

Adopted May 2024. Supersedes all older Matrices and all other Safety Rules.					
There is no moving from Zone to Zone in either daylight or in darkness (see APPENDIX #1). Based on conditions, select the more restrictive of flow and water temperature (further zone to right).					
Rowing Zones:					
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Water Flow (See APPENDIX #2)	29.9k cfs or below	30-39.9k cfs	40-44.9k cfs	45-49.9k cfs	50-60k cfs DAYLIGHT ONLY
Water Temperature	50.0° and Above		Below 50.0°		
Shell Type	All boats	Racing Shells: All types Adaptive Shells: All boats	8+, 4+, 4X	8+, 4+, 4X	8+, 4X
			(2x allowed only if flow is under 40k cfs)		
Launch to Shell Ratio	Not Required (See Youth (U-18) Exception APPENDIX #5)	One launch for 3 shells	One launch for 2 shells	One launch per shell	One launch per shell and sufficient launches to: (a) carry all rowers and coxes participating in the session AND (b) have at least 2 engines between all launches on the water (towing line required)
Racing	Racing Allowed		No Racing Allowed (See APPENDIX #6)		
Coach Certification	ALL ZONES, TRRA - Equivalent Certification				
PFD Requirement by Group	Rowers	Not Required	Recommended to be worn or in shell for 1x, 2x, 2-	Recommended to be worn or in shell for all rowers	Zone 4 & 5 - required to be worn by all rowers when water is under 50 degrees. Recommended to be worn or in shell at all other times (see APPENDIX #7)
	Coxswains	ALL ZONES - Required to be worn from November 1 through April 30.			
	Coaches & All Launch Occupants	ALL ZONES - PFD to be worn at all times.			
Zone Based Criteria (*See APPENDIX #9)	U-14: Approved Novice: Approved Experienced: Approved Adaptive: Approved	U-14: Restricted Novice: Approved Experienced: Approved Adaptive: Approved	U-14: Restricted Novice: Limited*. Experienced: Approved Adaptive: Inclusion	U-14: Restricted Novice: Limited* Experienced: Approved Adaptive: Inclusion	U-14: Restricted Novice: Limited* Experienced: Approved Adaptive: Inclusion
Communication Requirement	A whistle is REQUIRED and protected cell phone recommended in each launch or in each shell not accompanied by a launch	Zone 2, 3 & 4 - Protected cell phone and whistle is REQUIRED in each launch <u>and</u> recommended in each shell.			Protected cell phone required in each launch and shell. Marine radio recommended for coaches. At least one additional person must be on shore with cell phone and car (See APPENDIX #8)

Three Rivers Rowing Association Safety Matrix Appendices			
Number	Topic	Notes & Detail	Link
1	Daylight:	The hours between sunrise and sunset per the times specified.	Link
2	Water Flow:	Use more recent OBSERVED DATA regardless of the time and date	Link
3	Water Temperature:	Use the Water Temperature Table:	Link
4	Launch Safety Items:	The following must be included in each launch under all conditions: - One space blanket per rower - Bailer - Pump (in rough water, one pump recommended in each shell)	
5	Youth (U-18) Exception:	All youth (Under age 18 and/or still enrolled at a high school) shells must be accompanied by a launch at ALL times and in ALL conditions.	
6	Racing:	Racing is allowed when the water temperature is below 50-degrees PROVIDED the flow is below 40 Kcfs. All other safety conditions for Zones 3, 4, and 5 apply to races when water temperature is below 50-degrees.	
7	Life Jackets:	A: The Safety Committee cautions that certain PFD manufacturers do not recommend the use of CO@ inflatable PFDs in air or water temperature below 40-degrees Fahrenheit.	
		B: It is recommended that coxswains wear a low profile (vest or belt pack) at all times and in all zones.	
8	Additional Zone 5 Requirements:	A: A meeting and letter must be provided to TRRA before any program rows in Zone 5	Zone 5 Letter Template
		B: Crews must be strong enough to row upstream through the top of the channel with only ¾ of rowers rowing.	
		C: Crews must have no less than 2 hours of on-water time during the immediately preceding 5-day period.	
		D: Rowing in Zone 5 may only occur during daylight as defined in APPENDIX #1.	
		E: Rowing in Zone 5 is prohibited in the face of visible whitecaps.	
		F: For youth (U-18) organizations, a parent group safety representative must attend each TRRA Safety Meeting.	

9	Zone Based Criteria				
		Zone 1	Zone 2	Zone 3	Zone 4
Adaptive	Approved	Approved	PR 3 - Inclusion (Crew contains at least 50% able bodied athletes.)		
U-14	Approved	Not Permitted			
Novice (Age 14+)	Approved	Approved	Novice rowers & coxswains* must have no less than 40 hours of on-the-water rowing in the immediately preceding 6 months OR the crew (8's only) can contain no more than half novices.	No novice rowers or coxswains* unless the crew (8's only) contains no more than half novices AND each novice has no less than 60 hours on-the-water rowing in the immediately preceding 6 months AND no less than 8 hours of on-the-water-rowing in the immediately preceding 2 weeks.	No novice rowers or coxswains* unless the crew (8's only) contains no more than half novices and each novice has no less than 90 hours on-the-water rowing in the immediately preceding 5 months AND no less than 16 hours of on-the-water-rowing in the immediately preceding 2 weeks AND the water is over 50 degrees
			<i>*Experienced coxswains only in Zones 3, 4, and 5 (recommended).</i>		
Experienced	Approved	Approved	Approved	Approved	All crews and programs must meet all of the criteria outlined in Appendix 8 before rowing in Zone 5