



Participant
Handbook

2010

Sarasota Crew participant handbook containing guidelines and team direction.

TABLE OF CONTENTS

A BRIEF HISTORY OF SARASOTA CREW.....	1
MISSION STATEMENT.....	1
CONTACT INFORMATION FOR SARASOTA CREW.....	2
BOATHOUSE ADDRESS	2
PHONE NUMBERS	2
SARASOTA CREW AND USRA.....	4
PARTICIPANT RESPONSIBILITIES.....	4
VOLUNTEER/SERVICE REQUIREMENT	4
WORK PARTIES	4
OTHER VOLUNTEER OPPORTUNITIES	4
ROWING HANDBOOK.....	5- 12
CLUB OPERATION & POLICIES	13
SARASOTA CREW HOUSE RULES.....	13
PROGRAMS.....	13
REFUNDS, CREDITS, TRANSFERS	13
SWIM TESTS	13
UNDER ENROLLED CLASSES	13
ATTENDANCE POLICY	13-14
BOATHOUSE RULES.....	14
BAD WEATHER/ROWING POLICY	14
EQUIPMENT	14
COX BOXES.....	14
DOCK RULES.....	14
AFTER ROWING.....	15
HOUSE AND GROUNDS	15
WEIGHT ROOM.....	15
GUESTS	15
INFRACTION OF SARASOTA CREW POLICES & RULES.....	16
SAFETY GUIDELINES	16
BASIC SAFETY.....	16
LIGHTING FOR SCULLING BOATS (SARASOTA CREW AND PRIVATE)	16-17
ADDITIONAL SAFETY GUIDELINES FOR OPEN SCULLERS	17
ADDITIONAL SAFETY GUIDELINES FOR COXED BOATS.....	17
EMERGENCY PROCEDURES	17-20
TRAFFIC PATTERNS AND SAFETY RULES	21-22



A BRIEF HISTORY OF SARASOTA CREW

IN THE SUMMER OF 2002 A GROUP OF VISIONARY AND DEDICATED PARENTS AND COACHES RECOGNIZED THE NEED IN SARASOTA FOR A ROWING PROGRAM CENTERED ON POSITIVE AND IMPECCABLE SPORTSMANSHIP AND DECIDED TO START A NEW YOUTH ROWING CLUB. BUT, THE GOING WAS TOUGH. THE NEW CLUB WAS ONLY A VISION AND DESIRE - NO BOATS, NO SITE, NO ROWERS, AND NO ACCESS TO GOOD, ROWABLE WATER. FORTUNATELY, LINDA MANSPERGER, EXECUTIVE DIRECTOR OF HISTORIC SPANISH POINT SUPPORTED THE IDEA OF LOCATING THE NEW CLUB ON THE GROUNDS OF HISTORIC SPANISH POINT AND ON JULY 2, 2002 HISTORIC SPANISH POINT'S BOARD APPROVED THE IDEA. THE NEXT DAY, JULY 3, SARASOTA CREW WAS LAUNCHED. THE DRIVING VISION WAS CLARIFIED, A BOARD WAS FORMED, ORGANIZATIONAL PRAGMATICS WERE EXECUTED, AND INFORMATIONAL MEETINGS WERE HELD TO INFORM POTENTIAL ROWERS AND THEIR FAMILIES OF THE NEW CLUB AND ITS DIRECTION. SIXTY-FIVE ROWERS SIGNED UP IN THAT FIRST MONTH, A SMALL FLEET OF USED BOATS WAS PURCHASED, AND IN AUGUST 2002 WE BEGAN OUR FIRST PRACTICE. THE CLUB WENT ON THAT YEAR TO COMPETE IN THE HEAD OF THE CHARLES REGATTA IN BOSTON AND MANY LOCAL FLORIDA REGATTAS. THAT FIRST SEASON ENDED WITH A WINNING STATE CHAMPIONSHIP TEAM IN THE MEN'S VARSITY 4+ AND THE CLUB WAS OFF AND RUNNING. THE WINTER OF 2009 EXPANDED THE VISION OF SARASOTA CREW WITH THE ADDITION OF MASTERS AND ALUMNI ROWING. SARASOTA CREW HAS SINCE BECOME ONE OF THE LARGEST ROWING PROGRAMS IN THE SOUTH.

MISSION STATEMENT

SARASOTA CREW ENRICHES THE GREATER COMMUNITY THROUGH ITS COMPREHENSIVE ROWING OPPORTUNITIES, BY INTRODUCING AVENUES FOR ATHLETIC DEVELOPMENT AND PERSONAL GROWTH



CONTACT INFORMATION FOR SARASOTA CREW

BOATHOUSE ADDRESS

SARASOTA CREW BOATHOUSE
343 PALMETTO AVE
OSPREY, FL 34229

PHONE NUMBERS

MAIN OFFICE
FAX

(941) 966-9791
(941) 375-2015



SARASOTA CREW AND USRA

US ROWING IS THE GOVERNING ORGANIZATION FOR THE SPORT OF ROWING. SARASOTA CREW, INC. IS A MEMBER OF US ROWING.

PARTICIPANT RESPONSIBILITIES

VOLUNTEER/SERVICE REQUIREMENT

SARASOTA CREW IS A GROUP WORKING TOGETHER TO MAKE ROWING ACCESSIBLE, AFFORDABLE AND FUN. WE EXIST DUE TO THE WEALTH OF TALENT AND ENERGY OF OUR PARTICIPANTS. IN ORDER TO KEEP OPERATING, ALL PARTICIPANTS ARE REQUIRED TO CONTRIBUTE SERVICE HOURS THROUGHOUT THE SEASON. WHETHER IT IS A WORK PARTY FOR HOUSE AND GROUNDS CLEANUP, COXING, ERGOMETER MAINTENANCE, FUNDRAISING OR SPECIAL EVENTS, IT IS THE RESPONSIBILITY OF EVERY MEMBER TO CONTRIBUTE TO THE ENRICHMENT OF OUR ORGANIZATION BOTH ON AND OFF THE WATER. DON'T WORRY ABOUT NOT KNOWING WHAT TO DO, WE'LL TEACH YOU. VOLUNTEER AND SERVICE OPPORTUNITIES ARE POSTED REGULARLY THROUGHOUT THE SEASON. ALL PARTICIPANTS ARE REQUESTED TO CHECK OFF AT LEAST ONE SERVICE PREFERENCE ON YOUR REGISTRATION FORM. MEMBERS ARE RESPONSIBLE FOR KEEPING TRACK OF HIS/HER VOLUNTEER HOURS.

WORK PARTIES

WORK PARTIES TO CLEAN AND REPAIR THE HOUSE, GROUNDS AND EQUIPMENT ARE SCHEDULED EACH SEASON. MOST NOTABLE ARE THE OPENING AND CLOSING WORK PARTIES. OTHER WORK PARTIES ARE ALSO SCHEDULED THROUGHOUT THE SEASON WHEN THERE ARE OTHER TASKS THAT NEED TO BE COMPLETED AROUND THE BOATHOUSE. IN THE SPIRIT OF THE CLUB IT IS REQUIRED THAT PARTICIPANTS TAKE PART IN THESE ACTIVITIES EACH SEASON.

OTHER VOLUNTEER OPPORTUNITIES

THERE ARE PLENTY OF WAYS TO HELP AT SARASOTA CREW. THE FOLLOWING ARE A FEW EXAMPLES. VOLUNTEERING AT SARASOTA CREW IS FUN AND FULFILLING, AND MAY BE EITHER SHORT-TERM OR ONGOING, DEPENDING ON YOUR AVAILABILITY.

- SCULLING EQUIPMENT MAINTENANCE COMMITTEE
- SPRING RACE COMMITTEE
- SUMMER RACE COMMITTEE
- WEEKLY TOWEL REPLACEMENT (WASH & RETURN) FOR SCULLING BOATS
- WEEKLY SITE SWEEPING



ROWING HANDBOOK

EACH SARASOTA CREW ROWER IS RESPONSIBLE FOR UNDERSTANDING AND COMPLYING WITH THE INFORMATION IN THIS HANDBOOK. ANY QUESTIONS MAY BE DIRECTED TO THE HEAD COACH (CASEY@SARASOTACREW.ORG) OR THE TEAM ADMINISTRATOR (TEAMADMIN@SARASOTACREW.ORG). THIS ROWING HANDBOOK SUPPLEMENTS GENERAL SARASOTA CREW ROWING POLICIES OUTLINED ON THE SARASOTA CREW WEBSITE AND PARTICIPANT HANDBOOK. COMMUNICATION

SARASOTA CREW ROWERS ARE RESPONSIBLE FOR THE INFORMATION POSTED PERIODICALLY ON THE SARASOTA CREW ROWING GROUP LISTSERVE. IF YOU ARE NOT ON THIS LISTSERVE, CONTACT CASEY (CASEY@SARASOTACREW.ORG) AND REQUEST TO BE ADDED TO THE LISTSERVE.

