

Indianapolis Rowing Center Safety Policy

Emergency Action Plan



Rowers

- * All rowers must have a water proficiency test on file
- * All rowers must have current signed waiver of liability on file
- * Minors (under 18) must not be on the water without adult supervision
- * Singles are encouraged to use buddy system whenever possible
- * All rowers must pass a flip test & skills test before taking a single out without launch contact boathouse mgr to schedule

Observe Club Rules

- * Utilize logbook in boathouse to log boat in and out every time
- * Rowers may row from sunrise to sunset -boats must be off the water by sunset (only exception is for club sanctioned after hour's rows with approved boat lighting)

Know The Venue

- * Know and follow posted IRC traffic patterns
- * Identify and remember locations of submerged hazards -notify other rowers when possible

Watch The Weather

- * You must wait to row 30 minutes after last hearing thunder in order to avoid lightning strike
- * Smaller boats are advised not to row when winds are over 15 mph
- * The water temperature + air temperature should equal 80 degrees in order to avoid hypothermia (more important for smaller boats)
- * In hot & humid weather, hydrate generously & frequently. Signs of heat exhaustion include: dizziness, headache, muscle cramps & nausea.
- * If visibility is less than 100 yards, no boats shall be permitted to row until the fog lifts

In/On The Boat

- * Check every boat for firmly attached bow ball
- * Visual check of boat must include; fin, riggers, foot stretchers and seat
- * Check for obvious damage/holes – report damage to Boathouse Manager

Incident On The Water

- * Know distress signals – (calmly) wave arms/shirt in air
- * Stay with the boat! Never attempt to swim to shore. If you are out by yourself and cannot get back into the boat, swim with your boat to shore
- * When assisting/identifying a boating incident, approach the site into the wind to avoid drifting into disabled boat
- * Establish verbal contact with those in water and establish injuries if present
- * Rescue first, those who appear to be in greatest distress
- * Distribute life vests from rescue craft
- * All attempts to bring injured into the launch should occur in pairs and not near the engine
- * Conduct a head count upon arrival to the scene and when leaving
- * If you are on land and see someone in distress, call 911 and contact managers below
- * Complete incident / accident report

Level One Emergency Procedures: (Life Threatening)

1. Call 911
2. Give Address: **7350 Eagle Beach Drive, Indianapolis, IN 46254**
3. Once emergency stabilized, notify following personnel:
 4. IRC Director: Angelia Thorpe **Athorpe@indyrowing.org**
 5. IRC Director of Rowing: Sam Knauss **Samuel.Knauss@indyrowing.org**
 6. IRC Boathouse Mgr: Willie Black **Willie.Black@indyrowing.org**
 7. Eagle Creek Park Manager : **317-327-1193** Park Ranger Dispatch **317-327-3811**
 8. IRC Safety Advisor: Sandra Kay (**317-840-2012**)

AED located on cage in boathouse

File Accident Report with Club and ECP Manager within 48 hours (scan/email)

Level II Emergency (not requiring 911)

1. Administer first aid. Do not hesitate to call 911 if unsure of level of injury
 2. Follow "Incident On The Water" Recommendations
 3. Notify IRC Boathouse Manager and Safety Advisor
- File Accident Report with Club and ECP Manager within 48 hours (scan/email)
- * Visit www.usrowing.org for additional boating safety regulations
 - * Comprehensive IRC Coaching Policies Available / Required for all Coaches