

SCULLING AND SMALL BOATS PROGRAM MANUAL



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SCULLING AND SMALL BOATS PROGRAM

Capital Rowing Club's Sculling and Small Boats Program offers something for scullers of all skill levels. Capital offers a structured coached programs in recreational and novice sculling. Scullers who have passed the flip test and demonstrated confidence and skill in a shell may also take out boats without a coach.

Capital maintains a fleet of small boats for use by certified members of the Sculling and Small Boats Program. We also offer rack spaces for members who own their boats when space is available.

This manual provides the following information :

- Membership requirements and opportunities at Capital
- Certification process and definition of skill levels
- Issues related to club-owned equipment: designation of club boats, proper boat handling, usage and reservations, damage/repairs
- Issues related to privately-owned equipment: rack space waitlist, withdrawal of rack space, storage of oars, abandoned boats and oars, multiple boats
- Guests to Capital's Small Boats Program
- Keys
- Safety guidelines and useful information

The small-boats program is coordinated by the Sculling and Small Boats Program Representative, who is elected annually at the end of the year by members of Capital's Sculling and Small Boats Program. Questions about the policies and provisions in this manual should be brought to the boats to the representative. Policies and provisions can subsequently be appealed to Capital's Board of Directors.

Membership Requirements

1. Safety

Safety is the issue of greatest importance in the program. For your own safety and that of other river users, members of this program must observe all safety rules, as described below and in Capital's safety guidelines. Unsafe practices (e.g. sculling without a valid monitor or proper safety certification) can and will result in exclusion from the Sculling and Small Boats Program, at the discretion of the representative and/or coaches.

2. Waivers, Forms and Dues

Prior to any outing in small boats, private or club-owned, you must be a member in good standing at Capital (i.e. paid an annual membership fee and program dues) and have signed all the appropriate forms, including the Sculling and Small Boats Application and US Rowing Release of Liability form.

3. Volunteering

Except for its coaches, Capital is a completely volunteer-run organization. As such, the success of Capital depends on the time and efforts of its members. Thus, everyone is must participate in at least one community activity per season.

4. Dues

All members pay the annual club membership fee. Members registered for one or more of the sculling programs pay the costs of the programs. Members with private boats pay storage fees. Members with private boats and registered for one or more programs pay storage and program fees.

Annual Membership Fee

- Annual club membership is paid only once per year and allows you to participate in any number of programs at Capital. This fee is used to help cover overhead expenses related to running the club and also provides additional funds to reinvest in club equipment. The annual club membership fee is \$155.

Program Fees (Current Members)

- Basic sculling membership is \$55, paid three times each year (spring, summer, and fall), allows you to take out club 1x and 2x, after proof of certification.
- Intermediate sculling is \$130, paid three times each year (spring, summer, and fall), provides coaching and equipment use.
- Advanced (Competitive) Sculling is \$130, paid three times each year. Provides coaching and equipment use.

Rack Space (for private boat owners)

- 1x outdoor sculling membership is \$55, paid three times a year (spring, summer, and fall). In addition to access to club-owned equipment, this fee includes access to an indoor rack, as available, for storing a privately-owned 1x (See Rack Space section below)
- 1x indoor sculling membership is \$105, paid three times each year (spring, summer, and fall). In addition to access to club-owned equipment, this fee includes access to an indoor rack, as available, for storing a privately-owned 1x (See Rack Space section below.)
- 2x outdoor sculling membership is \$105, paid three times each year (spring, summer, and fall). In addition to access to club-owned equipment, this fee includes access to an outdoor rack, as available, for storing a privately-owned 2x (See Rack Space section below.)
- 2x indoor sculling membership is \$130, paid three times each year (spring, summer, and fall). In addition to access to club-owned equipment, this fee includes access to an outdoor rack, as available, for storing a privately-owned 2x. (See Rack Space section below.)

Small Boats Program

The Small Boats Program are consist of three coached programs and an un-coached program.