SWIM TEST

ALL ROWERS MUST HAVE A SWIM TEST ON FILE WITH THE SARASOTA CREW OFFICE. CONTACT LIZA AT TEAMADMIN@SARASOTACREW.ORG TO VERIFY THAT YOU HAVE A SWIM TEST ON FILE.

CAPTAIN'S TESTS

ALL ROWERS MUST HAVE A VALID CAPTAIN'S TEST ON FILE. IF A PARTICIPANT IS NOT ACTIVE IN A SARASOTA CREW ROWING PROGRAM FOR ONE CALENDAR YEAR, HIS/HER CAPTAIN'S TEST WILL NO LONGER REMAIN VALID. ANYONE WHO HAS PREVIOUSLY PASSED THE CAPTAIN'S TEST, BUT NOT ROWED AT SARASOTA CREW FOR OVER ONE YEAR MUST CONTACT THE OFFICE TO DETERMINE THE PROCESS TO REACTIVATE THEIR CAPTAIN'S TEST.

BOTH THE WRITTEN AND PRACTICAL PORTIONS OF THE CAPTAIN'S TEST ARE AVAILABLE ON THE "FORMS" SECTION OF THE SARASOTA CREW WEBSITE.

ROWING RULES AND GUIDELINES

LOGBOOK SCULLING IS A RECREATIONAL SCULLING PROGRAM FOR THOSE WITH A VALID SARASOTA CREW CAPTAIN'S TEST. REGISTERED ROWERS MAY ROW DURING POSTED HOURS AND/OR IN DESIGNATED COACHED SESSIONS. OPEN HOURS VARY THROUGHOUT THE SEASON AND ARE POSTED ON THE SARASOTA CREW WEBSITE. IT IS THE RESPONSIBILITY OF EACH PARTICIPANT TO BE FAMILIAR WITH THE HOURS CURRENTLY IN EFFECT. ON RARE OCCASIONS THESE HOURS MAY CHANGE ON SHORT NOTICE AND MEMBERS WILL BE NOTIFIED THROUGH THE SARASOTA CREW ROWING LISTSERVE. ALL ROWERS MUST ADHERE TO THE POSTED SCHEDULE AND EQUIPMENT RESTRICTIONS. ROWING AND CAPTAIN'S TEST PRIVILEGES MAY BE REVOKED AT ANY TIME WITH DUE CAUSE.



USE OF CLUB BOATS

ROWERS MUST CONSULT THE COMPUTERIZED/PAPER LOGBOOK TO ENSURE THAT A BOAT HAS NOT BEEN SIGNED-OUT FOR A CLASS OR IS IN NEED OF A REPAIR. ROWING CLASSES HAVE PRIORITY OVER NON-CLASS ROWERS. ALL BOATS MUST BE SIGNED OUT BEFORE BEING TAKEN FROM THEIR RACK. ROWERS ARE RESPONSIBLE FOR RETURNING NO LATER THAN THE TIME THEY SPECIFY WHEN SIGNING OUT THE BOAT.

TAKING A CLUB BOAT TO A REGATTA

EQUIPMENT REQUESTS MUST BE SUBMITTED TO THE SARASOTA CREW OFFICE FOR APPROVAL. THE SARASOTA CREW OFFICE WILL NOTIFY THE MEMBERSHIP AS TO DEADLINES FOR REQUESTS, AS WELL AS SUBSEQUENT BOAT ASSIGNMENTS. IF YOU DO TAKE A CLUB BOAT TO A REGATTA YOU ARE RESPONSIBLE FOR TRANSPORT. YOU CAN TRANSPORT THE BOAT EITHER ON A BOAT CARRIER ON TOP OF YOUR CAR AFTER BEING CLEARED BY THE BOATMAN, CASEY. IF THERE IS SPACE ON THE SARASOTA CREW TRAILER HEADING TO A RACE YOU CAN ASK TO HAVE YOUR BOAT INCLUDED. CHECK WITH THE TRAVEL COORDINATOR LIZA DICKSON (TEAMADMI@SARASOTACREW.ORG) ON SPACE AVAILABILITY. IF YOUR BOAT DOES TRAVEL ON THE TRAILER YOU ARE RESPONSIBLE FOR EVERY ASPECT OF THE TRANSPORT. YOU MUST LOAD THE BOAT ON THE TRAILER, RIG/DE-RIG THE BOAT, LOAD BACK ON TRAILER, UNLOAD FROM TRAILER AND RE-RIG ONCE BACK AT SARASOTA CREW. MANY TIMES TRAILER LOADING TAKE HOURS AND SINGLES ARE THE LAST BOATS ON SO AN AMOUNT OF COORDINATION WITH TRAILER LOADERS IS REQUIRED. BOATS THAT ARE AWAY AT RACES NEED TO HAVE AN "AWAY AT REGATTA" SIGN HUNG IN THEIR RACK SPOT. ALL BOATS THAT DO TRAVEL FOR RACES MUST BE RE-RIGGED BEFORE 5:30AM OF THE NEXT NON-HOLIDAY WEEK DAY MORNING.



COACHED SESSIONS

SARASOTA CREW WILL OFFER TWO COACHED SESSIONS EACH WEEK WITH EXPERIENCED SCULLING COACHES. THE COACHED SESSIONS RUN FROM FEBRUARY 6 - DECEMBER 15 ; SUNDAY AND WEDNESDAY FROM 7:30AM - 9:00AM AND 5:45AM - 7:15AM RESPECTIVELY. ALL CURRENT MEMBER ROWERS AND PRIVATE BOAT OWNERS THAT REGISTER FOR THE ADD-ON COACHED SESSION OPTION. ARE ELIGIBLE TO ATTEND THESE SESSIONS



DAY-TO-DAY RESPONSIBILITIES

1. BEFORE THE ROW

- BRING OARS DOWN TO THE DOCK OR LAUNCH AREA ONE OAR PER HAND AND BLADES FIRST.
- IF ATTENDING A SCULLING CLASS, BE AWARE OF THE WORKOUT/WARM-UP/MEETING PLACE.

2. BOAT HANDLING

- IF YOU ARE UNSURE OF YOURSELF, ARRANGE FOR HELP CARRYING YOUR SHELL TO THE WATER.
- DO NOT BUMP YOUR OARLOCKS, RIGGERS OR HULL INTO THE OTHER SHELLS.
- AS YOU WALK YOUR SHELL OUT OF THE BOAT STORAGE AREA HOLD THE BOAT SECURELY AND BE WARY OF OTHER SHELLS AND GUSTS OF WIND.
- NO SHOES IN THE BOAT. THIS INCLUDES STEPPING ACROSS TO OPEN THE OARLOCKS.
- CHECK AND/OR TIGHTEN YOUR EQUIPMENT: TOP NUT, SLIDE, RIGGER AND FOOT STRETCHERS.
- **CHANGING FOOT STRETCHERS IS THE ONLY PHYSICAL CHANGE ALLOWED ON CLUB BOATS. ANY CHANGE TO THE RIGGING (OTHER THAN SNAP-IN SPACERS) MUST BE APPROVED AND SUPERVISED BY CASEY GALVANEK, SARASOTA CREW RIGGER.**
- ENTER ANY EQUIPMENT PROBLEMS IN THE REPAIR LOG ASAP.
- NO REPAIRS AND/OR RIGGING ARE TO BE DONE ON THE DOCK OR LAUNCH AREA.

3. ON THE DOCK OR LAUNCH AREA

- **BE EFFICIENT!** TAKE PRIDE IN GETTING ON AND OFF THE DOCK OR LAUNCH AREA QUICKLY. (THE STANDARD AT MANY REGATTAS IS 90 SECONDS!)
- DO NOT LEAVE YOUR SHELL UNATTENDED AT THE DOCK OR LAUNCH AREA.

