

## **The Ten Commandments of Rowing at the Guelph Rowing Club**

Observe the traffic flow (stay to starboard) and all other safety rules -- especially the requirement for lights at dawn and dusk. Mandatory.

When rowing, but not accompanied by a coach boat, life preservers for all individuals and a safety kit must be carried on-board.

Small boats should not be on the water when there are whitecaps. No boats should be on the water when there is fog or thunder & lightning. Wait a minimum of 20 minutes from the last clap of thunder or sign of lightning before launching. If you are on the water when an electrical storm blows up, if safe return to the dock immediately, or row directly to shore, beach the boat and wait until it is safe to return to the dock. Exercise common sense.

Check your course often, be aware of other boats and swimmers. Look to port and to starboard, as kayakers, sailors and fishermen pay no attention to our traffic lanes or right-of-way rules.

Hypothermia kills. All rowers must follow cold water rules when the water temperature is below 15 degrees Celsius. Extreme caution is required when rowing in the fall and/or when water levels are low.

Take your turn cleaning the dock. Do not launch until the dock has been cleaned of bird droppings.

Understand and follow all of the sign-out / sign-in procedures. Be vigilant always - the rules alone cannot protect you.

Observe the use restrictions for all seats in all club boats -- particularly the weight limits and program allocated boats (recreation and competitive).

Wipe down the boat after every use; get it clean. Inspect carefully before and after using a boat. Be competent and do minor adjustments yourself, like tightening seat tracks and oar collars. Record major damage immediately in the **GRC Equipment Repair Log** (located at the sign out desk) and take responsibility for it.

In the boat house, on the dock, and afloat, be courteous to other rowers, coaches, sailors, fishermen, swimmers and other park patrons. On or off the water, if you encounter a rower experiencing difficulties, offer your help.

For additional details, please refer to the Club Manual.