

Traverse Area Community Rowing
Annual Safety Meeting



Safety is **Everyone's** Responsibility



All Participants and Coaches:

Watch **USRowing Safety Video** annually

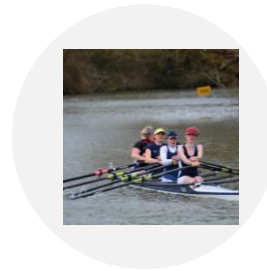
USRowing.org



All Participants and Coaches:

Read **TACR Safety and Operations Handbook** annually

Tacrowing.org



All Participants and Coaches:

Review **Boathouse Safety Plan and Safety Poster** posted at TACR corral



Be informed! Never assume emergencies won't happen to you!

Rower Responsibilities at Registration



Become a Basic USRowing
Member & Complete SafeSport



Complete Medical Form



Sign Attestation of Swimming
Ability



Sign TACR Waivers



Sign up on iCrew

Prepare for the Weather

▶ HOT:

- Maintain a high fluid level. Drink water before leaving the dock and frequently while on the water. Take an individual water bottle for easy access.
- Avoid sunburn by using sunscreen and wear a hat or visor to keep the sun off the face and out of the eyes.
- Wear light clothing.
- Remain in the shade when off the water.
- Plan activity level consistent with the degree of heat and humidity.

COLD:

Dress in layers, wear a hat, pogies

Check Your Station

- ▶ Each person is 100% responsible for the whole boat and 100% accountable for their own oar, rigging, foot stretchers, seat and slide. USRowing recommends before leaving land to place the boat in slings and check the following:
 - That nuts on the rigging are tight, position of foot stretchers and the smoothness of slide are acceptable.
 - That the forward end of the slide is blunt and will not gouge calves.
 - **That the heel ties on your shoes are tied, the correct length (not more than 3 in.) and in good condition** (or if using mules or quick release shoes, make sure that they are in proper working order).
 - **That your clothing cannot become tangled in your seat or oar handle.**
 - That you have proper safety devices on board the shell, such as lights, PFD if unaccompanied, cell phone in watertight container, water.
 - Check bow ball to make sure that it is securely fastened.

Know the Waterway

All shells are to follow the set traffic pattern: row on the right-hand side of the lake from the coxswain's perspective, turn in the counter-clockwise direction, and ensure that the craft traveling in opposite directions pass port to port.

Be mindful of other rowers, stand-up paddleboarders, Paddle for Pints, kayakers, fisherman, sailboats, and other traffic on the lake. *Know right of way rules.

Emergency Conditions

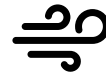
- ▶ Rowers should not leave his/her shell unless being rescued. If a swamped boat is within a swim-able distance from the shore, the rower should swim the boat to the shore. So do not leave your flotation even if you consider yourself a strong swimmer.
- ▶ If another boat is in distress near your craft, maneuver your shell to the distressed shell. Assist in any way that does not jeopardize the lives in your shell.
- ▶ Launch should remain within 100 yards of ALL shells if air is below 40 degrees and water is below 50.

Injuries and Other Events

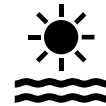


- ▶ All injuries and untoward events that occur to a TACR participant during the course of TACR programs should be reported to the coach. The coach should address the issue and parties involved should be available to provide information for an **incident report**. Incident reports are submitted to the board for review and any necessary action.

Open Sculling Safety for Certified Scullers



Know the conditions and decide accordingly: 1. Temperature of air + water 2. Wind 3. Forecast



Limit hours from sunrise to sunset: sunrise-sunset.org for times in TC



TACR scullers must row with a buddy—no lone rowing



Be sure to wear 1. cell phone 2. whistle 3. PFD



Log in before you row and after you return the boat

SafeSport

SafeSport policies are aimed at eliminating any forms of sexual misconduct, emotional misconduct, physical misconduct, bullying, harassment and hazing in our sport. TACR's SafeSport policies are available in our handbook on tacrowing.org, including how to report misconduct. All coaches and board members complete SafeSport training and refresher courses annually. **As of 2022, in accordance with USRowing rules, all rowers must also complete SafeSport training.**

Emotional Safety: Mutual trust, support, respect

Organizational Code of Conduct

Traverse Area Community Rowing is committed to maintaining the highest standard of conduct throughout the organization. This includes responsible behavior and consideration for the safety and well-being of others. We treat each other, equipment and facilities with respect and exercise good sportsmanship both on and off the water.

All participants, rowers, coaches, volunteers, and board members will:

1. Be respectful and considerate of others, fostering a safe, non-threatening environment.
2. Put the safety of others and personal safety first. There will be no engaging in the use of illicit drugs or alcohol before or during rowing. No one shall behave in a reckless manner, take unnecessary risks, or act in a way which places anyone at risk of injury nor property at risk of damage.
3. Adhere to the standards, policies, rules & regulations of TACR, including the SafeSport Policy (see **SafeSport Policies and Procedures** located in this manual).
4. Promote the positive spirit and culture of rowing, and the reputation of Traverse Area Community Rowing. No one shall engage in or encourage conduct that is detrimental to the organization or any of its participants, or otherwise engage in behavior that would bring the organization or the sport into disrepute.

When in doubt...

ASK!!!!

