

NELSON ROWING CLUB

Club Rules for Adult Rowing 2018

1. **No one is allowed to take out NRC Singles by themselves.** Two Singles, or one Double on its own, are permitted. This rule is in place both for safety and for the prevention of damage to boats.
2. **Rowing is only permitted during daylight hours.** Early morning and late evening practices must start and end respectively when there is sufficient visibility to see the Orange Bridge from the dock.
3. In accordance with Transport Canada regulations **rowers must wear an approved inflatable or buoyant pfd** while they are on the water. Junior rowers under the age of 16 must wear a self-buoyant (foam-filled) pfd. All members are encouraged to use their personal pfd. If someone does not own one yet, they may borrow one of the club-owned ones. Please indicate which one you are using in the log book. If it is deployed, the member using it is responsible for re-fitting it with a new cartridge.

Rowers must also carry a sound-signaling device (e.g. whistle) and a watertight flashlight, if rowing after sunset or before sunrise or in periods of restricted visibility.

If rowers are accompanied closely by a safety boat, they are not required to wear a pfd, however, the safety boat must be carrying the following:

- (a) a personal flotation device or lifejacket of an appropriate size for each person on board the rowing shell with the most persons that the safety craft is attending (e.g. there must be 5 pfds onboard the safety boat if a Quad (with cox) and a Double are on the water),
 - (b) a sound-signaling device and
 - (c) a watertight flashlight, if the rowing shell is operated after sunset or before sunrise or in periods of restricted visibility.
4. **Adults can row at any time, however, if there is a scheduled junior practice, LTR session, or any other scheduled event, they can only row if there are unused boats available,** and they must ask and receive permission from the coach in charge to use these boats. LTR and other scheduled events will be posted weekly in the boat house.

The touring quad (Columbia) may be used by adult members with or without a cox. However, Corporate Challenge and LTR lessons will take priority over unscheduled use by adult members. Familiarize yourself with quad launching, recovery and operation before you use it.

If using boats prior to a scheduled practice, they must be returned to the dock before the start of that practice.

There may be scheduled times to row for adults, and this may result in the demand for boats at these times exceeding availability. In this case a sign up booking system will be implemented.

5. **All adults must sign out in the log book provided prior to going out and sign back in when they return.** All damage to and problems with equipment must be reported in this log book. If the problem or damage is significant fill in the details in the damage report file.

NELSON ROWING CLUB

Club Rules for Adult Rowing 2018

6. **Adult members are entitled to use any of the club-owned boats (if available) except our high-value boats (such as Loomer and McMurphy).** If you would like to row any of our high-value boats please contact our coach (currently Kimberley Shea). She will refer you to an experienced member who will take you out on the water in a double to make sure you have the rowing experience required to row these boats. There are also other considerations, such as weight restrictions, when it comes to rowing one of these boats, and these will be discussed at that time. The reason for this rule is solely to protect our high-value boats from any unnecessary damage. A list of high value boats and the members entitled to row them will be posted in the boat house and updated when necessary.

7. **Each adult is responsible for the repair of any damage they cause to equipment.** Failure to do so will result in loss of membership. Never try to carry a Single by yourself. Even if you are strong enough to do so, the probability of damaging the boat or other boats is high.

8. Each adult member is entitled to a key to the West Bay padlock, for which a refundable deposit of \$10 is required. With this comes the **responsibility of ensuring that the boat house is securely locked during the rowing session and again after the boats and oars have been returned to the boat house.**

9. **The sequence for opening and closing the boat house is:**

1. Unlock the boat house and the ramp gate (both have the same lock). Always hook both doors to avoid wind damage to doors and boats. Lock the ramp padlock to the chain link of the gate to prevent its unauthorized removal.
2. Remove the goose fence, take down oars (first) and boats. Anchor boats with oars.
3. Lock the boat house door, close, but do not lock the ramp gate. **MAKE SURE YOU HAVE A BOAT HOUSE KEY WITH YOU.**
4. On your return from the rowing session, anchor boats with oars, open ramp door and unlock and hook open boat house doors.
5. Bring boats out and put in racks BOW OUT. Bring out oars. Replace goose fence.
6. Lock ramp, lock boat house.

10. **Rowing circulation pattern:**

In general, **when rowing downstream rowers should be closer to the south shore and when rowing upstream rowers should be closer to the north shore.** Avoid rowing in the middle of the lake. The novice rowing area is on the south shore between the dock and the Prestige Hotel.

NELSON ROWING CLUB
Club Rules for Adult Rowing 2018

11. Rowing safety:

- If the dock is wet, it will be slippery. Pay attention and move with caution.
- Be aware of wind and weather at all times. Plan rowing direction so that adverse weather (if it comes) will push you home.
- **If you roll the boat, stay with it, do not try to swim to shore.** If you cannot get back into it (possible but difficult), drape yourself over the boat to minimize heat loss.
- Shoulder check at least every 20 strokes both for other traffic and floating debris (two approaching sculls will close over 300 m in this time).
- Do not use an iPod or similar device while rowing. If your ears are blocked you may not hear warnings sounds that could save your life.
- Check your rigging and oars before you get in the boat. Remember that something as simple as a loose collar on an oar or an untightened oarlock keeper could result in a serious accident.
- Mid May to mid June is the time of maximum floating debris; you may have to shoulder check every 5 strokes in these months; nearly submerged logs can be both huge and almost invisible.
- There is a rescue and recovery procedure manual concerning what to do in the event of a boat accident. We offer seminars on this by request. Copies of this are available in the boat house.
- All members must watch our safety video each year. It is posted on our website.

12. Rowing etiquette:

- The Nelson Canoe and Kayak Club are entitled to use the dock, but only if we are not using it, and only to launch and recover boats. If their activities are impeding our operations, politely request that they move off.
- Be courteous to other users of the lake.

13. Adult coaching:

We do not normally provide adult coaching after LTR and the subsequent five 1 ½-hour lessons provided after joining the club. Those wishing additional coaching or the presence of a coach boat while rowing must make arrangements with the coach. Some additional cost will be charged for either of these services.

14. Coach boat operation:

Normally these boats will only be operated by our coaches. If operated by other adult members at NRC events (regattas, picnics etc.), the operator must have the required power boat operator's license (Pleasure Craft Operator Card). In an emergency, other adult members may operate these boats using a key (to unlock the boat) hanging in the NW corner of the boat house. They should only do this if they:

- a) know how to operate a power boat, and
- b) cannot get help faster in any other way.

15. For more information check out our website at: www.nelsonrowing.ca