between sunset and sunrise must be lit appropriately.
- ❖ The Rogers Lake traffic pattern should **ALWAYS** follow the route indicated on the aerial map, **EXCEPT** for the following situations:
 1. An officially scheduled high school sprint race that is known in advance. High school races begin at the northeast corner of the lake (at the rock) and proceed over a 1500 meter course in a straight line south to the flagpole finish. Boats travel on the west side of the Lake up to the start.
 2. Any other races and/or scrimmages that have been sanctioned through the OLRA Board, with proper notifications posted.
 - **ANY OTHER** scrimmages and/or race pieces should take place according to the established traffic pattern. If a 1500 m practice piece

is desired on the racecourse, this should go from the flagpole heading north to the rock, with the boats returning on the west side of the lake as per the traffic pattern.

- ❖ Each team (Master's Men, Master's Women, Blood Street Sculls juniors) shall choose a captain who will have final say on safety issues and boat assignments in relation to level of experience.
- ❖ The captain will provide instruction and testing in safety (encourage members to review the USRowing Safety Video annually), and determine when a rower is qualified to row at a given level.
- ❖ All rowers must verify that they are able to swim 100 yards, tread water for 15 minutes, and swim 10 feet underwater.
- ❖ Members who ignore club rules will have their membership privileges suspended for a period of up to two weeks, at the discretion of the team captain. A second infraction will mean suspension of membership privileges for not less than one month. A third infraction will terminate membership for the season.
- ❖ Chase boat drivers must have a boating license and should complete an orientation session with an experienced launch driver.
- ❖ All OLRA/BSS Members are strongly encouraged to make use of the Rowing Logbook: this is for safety and to record boat usage and comments (e.g. needed repairs)
- ❖ Wipe-Down Policy: To ensure safe operation and proper maintenance of all OLRA/BSS rowing shells, all boats must be thoroughly wiped down inside and out (including tracks) after each rowing session. This will permit examination of the hull and all working parts to ensure any needed repairs are identified and recorded (e.g. in the logbook)
- ❖ Water levels on the Lake will vary throughout the year due to seasonal changes, during very rainy and very dry periods, and from time to time when the Rogers Lake Authority lowers the water level for specific purposes. All rowers need to be aware of the Lake water levels at all times. This can be easily assessed by examining the water level at the docks when you are launching. During periods when the water levels are low, all rowers are cautioned to stay an increased distance from all land points, islands, and shoal areas to avoid groundings, severe damage to boats, and possible injury.

Masters Rowing Times

- ❖ Masters Regular Schedule for Team Rowing is:
 - 6-8PM Tuesdays and Thursdays (late fall changes to 5-7PM)
 - 7-9AM Saturdays and Sundays
- ❖ Masters Open Rowing periods shall be from 6-9 a.m. Monday to Friday, except when the high school and middle school programs are operating
 - During the junior summer program; Masters access to club boats should be confirmed with the junior program coaching staff.
- ❖ Qualified adult rowers are allowed to take out club boats during open rowing periods on the buddy system, i.e. during periods when the cold-water rule is not in effect, it is strongly suggested to have a minimum of four oars on the water or be accompanied by a chase boat. They are required to log-out in the log book before going on the water, and log in again when they come back.
- ❖ Junior rowers are encouraged to row during Master's rowing sessions after the high school season, but only after the masters have made their boat assignments.