

**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 the safety of your crew.



Three Rivers  
Rowing  
Association

Revised February 2015 by TRRA Safety Committee and accepted by TRRA Board

The following safety guidelines were originally created by the TRRA safety committee in the late spring of 2003 and are periodically updated. The goal was to review the policy, and based on the varying water/weather conditions we face, formulate regulations that serve our diverse rowing and paddling communities.

**Common sense is the best guide.** The relevant factors to be considered include: wind speed, temperature, flow rate, water temperature, light conditions, experience and skill level of the coach, coxswains and crew, the type of boat in use, the boat traffic, etc. **What is correct for one crew may be dangerous for another.**

The guidelines and regulations below determine whether the docks are open or closed. TRRA may close the docks whenever they feel it is unsafe to launch.

**ENFORCEMENT OF POLICY:**

Any violation of this policy will result in the following set of consequences imposed on either the coach/rower and/or the program:

- 1) **Level One Offense:** A full safety/incident report is made to the governing/administrative body of program by TRRA. This will serve as a warning to both the individual, the safety committee, the board of directors and the governing body of that program.
- 2) **Level Two Offense:** Offense will be taken to the safety committee for review. Punishment will be from three days to a maximum of one week suspension of the individual coach/rower.
- 3) **Level Three Offense:** Offense will be taken to the safety committee. This constitutes a blatant disregard for the safety of crews and suspends all rights to row/coach at TRRA for a period of up to 12 months. After 12 months have passed, that coach/rower may appeal to the TRRA safety committee to be reinstated with coach/rower privileges.

**NOTES:**

- 1) Racing may only occur when CFS is below 40k
- 2) Novices are defined as any rower or coxswain who has only been rowing for one year or less.



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How to Read this chart:

- 1) Determine the current water flow and water temperature. <sup>1</sup>
- 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)

ROWING ZONES:						
	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6 <sup>2</sup>
Water Flow <sup>1</sup> AND Water Temp <sup>1</sup>	Less than 28k cfs  Greater than 50° F (10° C)	28k to 35k cfs  Greater than 50° F (10° C)	35k to 40k cfs  40° to 50° F (4.5° - 10° C)	40k to 45k cfs  Less than 40° F (4.5° C)	45k to 50k cfs  Less than 40° F (4.5° C)	50k to 60k cfs 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 TRRA	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	USRA Level 2	USRA Level 2	USRA Level 2
PFD Requirement	Optional			Worn by all rowers and coxswains <sup>3</sup>		
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***

<sup>1</sup> See TRRA 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).

<sup>2</sup> **Additional Requirements for Zone 6**

- I. A meeting and letter must be provided to TRRA before rowing in these conditions. A standard letter can be found on the TRRA website.
  - II. Crews must be strong enough to make meaningful progress upstream through the Millvale cut 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 TRRA staff's satisfaction
- AND
- VII. For youth oriented organizations - Required Parent Group board member representation at each of TRRA's semi-annual Safety Meetings.

<sup>3</sup> There are various kinds of PFDs available. The TRRA Safety Committee recommends that each rowing program research PFDs to determine which type is best for its members' use. **PLEASE NOTE, however, that the TRRA Safety Committee is aware that certain PFD manufacturers do not recommend use of CO<sub>2</sub> inflatable PFDs in air or water conditions below 40° Fahrenheit (4.5° Celcius).**



**JUST BECAUSE IT SAYS YOU CAN PADDLE DOES NOT MEAN YOU DO.**  
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How to Read this chart:

- 1) Determine the current water flow and water temperature. <sup>1</sup>
- 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 between 40 and 50 degrees F, but flow is 12k; go to Zone 4.
- 3) If paddling in daylight conditions, between the hours of sunrise and sunset, you may move one zone to the left.

PADDLING ZONES:					
	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5
Water Flow <sup>1</sup> AND Water Temp <sup>1</sup>	Less than 28k cfs  Greater than 50° F (10° C)	28k to 35k cfs  Greater than 50° F (10° C)	35k to 40k cfs  Greater than 50° F (10° C)	40k to 50k cfs  40° to 50° F (4.5° - 10° C)	40k to 50k cfs  35° to 40° F (1.7° - 4.5° C)
BASED ON THE ABOVE ZONES, THE FOLLOWING RULES MUST BE OBSERVED IN ORDER TO GO ON THE WATER:					
Shell Type	All boats	All boats	All boats	All boats	Kayak or OC
Launch to Shell Ratio	Kayak and OC: none required DB: none required	Kayak and OC: none required DB: none required	Kayak and OC: none required DB: none required	Kayak and OC: 1 launch per 6 boats DB: 1 launch per boat	Kayak and OC: 1 launch per 6 boats DB: Not permitted to paddle
Coach Certification***	Not a requirement	Level 1 (for DB and within DB) Not a requirement for other boats	Level 2 (for DB and within DB) Not a requirement for other boats	Level 2	Level 2
PFD Requirement	Mandatory: under 12 years old and Novice and for all kayakers. DB, OC and Sprint kayak must have in boat.		Mandatory for all to wear	Mandatory for all to wear	Mandatory for all to wear
Communication Requirement	Protected Cell Phone Recommended		Protected Cell Phone Required		
Skill Level of Crew	Kayak: None required	Kayak: Level 1 ACA Certification 2 seasons in boat class	Kayak: Level 2 ACA Certification 3 seasons in boat class	Kayak: Level 3 ACA Certification 6 seasons in boat class*	Kayak: Level 3 ACA Certification 6 seasons in boat class*
	OC: Novice with TRRA Certification.	OC: TRRA Certification. Experienced paddlers** and novice only with experienced paddler in OC-2	OC: TRRA Certification. Experienced paddlers only**	OC: TRRA Certification. Experienced paddlers only**	OC: TRRA Certification. Experienced paddlers only**
	DB: None required	DB: None required	DB: Paddlefish crews only with a minimum crew of 12 persons	DB: Paddlefish crews only with a minimum crew of 12 persons	DB: Not Permitted
Additional Safety Items	Optional	Optional	Space Blankets are required if paddling with a launch	Non Solo Paddling Wetsuits or Drysuits recommended OC to Ankle Leash One Space Blanket per paddler in the launch	

<sup>1</sup> See TRRA 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).

\* Or with the permission of the Executive Director

\*\*Experienced paddlers have 12+ hours in an OC1 of which at least 4 hours are outside the channel with an experienced paddler.

Special permission from Executive Director may exempt paddlers with 10+ years in other solo craft such as racing kayaks and canoes

\*\*\*Coach certifications should be from Dragon Boat Canada or USDBF

Novice = less than 12 hours' experience in OC