COACHED SCULLING PROGRAMS

Intermediate Sculling

Intermediate sculling is geared towards competent scullers with varying degrees of experience, from recent graduates of the novice sculling program to former competitive scullers. Scullers improve their technique, conditioning, and confidence on the water. Practices are led by an experienced coach and held three times a week

Advanced (Competitive) Sculling

Competitive Small Boats program meets 5 day per week and is geared toward pushing athletes towards higher levels or achievement, giving them the skills necessary to maximize performance at local, national, and international regattas in the junior, senior, and master level racing categories. Program structure includes both theoretical and practical instruction, with particular emphasis on boatmanship.

Novice Sculling

Novice classes are held twice a week for six weeks. Each class will consist of approximately 6 novice scullers. At least the first four weeks of class are spent working in doubles, learning technique and getting comfortable with handling two oars. Moving into singles is based on the coach's discretion. The classes focus on safety, boat handling skills, and learning basic sculling technique. Admittance is on a first-come, first-serve basis and some prior sweep or limited sculling experience is required.

UN-COACHED SCULLING

Basic Sculling

Scullers registered for basic sculling may take out singles and doubles without a coach. They must have passed the flip test under observation from a Capital coach, must show competence in boat handling, and must be confident on the water without a coach. Equipment can be signed out when they are not in use during a coached program. Equipment availability is on a first-come, first-served basis. Equipment cannot be reserved.

PRIVATE SCULLING INSTRUCTION

Certified member of Capital's Small Boats Program and in good standing with the club may receive private sculling instruction from a coach approved by Capital.

Times of private sessions must be coordinated with the sculling and small boats program representative. Use of club equipment—including boats, oars, launches, etc.—must not conflict with coached Capital programs.

Capital will provide a list of available vetted coaches and their session fee. You may suggest the name of a coach you wish to become vetted. Capital will then review the coaching candidate and make the final decision on whether or not to employ the suggested coach.

Payment for the private coaching session will be made to Capital Rowing Club and must include the coach's session rate as well as launch usage fees.

New Members

All new members to Capital's Sculling and Small Boats Program must meet with Capital's the program representative prior to sculling at Capital. The program representative and new members will:

1. Discuss safety issues, including proper traffic patterns and the monitored logbook, and read, understand, and sign the following:
 - US Rowing's Safety Bulletin
 - Capital's Small Boats Safety Guidelines
 - US Rowing's Release of Liability waiver
 - Capital's Small Boats Membership Application
2. Go over proper boat handling skills to ensure that there is a basic standard for how club equipment should be treated and to identify how to properly report any damaged equipment; and
3. Have an assessment row, in which you must demonstrate a minimum amount of competence in knowing how to scull and successfully complete a flip test. Capital assigns three levels of sculling competence. The requirements of each level are listed below. All decisions concerning competence shall be made by Capital's small boats rep, with consultation of Capital's sculling coaches when appropriate, and may be appealed by any Capital member to Capital's Board of Directors.

Competency / Skill Levels

NOVICE SCULLERS

Relatively new to sculling; needs supervision on the water; needs help with boat handling on land.

1. Must have taken a novice sculling class at Capital or a similar course at another club, which is approved as a substitute by Capital
2. May use club training and recreational boats at your own risk and in accordance with the proper boat handling procedures and safety guidelines established by Capital
3. Must be within hailing distance of a 'buddy' sculler
4. Must remain in between the 11th Street Bridge and the railroad bridge
5. May use club racing shells only under the supervision of a Capital coach
6. Must use a 'buddy' when taking shells off or replacing shells on a rack

INTERMEDIATE SCULLERS

Sufficient sculling skill to be able to go out without supervision; can handle, launch, steer, and land boats by themselves; can successfully navigate bridges and river obstacles; has sufficient boat-handling skills (balance, backing, turning, steering) to be safe and competent on the water.

