

2019 SRA SAFETY & BOATHOUSE TALKING POINTS

Updated 3-1-2019

This document is intended for the purposes of outlining our safety policies for all rowers at the Sammamish Rowing Association. It is not the complete and detailed set of rules and policies. You are still responsible for reading and abiding by the rules set forth in the SRA Rower's Handbook which can be found on the SRA website www.sammamishrowing.org

Basic Reminders:

- Sculling desk and first aid supplies are at the back of the boathouse by the bathroom.
- Turn lights off and lock up every time you leave the boathouse.
- Black mail box is just inside the side door.
- High visibility clothing is:
 - REQUIRED for all rowers on the water without a coach.
 - HIGHLY RECOMMENDED for all rowers on the water with a coach and individual coaches may require it.
- Extra spacers and spare parts can be found on the wall by the shop.

Oar Handles/Erg Handles:

- It is REQUIRED that all rowers clean the ergs and erg handles after each use.
- It is RECOMMENDED that all rowers wipe off oar handles with a disinfectant wipe before practice.

Damage/Repairs

- Report all damage immediately.
- Team members should report directly to your coach.
- Independent rowers should log any damage on the clipboard hanging on the wall by the shop.
- Put a "Do Not Use" sign on the boat if it is not safe to row.
- Extra spare parts are available in the parts bin that is hanging on the wall to the right of the shop door.

Boat Lights:

- Lights are REQUIRED if any part of the row will be in the dark.
- Red/Green lights attach at the bow, red to port, green to starboard.
- White lights attach at the stern or face the stern if worn by a rower or coxswain.
- Additional wearable lights are HIGHLY RECOMMENDED, i.e. bicycle lights or headlamps, and may be required by individual coaches.
- It is the rower's responsibility to purchase any additional wearable lights.
- Non-working lights should be placed in the red cart next to the shop.
- Extra batteries are provided in the spare parts box and rowers should try to replace batteries before placing in the red card for repair.

Weather:

Rowing is prohibited under the following conditions:

- Thunder and /or lightning
- Waves and /or wind that cause water to consistently crash over the gunwales
- Fog and /or precipitation that prohibits safe navigation
- Temperatures and /or conditions at which the risk of hypothermia is high
- When the air is below 40 degrees and /or water below 50 degrees, keep the coaching launch within 100 yards of all shells.

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Slipping:

- Surfaces including but not limited to the dock, launch ramp, apron, boat bays, and exterior stairs are slippery when wet.
- Exercise caution and walk carefully throughout the facility.
- Exercise extreme caution if ice is present, or the potential for ice forming while out rowing.
- Running is PROHIBITED in the boathouse/boat bays, on the stairs, dock ramp, and dock!

Traffic Pattern(See map in boathouse):

In Slough

- Keep land to your starboard side at all times (except when docking)
- Stay on the paddle at ALL times
- Northbound traffic (heading back to the dock) has the right of way
- Bow seat in no-coxswain boats MUST look behind frequently for safe navigation and to avoid collisions

Water Ski Course

- Stop to check for skiers before crossing course at the mouth of the lake
- Do not stop on the course
- Make all adjustments well outside the course

On the Lake

- Stay inside the buoys while heading southbound (being careful of sandbar and swimmers near Idylwood)
- Stay outside the buoys while heading northbound
- Outside of traffic pattern move to your starboard side to avoid any oncoming traffic regardless of the direction you are travelling
- Bow seat in no-coxswain boats MUST look behind frequently for safe navigation and to avoid collisions

At the Dock

- Pull directly in to the dock bow first (facing north)
- Dock is first come first serve basis

AED/Emergencies:

- AEDs are located inside the boathouse doors on the top and bottom floors
- AEDs should be utilized for anyone NOT BREATHING and/or PULSELESS
- When in doubt, get it out!
- Do not hesitate to act - WA has a "Good Samaritan Law" that protects responders unless there is gross negligence or willful or wanton misconduct
- Instructional posters and the AED protocol are by the AEDs
- All coaches are SRA first responders, notify them immediately if possible, but DON'T hesitate to call 9-1-1 in emergencies
- Should it be necessary to use the AED without a first responder present, call 9-1-1 for instructions.
- Use the Emergency Script when asked to call 9-1-1. It is located next to AED cabinets and in the Safety Manual in the first aid cabinet.
- There is a landline phone in the elevator that can be used in case of emergency if a cellphone is not readily available.

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Boathouse First Aid Supplies:

- Located in the tall white cabinet next to the sculling desk at the back of the boathouse.
- Please inform a coach if you are injured, so only coaches are in and out of 1st aid supplies.

