

## AJR Safety Plan

The AJR Safety Committee is chaired by a member of the Board and is comprised of, at minimum, all coaches, team captains and all 1V coxswains. The committee will meet once per month during the fall and spring seasons and as needed during the other seasons.

### 1. Certifications.

1. All coaches will have current SafeSport certification before starting with AJR. All coaches should have basic CPR and First Aid certifications. If not, the coaches will make obtaining those certifications a priority within one month of starting with AJR. All athletes and parents should consider obtaining these certifications as well.
2. All launch drivers will have current boating license/safety certificate.
3. Anyone in the launch will wear a PFD at all times when on the water.
4. All coaches, rowers, coxswains and launch drivers are required to view the US Rowing safety video each year at the beginning of the fall season. Any new members joining in the spring will watch the video prior to the starting rowing. It is recommended this be done in a team setting with all present.
5. All rowers and coxswains will have a current annual physical prior to any AJR participation (every year) and a swim certification prior to going on the water (one time).

## 2. Safety Equipment

a. Each launch will be equipped with a Type IV throwable PFD, bailers, paddles, first aid kit, fire extinguishers, lights, anchor, extra line, flare kit, marine safety throw kit, at least one sound-making device specifically a horn, bell or whistle, and space blankets (10 minimum), tool kit, radio and cell.

b. If the launch has a kill switch, the coach/launch driver must wear it.

c. Each coach/launch driver will inspect the launch before departing for needed safety and communication gear and overall seaworthiness.

## 3. Normal Operating Procedures.

a. Under no circumstances will any AJR boat/athlete be on the water without a coach and launch present.

b. A log with boating assignments and routes will be posted at boathouse each practice and checked after each practice to ensure all are accounted for.

c. A waterway map including any obstructions and normal traffic patterns will be posted at the boathouse.

d. Checklists. In each launch bag, a checklist of inventory; in each launch; the emergency plans and also posted at the boathouse. These will be confirmed at the beginning of each practice, the head coach is responsible for ensuring these checks are done.

e. The boats. Each person is 100% responsible for the whole boat and 100% accountable for their own oar, rigging, foot stretchers, seat and slide. USRowing recommends before leaving land to place the boat in slings and check the following:

- That nuts on the rigging are tight, position of foot stretchers and the smoothness of slide are acceptable.
- That the forward end of the slide is blunt and will not gouge calves.
- That the heel ties on your shoes are tied, the correct length and in good condition (or if using mules or quick release shoes, make sure that they are in proper working order).
- That your clothing cannot become tangled in your seat or oar handle.
- That you have proper safety devices on board the shell, such as lights, cell phone in watertight container (coxswain), and water.
- Check bow ball to make sure that it is securely fastened.

f. Weather.

Cold. When the water temperature is below 50°F and the air temperature is below 40°F only 4+ or larger boats can row and a coach and launch must accompany each boat on the water and stay within 100 yards at all times.

When the water temperature is below 45°F and/or the air temperature is below 40°F, no AJR boat should be on the water. The Head Coach must approve any exception to this policy.

NOTE: Make sure the coxswain is warm but safe. They are not moving. Many layers are not safe, if the boat flips they can drown. Mustang Survival suits are a better warming option. The coach must ensure the coxswain is appropriately attired.

Wind. When winds exceed 10 MPH, AJR should proceed with caution.

Winds exceeding 15 MPH, AJR should proceed with extreme caution and a launch will accompany each boat.

Winds exceeding 20 MPH, AJR will not be on the water.

Lightning. If any lightning, no AJR boat will be on the water. Minimum wait time after thunder is 30 minutes with a check of the radar.

Fog. AJR should proceed with extreme caution. Launches must be close and able to alert other boats immediately. If no visibility under 500m, no AJR boat will be on the water.

g. One coach will launch first and the second coach will launch after all boats have launched. This will ensure a launch is on the water at all times and a coach is on the dock if needed. If only one coach is present, the coach will launch last but all boats will remain close by the dock and together. For singles, the maximum number of boats per coach will be limited to four.

h. For any early morning or evening practices where sunrise and sunset affect visibility, all athletes will wear high

visibility shirts at all times on the water. It is highly recommended to wear high visibility shirts at other practices times as well and shirts will be worn at all times to allow for coaches to better track athletes.

i. If a rower goes into the water, it is the coaches discretion to require the rower to return to the dock, change clothes and return home. This is especially important when training in singles and in colder weather. Err on the side of returning to the dock. If an athlete does have to return to the dock, that coach and other boats he/she is responsible for will all return to the dock in order for the coach to monitor the athlete who went in the water. All athletes are required to have a change of clothes available at each practice.

#### 4. Infection Procedures

- a. Any member of AJR that has or believes they have an infection will not come to practice and inform their coach. Coaches must communicate with each other to identify potential infection issues that could affect the team.
- b. Cleaning. Bleach and water to dip oar handles in after practices. Wipes for ergs and common areas such as door handles, common gear, etc. Coaches responsible for ensuring cleaning is done after each practice. \*This does not cover specific COVID-19 procedures. Those are detailed in the 'Return to the Boathouse' plan.

5. Emergency Procedures. First and foremost, contain the situation. Do not allow it to get out of control. Seeking help earlier is always the better option.

a. On-water. The respective coach will be notified and assess the situation. As needed, other coaches/launches will be notified and brought to assist. Err on the side of safety for any on-water incident. Notification to emergency authorities should be a primary consideration (identify someone to call, don't expect it will happen).

b. Off-water. The respective coach will be notified and assess the situation. As above, identify someone to call emergency authorities.

c. The parents of the athletes involved will be notified as soon as possible. An emergency contact list for all AJR members will be located in the shed and each coach should have an electronic copy.

6. Incident Reporting. There exists a form in the shed for incident reporting. This includes any equipment damage. The form will be filled out after that practice or race by the coxswain and/or coach and turned into the respective varsity coach. The varsity coach will handle any immediate issue and inform the other varsity coach as needed. The forms will then be reviewed by the Safety Committee at the monthly meeting for any additional discussion or change in procedures.

7. Training. All coaches must know this plan and train the respective teams at the beginning of the season and reinforce it throughout the season.

8. End of Practice. The Head Coach will designate a rotating coach to remain at Camp Woodlands until the last athlete has been picked up. That coach is responsible for ensuring all equipment and facilities are properly secured. That coach is also responsible for locking the Camp Woodlands gate upon departure.

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