



Friends of Detroit Rowing

GENERAL SAFETY POLICY

Rowing Programs (J, MS, U23, C, M, LTR, R, S2S & P)

(Version 3.1)

SECTION A

1. Policy Expiration:

This policy has no expiration date and is in effect until amended.

2. Overall Policy Purpose:

Outline program and athlete requirements for all FODR programs.

3. Responsible Parties:

This policy applies to all FODR/DBCC staff & program participants. Programs include but are not limited to: Juniors (J), Middle School (MS), U23, Collegiate (C), Masters (M), Learn to Row (LTR), Rec Rowing (R), Stem to Stern (S2S), Private Scullers (P), and visiting rowers

4. Reporting:

All incidents should be reported immediately to the Rowing Operations Board Member, Safety Committee Chair or Safety Committee member (verbally or via email.) The Safety Committee Member will take the statement about the incident and complete a formal Safety Incident Form. These will be discussed at committee meetings and actions taken. (Current committee members are listed in the Appendix)

Email: FODRSafety@gmail.com

5. Penalties for Violation:

Penalties for violations of this policy may result in an “Incident Report” being placed on file with FODR identifying the offending parties. Sanctions can range from a warning, being placed on probation, possible suspension, to dismissal from rowing programs.

6. Racing Programs are defined as those whose purpose is to prepare participants to race in regional, national and international regattas. The following programs are considered to be Racing Programs (but may not be all inclusive): Juniors, Collegiate, Masters, Open.

7. Policy Conditions:

This policy is in effect during all dry-land and water based training sessions for all programs: J, MS, U23, C, M, LTR, R, S2S, P, etc.

SECTION B - POLICY

<p>a) Safesport training is required for all coaches/athletes/board members by US Rowing.</p> <p>b) Background checks are required for all staff. Additional volunteers on an as needed basis.</p>	<p>Complete online: https://uscenterforsafesport.org/</p>
<p>c) US Rowing Safety Video & DBCC Traffic Pattern Video are mandatory for participants annually (Juniors, Masters, & Private Scullers).</p> <p>NOTE: Non-Racing Program participants are exempt. Coaches are responsible for introducing/informing participants of safety procedures before their first row.</p> <p>d) Waivers must be signed before any participant begins any program. Waivers can be hard copy for non-racing programs, or signed online during Regatta Central registration.</p>	<p>Watch online USROWING Safety Video</p> <p>The Traffic Pattern video can be viewed in the separate Traffic Pattern Policy</p> <p>OR</p> <p>Watch at practice (or beginning of fall/spring/summer seasons).</p>
<p>e) Minimum age for high school program (rowers & coxswains) is 14 yr old (by 12/31 of current yr) as stated in USRA rules.</p> <p>- Minimum age of middle school participants/S2S is 11 yrs old (by 12/31 of current yr). Coxswains in these programs need to be assessed to ensure maturity to make safe decisions on water.</p>	<p>Required for all programs.</p> <p>Anyone under the age of 11 may participate in any program only when coach launch & boats have 1:1 ratio or have prior approval from the board. (Additional training/tests for coxswains may be needed.)</p>
<p>f) SWIM TEST: All participants in the Racing Programs (under 18 years of age) must pass a supervised swim test by a lifeguard. At minimum, the participant should demonstrate the ability to float and/or tread water for 10 minutes, swim 50 yards & put on a lifejacket while floating while wearing pants and long sleeve shirt. Those who have not yet passed their swim test must wear a PFD until the test is passed.</p> <p>All Adults (18 years of age and over) must sign a waiver (usually provided at time of signup on Regatta Central)</p> <p>NOTE:</p> <ul style="list-style-type: none"> Private adult scullers are exempt upon 	<p>See US Rowing Guidelines: USROWING Safety Guidelines</p> <p>Swim test forms should be kept on file for all participants. These are good for the lifetime of the participant unless there is a major life event (heart attack, stroke, etc).</p> <p>Lifeguard certification will be accepted in place of the swim test for participants under 18.</p>