4. AFTER THE ROW

- REMOVE THE OARS FROM YOUR OARLOCKS, CLOSE THE GATES TO YOUR OARLOCKS AND PLACE THE OARS CAREFULLY ON THE DOCK OR LAUNCH AREA (OUT OF THE WAY OF FOOT TRAFFIC).
- PICK UP YOUR SHELL AND BRING IT UP TO A CLEANING STATION. IF THE SHELL IS TOO HEAVY OR IF IT IS WINDY, GET HELP.
- WASH THE BOAT COMPLETELY. SPRAY ALL METAL AND DISSIMILAR MATERIALS WITH VINEGAR. SCRUB THAT WATER LINE. RINSE THE HULL, TRACKS AND RIGGERS WITH FRESH WATER.
- REPLACE THE BOAT PROPERLY ON ITS ASSIGNED RACK .
- USE CARE IN PLACING YOUR SHELL ONTO ITS RACK SO AS NOT TO HIT ANYTHING OR SCRATCH THE HULL.
- OPEN DRAIN PLUGS TO RELEASE ANY WATER WHICH MAY HAVE ENTERED. OPEN THE VENTILATION PORTS.
- BRING OARS UP FROM DOCK AREA AND PUT THEM IN THE RACKS.
- **IF THE BOAT NEEDS A REPAIR:**
 - I. **NOTE THE REPAIR IN THE REPAIR LOG**
 - II. **HANG A "DO NOT ROW" SIGN ON THE OUTSIDE OARLOCK**



PRIVATE COACHING

A LIMITED NUMBER OF SARASOTA CREW COACHING STAFF ARE AVAILABLE TO CONDUCT PRIVATE ROWING LESSONS. TO BE ELIGIBLE FOR PRIVATE LESSONS, ONE MUST HAVE A VALID SWIM TEST AND WAIVER ON FILE. ANYONE TAKING PRIVATE LESSONS MUST BE A REGISTERED PARTICIPANT OF THE SARASOTA CREW PROGRAM. THE OTHER OPTION IS TO PAY AN ADDITIONAL \$25/HOUR IF YOU ARE A NON-SARASOTA CREW PARTICIPANT. LESSONS MUST BE BOOKED AND PAID FOR IN ADVANCE AND ARE NON-REFUNDABLE/NON-TRANSFERABLE. PLEASE CONTACT THE SARASOTA CREW OFFICE AND WE'LL PUT YOU IN TOUCH WITH ONE OF OUR COACHING STAFF TO ARRANGE A TIME FOR YOUR LESSONS

IF YOU NEED TO CANCEL, 24-HOUR NOTICE IS REQUIRED OR YOU WILL BE CHARGED FOR THE SESSION. THE COACH WILL DETERMINE IF POOR WEATHER PERMITS CANCELLATION (AND YOU WILL NOT BE CHARGED).

PRIVATE COACHING FEES (MEMBERS):

ONE PERSON	\$85/HR
TWO PEOPLE	\$100/HR
THREE PEOPLE	\$110/HR
FOUR PEOPLE	\$115/HR
EACH ADDITIONAL PERSON	\$10/HR



SERVICE REQUIREMENT

ALL ROWERS ARE ENCOURAGED TO SUPPORT SARASOTA CREW THROUGH VOLUNTEER ACTIVITIES. PERSONAL BOAT STORAGE (PBS) ROWERS AND THOSE ON THE RACK-SPACE WAITING LIST ARE REQUIRED TO DO A MINIMUM OF 12 SERVICE HOURS EACH YEAR (BEGINNING JULY 1ST AND ENDING JUNE 30TH OF THE FOLLOWING YEAR). IF PBS ROWERS DO NOT PERFORM AT LEAST 12 HOURS OF SERVICE, THEY WILL LOSE THEIR RACK SPACE IN THE BOAT STORAGE SPACE. A ROWERS ON THE RACK SPACE WAITING LIST WILL FORFEIT THEIR SPOT ON THE WAITING LIST IF 12 HOURS OF SERVICE ARE NOT PERFORMED BY JUNE 30TH. A CURRENT LIST OF AVAILABLE OPPORTUNITIES IS POSTED ON THE SARASOTA CREW WEBSITE. WORK PARTIES AND SPECIAL EVENTS ARE SCHEDULED THROUGHOUT THE YEAR AND PROVIDE ADDITIONAL SERVICE HOUR OPPORTUNITIES.

SOME OF THE CURRENT SERVICE-HOUR OPPORTUNITIES ARE:

SCULLING EQUIPMENT MAINTENANCE COMMITTEE

SPRING RACE COMMITTEE

SUMMER RACE COMMITTEE

HALLOWEEN RACE COMMITTEE

WEEKLY TOWEL REPLACEMENT (WASH & RETURN) FOR BOATS

WEEKLY SWEEPING

CLUB HOUSE CLEANING

IF YOU ARE INTERESTED IN ANY OF THESE SERVICE OPPORTUNITIES, YOU SHOULD NOTIFY EITHER

TEAMADMIN@SARASOTACREW.ORG



SCULLING CAPTAINS

THERE WILL BE NOMINATIONS FOR SCULLING CAPTAINS BIANNUALLY IN THE FALL. ONCE NOMINATIONS HAVE BEEN ACCEPTED, TWO CAPTAINS WILL BE VOTED IN TO SERVE FOR TWO YEARS. THE SCULLING CAPTAINS FIELD COMMENTS, QUESTIONS AND CONCERNS FROM MEMBERS OF THE SARASOTA ROWING COMMUNITY WITH THE GOAL OF WORKING COLLABORATIVELY TO ACHIEVE THE GOALS OF OUR ROWING COMMUNITY.

PERSONAL BOAT STORAGE POLICY

SARASOTA CREW HAS A NUMBER OF RACKS AVAILABLE FOR STORAGE OF PERSONALLY-OWNED ROWING BOATS. IN ORDER TO ENSURE THAT THESE RACKS ARE BEING USED BY ROWERS WHO ARE BOTH ACTIVE IN USING THEIR BOATS AND ACTIVE IN THE GREATER SARASOTA CREW COMMUNITY, SARASOTA CREW HAS ADOPTED THE FOLLOWING POLICY FOR BOTH THOSE WHO ARE CURRENTLY USING SARASOTA CREW RACKS AND FOR THOSE WHO ARE ON THE RACK SPACE WAITING LIST.

PLEASE NOTE THAT THIS POLICY IS SUBJECT TO CHANGE WITH NOTICE. SHOULD THE SARASOTA CREW BOARD OF DIRECTORS DETERMINE THAT WE ARE NO LONGER ABLE TO STORE PRIVATE BOATS FOR ANY REASON, RACK USERS WILL BE GIVEN A MINIMUM OF 30 DAYS TO REMOVE THEIR EQUIPMENT AND THEIR RACK SPACE FEES WILL BE RETURNED ON A PRO RATED BASIS.

PERSONAL BOAT STORAGE (PBS) REQUIREMENTS:

- 1 PBS ROWERS MUST REPRESENT SARASOTA CREW WHEN THEY RACE THE BOAT THEY RACK AT SARASOTA CREW AT REGATTAS.
- 2 PBS ROWERS MUST PAINT THEIR OARS SARASOTA CREW COLORS, WITHIN 45 DAYS OF ACCEPTING RACK SPACE.
- 3 RACK SPACE MAY NOT BE LENT OR SUB-LEASED.
- 4 ALL PBS ROWERS ARE REQUIRED TO LOG OUT AND IN EACH TIME THEY ROW USING THE COMPUTERIZED/PAPER LOG BOOK AT THE ENTRANCE OF THE OAR HOUSE.
- 5 . ALL PBS ROWERS MUST HAVE A CURRENT SWIM TEST ON FILE WITH SARASOTA CREW.
- 6 .ALL PBS ROWERS WHO TAKE PART IN COACHED SESSIONS OR USE SARASOTA CREW BOATS MUST HAVE PASSED THE SARASOTA CREW CAPTAINS TEST AND PAID MEMBERSHIP DUES.
- 7 .TWELVE (12) HOURS OF SERVICE TO THE CLUB IS REQUIRED BY JUNE 30TH 2010 TO KEEP YOUR RACK SPOT OR PLACE ON THE WAITING LIST.

BOAT USE REQUIREMENT:

SARASOTA CREW HAS IMPLEMENTED A USAGE REQUIREMENT OF AT LEAST 250 MILES PER BOAT. IT IS THE RESPONSIBILITY OF EACH PBS ROWER TO SIGN THE LOG AT THE TIME OF USE. IF YOUR BOAT IS NOT ROWED AT LEAST 250 MILES PER SEASON, YOU WILL FORFEIT YOU RACK SPACE AND WE WILL OFFER IT TO THOSE ON THE WAITING LIST. IF THE PBO IS UNABLE TO ROW THEIR BOAT 250 MILES THEY MAY ASSIGN A CURRENTLY REGISTERED SARASOTA CREW ROWER TO USE THE PBO'S BOAT AND COUNT IT TOWARD THE BOAT USAGE REQUIREMENT. SIMILAR POLICIES ARE IN PRACTICE AT OTHER CLUBS AROUND THE COUNTRY, AND THEY HAVE HAD GREAT SUCCESS IN ASSURING THAT THE LIMITED SPACE IS PUT TO THE BEST USE.



IF THERE ARE SPECIAL MEDICAL OR PERSONAL CIRCUMSTANCES THAT WILL PREVENT A PBO FROM MEETING THEIR USAGE REQUIREMENT, THE PBO MUST NOTIFY THE SARASOTA CREW PROGRAM DIRECTOR IMMEDIATELY IF THEY WANT SPECIAL CONSIDERATION REGARDING THE BOAT USE REQUIREMENT. NOTICE AFTER THE FACT WILL NOT BE CONSIDERED.

