

Halifax Rowing Club Boathouse and Equipment Rules

August 15, 2022

Code of Conduct

Rowers and coaches must comply with the following code of conduct.

Responsibilities to the Club

Rowers shall:

1. conduct themselves in a manner that ensures respect for the rower and the Halifax Rowing Club;
2. show respect to all athletes, coaches, and visitors;
3. use Club equipment as directed, with care, and not put equipment at risk of being damaged;
4. keep the boathouse in a clean and tidy condition and protect the boathouse and its contents from damage and theft;
5. recognize the Board as the authority over the Club's policies, procedures, and financial affairs;
6. pay all fees in a timely manner;
7. assist the Club in a voluntary capacity, especially with club and equipment maintenance.

Responsibilities to Others

Rowers shall:

1. conduct themselves in a manner that contributes to a positive atmosphere.
2. work with other members and coaches to ensure the safety of all rowers and equipment.
3. recognize the coach as the authority over decisions on crews, practices, and safety.
4. follow instructions of the coach and coxswain or bow seat rower.
5. take appropriate action when a safety hazard is identified.

In addition,

- HRC members should report any health and safety concerns to the coach on duty. The coaching staff should inform the Safety Director of all incidents and safety concerns and actions taken or required.
- No person may row outside of HRC coaching/practice times in HRC boats.
- All HRC members are required to wear a PFD when rowing in any boat, at all times.
- All HRC members rowing a single shell and the bow persons or coxswains in multi-rower shells are required to wear an approved whistle.

- All HRC members will understand and follow the procedures associated with Weather Safety and Cold Water Safety.
- All HRC members must wear clothing that is suitable for the weather conditions. It is strongly recommended that rowers wear high visibility clothing no matter what the lighting conditions, but especially during the early morning or late evening hours, or when the conditions are dull.
- Before a rowing session, all HRC members must ensure that they and their crew members are 'signed out' before they leave the dock:
 - HRC rowers must make sure coaches know of any changes to their assigned crew.
 - Private boat rowers must sign out on the whiteboard on the door.
- After a rowing session, all HRC members must ensure that they and their crew members are 'signed in' to the HRC by checking in with coaches. Private boat rowers should mark themselves as returned on the whiteboard. It is all crew members' responsibility to check this has been done.
- No rower will wear any type of headphones or listen to any type of audio device while rowing.
- Rowers must obey the directions of their coxswain or bow person. Rowers must also obey the directions of any coach or safety boat driver.

Report Incidents and Equipment Damage

All incidents (flipping, swamping, capsizing, collision, or other incidents that result in personal injury or equipment damage, or near misses) must be reported by completing an Incident Report, available from your coach. This is required for our insurance policy through Rowing Canada. Also, by understanding how incidents happen, the Club learns how to prevent them. Report any shell damage promptly to coaches and the boathouse manager. The coaching staff will determine the need to investigate further, the cause of incident and the remedy. The coaching staff should inform the Safety Director of incidents (using the Incident Reports) as well as any safety concerns and actions taken or needed.

Equipment

The following rules are designed to ensure that all HRC equipment is safe and in good working order. Equipment brought to the Club by visitors for regattas or other events is the responsibility of its owner.

Every rowing shell must have (as per RCA Rules of Racing):

- A white ball of not less than 4 cm diameter made of rubber or material of similar consistency on its bow, unless the construction or nature of the boat is such that the bow is properly protected, or its shape does not represent a hazard.

- Heel restraints to allow hands-free release of feet; make sure the heel restraints are firmly attached and in good condition. The heel of the shoes should not rise above the lowest fixed point of the shoe on the stretcher. Shorten the restraint if necessary.
- Quick release mechanisms in working order in all boats equipped with fitted shoes.
- Lights, as required by the Small Vessel Regulations (Transport Canada) when rowing in low light conditions (see HRC Safety Code).

In addition, the following standard equipment must be present and functioning properly:

- Buoyancy compartments: make sure the buoyancy compartments are tightly sealed (make sure vent covers are attached)
- Rigging: make sure nuts on the rigging are tight
- Oarlocks: all rowers must check that the gates on the oarlocks are closed and properly locked. Rowers must also adjust the height of the oarlocks to the proper height.
- Foot stretchers: all rowers should adjust and secure their foot stretchers while at the dock side and without their feet in the shoes.
- Seat: all rowers must check that their seat is in good repair and moves smoothly on the slide.

Equipment Handling Safety

Although all new rowers are required to view the RCA safety video

(https://youtu.be/AJ_s5iBZy1c), safe equipment handling takes practice and reinforcement by experienced rowers and coaches.

You and/or your crew need to be sure you can safely lift, carry, and handle the shell you are planning to row. Otherwise, ask for help from the coach who may help or direct more experienced rower(s) to help.

Oars are to be taken from the boathouse and placed on the dock before shells are taken out of the boathouse.

Too many shells capsize at the dock! Practice proper procedure for getting shells on and off the water and getting into and out of shells. The cox or bow rower should call the procedure. When entering the shell, remember to extend the waterside oar as far as it will go to provide stability before stepping into the shell. Similarly, when leaving the shell, have one foot on the dock before pulling in the waterside oar.