As a member of CRC and user of the reservoir, it is critical that we review these safety rules frequently to ensure the safety of all members.

**Traffic Pattern**

* Always in a clockwise direction outside of the course; review the posted map showing the circulation pattern.

**Launching and Docking**

* Shells should be launched from the dock with the bow facing north to blend into the correct circulation pattern.
* Shells should be docked from the south end of the dock with the bow facing north.

**Shell Safety Equipment**

* All shells must have a whistle to attract attention in the case of emergency.
* Before rowing, the bow ball, heel restraints, closed vents, and all rigging should be in proper order.

**PFDs**

* Must be worn at all times by all rowers, coxswains, and safety boat operators, and coaches.

**Rowing Times**

* No rowing is allowed before sunrise or after sunset.

**Rescue Procedures (flipped shell)**

* Stay with the shell and remain calm. Use your PFD if required and whistle to attract attention. Crew members should attempt to get back into the shell.
* In cold conditions, crew members should climb on top of the flipped shell to get out of the cold water.
* If safety boat is not available, other crews should stop rowing and support the flipped crew.
* As a last resort swim the boat to shore if no help is available and you cannot get back in.
* Never leave your boat and try to swim ashore.
* If flipped during cold water rules, all athletes should take a hot shower to avoid hypothermia.

**Adverse Weather Conditions**

* Coaches and rowers are responsible to know their limitations and when it is suitable to row.
* Conditions not suitable for rowing include high winds, thunder and lightning storms, fog and heavy rains.
* If lightening is seen or if the golf course lightening horn is activated, all rowers must return immediately to the boathouse.

**Cold Water Rules for Club boats (May and October)**

* No rower or crew is allowed on the water without a safety boat present.
* Inform safety boat of your presence on the water if its your practice or not and stay in sight of the safety boat at all times.
* All boats will use the buddy system, row within proximity of each other, and support each other in the event of an incident.
* Rowing is prohibited if ice is on the water.
* Owners of private shells are encouraged to follow the cold water rules

**Emergencies**

* Emergency response information is posted in the coach’s office and by the shell sign-out book.