



SCULLING AND SMALL BOATS PROGRAM MANUAL (July 2019)

SCULLING AND SMALL BOATS PROGRAM

Capital Rowing Club's Sculling and Small Boats Program offers something for scullers of all skill levels. Capital offers structured coached programs in competitive, recreational and novice sculling. Independent Program scullers who have passed a 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
- 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 at Capital's Small Boats Program
- Safety guidelines and useful information

The small-boats program is coordinated by the Sculling and Small Boats Program Representative(s), who are elected annually at the end of the year by members of Capital's Sculling and Small Boats Program. Questions about the policies in this manual should be brought to the sculling rep. Decisions of the sculling rep applying these policies may be appealed to Capital's Board of Directors.

Membership Requirements

1. Safety

Safety is extremely important. 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

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proper safety certification) can and will result in exclusion from the Sculling and Small Boats Program, at the discretion of the sculling rep and/or coaches.

2. Waivers, Forms and Dues

Before 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, program dues and other relevant fees such as rack space) and have signed all the appropriate forms, including a valid US Rowing Waiver.

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. Members in the Small Boats Program must comply with the Capital volunteer requirements.

4. Dues

All members are required pay the annual club membership fee. Members registered for one or more of the sculling programs additionally pay the fee for that program(s). Members with private boats pay storage fees. Members with private boats and registered for one or more programs pay storage and program fees.

5. Annual Membership Fee

Annual club membership is paid only once per year (or may be paid in two installments) 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.

6. Program Fees (Current Members)

Program fees are determined annually by the Board of Directors, and the Board of Directors will publish the amounts through the payment portal. If you have questions regarding the fees, please contact any member of the Executive Committee of the Board of Directors.

Rack Space (for private boat owners)

The rack space fee for private boat owners is determined by the Board of Directors each year. This fee is in addition to the membership fee. If you have question about the rack space fee, contact any member of the Executive Committee of the Board of Directors.

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Sculling for ACBA Members

Members in good standing of other ACBA organizations who wish to participate in Capital's sculling program and meet all other requirements for participation may do so on a space available basis (with priority given to Capital members). However, in addition to the appropriate sculling program fee, there will be an additional nominal annual CRC affiliate-fee as determined by the Board of Directors. ACBA members must provide the sculling rep with evidence that they are in good standing with their organization. They will be carried on Capital's roster as members but have no other member privileges. Members of other ACBA organizations may become full members of Capital by meeting the club's generally applicable requirements, in which case they are entitled to full member privileges.

Small Boats Program

COACHED SCULLING PROGRAMS

1. Evening Sculling – “Evening” sculling is for competent scullers with varying degrees of experience, from recent graduates of private coaching, a sculling camp, or a novice sculling program to competitive scullers. It offers instruction on technique and conditioning work. Practices are led by an experienced coach and held three times a week.
2. Competitive Sculling - Competitive sculling meets five day per week and offers experienced scullers the skills and training necessary to maximize performance at local, national, and international regattas in master level racing. Program structure includes both theoretical and practical instruction, with particular emphasis on fitness and conditioning.
3. Novice Sculling – Novice classes may or may not be offered each year, depending on coaching and boat availability. The structure of the program will be determined by the coach and Sculling rep. The classes focus on safety, boat handling skills and learning basic sculling technique. Admittance is on a first come, first service basis, with priority for current Capital members. Some prior sweep or limited sculling experience is required.

UN-COACHED SCULLING

1. Independent Sculling - Scullers registered for independent sculling may take out singles and doubles without a coach. They must have passed a 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 is available on a first-come, first-served basis, cannot be reserved, and may only be signed out when not in use by a

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coached program. Advanced level boats may only be used by scullers with advanced certification (see pp. 5-6). Independent Sculling is only available to Master level rowers, as defined by US Rowing.

PRIVATE SCULLING INSTRUCTION

Private sculling instruction for members and non-members may be available from Capital Rowing Club coaches based on availability. Coaches, availability, fees, and payment are all available in the Capital Rowing Club payment portal. Times of private sessions must be coordinated with the coach. Use of club equipment—including boats, oars, launches, etc.—must not conflict with coached Capital programs. If a coach you wish to use is not listed on the payment portal, you may suggest the name of a coach 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. Individuals who are not Capital

Rowing Club members may sign up for private lessons; however, a separate fee will apply.

