



## *Friends of Detroit Rowing*

# **GENERAL SAFETY POLICY** **Rowing Programs (J, MS, U23, C, M, LTR, R,** **S2S & P)** (Version 1.0)

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## **SECTION A**

### **1. Policy Expiration:**

This policy has no expiration date and is in effect until amended.

### **2. Overall Policy Purpose:**

Outline program and athlete requirements for all FODR programs.

### **3. Responsible Parties:**

This policy applies to all FODR/DBCC staff & program participants. Programs include but are not limited to: Juniors (J), Middle School (MS), U23, Collegiate (C), Masters (M), Learn to Row (LTR), Rec Rowing (R), Stem to Stern (S2S), Private Scullers (P), and visiting rowers

### **4. Reporting:**

All incidents should be reported immediately to the Rowing Operations Board Member, Safety Committee Chair or Safety Committee member (verbally or via email.) The Safety Committee Member will take the statement about the incident and complete a formal Safety Incident Form. These will be discussed at committee meetings and actions taken. (Current committee members are listed in the Appendix)

Email: [FODRSafety@friendsofdetroitrowing.com](mailto:FODRSafety@friendsofdetroitrowing.com)

### **5. Penalties for Violation:**

Penalties for violations of this policy may result in an "Incident Report" being placed on file with FODR identifying the offending parties. Sanctions can range from a warning, being placed on probation, possible suspension, to dismissal from rowing programs.

### **6. Policy Conditions:**

This policy is in effect during all dry-land and water based training sessions for all programs: J, MS, U23, C, M, LTR, R, S2S, P, etc.

**SECTION B - POLICY**

<p>a) Safesport training is required for all coaches/athletes by US Rowing.</p> <p>b) Background checks are required for all staff. Additional volunteers on an as needed basis.</p>	<p>Complete online:  <a href="https://uscenterforsafesport.org/">https://uscenterforsafesport.org/</a></p>
<p>c) US Rowing Safety Video &amp; DBCC Traffic Pattern Video are mandatory for participants annually (Juniors, LTR, Masters, &amp; Private Scullers).</p> <p>NOTE: Adult Rec participants are exempt provided there is no more than a 2:1 ratio of boats to safety launches.</p> <p>d) Waivers must be signed before any participant begins any program. Waivers can be hard copy for non-racing programs, or signed online during Regatta Central registration.</p>	<p>Watch online  <u><a href="#">USROWING Safety Video</a></u>          The Traffic Pattern video can be viewed in the separate Traffic Pattern Policy          OR          Watch at practice (or beginning of fall/spring/summer seasons).</p>
<p>e) Minimum age for high school program (rowers &amp; coxswains) is 14 yr old (by 12/31 of current yr) as stated in USRA rules.</p> <p>- Minimum age of middle school participants/S2S is 11 yrs old (by 12/31 of current yr). Coxswains in these programs need to be assessed to ensure maturity to make safe decisions on water.</p>	<p>Required for all programs.</p> <p>Anyone under the age of 11 may participate in any program only when coach launch &amp; boats have 1:1 ratio or have prior approval from the board. (Additional training/tests for coxswains may be needed.)</p>
<p>f) All participants (coaches, rowers, coxswains, etc) must pass a supervised swim test by a lifeguard. At minimum, the participant should demonstrate the ability to float and/or tread water for 10 minutes, swim 50 yards &amp; put on a lifejacket while floating while wearing pants and long sleeve shirt. Any rower, regardless of age, who has not yet passed their swim test, must wear a PFD until the test is passed.</p> <p>NOTE:</p> <ul style="list-style-type: none"> <li>• Private scullers are exempt unless using FODR equipment.</li> <li>• Non-racing participants are exempt provided there is no more than a 2:1 ratio of boats to safety launches. Nine (9) life jackets should be on-board the barge,</li> </ul>	<p>See US Rowing Guidelines:  <a href="#">USROWING Safety Guidelines</a></p> <p>Swim test forms should be kept on file for all participants. These are good for the lifetime of the participant unless there is a major life event (heart attack, stroke, etc).</p>

