

Lake Casitas Rowing Association Safety Rules

The Lake Casitas Rowing Association (LCRA) seeks to promote the enjoyment and healthful benefits of rowing for all its members. In order to ensure a safe and fun environment for all, several basic safety rules need to be established and adhered to. The objective here is to balance the inherent risk of this sport with a common sense, mature approach to gaining the utmost physical, aesthetic and social benefits of rowing. Members are expected to abide by the following rules when at the boathouse, on the water and in preparing to row.

BEFORE YOU JOIN THE CLUB

1. All persons rowing in a shell owned by or stored at the LCRA boathouse shall first sign the liability release form.
2. Be proactive in helping out other team members in putting boats in and taking them out of the water. Seek help if you need a hand with the equipment.
3. All rowers must pass a “float / swim test” shortly after joining the LCRA. Rowers are to meet at a local pool under the supervision of a WSI-certified lifeguard to be tested. Rowers need to be able to tread water for 10 minutes and put on a life jacket while continuing to tread water, and swim 25 meters.
4. All rowers need to view the US Rowing safety video <http://www.extraordinarycustomerservice.com/public/240.cfm>. If you do not have internet access with a DSL or Cable connection, please ask for a DVD copy of the safety video. If needed we can also make arrangements for members to watch the video at the lake on our laptop computer.
5. Rowers are encouraged to become CPR certified.
6. Rowing safety practices are to be reviewed with members by coaches at least every six months, with members signing off an acknowledgement of such training. Such training will include proper boat and oar handling and docking.
7. Lone single scullers are required to wear a life vest.
8. Unsupervised rowers are encouraged to keep a cell phone with you when out in a single. Use a baggie or waterproof sack to protect it. Rowers should carry the following emergency phone numbers for Lake Casitas on their cell phone:
Lake Casitas Main Office: [805-649-2233](tel:805-649-2233)
Executive Director/Coach: [805-258-8550](tel:805-258-8550) cell / [805-642-2288](tel:805-642-2288) home office

ROWING

1. All 8's must have a coxswain and coaching launch accompanying them during practice sessions.
2. All rowers going out on the water outside of normal practice sessions need to reserve a boat online or confirm verbally with a coach.
3. Small boats are not allowed out on the water until there is adequate visibility; no rowing before sunrise or after sunset; no rowing if there is fog such that you can't see the big island from the dock.
4. No unsupervised rowing if there are whitecaps.

5. Novice Single Scullers who have logged less than 100 miles (or roughly 25 outings on the water) are required to use the “buddy system” until minimum mileage is reached and/or be approved by a coach.
6. Rowers using boats outside of regularly scheduled practice sessions must sign in and out in the boat log. All rowers are required to log in/out in the boat log. Boat log should also note any equipment problems or injuries in the comments section.
7. If an injury occurs, an injury form needs to be completed before rower(s) leave the lake. Regarding any substantial injuries, please immediately contact emergency services (call 911) for assistance, evaluation, and treatment. After contacting emergency services, please contact the club director or a coach to apprise them of the situation.
8. Only boats on the LCRA boat reservation website list can be checked out. Use of private shells is prohibited unless agreed to by the owner. We encourage our club members to use only the club boats, but if they do wish seek to row a privately owned boat, only borrow boats appropriate to your skill level. LCRA is not responsible for damage or loss to borrowed equipment. Also, the borrower should look over the boat to verify that the equipment is in proper working order. LCRA does not maintain or inspect privately owned equipment.
9. Always check the equipment and fittings before you get in the boat, making sure all bolts are tight. This includes hull integrity, oarlocks, shims, fin, rigging and shoes.
10. Fishing boats and other motorized watercraft on Lake Casitas generally have the right of way and you are to give them a wide berth when rowing. Keep a sharp eye and ear out for other boats. Be courteous and respectful to all lake users, and give other motorized boats and other watercraft the right of way. Whenever possible, give them a wide berth when rowing passed. Remember that we are guests of this lake and our club's access to this waterway may be revoked at any time. We are to be professionals and extraordinary custodians of the Lake Casitas Recreation Area.
11. Rowing boats will follow the lake ROWING traffic pattern. Please note that other non Casitas Rowing boaters on the lake will not be using this guideline. It is always important to turn around often and check for oncoming boats, even if you are following the proper traffic pattern. A copy of this traffic pattern is posted at the boatyard and online in the member’s section.
12. Use care when putting boats in or taking boats out of the water to ensure that the hull, fin and rigging is not damaged

GENERAL

1. Emergency contact information will be clearly labeled on site at the boathouse.
2. All boats need to be tied down securely on the racks/slings prior to leaving the boat yard.
3. A comprehensive first aid kit including thermal blankets and instructions for water safety will be maintained in the coaching launch and an additional kit in the boatyard.