1. Must have 60 hours of sculling experience on the water (30 of which must be supervised at Capital)
2. May use recreational and training club boats at your own risk and in accordance with the proper boat handling procedures and safety guidelines established by Capital without supervision between the railroad bridge and the green buoy below the South Capitol Street Bridge
3. May row within hailing distance of a sculling buddy (or coach in a launch) beyond the railroad bridge and the green buoy below the South Capitol Street Bridge

ADVANCED SCULLERS

Proficient boat-handling skills (able to set boat in calm and rough water with blades off the water; able to row with square blades; can easily back, quickly stop and turn, and steer without disrupting the flow of the boat); able to safely navigate in the more narrow and winding stretches above the railroad bridge; able to scull effectively with speed/at pressure for a certain distance/time, such as at a stroke rate of 28 or higher for 2 minutes; can safely handle sculling at dusk and dawn.

1. Must have at least 120 hours of sculling experience on the water (30 of which must be at Capital)
2. May use recreational, training, and racing club boats at own risk, without supervision, and in accordance with the proper boat handling procedures and safety guidelines established by Capital.

Club-Owned Equipment

Club-owned equipment is the Small Boats Program's most important asset and must be treated with care. Capital maintains a fleet singles and doubles for use by certified members of the Small Boats Program.

CLUB BOATS

The small boats fleet is grouped into three groups, to be used by scullers with the appropriate competency/skill level as described above.

RECREATIONAL (to be used by Novice, Intermediate, or Advanced Scullers)

Recreational boats are the club's more durable sculling boats. They are generally the most stable of all of the small boats; however they can flip even with experienced rowers.

- 1) Alden Ocean shells
- 2) The Chariot
- 3) The white Maas (Siberian Express)
- 4) The yellow Peinerts (Capital Notion, Capital Donation)

TRAINING/INTERMEDIATE (to be used by Novice, Intermediate or Advanced Scullers)

Training / Intermediate boats are the club's older and more durable racing shells. They are thin and not very stable and will flip easily even with experienced scullers. These boats can be used for training, as well as racing if needed.

- 1) Bluejay / Josie (Peinert) - Lightweight (140-175 lbs)
- 2) Cats (Peinert) - Midweight (165 - 190 lbs)
- 3) The Burga – Midweight (165 - 190 lbs)
- 4) Fisa (Fisa) - Midweight (165 - 190 lbs)
- 5) Alligator 2x (Vespoli) – Midweight (165-190 lbs)

ADVANCED (to be used by Advanced Scullers. May be used by Intermediate Scullers with coached supervision)

Advanced boats include the club's newest and least durable shells. Because these boats are very expensive to replace and easily flipped and damaged, they can only be used by advanced scullers. These boats can be used to train and race in.

- 1) Minor (Wintech) – Lightweight (140-175 lbs)
- 2) Medius (Wintech) – Midweight (165-190 lbs)
- 3) Magnus (Wintech) – Heavyweight (185-225 lbs)

- 4) Firebird (Vespoli) - Lightweight (140 - 175 lbs)
- 5) Capital Capital 2x (Wintech) – Heavyweight (185 - 225 lbs)
- 6) Capital Virtue (Sykes 2x) – Lightweight women (65 kg/143 lbs)
- 7) Capital Vice (Sykes 2x) – Lightweight men/heavyweight women (75 kg/165 lbs)
- 8) Capital Idea (Sykes 4x) – Lightweight men/heavyweight women (75 kg/165 lbs). The 4x may only be taken with a launch present.

BOATS DEDICATED TO THE COACHED ADVANCED (COMPETITIVE) SMALL BOATS PROGRAM

In addition to the general small boats fleet, Capital also maintains certain racing shells for use in its coached advanced (competitive) small boats program. These boats are extremely thin and can be easily flipped and damaged. Use of these boats for programs other than the advanced (competitive) program must be arranged with the Sculling and Small Boats Program Representative.

- 1) Capital Virtue (Sykes 2x) - Lightweight women (65 kg / 143 lbs)
- 2) Capital Vice (Sykes 2x) - Lightweight men/heavyweight women (75 kg / 165 lbs)
- 3) Capital Idea (Sykes 4x) - Lightweight men/heavyweight women (75 kg / 165 lbs)

Proper Boat Handling

At the rack: Check the boat to make sure there is no damage and there are no loose parts on the tracks, foot stretchers, or riggers. If the boat becomes un-rowable on the water you could be in trouble.

