

## Safety Rules

1. Each year, prior to going on the water all coaches must go through a safety orientation seminar as provided by a senior coach or club safety officer.
2. Boats must follow the predefined traffic pattern posted in the club.
3. KRC rowers must be members of Rowing Canada in good standing.
4. Cold water can kill. From the time the river clears of ice until the end of May the risk of hypothermia, drowning or cold water shock from falling in the water is high.

**To minimize the risk the following Cold Water Policies *must be adhered to*:**

- a. KRC Cold Water Policies are in effect from spring dock launching to Victoria Day weekend.
  - b. The zodiac must be the first boat on the water and the last off during all practices.
  - c. Novices cannot row in a boat smaller than a 4+/4x until Cold Water Policies are lifted.
  - d. No boat can be more than 100 meters (300 feet) from shore at all times.
  - e. If a coach is unable to keep a crew within 100 meters of shore, then the coach must bring the boat in until conditions allow for rowing in the proper area.
  - f. For novice and intermediate crews there can only be 1 coach boat per crew boat.
  - g. For KRC designated coaches, there must be one coach boat per three (3) shells or to a maximum of eight (8) rowers.
  - h. Until the cold water restriction is lifted, all single scull rowers must wear a safety life belt.
  - i. Cold Water restrictions will be lifted Victoria Day weekend, though KRC reserves the right to extend or shorten the restrictions should circumstances warrant an extension.
5. Coach boats must carry the following equipment:
    - a. Lifejackets (1 for every rower).
    - b. Light
    - c. Horn/whistle
    - d. Bailer
    - e. Paddle
    - f. VHF
    - g. Heaving Line
  6. Do not overload coach boats while on the water. A coach should not exceed two persons except in a rescue situation.
  7. All coaches operating a coach boat must have a recreational water craft license from Transport Canada.