RACK SPACE WAITING LIST

SARASOTA CREW WILL MAINTAIN A WAIT LIST FOR RACK SPACE. ROWERS WHO WISH TO OBTAIN A RACK:

1. MAY PLACE THEIR NAME ON THE WAIT LIST AT ANY TIME BY CONTACTING THE ADMINISTRATOR (TEAMADMIN@SARASOTACREW.ORG)
2. MUST MAINTAIN AT LEAST A MINIMUM PARTICIPATION AT SARASOTA CREW BY ENROLLING IN SARASOTA CREW TO REMAIN ON THE WAIT LIST.
3. MUST PERFORM 12 HOURS OF SERVICE TO THE CLUB BY JUNE 30TH 2010 OR HIS/HER NAME WILL BE REMOVED FROM THE WAITING LIST.
4. UPON BEING NOTIFIED BY SARASOTA CREW OF AN AVAILABLE RACK SPACE, A ROWER WILL HAVE 14 DAYS TO RESPOND TO THE OFFER AND PAY FOR THE RACK BEFORE SARASOTA CREW MOVES TO THE NEXT PERSON ON THE LIST.
5. UPON ACCEPTING AND PAYING FOR THE RACK THE INDIVIDUAL WILL HAVE ANOTHER 14 DAYS TO MOVE THEIR BOAT INTO SARASOTA CREW OR PROVIDE SARASOTA CREW WITH A COPY OF A RECEIPT FOR THE PURCHASE OF A NEW BOAT. (THIS IS IN RECOGNITION THAT MANY PEOPLE ON THE WAIT LIST WILL NOT ORDER A BOAT UNTIL THEY HAVE RACK SPACE.)



CLUB OPERATION & POLICIES

CLUB HOURS OF OPERATION

THE SARASOTA CREW SEASON IS A YEAR-ROUND PROGRAM WITH SUB PROGRAMS DURING THE YEAR.

SARASOTA CREW IS OPEN ON WEEKDAYS FROM THE START OF THE FIRST PROGRAM TO THE END OF THE LAST.

SARASOTA CREW IS OPEN SATURDAYS AND SUNDAYS FOR ROWING IF WE FIND VOLUNTEERS TO OPEN AND CLOSE.

MEMBERS OF SARASOTA CREW MUST COMPLY TO THE PARK RULES SET FOR BY THE CONSERVATION FOUNDATION OF THE GULF COAST.

SARASOTA CREW HOUSE RULES

THE FIRST PRIORITY OF EVERY COACH, ROWER AND CREW IS THE SAFETY OF ALL PERSONS ON THE WATER AND ON LAND.

THE SECOND PRIORITY OF EVERY COACH, ROWER AND CREW IS THE SAFETY AND MAINTENANCE OF ALL ROWING EQUIPMENT.

PROGRAMS

ALL PARTICIPANTS MUST BE SIGNED UP FOR THE PROGRAM HE/SHE WISHES TO PARTICIPATE IN. REGISTRATION QUESTIONS SHOULD BE DIRECTED TO SARASOTA CREW TEAM ADMINISTRATOR TEAMADMIN@SARASOTACREW.ORG AND (941) 966 - 9691. IF YOUR NAME IS NOT ON THE ROSTER FOR A PROGRAM YOU MAY *NOT* PARTICIPATE AND NEED TO CONTACT THE OFFICE.

REFUNDS, CREDITS, TRANSFERS

THERE IS A \$50 PROCESSING FEE ASSESSED FOR ALL REFUNDS AND CREDITS. IF YOU WITHDRAW FROM A PROGRAM AT LEAST 20 DAYS BEFORE THE START DATE, YOU MAY RECEIVE A FULL REFUND OR FULL CREDIT FOR ANOTHER PROGRAM IN THE SAME YEAR (LESS THE \$50 FEE). IF YOU WITHDRAW FROM A PROGRAM LESS THAN 20 DAYS BEFORE THE START DATE, YOU MAY RECEIVE A CREDIT ONLY FOR ANOTHER PROGRAM IN THE SAME YEAR. CREDITS OR TRANSFERS MAY NOT BE CARRIED OVER INTO THE NEXT SEASON. **NO REFUNDS, CREDITS OR TRANSFERS WILL BE GIVEN ON OR AFTER THE START DATE OF THE PROGRAM.**

SWIM TESTS

ALL PARTICIPANTS MUST TURN IN A SWIM TEST TO THE OFFICE BEFORE PARTICIPATING IN A PROGRAM. THE SWIM TEST FORM CAN BE FOUND ON THE WEBSITE. A CERTIFIED LIFE GUARD MUST SIGN OFF ON THE TEST. ONCE COMPLETED, SWIM TESTS DO NOT EXPIRE. HOWEVER, WE DO ASK YOU TO MAKE AND SAVE A COPY OF YOUR COMPLETED SWIM TEST, IN CASE YOU DO NEED TO PRESENT IT AGAIN. IF YOU ARE A CERTIFIED LIFE GUARD OR SCUBA DRIVER YOU CAN MAKE A COPY OF BOTH SIDES OF THE CARD AND TURN IT INTO THE OFFICE STAPLED TO THE SWIM TEST FORM.

UNDER ENROLLED CLASSES

SARASOTA CREW WILL NOT RUN CLASSES IF THEY ARE UNDER ENROLLED, ALTHOUGH EVERY EFFORT WILL BE MADE TO PREVENT THIS FROM HAPPENING. YOU WILL BE NOTIFIED BY THE OFFICE IF THIS OCCURS. THOSE IN THE UNDER ENROLLED CLASS WILL BE GIVEN THE FOLLOWING OPTIONS:

1. MOVE INTO ANOTHER CLASS (IF PRICES DIFFERENCES BETWEEN CLASSES OCCUR, IT WILL BE RECONCILED WITH THE OFFICE)
2. FULL REFUND

PLEASE RESPOND QUICKLY AND LET US KNOW WHICH OF THE OPTIONS YOU'D LIKE.

ATTENDANCE POLICY

THOSE WHO ENROLL IN CLASSES AT SARASOTA CREW SHOULD BE ABLE TO COMMIT TO AT LEAST 80% ATTENDANCE.

IF YOU DO NOT THINK YOU CAN ATTEND 80% OF PRACTICES SEE IF YOU CAN PARTICIPATE AT A DIFFERENT TIME OR DATE.



THE ATTENDANCE POLICY IS IN PLACE TO ASSURE PARTICIPANTS ACQUIRE THE APPROPRIATE SKILLS NECESSARY TO MOVE ON TO THE NEXT LEVEL OF ROWING. ATTENDANCE WILL BE KEPT FOR EACH CLASS BY THE COACH. DUE TO COACHING LIMITATIONS YOU MAY NOT MAKE UP A MISSED CLASS BY ATTENDING A DIFFERENT SECTION. PARTICIPANTS WILL NOT BE ABLE TO MOVE UP TO THE NEXT CLASS LEVEL IF THEY DO NOT MEET THE ATTENDANCE REQUIREMENT. FOR INTRODUCTORY LEVEL CLASSES (LEARN TO ROW, SCULLING 1) PARTICIPANTS MUST ATTEND THE FIRST TWO CLASSES OF THE SESSION. IF YOU ARE UNABLE TO ATTEND THE FIRST TWO CLASSES OF THE SESSION PLEASE REGISTER FOR A DIFFERENT SECTION OF THE CLASS. PARTICIPANTS WHO FAIL TO ATTEND EITHER OF THE FIRST TWO CLASSES WILL NOT BE ABLE TO CONTINUE THE CLASS AND NO REFUND WILL BE GIVEN.

BOATHOUSE RULES

BAD WEATHER/ROWING POLICY

ALL SARASOTA CREW SESSIONS WILL OCCUR AS SCHEDULED UNLESS THE WEATHER AT CLASS TIME IS DETERMINED TO BE UNSAFE. UNSAFE CONDITIONS MAY INCLUDE DANGEROUSLY HIGH WINDS, LIGHTNING STORMS, OR OTHER SIMILAR SITUATIONS. PARTICIPANTS SHOULD SHOW UP AS CLASS WILL BE HELD INDOORS IN THE CASE OF BAD WEATHER. BECAUSE WEATHER PATTERNS WHICH MAY AFFECT ROWING SAFETY ARE UNPREDICTABLE AND SUBJECT TO SUDDEN CHANGE, THE DECISION TO CANCEL OR POSTPONE CLASSES WILL NOT BE MADE UNTIL THE ACTUAL SCHEDULED START TIME OF THE SESSION. THE DECISION TO CANCEL OR POSTPONE CLASSES WILL BE MADE BY THE COACHING STAFF. PLEASE DO NOT COME TO CLASS IF YOU FEEL DRIVING CONDITIONS ARE UNSAFE. THE ADMINISTRATIVE OFFICE WILL NOT BE ABLE TO INFORM PARTICIPANTS OF ANY CANCELLATION OR POSTPONEMENT PRIOR THE PROGRAM START TIME.

