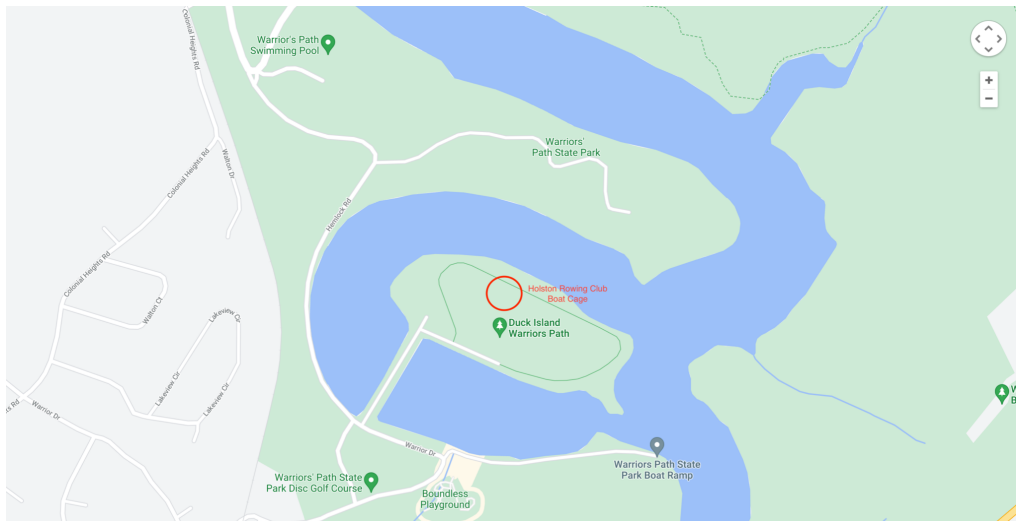


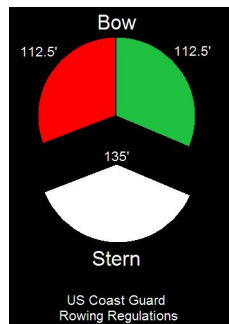
Holston Rowing Club Safety Rule Document - reviewed April 2022

Safety Protocols

- Holston Rowing Club is located on the Holston River at Warriors Path State Park.
 - Warriors Path State Park:
 - 90 Hemlock Rd, Kingsport, TN 37663
 - (423) 239-8531



- Before Rowing:
 - Provide club with an emergency contact (Name, phone number)
 - Sign HRC membership agreement, USRA waiver, and complete Safesport Training (annually)
 - Ensure you have notified the emergency contact the club has on file of where you are, what your plans for rowing are, and how long you plan to be out
 - Check out the boats using the log book in the lock box, including checking the boats for damage or necessary repairs
- Equipment:
 - You must be cleared for use of single shells, including racing shells
 - Use bow lights and stern light. Some lights available for use in lock box. Scullers may wish to purchase their own. Use good lights; safety requires us to



see one another

- Bring your phone with you. Use a waterproof buoyant holder for your cell phone.

- PFD's, while not required at present for scullers, are recommended by USRA. A few CO2 activated PFD's are stored in the lockbox for use and are checked annually for wear and tear. Notify the HRC safety officer if a CO2 cartridge has been expended after use. Hang wet PFD's outside of the dry lock box to dry.
- COVID PROTOCOLS - The club president will communicate as needed and adheres to USRA protocols.
- Clothing:
 - Use of a Hi-Viz article of clothing is highly encouraged, i.e. hat, shirt, turtle shell
 - This helps other boaters to see you on foggy and sunny days
- Weather:
 - Water temperature and air temperature have to sum 100°F (or greater) in order to row. Cold Shock can impact anyone.
 - In case of inclement weather, do not go on the water
 - The cove and river can quickly develop a thick fog especially in the mornings, please take Hi-Viz gear and/or a whistle/boat horn for ease of sight/sound. Rowing in fog is highly discouraged.
 - If there is thunder and/or lightning, you must vacate the water and cease rowing for the time being until the storm has well passed. WeatherBug (and other apps) can indicate if an electrical storm is nearby. Lightning can travel 10 miles!
- Traffic Pattern
 - Follow the red arrows, keep close to the shoreline on your left side (starboard side of shell)
 - Stay aware of any swimmers, fishermen, boats and tree 'blow downs' near shore or in center of river. Make verbal contact with others on the water (swimmers, kayakers, fishermen) as needed.



- Clearance to Row
 - In order to be cleared to row and use the boats, you must pass a rowing evaluation, a flip test and a treading water test
 - Rowing evaluation
 - demonstrate ability to row safely and securely,
 - Conduct 5 rowing visits or 5 hours of rowing with a club officer
 - Flip test - flip out of boat and demonstrate ability to get back in to boat or swim to shore with equipment safely
 - Treading water - must be able to tread water for 2 minutes
- Clearance to Check Out Racing Singles
 - In order to check out racing singles you must pass the clearance to row evaluation in either the Maas or the Peinert shells.
- Channel Rowing
 - To row in the channel (past the no wake buoy in the cove) you must be cleared by a club officer based on skills. Buddy system is encouraged.

Reviewed April 1, 2022