

## **STEEL CITY ROWING CLUB SAFETY MATRIX**

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

**THERE ARE OTHER FACTORS** - Wind, Precipitation, Boat Traffic, Fog, Air Temperature, etc.

Remember you are always liable for your crew's safety.

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, between the hours of sunrise and sunset, you may move one zone to the left. (Zone 6 does NOT apply)

4) Paddling is equal to 1x scull

See SCRC website for links to official gauges for water flow (NOAA data from Sharpsburg gauge -- scroll down for flow and use the most recent "observed data" regardless of listed time) and water temperature (USGS data from Acmetonia).

### **Additional Requirements for Zone 6**

**I.** A meeting and letter must be provided to SCRC before rowing in these conditions. A standard letter can be found on the SCRC website.

**II.** Crews must be strong enough to make meaningful progress upstream 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.** Daylight, as defined above, 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 SCRC staff's satisfaction

### **AND**

**VII.** For youth oriented organizations - Required Parent Group board member representation at each of SCRC's semi-annual Safety Meetings.

There are various kinds of PFDs available. The SCRC Safety Committee recommends that each rowing program research PFDs to determine which type is best for its members' use.

**PLEASE NOTE, however, that the SCRC Safety Committee is aware that certain PFD manufacturers do not recommend use of CO2 inflatable PFDs in air or water conditions below 40° Fahrenheit (4.5° Celcius).**

ROWING ZONES:

	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6 2
Water Flow 1 AND	Less than 28k cfs	28k to 35k cfs	35k to 40k cfs	40k to 45k cfs	45k to 50k cfs	50k to 60k cfs
						Less than 40° F (4.5° C)
Water Temp 1	Greater than 50° F (10° C)	Greater than 50° F (10° C)	40° to 50° F (4.5° - 10° C)	Less than 40° F (4.5° C)	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. For 1x, 2x and 2- without a launch, must have one year rowing experience at SCRC	8+, 4+, 4x and 2x, Adaptive LTA racing 2x only	8+, 4+ and 4x	8+ and 4x	8+ and 4x
Launch to Shell Ratio	Not a requirement	Not a requirement unless rowing in Zone 3 daylight conditions when Zone 3 requirements should be followed	1 launch to 2 shells (shells of equal speed)	1 launch to 2 shells (shells of equal speed)	1 to 1	Sufficient launches to (a) carry all rowers and 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	USRA Level 2 or Head Coach approval	USRA Level 2 or Head Coach approval	USRA Level 2 or Head Coach approval	USRA Level 2 or Head Coach approval
PFD Requirement	Optional			Worn by all rowers and coxswains 3		
Communication Requirement - Phone required in any launch at all times	Protected Cell Phone Recommended	Protected Cell Phone Required	Protected Cell Phone Required	Protected Cell Phone Required	Protected Cell Phone Required	Protected 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 Crew	Any Level	Any Level; blind boats as specified above	Any Level. Adaptive, LTA racers only	No Novices or adaptive rowers or equipment allowed on the water	No Novices or adaptive rowers or equipment allowed on the water	No Novices or adaptive rowers or equipment allowed on the water
Additional Safety Items	Optional	One Space Blanket per rower in launch	One Space Blanket per rower in launch	One Space Blanket per rower in launch	One Space Blanket per rower in launch	One Space Blanket per rower in launch; one bailer/large sponge/pump in each shell***