<p>signing their waiver (included in the signup on Regatta Central)</p> <ul style="list-style-type: none"> • Non-Racing Program participants are exempt provided a safety launch is within 50 yards, and in the line-of-site, of all boats. Nine (9) life jackets should be on-board the barge. Safety launches should be equipped as outlined in the Appendix. 	
<p>g) It is highly recommended that all rowers using FODR single (1x) complete a flip test. They should demonstrate - flip the boat, re-enter, and return to dock. A coach must be present.</p>	<p>The coach should carefully flip the boat near the dock or off the beach area. Rowers enter the water off the dock or beach. DO NOT flip the boat with rowers in it (reducing chance of damage)</p>
<p>h) An AED is provided. During the winter it is kept at the Athletic Shelter and during the summer it is kept in the Erg Tent and in the supply trailer by the docks. The AED is not to be used on the water due to electrical risks of these high voltage devices.</p>	<p>Upon activation 911 should be called.</p> <p>Flip</p> <p>Address of club: E Picnic Way & Riverbank Dr, Detroit on Belle Isle.</p> <p>Address of Athletic Shelter: 2402 Vista Drive</p>
<p>i) Emergency Training courses are required for all personnel as indicated.</p>	<p>CPR/AED – all coaches</p> <p>Boating Safety Course – All coaches & launch drivers.</p> <p>First Aid – All coaches</p>
<p>j) Crime situations. It is possible that criminal acts may occur during FODR/DBCC activities. These may include personal theft, assault, firing of weapon, automobile theft, among others.</p>	<p>DNR should be called to summon law enforcement: 3132372450</p> <p>Address of club: 6 Riverbank Drive & E. Picnic Way, Detroit on Belle Isle.</p> <p>Address of Athletic Shelter: 2402 Vista Drive, Detroit on Belle Isle</p>
<p>k) A coach must always be present during on-water practice for all ages. No coach = no practice.</p> <p>NOTE: Private scullers are exempt provided they are using their own equipment</p> <p>Note: Master Rowers may be approved to row club equipment without coach supervision if recommended by their coach and approved by the safety committee. (Excluding club singles).</p>	<p>Required for all coached programs (J, MS, U23, C, M, LTR, R, S2S)</p> <p>- Must attest that they can swim by signing the waiver on Regatta Central.</p>

l) A coach must always be present during dry-land practice when minors are present.	Required for all programs with minors. (J, MS, LTR, S2S, etc)
m) Docks and ramps should be kept clear of all extraneous items: (riggers, slings, clothes, shoes, bird droppings, water bottles, etc.) Participants can fall, slip or trip.	Required for all programs. If crews do not wish to take these items with them in the shell they should be collected in a bin/basket and removed from the dock area placing them along the break wall out of the way. The coxswain can retrieve it for the group at the end of the practice.
n) Safety / Coach launch must accompany all crews (e.g. Juniors, Masters, U23, etc.) and be within the line-of-sight of those under supervision. Please see additional requirements in the Visibility & Inclement Weather policy.	Required all year for juniors / youths. Masters may row FODR equipment under non-cold conditions without a coach launch, with permission of Rowing Operations Chair (or by vote of Operations committee members) on their designated practice days.
o) All safety / coach launches must be equipped with the items listed in the DBCC LAUNCH SAFETY EQUIPMENT INVENTORY form (see Appendix). The forms should be completed at the beginning of each season for each launch, and provided to the Safety Committee.	
p) All Non-Racing Program must have a safety launch within 50 yards, and in the line-of-site, of all boats.	

Revision History

Date	Author	Version No.	Summary of Changes
2/16/24	Safety Committee	1.0	Reviewed for comments in Safety Committee meeting
3/6/2024	Safety Committee	1.0	Approved
3/19/2024	Wojdyla, Spain	1.0	Appendix: Added 'Fire Extinguishers" (item 20), to safety kit list, reworded "Ladder" requirement (item 6), removed "75 ft" from Tow Rope Requirement (item 18).
8/20/2024	Safety Committee	2.1	Changes from v 1.0 in yellow, comments in red
3/12/2025	Safety Committee	3.1	Changes from v 2.1 in yellow, Appendix updated #21, 22

APPENDIX

DBCC LAUNCH SAFETY EQUIPMENT INVENTORY

Launch MC#: _____

DBCC Name: _____

Date of Inventory: _____

Assessor Name: _____

ONBOARD ITEMS		YES	NO
1	USCG emergency phone number prominently displayed		
2	Paddle		
3	PFDs (16)		
4	PFD safety bag (2) - PFDs should be in the bags		
5	Rescue throw (1)		
6	Ladder (1) or other retrieval device		
7	Air horn or safety whistle		
8	Space blankets (16)		
9	First Aid Kit		
10	Emergency marine flares (3)		
11	Waterproof flashlight / spotlight		
12	Waterproof marine safety bag for non-PFD items 7-11.		
13	Cell phone or marine 2-way radio		
14	Waterproof, clear, plastic cell phone pouch with lanyard		
15	USCG compliant navigation lighting		
16	Anchor (1)		
17	Tool Kit – adjustable wrench, flat/Phillips head screwdrivers		
18	Tow Rope (75 ft)		
19	Pump/Bailer (1)		
20	Fire Extinguisher (1)		

21	Boot Hook (1)		
22	Tourniquet (1)		