New Members

All new members to Capital's Sculling and Small Boats Program must meet with Capital's Sculling Rep or a sculling coach before sculling at Capital to:

1. Discuss safety issues, including proper traffic patterns and the monitored logbook. In addition, the new member must read and understand US Rowing's Safety Guidelines and Capital's Safety Manual and watch the US Rowing and Capital Rowing Club Safety presentations.
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
3. Have an assessment row, in which the new member must demonstrate competence in sculling and successfully complete a flip 'experience', demonstrating comfort in the water around the boat and with recovery techniques. Members who wish to row independently must be able to re-enter a scull from the water. Capital assigns two levels of sculling competence, described below. All decisions concerning competence shall be made by Capital's sculling coaches or Capital's sculling rep,

A ride-along with a Capital sculling coach for a practice is strongly encouraged.

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Competency/Skill Levels

ADVANCED SCULLERS

Proficient boat-handling skills (able to set boat in calm and rough water with blades off the water; can safely navigate in the narrower and winding stretches above the railroad bridge; can safely handle sculling at dusk and dawn.

May use any club boats at own risk, without supervision, and in accordance with the proper boat handling procedures and safety guidelines established by Capital.

NON-ADVANCED SCULLERS

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.

May use training/intermediate club boats at their 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.

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

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 of singles and doubles for use by certified members of the Small Boats Program.

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CLUB SCULLING BOATS (as of June 2019)

TRAINING/INTERMEDIATE

1. Siberian Express (Maas 24 1x)
2. Capital Notion (Yellow Peinert training 1x)
3. Capital Donation (Yellow Peinert training 1x)
4. Firebird (Vespoli 1x) - Lightweight (110 – 145#)
5. Capital Minor (Wintech 1x) – Lightweight (140-175#)
6. Capital Capital (Wintech 2x) – Heavyweight (185 – 225#)
7. Callinectes (Hudson 2x) – Heavyweight * - *outside rack*
8. Jovann & Kitty Porterfield (Empacher 2x) – Heavyweight *
9. Capital Vice (Sykes 2x) – Mid-heavyweight (135-185#)
10. Spencer (White&Green 2x) – Mid-heavyweight (135-185#)*

ADVANCED (for Advanced Scullers use; others with coached supervision).

11. Working Capital (Vespoli VHP27+ 1x) – Super Heavyweight (210-260#)
12. Kaschper NX 1x (2014)– Heavyweight (180-210#) – for sale
13. Capital Endeavor (Peinert 26-2015) – Mid-Heavyweight (150-220#)
14. Capital Achievement (Peinert 26-2017) – Mid-Heavyweight (150-220#)
15. Capital Velocity (Peinert 26-2018) – Mid-Heavyweight (150-220#)
16. El Capital (Peinert 26-2018) – Mid-Heavyweight (150-210#)
17. Sykes 1x-- Lightweight (130-165#)
18. Capital Pride (Peinert X25-2016) – Lightweight (110-160#)
19. Nation's Capital (Peinert X25-2017) – Lightweight (110-160#)
20. Capital Lily (Vespoli VHP30 2x-2018) – Lightweight (145-185#)
21. O Capital My Capital (Vespoli VHP29 2x-2017) –Ultra Lightweight (110-145#)
22. Das Capital (Vespoli VHP 39 4x-2017)** – Midweight (130-170#)
(coxed)
23. Capital Pearl (Vespoli VHP 39 4x-2018)** – Midweight (130-170#)

* Callinectes and Porterfield are privately owned and are available for use in coached programs and for races only (see “Private Boats, below).

**The Quads may only be rowed with a launch present absent special permission from the sculling rep and VP of Operations.

PRIVATE BOATS

Some private boat owners make their boats available for use during the club and competitive coached programs. The sculling rep will identify those boats to the coaches, who may assign them during coached practices in their discretion. Private boats made available for coached practices may not be rowed outside of the club and competitive coached programs without their owner's specific permission.

During coached programs, the coaches will assign boats at their discretion. All Independent scullers may use any Training/Intermediate club boat. Independent scullers who have been certified for advanced boats by the sculling rep or a Capital coach may use those club boats as well.

