

Rowing is Dangerous



Row Safe!

Safety is the responsibility of every rower, volunteer, and staff member. Lapses in safety consciousness can result in serious injury or death and/or costly repairs to expensive equipment. Our sport is only as safe as any rower or coach's next decision. All BIR athletes are mariners first and rowers second. All athletes are strongly encouraged to acquire a Boater Safety Card from the State of Washington. This is a brief summary of some of the key safety rules - please familiarize yourself with the entire BIR Safety Policy before getting on the water, including how to row, how to cox, how to prepare and carry a rowing shell, etc. The first rule is to use common sense and be aware of your surroundings at all times. Remember - the coach always has full discretion to stop or modify a workout if he/she feels it prudent to do so.

Traffic Pattern

See attached map of Eagle Harbor. Note that the traffic pattern is generally counterclockwise. Stay to the starboard side (to the right facing the bow) at all times. Remember to move out of the traffic pattern when you stop for breaks and adjustments.

Weather and Tides

Do not launch or continue rowing if any of the following apply:

- If fog obscures the south shore of Eagle Harbor or visibility is less than 500 meters
- If the temperature (with wind chill) is below 32 degrees
- If there is lightning in the vicinity
- If the air quality index is above 150
- If the tide will be below -1.0 feet at launch or landing

Boat Usage

- All rowers must pass a float test (test good for ten years) or wear a PFD
- Coxswains must wear a personal flotation device (coxswains in bow-coxed boats must carry a PFD but need not wear it)
- All boats with four or more rowers must be accompanied by a coach in a launch
- Boats rowed in dusk or dark conditions must be equipped with a white stern light and a red/green bow light
- Rowers should wear bright clothing at all times, particularly in compromised visibility situation
- Turn the shell parallel to swells and waves

- All scullers are encouraged to pass a flip test. Rowers in singles and doubles who have not passed a flip test must be accompanied by a coaching launch at all times
- Rowers in singles and doubles who have passed a Captains Test may row without direct coach supervision
- Launch drivers must wear a PFD and carry a Kippy Little bag on board
- Rowers on the water without a launch must use the log book

Rowers & Coxswains

- Do you know distress signals? Wave arms or shirts overhead, blow whistle or horn, raise one oar vertical to the boat (for eights)
- Stay with swamped or capsized boat and use the boat for flotation
- NEVER attempt to swim to shore, always stay with the boat
- Do not use oar as flotation device
- Use the buddy system at all times when not accompanied by a launch
- Know protocol for beach/landing procedures
- Never consume alcoholic beverages or use drugs while rowing

Incident Reporting

An incident report, to be filed on iCrew by the coach, launch operator, rower, or coxswain, must be completed promptly after any injury, accident or incident involving a person on the water. If the incident results in damage to equipment, a damage report must also be filed on iCrew.



***Access the Full BIR
Safety Policies Here:***