Carrying the boat: If you are able to carry the boat safely by yourself, you may carry it to the dock on your own. Otherwise, you must get a second person to assist you in carrying the boat. Be sure to watch out for other boats and people on land and on the docks.

At the dock: Most damage to boats happens at the docks. It is totally avoidable and inexcusable. To ensure that boats are properly cared for, place the boat in the water with the bow pointed downstream. Take care that no part of the boat touches the dock. When putting in on the water prior to outing or when landing, do not leave the boat unattended at the dock. You must either head out on your outing or return the boat to its rack without delay.

Entering/Exiting the boat: This should be done as instructed by Capital’s coaches or small boats rep. Damage can be avoided by keeping the boat away from the dock when stepping in and only using the strengthened part of the boat to step on.

No street shoes should be worn or be stored inside the boat. Shoes leave excess dirt inside the boat, which clogs the tracks. Shoes should be left on the docks, safely put off to the side so that they do not create a hazard for other users of the dock space.

Shoving off and landing: You should always be pointing downstream when shoving off from the docks. Make sure there are no boats coming before shoving off. When landing, do not allow the boat to touch the dock. Get a straight line, aim for the top end of the dock, and come in slow with very light to zero pressure.

After each outing: Boat must be wiped off and securely tied down after each use.

Usage and Reservations

GENERAL

Club sculling boats may be used from up to one hour before sun up to one hour after sun down during the months when the club is in operation (late March-early November). Club boats may only be used in calm water and weather conditions.

All coached small boats programs have priority use of club-owned boats during their regularly scheduled class times. If any such boat is still available 15-minutes after the start of a scheduled class, a certified Capital sculler—who is not part of the class—may use one of the available boats, as long as it is suited to their skill/competency level. It is your responsibility to return the boat to its rack ten minutes prior to a coached sculling class time.

Outside of the coached sculling practice times, sculling boats are generally available on a first-come, first-serve basis, provided that your skill level meets the standards set for using specific boats.

RACING

The coached-competitive small boats program will have priority use of sculling equipment for regattas. All intermediate and experienced members of the Capital small boats program, not part of the coached-competitive small boats program, will be treated equally for allocation of club-owned equipment for regattas. If a rower (or a coach on behalf of one or more rowers) is interested in racing in a regatta, you must give Capital's small boats representative appropriate notice—at least two weeks in advance of a regatta—so that the rep can manage any conflicts with and logistics for the club-owned equipment.

Damage and Repairs

If you are using club-owned equipment, it is your duty to promptly and properly record any needed repairs on the small boats repair log located inside the boathouse. Please report the date, the boat in need of repair, the problem, and your name so that the small boats rep (or other appropriate person) can obtain additional information if needed. The repair log is located directly across from the small boats monitored log book inside the boathouse.

Do not attempt to make major repairs to boats (e.g. repair holes or cracks in the hull or deck of the boat) or make extensive rigging adjustments to boats (e.g. changing span of rigging) and/or oars (e.g. changing overall or in-board length) by yourself. Please consult the vice president of operations or the small boats assistant rigger for assistance.

It is also highly encouraged that you promptly contact the small boats rep about the damage so that the rep can then inform the assistant rigger and coaches of any boats that are out of commission and in need of repair. When damage is caused by an accident, the small boats rep will ask you to complete an incident report to document your accident so that others may learn from your experience.

If damage is deemed to be caused by negligence, carelessness, and/or irresponsibility, you are responsible for paying for any needed repairs and/or the insurance deductible.

Inflicting excessive or repetitive damage to club-owned boats may result in a suspension from the Small Boats Program and use of club-owned equipment, at the discretion of the small boats representative.

- Three such incidents within one season will result in suspension of member privileges for a period of one month. You will also need to meet with the small boats rep or other appropriate individual to discuss safety issues, review boat handling skills, and to reassess your competency/skill level before you are allowed on the water again after the suspension.
- Four or more incidents within a year may result in complete expulsion from Capital's Small Boats Program.

To stress again, with the exception of our members and our coaches, Capital equipment is our most valuable asset, and it must be treated accordingly.