Proper Boat Handling

1. At the rack/slings: Check the boat to make sure there is no damage and there are no loose parts on the tracks, foot stretchers, or riggers. If leaving the boat unattended, leave it upside down for stability. Do not leave boats unattended in slings in windy conditions – wind can easily blow a boat over and cause significant damage.
2. Adjustments: Foot stretchers, oarlock speed-spacers, and slide position can and should be adjusted by rowers to fit the boat to their needs. See “Damage and Repairs”, below, concerning other rigging adjustments.
3. 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. When carrying boats with two people, pick up and lift from as close to the center of the boat as practical (midway between ends and cockpit) to avoid stressing and bending the hull.
4. 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 before launching or when landing, do not leave the boat unattended at the dock. You must either launch or return the boat to its rack without delay.
5. Launching and landing: You should always be pointing downstream when launching. Make sure there are no boats coming before launching. 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.

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6. Entering/Exiting the boat: This should be done as instructed by Capital's coaches or sculling 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.
7. After each outing: Boat should be rinsed with fresh water and wiped off after each use. Members who do not follow this rule may be prohibited from using boats. Vents should be left open between rows. Stow vents in the shoes if there is no string attachment.

Usage

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 safe 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 registered and certified Capital independent sculler—who is not part of the class—may use one of the available boats, if it is suited to their skill/competency level. It is the sculler's responsibility to return the boat to its rack ten minutes before a coached sculling class time. Outside of the coached sculling practice times, sculling boats are generally available on a first-come, first-serve basis as discussed above.

RACING

The coached-competitive small boats program will have priority use of sculling equipment for regattas. All club 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. A rower (or a coach on behalf of one or more rowers) interested in racing in a regatta must give the sculling rep 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

Any rower using club-owned equipment must promptly report any needed repairs including the date, the boat in need of repair, the problem to the sculling rep and head sculling coach. Do not attempt to make repairs to boats (e.g. repair holes or cracks in

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the hull or deck of the boat) or make rigging adjustments to boats (e.g. changing span of rigging) and/or oars (e.g. changing overall or in-board length) without the approval of the head sculling coach. Major boat repairs and non-incidental purchases additionally need the approval of the vice presidents of operations and resources.

Promptly inform the head sculling coach and sculling rep of any damage to club equipment that you notice or that occurs while using the equipment by email at sculling_rep@capitalrowing.org. When damage is caused by an accident, the sculling rep may ask you to complete an incident report to document your accident so that others may learn from your experience. Where possible, sculling coaches should also be notified about boat damage.

If damage is deemed to be caused by negligence, 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 suspension from the Small Boats Program and use of club-owned equipment, at the discretion of the sculling rep. Three such incidents within one year will result in suspension of member privileges for a period of one month. You will also need to meet with the sculling rep or a sculling coach 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.

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

LIABILITY/INSURANCE

Rack-space holders must follow the CRC membership requirements, as laid out earlier in this document (Membership Requirements, Section 2) , that require membership in good standing at Capital (i.e., paid an annual membership fee, program dues and other relevant fees such as rack space) and have signed all the appropriate forms, including a valid US Rowing Waiver.

Boats, oars and other private rowing equipment stored at the Club are stored at owners' risk. Capital Rowing Club accepts no responsibility or liability for damage to private equipment.

Privately owned shells, oars and equipment are not covered under the Club's insurance policies. It is strongly recommended that all owners of private equipment stored at the Club or transported by the Club's trucks and trailers for a rowing activity have their own

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insurance coverage for damage in the event of accidents, theft or vandalism while on club property, while rowing within the parameters of the club's activities, and while their equipment is being transported by the Club.

Rack Space

All decisions concerning rack space will be made by the sculling rep in coordination with Capital's Vice President of Operations, and may be appealed by any affected member to Capital's Board of Directors.

RACK SPACE WAITLIST

Capital's sculling rep maintains a waitlist for private spaces for any person seeking to join Capital's Small Boats Program and looking to store a boat at the boathouse. The list will be posted on Capital's webpage.

- Non-members wishing to place their names on the waitlist are required to pay a one-time non-refundable fee of \$100.
- The order of placement on the waitlist is done on a first-come, first-serve basis based upon the date that interest is expressed.
- If a rack space is made available and the first person on the list is not able to use it, that person will be removed from the list.
- Capital will allow up to two months after acceptance of a rack space for acquisition of a boat if necessary. This period may be extended at the discretion of the sculling rep upon request. Payment equal to one season's rack space fee at the rates then in effect is required as a deposit in any event. In addition, individuals who are not Capital members must pay the Capital annual membership dues then in effect. If the sculler fails to acquire a boat within the allotted amount of time, the deposit will be forfeited. Otherwise, the deposit will be credited to their rack fees.
 - If a new rack space holder allows other rowers to use their rack space while they are acquiring their own boat, the new rack space holder still needs to comply with the rack space usage policies in this section. Meeting the minimum number of rows only apply to the rack space holder's boat.
- Open rack spaces on the five lowest levels will be offered first to current rack space holders based on frequency of use, seniority, promptness in paying rack and membership fees or making timely arrangements to pay, and fulfillment of Capital's volunteer requirement.

