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

**Traffic Pattern**

* Always in a clockwise direction; review the posted map showing the circulation pattern outside the main boat bay.

**Launching and Docking**

* Shells should be launched from the dock with the bow facing north towards the causeway 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.
* Make sure you know how to safely deploy your PFD. Please check the PFD poster by the sign-out binder.

**Rowing Times**

* No rowing is allowed before sunrise or after sunset.

**Rescue Procedures (flipped shell)**

* All boats need to stop rowing if a member has flipped their shell to help attract the attention of the coach boat. No rowing until the coach boat has reached the flipped boat.
* 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, the athlete should go indoors, change into dry clothes or use a blanket and drink a warm drink to slowly warm-up 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 always.
* 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 top boat bay office, by the shell sign-out book and the AED location at the entrance to the rowing tank.