



**JUST BECAUSE IT SAYS YOU CAN ROW DOES NOT MEAN YOU DO.**

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Remember you are always liable for your crews safety.

Revised Jan 2009 by TRRA Safety Committee and accepted by TRRA Board

The following safety guidelines were created by the TRRA safety committee in the late spring of 2003. The goal was to review the policy, and based on the varying water/weather conditions we face, formulate regulations that serve our diverse rowing and paddling communities.

**Common sense is the best guide.** The relevant factors to be considered include: wind speed, temperature, flow rate, water temperature, light conditions, experience and skill level of the coach, coxswains and crew, they type of boat in use, the boat traffic, etc. **What is correct for one crew may be dangerous for another.**

The guidelines and regulations below determine whether the docks are open or closed. TRRA may close the docks whenever they feel it is unsafe to launch.

**ENFORCEMENT OF POLICY:**

Any violation of this policy will result in the following set of consequences imposed on either the coach/rower and/or the program:

- 1) **Level One Offense:** A full safety/incident report is made to the governing/administrative body of program by TRRA. This will serve as a warning to both the individual, the safety committee, the board of directors and the governing body of that program.
- 2) **Level Two Offense:** Offense will be taken to the safety committee for review. Punishment will be from three days to a maximum of one week suspension of the individual coach/rower.
- 3) **Level Three Offense:** Offense will be taken to the safety committee. This constitutes a blatant disregard for the safety of crews and suspends all rights to row/coach at TRRA for a period of up to 12 months. After 12 months have passed, that coach/rower may appeal to the TRRA safety committee to be reinstated with coach/rower privileges.

**NOTES:**

- 1) Racing may only occur when CFS is below 40k
- 2) Novices are defined as any rower who has only been rowing for one year or less.



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Three Rivers  
Rowing  
Association

How to Read this chart:

- 1) Determine the current water flow and water temperature.
- 2) Based on flow and temperature above, select the more restrictive of the two conditions (zone further to the right)  
e.g. if water temp is under 40 degrees, but flow is 12k; go to Zone 4.
- 3) If rowing in daylight conditions you may move one zone to the left. (Zone 6 does NOT apply)

ROWING ZONES:						
	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6 <sup>3</sup>
Water Flow AND Water Temp	Less than 28k cfs Greater than 50° F (10° C)	28k to 35k cfs Greater than 50° F (10° C)	35k to 40k cfs 40° to 50° F (4.5° - 10° C)	40k to 45k cfs Less than 40° F (4.5° C)	45k to 50k cfs Less than 40° F (4.5° C)	50k to 60k cfs Less than 40° F (4.5° C) You may NOT move to the left when conditions are in this zone only.
BASED ON THE ABOVE ZONES, THE FOLLOWING RULES MUST BE OBSERVED IN ORDER TO GO ON THE WATER:						
Shell Type	All boats	All boats. Blind boats allowed only with advanced certification	8+, 4+, 4x and 2x with advanced certification	8+, 4+ and 4x	8+ and 4x	8+ and 4x
Launch to Shell Ratio	Not a requirement	Not a requirement	1 launch to 2 shells (shells of equal speed) <sup>1</sup>	1 launch to 2 shells (shells of equal speed)	1 to 1	Sufficient launches to (a) carry the greater of (i) one full shell's worth of rowers/coxes participating in session or (ii) 1/3 of all rowers/coxes participating in session, and (b) have at least 2 engines as between all launches on the water (towing line required)
Coach Certification	Not a requirement	Not a requirement	College/HS: USRA Level 2 Masters: Crew Leader Level 1 in launch <sup>2</sup>	College/HS: USRA Level 2 Masters: Crew Leader Level 2 in launch	College/HS: USRA Level 2 Masters: Crew Leader Level 2 in launch	College/HS: USRA Level 2 Masters: Crew Leader Level 2 in launch
PFD Requirement	Optional			Worn by all rowers and coxswains <sup>4</sup>		
Communication Requirement	Optional	Cell Phone Optional	Cell Phone Required	Cell Phone Required	Cell Phone Required	Cell Phone and Marine Radio Required for all coaches; at least one additional person at the boathouse with cell phone, marine radio and car during entire session
Skill Level of Additional Safety Items	Any Level Optional	Any Level Optional	Any Level Optional	No Novices One Space Blanket per rower in launch	No Novices One Space Blanket per rower in launch	No Novices One Space Blanket per rower in launch; one bailer/large sponge/pump in each shell***

<sup>1</sup> No launch required if all rowers are wearing PFD in shell

<sup>2</sup> Crew leader can be in shell

<sup>3</sup> Additional Requirements for Zone 6

- I. A meeting and letter must be provided to TRRA before rowing in these conditions. A standard letter can be found on the TRRA website.
- II. Crews must be strong enough to make meaningful progress upstream through the Millvale cut with not more than 3/4's of rowers rowing
- III. Crews must have not less than 2 hours of on-the-water time within the immediately preceding 5-day period
- IV. Day light required. You may not shift to the left in daylight from Zone 6 to Zone 5.
- V. No more than 8 mph of sustained wind in the opposite direction from the current
- VI. Demonstrate rescue techniques to TRRA staff's satisfaction  
**AND**
- VII. For youth oriented organizations - Required Parent Group board member representation at each of TRRA's semi-annual Safety Meetings.

<sup>4</sup> There are various kinds of PFDs available. The TRRA Safety Committee recommends that each rowing program research PFDs to determine which type is best for its members' use. **PLEASE NOTE, however, that the TRRA Safety Committee is aware that certain PFD manufacturers do not recommend use of CO<sub>2</sub> inflatable PFDs in air or water conditions below 40° Fahrenheit (4.5° Celcius).**



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<b>PADDLING ZONES</b>				
	<b>ZONE 1</b>	<b>ZONE 2</b>	<b>ZONE 3</b>	<b>ZONE 4</b>
Water Flow AND Water Temp	Less than 28k cfs  Greater than 50° F (10° C)	28k to 35k cfs  Greater than 50° F (10° C)	35k to 40k cfs  40° to 50° F (4.5° - 10° C)	40k to 45k cfs  Less than 40° F (4.5° C)
<b>BASED ON THE ABOVE ZONES, THE FOLLOWING RULES MUST BE OBSERVED IN ORDER TO GO ON THE WATER:</b>				
Shell Type	All boats	All boats	All boats	All boats
Launch to Shell Ratio	Kayak: none required DB: none required	Kayak: none required DB: none required	Kayak: 1 launch per 6 boats DB: 1 launch to 1 shell	Kayak: 1 launch per 6 sprint boats DB: 1 launch to 1 shell
Coach Certification	Not a requirement	Level 1	Level 2	Level 3
Paddler Certification	Level 1	Level 1	Level 2	Level 3
PFD Requirement	Mandatory under 12 years old Sprint: must have in a boat	Mandatory under 12 years old Sprint: must have in a boat	Mandatory for all	Mandatory for all
Communication Requirement	Cell Phone Optional	Cell Phone Optional	Cell Phone Required	Cell Phone Required
Skill Level of Crew	Any Level	Any Level	3 seasons in that boat class	6 seasons in that boat class
Additional Safety Items	Optional	Optional	Optional	One Space Blanket per rower in launch