Capital reserves the right to temporarily or permanently reassign rack spaces based on usage, physical needs/safety, rigging/equipment conflicts, or changing club needs. All reasonable efforts will be made to notify and work with those whose space is affected.

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Capital also reserves the right to periodically review rack space requirements. This may mean that when a private rack space becomes available, it could be converted to use for club equipment (and vice versa).

REMOVAL OF USAGE OF RACK SPACE

Allocation of rack space may be withdrawn for:

1. Failure to meet Capital's membership requirements—such as failure to pay Capital's annual membership fee and/or seasonal Small Boats Program dues and rack fees, failure to meet Capital's volunteer requirement, as applied to all other members, and/or failure to adhere to Capital and US Rowing's safety guidelines. In such a case, the sculling rep will issue a written warning that use of the rack space will expire after two weeks. If the boat owner fails to respond to the written warning within the two week period, a lock will be placed on their boat and it will not be removed until all membership responsibilities are fulfilled, or the person agrees to remove the boat from the site. If the boat owner does not comply with the membership requirements or remove their boat within five weeks after receiving the warning letter, the boat will be considered abandoned. (See 'Abandoned Boats' below).
2. Infrequent use. If a stored boat has been used fewer than 30 times in the twelve-month period ending on October 31, the allocation of rack space will be revoked absent an approved extenuating circumstance as described below.
 - Only one row per day, and only rows that were properly logged, will count towards this minimum requirement.
 - The number of annual rows required of new rack space holders will be pro-rated, based on the number of months left in the year following the 2-month boat acquisition period (i.e. a person is notified May 1 that a rack space is available. They have until July 1 to acquire a boat. During the July-Oct 4-month period of the CRC year they will have to meet a requirement of 10 rows).
 - If the new rack-space holder has allowed somebody to temporarily use their space during the 2-month boat acquisition period, rows by that boat do not count towards the annual requirement.
 -

Individual exceptions to this use requirement may be made when extenuating circumstances preclude usage of the boat or fulfillment of membership responsibilities. It is the member's responsibility to clearly communicate these circumstances in writing to the sculling rep at the time they arise. A member may only request a waiver for two contiguous years.

Owners who make their boats available for club use (on mutually acceptable terms) will have other club member's rows count towards their 30 row yearly minimum.

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Oar Storage

Club oars are stored in the club oar rack to the left of and immediately behind the scullers desk. Keep oar pairs together, with blades nested and parallel to the rack slot.

A rack for private oars is available and located inside the boathouse. 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 the small boat programs. Any oars that are unused, as determined by the sculling rep, will be considered abandoned and will be made available for general use in the Small Boats Program. The sculling rep will notify the owner of such oars before determining that the oars are abandoned.

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 notice from the sculling rep notifying them that their rack space allocation is in jeopardy. The notice will be sent by email. If no action is taken on the part of the sculler in response to the notice, then five weeks after the issuance of the warning notice, 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 sculling 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 storage for multiple boats will be made by the sculling rep and can be appealed to Capital's board of directors.

Guests

Guests in good standing at another rowing club are welcome to use Capital facilities (boats, oars, and docks) when either accompanied by an advanced certified-Capital sculler or when participating in one of the coached programs.

The club member must be an Independent sculler in good standing and is responsible for the guest, e.g., ensuring 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 sculling rep.

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Unless special exception has been granted by the sculling rep, no guest may use a club single. Guests otherwise only have access to a double and must be accompanied by an advanced certified-Capital sculling member. The guest sculler must email proof of a current US Rowing waiver to the coach and sculling rep before their first outing at Capital.

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 must 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. The sweep program coach will coordinate equipment with the sculling coach.

Small Boats Safety Guidelines

Because 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 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 these safety guidelines.

AT THE COMPOUND AND DOCKS

Take care to avoid damage to your boat, as well as other boats, when taking shells on and off the rack.