EQUIPMENT

1. IF BOAT DAMAGE OCCURS AT ANY TIME, FROM THE TIME THE BOAT IS TAKEN OFF THE RACK, TO THE TIME IT IS RETURNED TO ITS RACK, IT MUST IMMEDIATELY BE RETURNED TO THE BOATHOUSE, PUT IN SLINGS NEXT TO THE WORKBENCH AND REPORTED IN THE REPAIR LOGBOOK. FOR BROKEN SKEGS AND BOWBALLS, LEAVE THE BOAT IN ITS ASSIGNED RACK, PUT A NO-ROW SIGN ON THE BOAT, AND WRITE THE REPAIR WORK NEEDED IN THE REPAIR LOG BOOK. THE CREW OR INDIVIDUAL RESPONSIBLE FOR THE DAMAGE WILL NOT BE PERMITTED TO ROW THAT DAY IF THE DAMAGE OCCURS BEFORE OR AT THE BEGINNING OF A ROW. THIS INCLUDES INSTANCES WHEN THE SKEG IS KNOCKED OFF AT THE DOCK. WITH THE EXCEPTION OF OUR PARTICIPANTS, SARASOTA CREW EQUIPMENT IS OUR MOST VALUABLE ASSET, AND MUST BE TREATED ACCORDINGLY.
2. BOATS MUST BE WIPED DOWN THOROUGHLY AFTER EACH USE.
3. ALL CREWMEMBERS ARE REQUIRED TO HELP CARRY BOATS TO AND FROM THE WATER.

COX BOXES

ALL PROGRAMS ARE ASSIGNED THEIR OWN COX BOXES. PROGRAMS MAY NOT BORROW ANOTHER PROGRAM'S COX BOX AT ANY TIME.

DOCK RULES

1. MOVE QUICKLY ON THE DOCKS OR LAUNCHING AREA KEEPING LAUNCHING TIME BETWEEN 60-90 SECONDS.
2. BRING ALL EQUIPMENT DOWN TO THE WATER BEFORE CARRYING THE BOAT. THIS WILL HELP KEEP THINGS MOVING.
1. ANYTHING LEFT ON SHORE SHOULD BE OUT OF THE WAY OF OTHERS WHO ARE TRYING TO USE THE DOCK OR LAUNCHING AREA.
2. ADJUSTMENTS SHOULD BE MADE ON THE WATER OR ON LAND IN SLINGS PRIOR TO GOING TO THE DOCK OR LAUNCHING AREA.

AFTER ROWING

1. ALL BOATS MUST BE PUT BACK ON THEIR CORRECT RACK.
2. ALL BOATS MUST BE WIPED DOWN AFTER EACH ROW. TOWELS ARE PROVIDED FOR THIS PURPOSE.
3. PUT OARS BACK IN CORRECT SPACES.
4. PLUG IN COX BOX.
5. PICK UP ALL CLOTHING AND WATER BOTTLES THAT HAVE BEEN LEFT ON/AROUND DOCKS AND BOATHOUSE.

HOUSE AND GROUNDS

1. PERSONAL BELONGINGS ARE THE RESPONSIBILITY OF THE PARTICIPANT. SARASOTA CREW IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN ARTICLES. LEAVE VALUABLES AT HOME. THEFT CAN ALSO OCCUR FROM CARS AS WELL.
2. BICYCLES ARE NOT ALLOWED IN THE BOATHOUSE; PLEASE LOCK THEM TO THE BIKE RACK.
3. SARASOTA CREW PARTICIPANTS ARE PERMITTED TO USE ERGOMETERS WHEN SARASOTA CREW PROGRAMS ARE NOT USING THEM. THE SLIDE MUST BE WIPED DOWN AFTER EACH USE.
4. PARTICIPANTS, SCHOOLS, COLLEGES AND GUESTS ARE EXPECTED TO PICK UP AFTER THEMSELVES WHILE IN THE SARASOTA CREW BOATHOUSE AND ON THE SARASOTA CREW GROUNDS. WASTE RECEPTACLES AND RECYCLING BINS ARE PROVIDED. ABANDONED CLOTHING WILL BE PLACED IN A PUBLIC LOST AND FOUND BOX WHILE WATER BOTTLES WILL BE THROWN OUT.
5. ALL MEMBERS ARE REQUIRED TO TREAT OTHER MEMBERS AND RIVER USERS WITH RESPECT AT ALL TIMES. PROFANITY IS NOT PERMITTED ON THE WATER, AROUND THE BOATHOUSE OR AT REGATTAS.
6. PARTICIPANTS, SCHOOLS AND GUESTS ARE EXPECTED TO SPEND AS LITTLE TIME AS POSSIBLE ON THE DOCKS OR LAUNCHING AREA WHILE LAUNCHING AND LANDING. BE FAST ON THE DOCKS, ESPECIALLY WHEN OTHERS ARE WAITING TO USE THEM.
7. PARTICIPANTS ARE REQUIRED TO ATTEND WORK PARTIES TO HELP MAINTAIN EQUIPMENT AND GROUNDS.
8. NO ONE SHOULD USE WEIGHT EQUIPMENT BY THEMSELVES. IF YOU DO NOT KNOW HOW TO USE A PIECE OF EQUIPMENT ASK A COACH TO SHOW YOU HOW TO USE IT.

GUESTS

GUESTS ARE WELCOME TO USE SARASOTA CREW FACILITIES WHEN ACCOMPANIED BY A CLUB ROWER. GUEST MAY USE FACILITIES INCLUDING ERGOMETERS, WEIGHTS, BOATS AND DOCKS. USE OF CLUB BOATS, INCLUDING SINGLES AND DOUBLES, BY A GUEST IS PERMISSIBLE ONLY WITH THE PERMISSION OF THE PROGRAM DIRECTOR, ASSISTANT PROGRAM DIRECTOR OR BOATHOUSE OFFICE MANAGER.

1. A SARASOTA CREW REGISTRATION FORM & WAIVER MUST BE COMPLETED AND SIGNED ON THE FIRST VISIT;
2. EACH GUEST IS ALLOWED FIVE (5) VISITS. AFTER THAT, THE GUEST SHOULD CONSIDER SIGNING UP FOR A SARASOTA CREW PROGRAM. PLEASE SEE THE OFFICE TO DISCUSS FURTHER OPTIONS.
3. THE SARASOTA CREW ROWER SPONSORING THE GUEST IS LIABLE FOR ANY DAMAGE CAUSED BY THEIR GUESTS AND **MUST ACCOMPANY THE GUEST WHILE USING THE FACILITY AND/OR EQUIPMENT (ON LAND AND WATER)**. THE SARASOTA CREW ROWER MUST ALSO ENSURE THAT ALL FEES HAVE BEEN PAID, AND ALL WAIVERS HAVE BEEN SIGNED.
4. THE GUEST MUST KNOW HOW TO ROW OR SCULL. SARASOTA CREW EQUIPMENT IS NOT TO BE USED TO
5. TEACH GUESTS HOW TO ROW OR SCULL. IN THE EVENT THAT A GUEST DOES NOT KNOW HOW TO ROW OR SCULL, THEY ARE LIMITED TO USING ERGS AND WEIGHTS;
6. RECIPROCAL GUEST PRIVILEGES: VISITING MEMBERS OF ANOTHER CLUB, WITH WHICH SARASOTA CREW HAS RECIPROCAL GUEST PRIVILEGES, ARE NOT REQUIRED TO PAY FEES. SARASOTA CREW ROWERS WHO WISH TO TRAIN FOR A RACE WITH A NON-SARASOTA CREW ROWER WHO IS A MEMBER OF ANOTHER ROWING CLUB AND USE SARASOTA CREW EQUIPMENT AND GROUNDS SHOULD CONTACT THE PROGRAM DIRECTOR OR ASSISTANT PROGRAM DIRECTOR TO MAKE ARRANGEMENTS. WE WILL TRY TO ASSIST THIS PROCESS WHENEVER POSSIBLE. THE MAXIMUM NUMBER OF VISITS WILL STILL APPLY THOUGH PERMISSION MAY BE GRANTED TO EXTEND VISITS IF THE SARASOTA CREW ROWER IS IN TURN USING EQUIPMENT AT THE GUESTS' BOATHOUSE IN SUCH CASES CARE SHOULD BE TAKEN TO AVOID PEAK BOAT USE HOURS.