Privately-Owned Equipment

RACK SPACE

All decisions concerning rack space shall be made by Capital's small boats representative in coordination with Capital's vice president of operations, and may be appealed by any Capital sculling member to Capital's Board of Directors.

WAITLIST

- When no available rack space exists, Capital's small boats rep will maintain a waitlist for outdoor spaces for any person seeking to join Capital's Small Boats Program and looking to store a boat at the sight.
- When a space within the boathouse becomes available, the spot will be filled by a current member of the Small Boats Program, who has a boat stored on an outdoor rack and wishes to move his/her boat indoors. In seniority order—based upon how long the member's boat has been stored at Capital—the small boats rep will seek to fill the available indoor spot.
- The waitlist shall be made available to any Capital member upon request.
- The order of placement on the waitlist is done on a first-come, first-serve basis based upon the date that interest is expressed. However, the date of placement on the waitlist may be made conditional

upon the person visiting Capital's facilities and being informed of Capital's mission, programs, and rules during that visit.

- Reasonable notice of an opening (approx. two months) will be given to the first person on the wait-list to allow for the acquisition of a boat for the available rack space.
- If rack space is made available and the first person on the list is not able to use it, that person shall be removed from the list.
- If a space becomes available, and that space is given to and accepted by the first person on the wait-list, he/she must begin paying Small Boats Program dues, even while waiting for the arrival of his/her boat. In addition, a \$100 deposit for the available space must be paid to reserve the open spot. If the boat delivery is cancelled or the sculler eventually fails to fill the space within an appropriate amount of time, the \$100 deposit will be forfeited. Otherwise, the \$100 deposit will be credited to their future Small Boats Program dues.

REMOVAL OF USAGE OF RACK SPACE

Allocation of rack space may be withdrawn when:

- If you fail to meet Capital's membership requirements—such as failure to pay Capital's annual membership fee and/or seasonal Small Boats Program dues, failure to meet Capital's volunteer requirement, and/or failure to adhere to Capital and US Rowing's safety guidelines. In such a case, Capital's small boats rep will issue you a written warning that use of the rack space will expire after two weeks. If you fail to respond to the written warning or take any action to become a member in good standing at Capital, then a lock will be placed on your boat and it will not be removed until all membership responsibilities are fulfilled or you agree to remove the shell from the site. If you do not comply with the membership requirements within 10 weeks after receiving the warning letter, the boat will be considered abandoned. (See 'Abandoned Boats' below).
- A privately-owned boat is infrequently used. If a stored boat is used less than five times in a given session (spring/summer/fall), the owner of the boat will promptly be given notice that his/her rack allocation is in jeopardy. If the same boat is used less than five times in the subsequent session, the allocation of rack space may be withdrawn. Individual exceptions may be made when extenuating circumstances preclude usage of the boat or fulfillment of membership responsibilities. However, it is the member's responsibility to clearly communicate these circumstances in writing to the Capital's small boats rep or its board of directors.

Oar Storage

A rack for private oars is available and located just inside the downstream bay.

All privately-owned oars must be labeled with the owner's name written on the sleeve of the oar.

Privately-owned oars stored at Capital must belong to members of one of Capital's sweep or small boat programs. Once an individual ceases to be a member of Capital, he/she may not leave his/her oars in the boathouse. Any such oars will be considered abandoned and will be made available for general use in the Small Boats Program.

Abandoned Boats

Owners of private boats that are deemed to be infrequently used, as stated above, and/or members in poor standing with the club, as listed above, will be sent a warning letter from Capital's small boats rep notifying them that their rack space allocation is in jeopardy. If no action is taken on the part of the sculler in response to the letter, then 1 season or 10 weeks after the issuance of the warning letter, the boat and any accompanying oars will be considered abandoned and will become property of Capital Rowing Club, Inc.

It is the member's responsibility to update contact information as often as necessary so that the small boats rep can easily contact the owner.

Multiple Boats

Due to a limited amount of storage space available at the boathouse, the storage of multiple boats of any type by one owner is strongly discouraged. However, in some cases, permission may be granted after careful review on a case by case basis. Decisions on whom and the terms of storage for multiple boats shall be made by the small boats rep and can be appealed by Capital's board of directors.

