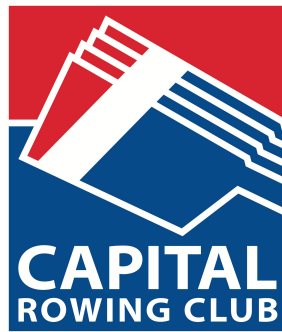


Safety on the Water
Bridget Siegel
COVID-19 Protocols
Anne Diggs

Safety Resources



VISIT THE CRC WEBSITE FOR

// SAFETY MANUAL (UPDATED 2022)

// SCULLING + SMALL BOATS MANUAL

// SAFETY PRESENTATION

// MAPS

// VIDEOS

// TIDE SCHEDULE + OTHER RESOURCES



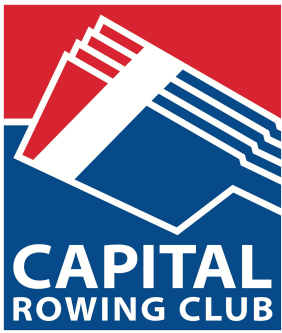
Resources ▾ Donate ▾ Volunteer ▾ ↓

- For Members >
- Gear >
- Safety >**
- Equipment >

to learn

Capital Rowing Club provides rowing opportunities for the diverse community of the larger Washington, DC area. Capital Rowing Club is a volunteer-directed organization of people of all ages and abilities. Capital Rowing Club provides recreational and

- Updated ACBA COVID Procedures (5.21.21)
- Safety Presentation & Manual**
- Tide Schedule (Washington, DC)
- Maps and Videos



Safety Requirements

ALL ADULT CLUB MEMBERS **MUST** COMPLETE THE FOLLOWING REQUIREMENTS TO PARTICIPATE:

// SELF CERTIFICATION - SWIM TEST AND PHYSICAL

// BECOME A USROWING MEMBER

// SIGN THE USROWING WAIVER

// WATCH THE USROWING SAFETY VIDEO

// COMPLETE SAFESPORT COURSE

// REVIEW THE CRC SAFETY MANUAL

// REVIEW SCULLING + SMALL BOATS MANUAL (SCULLING)

Safety Requirements



Document certifications in iCrew:

// Self-certifications

// Upload documents

// Provide USRowing membership info in your member profile

BLOCKING ITEMS:

// REQUIREMENTS MARKED “BLOCKING ITEM”
DON’T COMPLETE = DON’T ROW

A screenshot of the iCrew 'Documents' page. At the top, there is a 'Documents' header and a 'Your Menu' dropdown button. Below this, three document entries are listed, each marked as a 'blocking item!'.

- SafeSport for Adult Athletes (Enrollment Key NGBUSR-RFKt8f) (blocking item!)**
On file: No
- COVID-19 Vaccination (send card to annediggs@capitalrowing.org) (blocking item!)**
On file: Yes
- USRowing Membership (join @usrowing.org, CRC imports status) (blocking item!)**
On file: Yes
Expires on: 06-06-2022

Personal Safety: On Land

SECURITY

- // Secure your vehicle and lock valuables (or leave at home)
- // Bring a lock for the day for locker use
- // Turn off all lights, fans and/or heat lamps
- // Lock Equipment Cage + Gas Lockers
- // If you are the last one out, lock ALL DOORS, BAYS + GATES before leaving.

SAFETY EQUIPMENT

- // HOMER BOXES are stored in the cage
- // KIPPY BAGS are stored between BAY 2 + 3 at the front of the boathouse
- // PFDs are stored in the cage
- // DEFIBRILLATOR is stored in the erg room
- // FIRST AID KIT is stored in the erg room



Personal Safety: Cold Weather Rowing

Dress for the **WATER TEMPERATURE**, not the air temperature

LAYER ONE: WICKING

KEEPS YOU DRY AS POSSIBLE
GETS SWEAT OFF YOUR SKIN AND BODY
SWEAT EVAPORATES AT THE SURFACE

LAYER THREE: WATER + WIND PROTECTION

LIGHTWEIGHT
WATER AND WIND PROOF
BREATHABLE - LET SWEAT ESCAPE

LAYER TWO: INSULATION

LOOSE FIT
KEEPS THE AIR AROUND YOUR BODY WARM
LETS MOISTURE OUT

EXTREMITIES

HEAD, HANDS + FEET ARE VULNERABLE TO COLD
AND FROSTBITE

//Sculling is very dangerous when the water temperature is below 50°F

//Club singles, doubles + pairs may not be taken out without a coach if the water temp is < 50°F

//See additional guidance in the Sculling and Small Boats Manual



Personal Safety: Hot Weather Rowing

// Pay attention to the heat index: Above 105°F requires extreme caution!