INFRACTION OF SARASOTA CREW POLICES & RULES

1. SARASOTA CREW ROWERS AND TENANTS WHO CHOOSE TO IGNORE SARASOTA CREW POLICES AND RULES WILL HAVE THEIR PARTICIPANT PRIVILEGES SUSPENDED FOR A PERIOD OF UP TO 2 WEEKS.
2. A SECOND INFRACTION OF THESE REGULATIONS WILL MEAN SUSPENSION OF ALL SARASOTA CREW PARTICIPANT PRIVILEGES FOR A PERIOD NOT LESS THAN ONE MONTH.
3. THIRD FAILURE TO COMPLY WITH SARASOTA CREW POLICES & RULES WILL TERMINATE SARASOTA CREW PARTICIPANT AND ROWING PRIVILEGES FOR THE REST OF THE SEASON. (DETERMINED BY THE EXECUTIVE DIRECTOR).
4. THE PERIOD OF SUSPENSION IS NON-REFUNDABLE.

SAFETY GUIDELINES

BASIC SAFETY

1. ROWERS AND SCULLERS MUST FOLLOW ALL INTER-COASTAL WATERWAY TRAFFIC/SAFETY RULES, AT ALL TIMES.
2. ROWERS AND SCULLERS MUST FAMILIARIZE THEMSELVES WITH ALL THE CONTENTS OF THIS MANUAL, AND WHATEVER ADDITIONAL RULES, SAFETY GUIDELINES AND NOTICES SARASOTA CREW MAKES AVAILABLE.
3. ROWERS AND SCULLERS MUST FOLLOW THE INSTRUCTIONS OF SARASOTA CREW COACHING STAFF. SARASOTA CREW STAFF MEMBERS HAVE FINAL SAY ON WHETHER CONDITIONS ARE SAFE FOR ROWING FOR ALL ROWERS INCLUDING OPEN AND PRIVATE ROWERS.
4. ALL ROWERS SHOULD WEAR CLOTHING APPROPRIATE TO THE WEATHER CONDITIONS: WARM SYNTHETIC OR WOOL CLOTHING, ESPECIALLY HAT AND SOCKS ARE RECOMMENDED IN COLD WEATHER. REMEMBER THAT IT IS ALWAYS COLDER AND WINDIER ON THE WATER. HAT, SUNSCREEN AND WATER OR SPORTS DRINKS ARE RECOMMENDED IN HOT WEATHER. INADEQUATELY PREPARED ROWERS MAY BE LEFT ON LAND AT THE DISCRETION OF STAFF.
5. ALL ROWERS MUST COMPLETE REGISTRATION FOR EACH TERM. WHEN REGISTERING NOTE ANY MEDICAL CONDITIONS THAT MIGHT AFFECT YOUR ABILITY TO ROW AND SPECIAL NEEDS SHOULD YOU REQUIRE MEDICAL ATTENTION.
6. IN ADDITION, NOTIFY YOUR COACH IF YOU HAVE ANY MEDICAL CONDITIONS THAT COULD IMPAIR YOUR ABILITY TO ROW OR THAT REQUIRE SPECIAL ATTENTION.
7. TAKE PRECAUTIONARY MEDICATIONS IN THE BOAT WITH YOU WHILE ROWING (I.E. ASTHMA INHALERS).
8. ALL ROWERS AND SCULLERS SHOULD CHECK THE EQUIPMENT BEFORE LAUNCHING: ENSURE THAT ALL NUTS AND BOLTS ARE IN PLACE, CHECK HULL FOR ANY CRACKS OR LEAKS, CHECK FOOT-STRETCHER TIE-DOWNS AND ENSURE THAT THEY ARE IN PLACE. IF YOU NOTICE ANY DAMAGE TO THE BOAT, NOTIFY THE COACH AND LOG THE DAMAGE IN THE REPAIR LOGBOOK.
9. FOLLOW THE RULES OF THE WATER AS OUTLINED IN THIS MANUAL. SCULLERS, COXSWAINS AND BOW PERSONS MUST CHECK THE COURSE OF TRAVEL FREQUENTLY.
10. PARTICIPANTS IN COACHED PROGRAMS SHOULD, UNLESS SPECIFICALLY OTHERWISE INSTRUCTED, MAKE AN EFFORT TO REMAIN IN SIGHT OF THE COACH.
11. WHEN POSSIBLE SHELLS SHOULD PROCEED SINGLE FILE, ESPECIALLY IN NARROW STRETCHES OF THE INTER-COASTAL WATERWAY.

LIGHTING FOR ALL BOATS ON THE RIVER (SARASOTA CREW AND PRIVATE)

ALL BOATS MUST HAVE A WHITE SOLID STERN LIGHT, ATTACHED TO THEIR BOAT OUTSIDE THE STERN COCKPIT. ALL BOATS MUST HAVE A SOLID RED /GREEN (PORT/STARBOARD) BOW LIGHT ATTACHED TO THEIR BOAT ON THE OUTSIDE OF THE BOW WASHBOX. SCULLERS SHOULD ALSO WEAR BOW RED AND STERN WHITE LIGHTING ON THEIR PERSON AS BACK UP IN THE EVENT THE SARASOTA CREW LIGHTS FAIL. PLEASE NOTIFY SARASOTA CREW THROUGH THE REPAIR LOG IF LIGHTS ARE NOT WORKING. PLEASE CALL THE OFFICE IF YOU NEED CLARIFICATION OF THIS POLICY OR YOU ARE A PRIVATE BOAT OWNER AND NEED INFORMATION ON THE SOURCE OF LIGHTS.



ADDITIONAL SAFETY GUIDELINES FOR LOGBOOK SCULLERS

1. SCULLERS ARE REQUIRED TO SIGN THE SCULLING LOGBOOK WHEN LAUNCHING AND RETURNING.
2. SCULLERS MUST BE PREPARED IN THE EVENT OF CAPSIZING: THEY MUST BE ABLE TO RIGHT AND RE-ENTER THE BOAT ON THE WATER, OR BE ABLE TO SWIM WITH THE BOAT TO SHORE.
3. ENTER THE BOAT ON THE WATER, OR BE ABLE TO SWIM WITH THE BOAT TO SHORE.
4. SCULLERS ARE RESPONSIBLE FOR FOLLOWING THE TRAFFIC PATTERN AT ALL TIMES.
5. SCULLERS ARE RESPONSIBLE FOR BEING AWARE OF, AND AVOIDING OTHER TRAFFIC, WHO MAY OR MAY NOT BE FOLLOWING THE TRAFFIC PATTERN.
6. NOT BE FOLLOWING THE TRAFFIC PATTERN.
7. SCULLERS SHOULD BE AWARE OF THE WEATHER FORECAST BEFORE LAUNCHING.
8. NO SCULLER SHOULD LAUNCH IN CONDITIONS THAT THREATEN LIGHTNING OR ARE OTHERWISE UNSAFE.

ADDITIONAL SAFETY GUIDELINES FOR COXED BOATS

1. THE COXSWAIN IS IN COMMAND OF THE BOAT AT ALL TIMES, AND SHOULD BE GIVEN COMPLETE ATTENTION AND RESPECT.
2. THE PRIMARY JOB OF THE COX'N IS TO SAFELY GUIDE THE BOAT BY STEERING THE BOAT AND COMMANDING THE CREW.
3. ROWERS OF A CREW SHOULD NOT TALK WHILE THE BOAT IS MOVING: IT MAKES IT HARDER TO HEAR COMMANDS AND DISTRACTS THE COX'N FROM THEIR PRIMARY JOB: THE SAFE GUIDANCE OF THE BOAT.
4. ANY ROWER WHO SEES A HAZARD THAT THEY BELIEVE THE COX'N DOES NOT SEE, SHOULD NOTIFY THE COX'N IMMEDIATELY.
5. THE COX'N IS RESPONSIBLE FOR FOLLOWING THE TRAFFIC PATTERN AT ALL TIMES. THE COX'N IS RESPONSIBLE FOR BEING AWARE OF, AND AVOIDING OTHER TRAFFIC, WHO MAY OR MAY NOT BE FOLLOWING THE TRAFFIC PATTERN. A SUBMERGED OR PARTIALLY SUBMERGED BOAT IS A HAZARD TO OTHER CREWS.

EMERGENCY PROCEDURES

STAY CLOSE TO YOUR COACH

THE LAUNCH HAS BEEN OUTFITTED WITH SAFETY EQUIPMENT, SUCH AS PFD'S. THE LAUNCH IS A MUCH FASTER WAY TO GET ASSISTANCE IN AN EMERGENCY. TAKE CARE TO REMAIN NEAR THE COACHING LAUNCH UNLESS SPECIFICALLY OTHERWISE INSTRUCTED, EVEN IF THIS MEANS STOPPING AND WAITING, OR EVEN TURNING AROUND AND FINDING THE COACH.

