

General Rules

Safety is everyone's responsibility. Follow the safety rules all the time. If you see someone else using the equipment in a careless or unsafe manner, say something. If you don't get a response, inform a coach. Report damaged equipment immediately.

If you have a medical condition that affects your ability to train or row, including taking medication, inform your coach.

Keep the boathouse clean at all times. Keep obstructions out of the boat bays. Pick up trash. Clean up spills.

Training Room.

The Boathouse is an Alexandria Schools athletic facility. You are privileged to have some of the best training equipment anywhere, but it must be used safely.



- Do not use any equipment unless you have been instructed by a coach on its proper use.
- The training facilities and equipment at the Boathouse are for team use in workouts supervised by coaches. No one is authorized to use this equipment at other times. Individual workouts, without a coach present, are prohibited.
- If you feel ill or lightheaded during a workout, stop and inform your coach.
- The boathouse can get crowded. Don't run indoors. Clean up after yourself. No one needs a sprained ankle from stepping on a stray water bottle or a pair of sneakers.

Boat Bay.

- Be alert at all times, especially when boats and oars are being moved in or out of the bays.
- When moving a boat, listen to your coxswain and respond quickly to commands.
- Never step over a boat. Move around it.
- Be careful when removing or replacing oars.
- Lift with your legs, not with your back.



On the Dock.

- No running or horseplay is allowed.
- Crew is a sport that is conducted on the water, not in it. No swimming or throwing coxswains is allowed. If you drop something into the water and it can't be retrieved from land or the dock, it's gone.
- The dock will be slippery when wet. Walk carefully.
- Carry oars with the blades in front of you. Stack oars out of the way on the dock. When carrying a boat, watch out for oars on the dock.
- Do not step through a rigger when getting into or out of a boat.
- Follow coxswain and coaches' instructions at all times.



On the Water.

- All rowers must be accompanied by a coach in a launch. No exceptions.
- Everyone in the launch will wear an approved personal flotation device at all times while on the water.
- Launches must be driven by coaches or other qualified launch drivers.
- No more than four people may be in a launch, unless it's involved in a rescue.
- Coxswains will wear approved personal flotation devices during all practices.
- Follow your coach's and coxswain's or bowman's instructions at all times. Coxswains will be trained on the specifics of navigating on the Potomac, launching and docking boats, and other procedures.
- If your boat capsizes or fills with water, don't panic. **STAY WITH THE BOAT.** Do not try to swim for shore. The boat will float, even if completely submerged. Oars can also be used for flotation. Hold on to the boat and wait for the launch to pick you up and get you to shore. **NEVER LEAVE THE BOAT.**
- If you fall out of a boat, or catch a crab and are thrown from the boat, try to keep your head down until the boat has passed. Get back into the boat if you can, or tread water and wait for the launch to pick you up.
- If you see someone else thrown from your boat, don't assume that the coxswain knows it. Yell to the coxswain, and follow instructions to help with the rescue.



Rowing is an exciting and demanding sport.

In training and competition, on and off the water, you will be using specialized equipment that requires a thorough understanding of safety procedures.

The rules in this document are for your protection. Take them seriously. There will be no exceptions. Read them, ask questions if you don't understand, and keep them in mind at all times.

First things first.

You will have to pass a swim test – tread water for 2 minutes and swim 100 meters, any style with no time limit - to participate in crew. You only need to take the test once, and have a form on file at the Boathouse indicating you passed the test.

You will have to pass a annual physical exam, as required by T.C. Williams or your high school, to be kept on file in your school's Athletic Department.

You will have to sign a USRowing waiver each season. If you are under 18, a parent or guardian will have to sign as well.

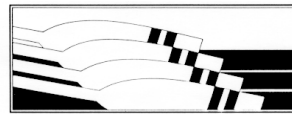
You will receive a safety briefing from a coach at the beginning of each season, including viewing the USRowing safety video.

You will have to sign the safety form each season, indicating that you have read and understand the safety rules.

Youth rowing programs in Alexandria



T.C. Williams High School



Alexandria Crew Boosters Club



Old Dominion Boat Club

For more information, including links to sites with rowing safety information, go to the TCW Crew website at www.tcwcrew.org.

Alexandria Schools Rowing Facility

Crew Safety Guide