LIGHT COLORED CLOTHING

HELPS REFLECTS SUN FROM YOUR SKIN

PROTECTIVE GEAR

HAT WITH A VISOR

SUNGLASSES

SUNSCREEN (SPF 15+)

SYNTHETIC FABRICS

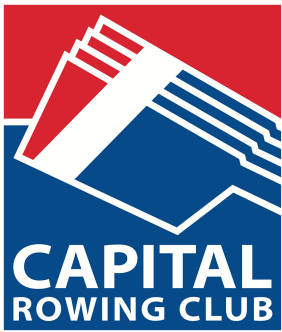
DESIGNED TO WICK MOISTURE AWAY FROM YOUR
SKIN SO COOLING EVAPORATION OCCURS

HYDRATION

REPLENISH LOST FLUID
DRINK BEFORE, DURING AND AFTER

// Heatstroke can occur if your body temperature rises to 104°F or higher

// Acclimate to exercising in hot weather (don't avoid practicing in hot weather and then race at Diamond States in July)



Safety: Know Before You Go

// Be aware of weather, river levels and tidal information before leaving the dock

// Launches must have the following equipment before leaving the dock:

- Kippy Bag
- Homer Box
- PFD for all in launch
- Paddle
- Bailer
- Tow Line
- Radio/Cell Phone
- Megaphone
- Safety Ladder

// All AM/PM Boats must turn on **non-blinking** lights:

- RED/GREEN for the BOW
- WHITE for the STERN
- Small boats should add bright lights and wear bright, reflective clothing for visibility

// AM Boats: Turn on lights before launching until the season changes

// PM Boats: Turn on lights in the afternoon when you'll return when it is dark

Safety: On the Water

// Low Tide Sandbar

- At normal low tide, the sandbar is an obstacle
- Water is 6-12" depending on the area
- Several logs may also present on the sandbar
- Proceed with caution

// Watch for debris

- See something, say something
- Stop and listen to coaches
- Go slowly through debris fields

Sandbar!



Safety: Capsize

IF YOU END UP IN THE WATER

- // The boat is your floatation device - stay with your boat!
- // Fatigue and hypothermia can set in quickly in the water
- // Getting back in the boat is preferred, but
- // Paddling the boat to shore is an option
- // If it is cold, lying across the boat out of the water is important - **body heat loss occurs 25 times faster in the water**

IF YOU SEE A ROWER IN THE WATER, HELP

- // Stand by to see if they need assistance
- // If they need help re-entering the boat, bring your boat alongside theirs, hold the rigger + allow them to climb in
- // If needed, notify the nearest coach or Harbor Patrol



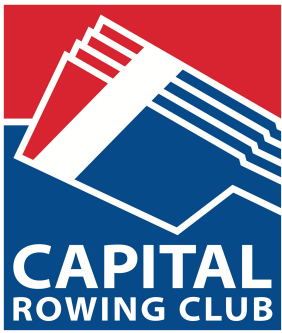
DC HARBOR PATROL: 202-727-4582

Safety: Traffic Pattern Update

Frederick Douglass Memorial Bridge (FDMB)

- // The old bridge (still in photo) has been substantially demolished
- // The New FDMB has 3 Arches
- // Go Downstream through Arch 2 WITH CAUTION (it is the main channel)
- // Go Upstream through Arch 3
- // Arch 1 has barges and equipment on the Potomac side of the bridge
- // Look for updates + changes throughout the season





BOATHOUSE COVID-19 PROTOCOL 2022

Anne Diggs

All this information will be accessible on the Capital Rowing Club website
Resources > Safety

Boathouse COVID-19 Protocol



This document contains requirements for users of Anacostia Community Boathouse facilities during the on-going COVID-19 pandemic. This update was prompted by the Mayor's Order effective March 1, 2022.

Changes:

- Masks - No Longer Required Indoors.
- Vaccinations - Proof of Vaccination no longer required.

1. Self-Screening: Anyone coming to the Boathouse must monitor their health and stay away if displaying any Covid symptoms. We ask that all members be hyper-vigilant in monitoring their health.

2. Masks: Are no longer mandated indoors. They are optional.

Boathouse Covid Protocols Cont.



3. ACBA will continue to adhere to DC Covid policy and will adjust if necessary.

4. CRC Covid policy: CRC Members are required to follow current DC and ACBA COVID guidelines, and are highly encouraged to receive a COVID vaccine and stay current on COVID booster shots. CRC Members are encouraged to provide proof of vaccination so that the CRC can understand its vaccination status, be prepared to respond as COVID requirements evolve, and provide status to regatta organizers in the likely event that it is required. COVID vaccination (not booster) cards should be forwarded to annediggs@capitalrowing.org.