Keys

Members will be given keys to the appropriate locks to gain access to all equipment once they have become certified members of the Small Boats Program.

1. Do **NOT** copy and distribute your key to anyone. All keys are given out by the vice president of operations or the small boats rep.
2. If you lose your key, inform the vice president of operations or small boats rep immediately.
3. Whenever you leave the compound—to row or go home—make sure the gates are closed and **LOCKED**.
4. Always take your keys with you. You don't want to get locked out!
5. Keys are for club members only. If you leave the club, you must return your key to Capital's small boats rep.

Guests

Guests are welcome to use Capital facilities (boats, oars, and docks) when accompanied by an advanced certified-Capital sculler. The club member is responsible for the guest and must ensure that the guest follows all standard procedures for use of club sculling equipment.

The guest must be a proficient sculler, capable of passing one Capital's assessment rows for new members. Capital equipment is not to be used to teach guests how to scull, unless special exception has been asked for and granted by the small boats rep.

Unless special exception has been granted by the small boats rep or sculling coaches, no guest may use a club single. Guests only have access to the double and must be accompanied by an advanced certified-Capital sculling member.

The guest sculler must sign a US Rowing Release from Liability form prior to their first outing at Capital.

Signed forms should be left in the front pocket of the sculling logbook.

Each guest is allowed a maximum of five (5) visits per season. After that, the guest should pursue membership at Capital.

The Capital member hosting the guest is liable for any damage and must accompany the guest while using the facility and/or equipment (on land and on water). The member must also ensure that all waivers have been signed and the logbook has been properly filled out. The logbook entry shall contain the guest name and shall be labeled as 'guest of [member's name]' in the comments section.

Members of one of Capital's sweep programs may also be guests of the Small Boats Program, and the same rules required of non-Capital guests, as described above, also apply. However, during a coached sweep program, a coach may send out a pair of his/her rowers in a club-owned double (with one of the individuals an advanced certified Capital sculler sitting in bow, as stated above) and this will not count toward the five (5) visits per season limitation.

Small Boats Safety Guidelines

Since scullers are often on the water by themselves without any supervision by coaches and because they are responsible for both steering and rowing, they must assume greater responsibility for their own safety (and that of others) and take this responsibility seriously. Outside of the coached sculling sessions, use of sculling equipment is done so entirely at one's own risk. All sculling activities at Capital must be conducted in conformity with US Rowing's safety bulletin and Capital's safety guidelines. Most importantly, all scullers should use common sense, adhering to the purpose and spirit of the safety guidelines listed above.

AT THE COMPOUND AND DOCKS

- Take care to avoid damage to your boat, as well as other boats, when taking shell on and off the rack.
- Check all equipment. (See US Rowing Safety Bulletin, Before the Row Point 6)
- From sun-down to sun-up, use lights clearly visible from both bow and stern.
- Beware of risks of cold-weather outings (see US Rowing Safety Bulletin, On the Water Point 5 and separate CRC statement on cold-weather rowing).
- On land and when launching, large boats (eights, fours, quads) have right-of-way over small boats (pairs, single and double sculls, canoes, kayaks).
- Launch and land with bow pointed downstream. After launching, and unless rough water downstream indicates otherwise, proceed past the downstream span of the 11th Street bridge at least 100 yards before turning upstream through the far arch.
- When launching or leaving the compound, unless someone in sight is using the compound or boathouse, lock the compound gates and/or boathouse.

SCULLING AND SMALL BOATS LOGBOOK

Sign out before each ANY water outing in the Small Boats Log Book.

Prior to hitting the water, you must record the following in the log book:

- Your name and boat name
- Course direction—being as specific as possible
- The monitor's name and phone number
- Time out and Estimated time in

After each outing, you must record:

- Actual time-in
- Any notes that will help future scullers avoid obstacles on the water, be aware of potential hazards, etc.

You are responsible for signing yourself back in, and no one else may sign you in.

You are highly encouraged to take a cell-phone with you in the boat and leave the number with your monitor and in the log book.