- Check all equipment. (See US Rowing Safety Bulletin, "Before the Row" Point 6)
- Consider carrying a cell phone with you in case of emergency
- From sun-down to sun-up, use lights clearly visible from both bow and stern

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- Beware of risks of cold-weather outings (see US Rowing Safety Bulletin, On the Water Point 6 and separate CRC statement on cold-weather rowing)
- Club singles and doubles may not be taken out without a coach if the water temperature is below 50 degrees
- On land and when launching or landing, 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
- When launching or leaving the compound, unless someone in sight is using the compound or boathouse, lock the boathouse.

SCULLING AND SMALL BOATS LOGBOOK

Sign out before each ANY water outing in the Small Boats Log Book. Before launching, 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
- Your cell phone number, if it will be with you
- Time out and estimated time in

After each outing, you must record:

- Your return
- Any notes that will help other scullers avoid obstacles on the water, be aware of potential hazards, etc. and any damage to club equipment.

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 before your outing. It is your responsibility to educate your monitor about what to do in case of an

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emergency, and it is the monitor's duty to immediately notify Capital's sculling rep at 301-213-6771 as well as the DC Harbor Patrol (202-727-4582), 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 online in the Capital Safety Manual, in the boathouse on the entrance to Bay 2, and on the CRC website under both "Resources" and "Maps". 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 a sculling coach. . 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.

Capital scullers are required to:

- 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.
- If you are towards the port shore (avoiding boats or other obstacles), you must yield to oncoming traffic.
- 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!
- Remain 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.
- Exercise caution and row at a paddle through bridges above the Pennsylvania Avenue Bridge.
- Be familiar with emergency procedures. (See US Rowing Safety Expectations, Emergency Conditions section and CRC "Emergency Conditions" section of the Safety Manual)

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, you may run into other boats from different boathouses that have

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their own traffic patterns that run counter to what Capital has set out for its practice course. As such, 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. Upstream of the Railroad Bridge is informally known as "Narnia". Hazards and traffic patterns for this section of the river can be found on the interactive map on the CRC website and on the "Scullers Map to Narnia", which is posted in the boathouse on the entrance to Bay 2, and on the CRC website under both "Resources" and "Maps".

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.

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.

*** NOTE - SPECIAL TRAFFIC PATTERNS EXIST DURING SOUTH CAPITAL BRIDGE CONSTRICTION – CONSULT NOTICES POSTED IN THE BOATHOUSE

11th Street Bridge: Five Arches. Downstream: Arch #2. Upstream: Arch #4.

Pennsylvania Avenue Bridge: Six Arches. Downstream: Arches #2 through #3.

Upstream: Arches #5 and #6

Do not use Arch #1 or Arch #4

CSX Railroad Bridge: One Narrow Arch

- Exercise caution; check for traffic from other direction!
- Paddle pressure only within 10 strokes of the bridge
- Adjust your point through the bridge to allow for wind and tide.
- Boats heading North/Upstream have the right of way.
- Turn sharply to starboard while exiting to avoid traffic and minimize tide impacts..

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East Capitol Street Bridge: Five Arches

Downstream: West side of Arch #2

Upstream: West side of Arch #3 (East side of Arch #2 may be used with CAUTION!)

Metro/Benning Road Bridges: Three Arches

Downstream: Arch #1

Upstream: Arch #2

- * Follow arches of Benning Road bridge, not Metro bridge
- * Be careful of docking posts & Metro bridge pylons
- * Be Careful! Bladensburg crews often use Arch #1 as a two-way arch.

AMTRAK/MARC Bridge: Four Arches

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

Upstream: East side of Arch #2 or west side of Arch #3 with EXTREME CAUTION. At mid to low tide, the straight approach to Arch 3 is obstructed by a downstream sand bar.

- * Bladensburg Boathouse traffic uses Arch #2 as a two-way arch.

New York Avenue Bridge: Four Arches

Downstream: Arch #2

Upstream: Arch #3

WINTER ROWING

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

As such, club singles and doubles may not be taken out without a coach when the water temperature is below 50 degrees.

CLUB BOATS

There is no winter rowing in club equipment unless part of an organized winter Capital Small Boats Program that is approved by Capital’s Board of Directors.

PRIVATE BOATS

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

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

- Check the temperature of the water to assist you in making a wise decision of whether it is safe to go out
- 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
- 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 or swim around the boat, 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.

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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.