NEVER LEAVE THE BOAT!

- IF YOU ARE CLOSE TO SHORE AND A STRONG SWIMMER, *SWIM WITH THE BOAT TO SHORE.*
- EVEN IF IT IS SWAMPED OR CAPSIZED, THE BOAT WILL REMAIN FLOATING.

"WEIGH ENOUGH! HOLD WATER!"

- IF YOU HEAR THESE COMMANDS IMMEDIATELY SQUARE THE BLADES AND DRAG THEM AGAINST THE WATER
- DO IT NO MATTER WHO GIVES THE COMMAND - THEY MIGHT SEE SOMETHING YOU DON'T EVEN IF THEY ARE IN ANOTHER BOAT!
- ACT FIRST! DON'T LOOK AROUND - HOLD WATER AND THEN SEE WHY.

CALL FOR HELP

IN ANY EMERGENCY SITUATION YOUR FIRST STEP SHOULD BE TO CALL FOR HELP.

- YELL FOR HELP, DON'T ASSUME PEOPLE CAN SEE YOU OR RECOGNIZE THAT YOU ARE IN AN EMERGENCY SITUATION.
- WAVE BOTH HANDS IN THE AIR.
- WAVE A SHIRT, OR EVEN AN OAR TO SIGNAL DISTRESS.
- WHEN POSSIBLE STAY WITHIN HAILING DISTANCE OF SAFETY LAUNCH.



PERSON OVERBOARD

- IMMEDIATELY YELL: "WEIGH ENOUGH, HOLD WATER!"
- THE MOST COMMON REASON TO FALL OUT OF A ROWING SHELL IS AS A RESULT OF A SERIOUS CRAB. KEEP IN MIND THAT THE ROWER MAY BE INJURED FROM THE FORCE OF THE OAR. HE OR SHE MAY REQUIRE SOMEONE TO ENTER THE WATER AND PROVIDE IMMEDIATE ASSISTANCE.
- IF A COACHING LAUNCH IS NEARBY HAIL IT IMMEDIATELY.
- AN OAR MAY BE USED AS AN EMERGENCY FLOTATION DEVICE. IF POSSIBLE USE THE ROWER'S ACTUAL OAR. REMEMBER THAT THE OARS PROVIDE STABILITY TO THE SHELL AND TAKE CARE NOT TO ALLOW THE SHELL TO FLIP AS YOU UNDO THE OARLOCK.
- TAKE CARE NOT TO INJURE THE PERSON IN THE WATER AS YOU SEND THE OAR TOWARDS THEM.

COLLISIONS

IN CASE OF COLLISION STOP AND ASSESS:

1. IS ANYONE IN EITHER BOAT INJURED?
2. IS THE BOAT DAMAGED? IF SO IS IT TAKING ON WATER? IF SO, PROCEED IMMEDIATELY TO SHORE OR THE NEAREST DOCK.

IF A PERSON IS INJURED, CONSIDER THE FOLLOWING:

- IS THERE A COACHING LAUNCH NEARBY? SOMEONE SHOULD IMMEDIATELY TRY AND FLAG DOWN OR HAIL FOR ASSISTANCE.
- DOES THE PERSON REQUIRE IMMEDIATE FIRST AID?
- IS ANYONE IN THE BOAT QUALIFIED TO ADMINISTER AID?

IF THERE IS NO LAUNCH NEARBY, AND THE INJURY REQUIRES ATTENTION, WHERE IS THE CLOSEST HELP? THIS MAY DEPEND ON WHERE YOU ARE ON THE RIVER, AND WHAT TIME OF DAY IT IS. SOME OF THE POSSIBILITIES TO GET ASSISTANCE INCLUDE:

- THE BOATHOUSE HAS A PHONE, BUT IT MAY BE LOCKED IF NO ONE IS THERE.
- IF YOU CAN REACH THE SHORE EASILY, BUSY ROADS ACCESS MOST OF THE RIVER. FLAGGING DOWN A PASSING VEHICLE MAY BE THE FASTEST WAY TO GET HELP. TAKE CARE TO AVOID BEING RUN OVER.

SHELL SWAMPED

IF THE SHELL FILLS WITH WATER TO THE GUNNELS, THE BOAT WILL STILL FLOAT BUT MAY BREAK APART IF THE ROWERS REMAIN IN THE SHELL. TAKE THE FOLLOWING STEPS IF HELP IS NOT AT HAND OR ON THE WAY

1. YELL "WEIGH ENOUGH!"
2. UNTIE YOUR SHOES.
3. ROWERS SHOULD BUDDY UP. COX'N SHOULD BUDDY WITH THE STERN PAIR.
4. ONE AT A TIME, THE ROWERS SHOULD SLIP INTO THE WATER, KEEPING HOLD OF THE BOAT FOR FLOTATION.
5. REMOVE THE OARS, OR PLACE THEM PARALLEL TO THE HULL. LOOSE OARS WILL NOT ONLY IMPEDE FLIPPING IT BACK OVER THEY MIGHT BECOME DANGEROUS. IF YOU TAKE THEM OUT BE CAREFUL NOT TO LET THEM FLOAT AWAY, YOU WON'T GET HOME WITHOUT THEM.
6. MOVE TO THE ENDS OF THE BOAT SO AS TO AVOID FALLING RIGGERS AND OARS WHEN YOU ROLL THE BOAT OVER.
7. ROLL THE BOAT OVER.
8. SWIM THE BOAT TO SHORE

ONCE THE BOAT IS ROLLED, ROWERS MAY GRASP HANDS ACROSS THE BOAT. IF THE TEMPERATURE IS COLD, LYING ACROSS THE BOAT OUT OF THE WATER AS MUCH AS POSSIBLE IS IMPORTANT AS BODY HEAT LOSS OCCURS 25 TIMES FASTER IN THE WATER.



SHELL CAPSIZED

CAPSIZING IS EXTREMELY LIKELY IN A SMALL BOAT (SINGLE, DOUBLE OR PAIR) AND MUCH LESS LIKELY IN A LARGER BOAT. LOGBOOK SCULLERS SHOULD FAMILIARIZE THEMSELVES WITH THE PROCEDURE TO RIGHT A BOAT AND RE-ENTER FROM THE WATER. SARASOTA CREW WILL BE OFFERING A CLINIC IN GETTING BACK IN THE BOAT. LARGER BOATS

(FOURS, EIGHTS) OR ANY BOAT IF YOU ARE TIRED, COLD, OR UNCLEAR ON RE-ENTRY PROCEDURES, SHOULD BE SWUM TO SHORE. ONCE YOU ARE IN SUFFICIENTLY SHALLOW WATER TO STAND, YOU MAY RIGHT THE BOAT AND GET IN. IN ANY EVENT DO NOT LEAVE THE BOAT! EVEN UPSIDE DOWN OR SWAMPED THE BOAT WILL NOT SINK.

A SINGLE OR DOUBLE, WHEN RIGHTED, WILL GENERALLY HAVE SUFFICIENT FLOTATION TO BE ROWED. MANY SUCH BOATS ARE DESIGNED SO MUCH OF THE WATER WILL SPILL OUT IMMEDIATELY. LARGER BOATS WILL NEED TO BE BAILED OUT BEFORE BEING ROWED. REMEMBER THAT WATER IS HEAVY AND A BOAT FULL OF WATER MAY BREAK APART IF YOU AREN'T CAREFUL.

TO RIGHT A CAPSIZED BOAT YOU MUST :

- IMMEDIATELY MAKE SURE ALL ROWERS AND COX'N ARE ACCOUNTED FOR.
- IF YOU ARE IN A TEAM BOAT, BUDDY UP, WITH THE COX'N BUDDY-ING UP WITH THE STERN PAIR.
GRASP HANDS ACROSS THE BOAT.
- SWIM THE BOAT TO SHALLOW WATER OR SHORE BEFORE ATTEMPTING TO RIGHT THE SHELL.
- GET CONTROL OF THE OARS. LOOSE OARS WILL NOT ONLY IMPEDE FLIPPING IT BACK OVER THEY MIGHT BECOME DANGEROUS. EITHER PUT THEM PARALLEL TO THE HULL, OR TAKE THEM OUT. IF YOU TAKE THEM OUT BE CAREFUL NOT TO LET THEM FLOAT AWAY, YOU WON'T GET HOME WITHOUT THEM.
- FATIGUE AND HYPOTHERMIA CAN SET IN QUICKLY IN THE WATER. IF THE TEMPERATURE IS COLD, LYING ACROSS THE BOAT OUT OF THE WATER AS MUCH AS POSSIBLE IS IMPORTANT AS BODY HEAT LOSS OCCURS 25 TIMES FASTER IN THE WATER.
- RE-ENTRY FROM DEEP WATER IS A COMPLICATED PROCEDURE THAT SHOULD ONLY BE TRIED IF YOU ARE FAMILIAR WITH THE PROCEDURE OR ARE SUPERVISED BY A COACH.