Have a valid monitor! All small boat members must use a monitor when sculling outside of a coached program. A monitor is a reliable and dependable person, who you choose to report to when you have completed your row and are safely on shore again. The monitor must know:

- What time you are going out on the water
- What time to expect you back in
- The route you will be taking, being as specific as possible
- The outfit you are wearing

Record this person's name and number in the Small Boats Log Book prior to your outing. It is your responsibility to educate your monitor about what to do in case of an emergency, and it is the monitor's duty to immediately notify Capital's small boats representative and/or other club personnel, as well as the DC Harbor Patrol (202-7274582), if you do not return or phone by your pre-arranged time in.

NAVIGATING ON THE WATER

Capital scullers are required to follow the posted traffic patterns set by the club. A copy of the course, noting the proper traffic pattern and potential hazards (e.g., sand bars and river markers), is posted inside the boathouse by the log book as well as online in the Capital Safety Manual.

If you are unfamiliar with the practice course, it is highly encouraged that you ask for a river tour with Capital's small boats rep or other appropriate person, and/or row with an experienced Capital sculler during your first few outings. There are many sandbars and buoys along the practice course, especially as you proceed upstream, that everyone needs to be aware of for personal safety and to keep all equipment in good condition. All Small Boat Program members should also review the information available online and posted in the boathouse on Capital's practice course.

- Stay to your starboard shore. Veer from starboard lane to avoid sandbars or other obstacles only after checking carefully for oncoming boat traffic.
- Be alert at all times for oncoming boats that may be outside of the normal traffic pattern because they are avoiding sandbars or other obstacles.
- Less maneuverable boats have right of way; scullers and other small-boaters must yield to eights and fours.
- Never turn before a bridge or other obstacles that block lines of sight.
- Never stop under bridges, and always avoid the middle arches of bridges.
- Beware of buoys—they appear, disappear, and move!
- Remaining within the starboard side of the river, stay as far as possible from the Navy Yard seawall and any vessels docked at the Navy Yard.
- Bridges above Pennsylvania Avenue Bridge are potential hazards when there is boat traffic in both directions; exercise caution and row at paddle pressure.
- Be familiar with emergency procedures. (See US Rowing Emergency Conditions and CRC emergency response guidelines)

Note: Outside of the Capital's traffic pattern, which runs from the downstream side of the railroad bridge down to the red and green channel makers downstream of the South Capitol Street Bridge, there is a great possibility that you will run into other boats from different clubs rowing out of Alexandria Community Rowing, Potomac Boat Club, Thompson's Boat Club, as well as crews from the Bladensburg boathouse on the upper Anacostia. Many of these crews will have their own traffic patterns that run counter to what Capital has set out for its practice course. Thus, when heading off of Capital's practice course, you are doing so at your own risk. Be doubly aware of your surroundings and always use your best judgment.

RIVER TRAFFIC PATTERN FOR BRIDGES ON ANACOSTIA RIVER

The general rule is to use the passable arch or arches furthest to the starboard side of the river. To avoid confusion, specific rules for each bridge are given below. For each bridge, arches are prescribed for boats traveling downstream and upstream. Arches are numbered from the northwest shore to the southeast shore (i.e., the numbering for arches on each bridge starts from the Capitol Hill side of the river). Listing an arch below as prescribed for traffic rules does not mean that arch is always navigable; beware of shallow water and obstacles.

11th Street Bridge: Five Arches

During construction of the 11th Street bridge, scullers must do the following:

1. Check the white board located at the back of the boathouse near the bathroom for information on the day's river pattern. Information will be listed on the board on what arches and lanes to use.
2. Check the covered plastic case in between the middle and left bay doors at the entrance of the boathouse. Information on the location of the construction crews barges and equipment will be posted here.
3. Check email and the sculling website for information regarding alerts and warnings. The sculling and small boats rep and club officers will communicate with members any updates.

South Capitol Street Bridge: Eight Arches

Downstream: Arches #2 through #4

Upstream: Arches #5 through #7

Downstream and upstream traffic are divided by large wooden structure on middle abutment between Arches #4 and #5.