Bathrooms, Lockers, and Showers:

- Keep them clean at all times.
- Ground floor bathroom:
 - Toilet paper and supplies are in the white cabinet above the washer dryer.
 - If trash is full please put in a new bag and put the full one in the trash can located by the black box.
- Locker and shower areas:
 - Remove all gear from lockers when you leave.
 - No soaps, shampoo, etc. should be left in shower area.
 - Be conscious of our water bill and keep your shower time to a minimum.

Boat and Levels/Labels:

Shell Level	Shell Weight	Shell Name	Default Rigging	Rack Spot
↓	185	MONAHAN	8+	A6

	BEGINNER
	INTERMEDIATE
	RACER

Life Vests:

All rowers without direct coach supervision must wear or carry in the boat a life preserver, regardless of rower age, experience, or boat size. Life preservers must be worn when any of the following circumstances apply, and are encouraged to be worn at all times:

- When the air is below 40 degrees and /or water below 50 degrees
- By coach requirement

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Flipping Procedure:

1. Try and right the boat and re-enter.
2. If unable, STAY WITH THE BOAT.
3. If no immediate help will be coming, push the boat to nearest shore.
4. If you are unable to do that, use the whistle to summon help

Ergs and Weights:

All members have access to our ergs and weights. Teams do have priority during their scheduled time slot.

- You must have a partner in order to do any weight lifting
- Wipe down ergs and erg handles after use.
- Wipe down all equipment after use and return to proper place in gym
- Report any damage or issues and put a "Do Not Use" sign on broken equipment
- DO NOT remove ergs from boathouse
- Ergs on the deck are ok as long as they have a red mat underneath them

Launches **this is for teams only:*

Must contain the following whenever used on the water:

- 2 flotation seat pads
- 1 sealed bags with 9 PFDs (cox + 8 rowers)
- Paddle and bailer
- Ladder
- Megaphone
- Black Tool Box:
 - Emergency space blankets (9)
 - Fire extinguisher
 - Trauma kit/mini first aid kit
 - Tow rope
 - Flashlight
 - Drowning kit

*Make sure plug is in transom prior to putting launch into the water. Pull plug once launch is back on trailer.

*Make sure to take gas out when launch is not in use.

*Make sure to close and lock the gas locker at all times

*Make sure all cushions, life vests, spot lights and bow lights are returned to storage room when launch is not in use.

Storing Your Gear:

- Gear must be stored in the cubbies in the gym upstairs during practice.
- Gear must NOT be stored or left anywhere or in any way which would impede safe walking. Keeping things off of the floor helps keep us all a little bit safer from tripping.
- Used the cubbies on the dock for any gear taken to the dock but not on the water, ie shoes, water bottles, and clothing. Do not leave items out on dock.

Water Bottles:

- Do not leave your water bottles lying around.
- Keep them on your person or in your bag.
- Please use reusable water bottles.
- It is REQUIRED that bottles be covered with a sock or some type of cushion to prevent it from rolling around and causing damage to the interior of the boat.

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Rodents:

- Rodents infested our old boathouse. Let's avoid that in the new boathouse!
- Leave no food, food wrappers or food containers in the boathouse. Take it all with you when you leave.

Safety Reporting

Safety concerns, near misses, and incidents can be confidentially addressed by and should be reported to the SRA Safety Committee Chair (Andy Lynch) and/or Executive Director (Steven Freygang).

Head Injuries

Any head injury can be serious, leading to lacerations which may bleed profusely, concussion, or even internal bleeding in the head or brain.

- **Lacerations:** While typically not dangerous, they often bleed a lot and may require long period of direct pressure or even sutures to stop the bleeding. They can be very disconcerting. If bleeding is difficult to stop or if the cut is deep, sutures may be required and the athlete should go to urgent care or the emergency department.
- **Concussion:** If an athlete hits or is hit in the head, they may have sustained a concussion. This is not always obvious and some basic questions should be asked and observations made. ***If any of the following are reported by the athlete or by a coach or teammate, remove the athlete from participation immediately.*** They will need to be seen by a health care provider and should not be allowed to return to participation at any level until they have been cleared to do so in writing from a health care professional.
 - Athlete-reported symptoms:
 - Headache or "pressure" in the head
 - Nausea or vomiting
 - Balance problems or dizziness
 - Vision changes
 - Sensitivity to light or noise
 - Sluggish, hazy, foggy, groggy
 - Concentration or memory problems
 - Confusion
 - Doesn't "feel right"
 - Observations by coach or teammate:
 - Dazed, stunned, confused, forgetful, difficulty with recall of events prior to or after the event
 - Becomes clumsy
 - Slow to answer questions or gives wrong answers to simple questions
 - Mood, behavior, or personality changes
 - Any loss of consciousness

When in doubt, take them out!