HEAT EXHAUSTION

POSSIBLE SYMPTOMS INCLUDE:

THROBBING HEADACHE
NAUSEA
COOL SKIN
CHILLS
SWEATY
PALE
RAPID PULSE

VICTIM SHOULD DRINK WATER. SHADE VICTIM FROM THE SUN AND TREAT FOR SHOCK.

HEAT STROKE

IS LIFE THREATENING! SYMPTOMS MAY INCLUDE:

BEHAVIOR CHANGES
UNCONSCIOUSNESS
HOT, BUT NOT SWEATY
FLUSHED WARM SKIN
RAPID PULSE POUNDING

DOUSE WITH COOL WATER, SHADE FROM SUN, FAN, AND ENSURE THAT AIRWAY IS OPEN. ALWAYS GET MEDICAL ASSISTANCE AS SOON AS POSSIBLE.



HYPOTHERMIA

HYPERTHERMIA OCCURS WHEN THERE IS AN INCREASE IN BODY TEMPERATURE, USUALLY WHEN THE AIR TEMPERATURE IS ABOVE 76 DEGREES, AND THE VICTIM IS EXPOSED TO SUN AND HEAT IN COMBINATION WITH A DECREASE IN FLUIDS. IT MAY OCCUR WHEN A) SWEAT CANNOT EASILY EVAPORATE; B) THE BODY IS BEING HEATED BY THE ENVIRONMENT; C) WATER LOSS FROM SWEAT AND RESPIRATION IS NOT REPLACED AND DEHYDRATION OCCURS. TWO SERIOUS CONDITIONS MAY RESULT.

HYPOTHERMIA OCCURS WHEN A VICTIM IS SUBJECTED TO COLD TEMPERATURES, COLD WATER, ICE OR SNOW. THERE IS A POTENTIAL FOR HYPOTHERMIA IF PEOPLE ARE SUBMERGED IN WATER WITH TEMPERATURE BELOW 80 DEGREES. WATER TEMPERATURES BELOW 50 DEGREES ARE VERY DANGEROUS. HYPOTHERMIA CAN EVEN OCCUR WITH AIR TEMPERATURES IN THE 60'S, PARTICULARLY IF ROWERS ARE WET, EXHAUSTED, AND EXPOSED FOR LONG PERIODS OF TIME. ALWAYS OBTAIN MEDICAL ASSISTANCE AS SOON AS POSSIBLE WHEN DEALING WITH SEVERE HYPOTHERMIA.

SYMPTOMS MAY INCLUDE:

- FEEL COLD
- TURN BLUISH
- SHIVERING AT FIRST, FOLLOWED BY NUMBNESS
- APATHY
- LETHARGY
- DISORIENTATION OR LOSS OF MENTAL CAPACITY

ACTIONS IF COLD AND SHIVERING:

- GET OUT OF WATER QUICKLY, EVEN IF ON TOP OF A CAPSIZED BOAT. HEAT LOSS IS 25 TIMES GREATER
- IN THE WATER. KEEP AS MUCH OF BODY AS POSSIBLE OUT OF THE WATER.
- HUDDLE WITH OTHERS
- MOVE TO SHELTER QUICKLY. REMOVE WET CLOTHING AND REWARM WITH WARM BLANKETS.
- DO NOT GIVE LIQUIDS.
- TREAT FOR SHOCK

ACTIONS IF SHIVERING HAS STOPPED:

TREAT AS ABOVE BUT **DO NOT REWARM EXTREMITIES!** IF THE VICTIM IS NO LONGER SHIVERING, THE TORSO MUST BE REWARMED FIRST TO AVOID CIRCULATING COLD BLOOD TO THE HEART. **THIS CAN KILL.** WRAP THE VICTIM IN A BLANKET AND APPLY HEAT TO UNDERARMS AND GROIN AREA; WRAP AGAIN IN A SEPARATE BLANKET. WRAP EACH ARM AND LEG SEPARATELY TO PREVENT REWARMING. HOT PACKS SHOULD **NOT** BE PLACED DIRECTLY ON THE VICTIM. USE A THICK LAYER TO PROTECT THE VICTIM'S SKIN FROM ANY HEAT SOURCE. IF HOT PACKS ARE NOT AVAILABLE, PLACE THE VICTIM IN A SLEEPING BAG WITH A WARM PERSON. ADMINISTER CPR OR ARTIFICIAL RESPIRATION IF NECESSARY.



TRAFFIC PATTERNS FOR ROWERS

THESE TRAFFIC PATTERNS APPLY TO ALL CREWS AND SCULLERS USING THE INTER-COASTAL WATERWAY. *OTHER CRAFT MAY FOLLOW DIFFERENT TRAFFIC PATTERNS AS DESIGNATED BY THE STATE POLICE OR COAST GUARD.*

GENERAL PRINCIPLES

THE FOLLOWING GENERAL PRINCIPLES APPLY AT ALL TIMES, **IN PRESSURE PIECES AND ON THE PADDLE. COURTESY AND CIVIL LANGUAGE** IS APPROPRIATE AT ALL TIMES.

STAY TO THE RIGHT-HAND SIDE OF THE INTER-COASTAL WATERWAY AT ALL TIMES, WITH STARBOARD BLADES TO SHORE. FOR EXTRA SAFETY, KEEP BOTH BOATS AND BLADES ON THE RIGHT THIRD OF THE INTER-COASTAL WATERWAY AS IF IT WERE A 3-LANE HIGHWAY. STAY RIGHT ON TURNS, AND **DO NOT CUT CORNERS.**

OVERTAKING BOATS SHALL **PASS TO THE LEFT (PORT)**; BOATS BEING OVERTAKEN SHALL YIELD TO SHORE. IT IS THE RESPONSIBILITY OF THE OVERTAKING BOAT TO AVOID A COLLISION: OVERTAKING BOATS MUST BE PREPARED TO **SLOW DOWN OR STOP TO AVOID CONTACT.** BOATS APPROACHING IN OPPOSITE DIRECTIONS SHALL PASS **PORT TO PORT.**

COACHING LAUNCHES SHALL **BE AWARE OF TRAFFIC IN BOTH DIRECTIONS,** AND SHALL YIELD TO SHORE TO ALLOW OVERTAKING BOATS TO REMAIN ON THE CORRECT SIDE OF THE INTER-COASTAL WATERWAY.

TURN QUICKLY TO REJOIN GENERAL TRAFFIC FLOW; DO NOT ANGLE ACROSS, OR STOP PERPENDICULAR TO TRAFFIC. TURN ONLY IN LOCATIONS THAT ALLOW GOOD VISIBILITY IN ALL DIRECTIONS; AVOID TURNING NEAR BRIDGES AND SHARP TURNS.

MOVE TO SHORE TO STOP OR DRILL, AND AVOID STOPPING IN DESIGNATED TROUBLE SPOTS.

ALL BOATHOUSES AND COACHES ARE REQUESTED TO ACCOMMODATE ROWERS ENDANGERED BY EXTREME WEATHER; ROWERS SHALL USE GOOD SENSE, USROWING GUIDELINES OR SPECIFIC BOATHOUSE RULES TO DETERMINE SAFE CONDITIONS TO LAUNCH.

ROWING EQUIPMENT

BLADES

ALL ORGANIZATIONS SHALL PAINT BLADES IN THEIR DESIGNATED PATTERN, AND REQUIRE THAT PRIVATE EQUIPMENT OWNERS FOLLOW SUIT, TO MAKE A CREW'S AFFILIATION KNOWN TO OTHERS.

COACHING LAUNCHES .

LAUNCH TRAFFIC PATTERN

COACHING LAUNCHES SHALL FOLLOW THE SAME TRAFFIC PATTERN AS THE CREWS BEING COACHED. WHEN TRAFFIC OR RIVER DEPTH NECESSITATE MOVING TO THE LEFT SIDE OF THE RIVER, COACHES MUST EXERCISE EXTREME CAUTION AND CONCENTRATE ON THE TRAFFIC AHEAD RATHER THAN ON COACHING. COACHES MUST BE AWARE AT ALL TIMES OF TRAFFIC APPROACHING FROM EITHER DIRECTION, AND SHALL YIELD TO SHORE TO ALLOW OVERTAKING BOATS TO REMAIN ON THE CORRECT SIDE OF THE RIVER

COACHING LAUNCHES APPROACHING CREWS IN EITHER DIRECTION SHALL REDUCE LARGE WAKES AND GIVE OTHER CREWS SUFFICIENT CLEARANCE. COACHES ARE URGED TO BE ESPECIALLY SENSITIVE ABOUT WAKING SINGLE SCULLS.