Avoid using the middle arches (#4 and #5) whenever possible due to potential collisions around the bend in the river just upstream of the bridge.

Pennsylvania Avenue Bridge: Six Arches

Downstream: Arches #2 through #3

Upstream: Arches #5 and #6

Do not use Arch #1 or Arch #4

Railroad Bridge: One Narrow Arch

Exercise caution; check for traffic from other direction.

East Capitol Street Bridge: Five Arches

Downstream: Arch #1 and west side of Arch #2

Upstream: East side of Arch #2 and Arch #3 (and #4 if passable)

At low tide, Arch #2 may be the only passable arch; exercise caution.

Benning Road Bridge: Two Arches (Follow arches on road bridge, not Metro bridge)

Downstream: Arch #1

Upstream: Arch #2

Be careful of docking posts upstream of bridge and Metro bridge pylons

New York Avenue Bridge: Four Arches

Downstream: West side of Arch #2 (and #1 if passable)

Upstream: East side of Arch #2 (and Arches #3 and #4 if passable)

At low tide, Arch #2 may be the only passable arch; exercise caution.

Arches #1 and #4 are often too shallow and not passable.

WINTER ROWING

*“Sculling is very dangerous when water temperature is below 50 degrees.”
-US Rowing Safety Bulletin*

CLUB BOATS

There shall be **no winter rowing in club equipment** unless part of an organized winter Capital Small Boats Program that is approved and supported by Capital’s board of directors.

PRIVATE BOATS

Capital strongly discourages any sculling by private boat owners over the winter months.

If a private boat owner chooses to continue sculling over the winter months, he/she is doing so at their own risk, well aware of the safety issues and dangers involved with winter rowing. But

Capital understands that in the winter rowing season, many days are in fact quite warm and safe for water outings.

Private boat owners wishing to scull over the winter should consider doing the following:

- Use the water thermometer installed off of the ramp on the upstream dock to monitor the temperature of the water and assist you in making a wise decision of whether it is safe to go on an outing.
- Use the “four oar” guideline whereby at least four oars, preferably in separate boats, are on the water at the same time;
- Wear an inflatable, compact life vest or wet suit; and
- Row upstream where the river is shallower and narrower and where it is easier to get on shore in cases of emergencies.

Shell Capsized, Hypothermia & Hyperthermia

SHELL CAPSIZED

1. Hold onto the boat once you are in the water. Never leave your boat and try to swim. The boat and oars will float you. Come up near the rigger.
2. Stay relaxed and catch your breath.
3. Make sure that the boat is righted with the seat up. If you rolled the boat so it is upside down, press down on the rigger nearest you to begin to roll the boat, then reach across and pull the other rigger down towards you so the boat will be right.
4. The oar closest to you should be all the way into the oarlock and the blade flat on the water so it can support you. Hold this handle down in the boat with your hand nearest the foot stretchers.
5. Next, you need to get the other oar handle so you can hold both handles in the bottom of the boat. You may need to jump up or reach to get the other handle, but you must get both handles together in one hand before you can continue.
6. Push your seat towards the bow.
7. Hold both handles in your hand closest to the foot stretchers, and with your other hand, reach across to the gunwale. Keep pressing on the handles.
8. Kick and pull yourself horizontally into the boat. You need to be focused on getting the weight of your hips over the boat and into the seat deck.
9. Once your hips are in the boat, you are stomach-down, kick again, turn and sit, letting your legs dangle over the side of the boat. Do not let go of the oars.
10. Raise your oar handles.
11. Make sure both blades are flat on the water and you are stable.
12. Swing your legs into the boat.
13. Put one foot back and scoot yourself back on the seat.
14. Put your feet back in the shoes.

WARNING: 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.

HYPERTHERMIA

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; and c) water loss from sweat and respiration is not replaced and dehydration occurs. Two serious conditions may result:

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

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 re-warm with warm blankets.
- Do not give liquids.
- Treat for shock

Actions if shivering has stopped:

Treat as above but do not re-warm extremities! If the victim is no longer shivering, the torso must be re-warmed 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 re-warming. 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.