<p>and all safety launches. The launches should be within 50 yards of their shell.</p>	
<p>g) It is highly recommended that all rowers using FODR single (1x) complete a flip test. They should demonstrate - flip the boat, re-enter, and return to dock. A coach must be present.</p>	<p>The coach should carefully flip the boat near the dock or off the beach area. Rowers enter the water off the dock or beach. <b>DO NOT</b> flip the boat with rowers in it (reducing chance of damage)</p>
<p>h) An AED is provided. During the winter it is kept at the Athletic Shelter and during the summer it is kept in the Erg Tent. The AED is not to be used on the water due to electrical risks of these high voltage devices.</p>	<p>Upon activation 911 should be called.  <b>Flip</b>  <b>Address of club:</b> E Picnic Way &amp; Riverbank Dr, Detroit on Belle Isle.  <b>Address of Athletic Shelter:</b> 2402 Vista Drive</p>
<p>i) Emergency Training courses are required for all personnel as indicated.</p>	<p>CPR/AED – all coaches  Boating Safety Course – All coaches &amp; launch drivers.  First Aid – All coaches</p>
<p>j) Crime situations. It is possible that criminal acts may occur during FODR/DBCC activities. These may include personal theft, assault, firing of weapon, automobile theft, among others.</p>	<p>DNR should be called to summon law enforcement: 3132372450  <b>Address of club:</b> Riverbank Drive &amp; E. Picnic Way, Detroit on Belle Isle.  <b>Address of Athletic Shelter:</b> 2402 Vista Drive, Detroit on Belle Isle</p>
<p>k) A coach must always be present during on-water practice for all ages. No coach = no practice.</p>	<p>Required for all coached programs (J, MS, U23, C, M, LTR, R, S2S)</p>
<p>l) A coach must always be present during dry-land practice when minors are present.</p>	<p>Required for all programs with minors. (J, MS, LTR, S2S, etc)</p>
<p>m) Docks and ramps should be kept clear of all extraneous items: (riggers, slings, clothes, shoes, bird droppings, water bottles, etc.) Participants can fall, slip or trip.</p>	<p>Required for all programs.  If crews do not wish to take these items with them in the shell they should be collected in a bin/basket and removed from the dock area placing them along the break wall out of the way. The coxswain can retrieve it for the group at the end of the practice.</p>

<p>n) Safety / Coach launch must accompany all crews (e.g. Juniors, Masters, U23, etc.) and be within the line-of-sight of those under supervision. Please see additional requirements in the Visibility &amp; Inclement Weather policy.</p>	<p><b>Required all year for juniors / youths.</b></p> <p>Masters may row FODR equipment under <b>non-cold conditions</b> without a coach launch, with permission of Rowing Operations Chair (or by vote of Operations committee members) on their designated practice days.</p>
<p>o) All safety / coach launches must be equipped with the items listed in the <b>DBCC LAUNCH SAFETY EQUIPMENT INVENTORY</b> form (see Appendix). The forms should be completed at the beginning of each season for each launch, and provided to the Safety Committee.</p>	<p>,</p>
<p>p) LTR (adult or children) &amp; S2S programs must have a 1:1 or 1:2 boat ratio in any weather conditions. (no more than 2 boats per coach launch).</p>	<p>LTR &amp; S2S (o, r when coxswain is under 11 years of age).</p>

**Revision History**

Date	Author	Version No.	Summary of Changes
2/16/24	Safety Committee	1.0	Reviewed for comments in Safety Committee meeting
3/6/2024	Safety Committee	1.0	Approved

**APPENDIX**

**DBCC LAUNCH SAFETY EQUIPMENT INVENTORY**

Launch MC#: \_\_\_\_\_

DBCC Name: \_\_\_\_\_

Date of Inventory: \_\_\_\_\_

Assessor Name: \_\_\_\_\_

<b>ONBOARD ITEMS</b>		<b>YES</b>	<b>NO</b>
<b>1</b>	<b>USCG emergency phone number prominently displayed</b>		
<b>2</b>	<b>Paddle</b>		
<b>3</b>	<b>PFDs (16)</b>		
<b>4</b>	<b>PFD safety bag (2) - PFDs should be in the bags</b>		
<b>5</b>	<b>Rescue throw (1)</b>		
<b>6</b>	<b>Rigid Ladder (1)</b>		
<b>7</b>	<b>Air horn or safety whistle</b>		
<b>8</b>	<b>Space blankets (16)</b>		
<b>9</b>	<b>First Aid Kit (all items - see reverse)</b>		
<b>10</b>	<b>Emergency marine flares (3)</b>		
<b>11</b>	<b>Waterproof flashlight / spotlight</b>		
<b>12</b>	<b>Waterproof marine safety bag for non-PFD items 7-11.</b>		
<b>13</b>	<b>Cell phone or marine 2-way radio</b>		
<b>14</b>	<b>Waterproof, clear, plastic cell phone pouch with lanyard</b>		
<b>15</b>	<b>USCG compliant navigation lighting</b>		
<b>16</b>	<b>Anchor</b>		
<b>17</b>	<b>Tool Kit</b>		

<b>18</b>	<b>Tow Rope (75 ft)</b>		
<b>19</b>	<b>Pump/Bailer</b>		