

SAFETY POLICY

GO Rowing & Paddling Association of Canada's (GO) Safety Policy includes:

- Minimum Rowing and Paddling Sports Safety Standards
- Cold Water Guidelines
- Regatta Safety Rules
- Transport Canada's regulations for rowing shells and paddle racing craft
- Transport Canada's motor boat regulations
- Appendix A – Safety Guidelines, Appendix B – Safety Guidelines for Coaches

Minimum Rowing and Paddling Safety Standards

These guidelines set out the minimum safety standards required of any participant and affiliate centre. Each centre or club is responsible for enforcing safety standards at their respective sites and have flexibility to require more stringent regulations or policies as deemed appropriate for local factors. The following safety guidelines are to be enforced at each rowing and paddling centre.

The manager or head coach of each centre or race director for each event is deemed to be the Safety Officer. It is the duty of that Safety Officer to ensure that the following rules are implemented

- ❖ Every centre should post a copy of the "Safety Rules and Regulations".
- ❖ Safe rowing and paddling equipment
- ❖ Site, waterway and any related boathouse rules
- ❖ Outline of oars-person, scullers, steers-persons, coaches and coxswain responsibilities
- ❖ Coaching Launches and Safety Boats are adequately equipped
- ❖ Safety at Regattas and events

Centres should prominently display these Safety Rules & Regulations and any visual aids/maps on water safety, life saving, hypothermia or resuscitation procedures.

- ❖ Since conditions vary from site to site, each centre should draw up and display a local waterway map, drawing attention to local rules of river/water use and to hazards. Attention should also be drawn to any variation in normal procedures that may be necessary due to the state of the tide or stream, high winds, or other climatic conditions.
- ❖ A list of vital telephone numbers should be displayed prominently at every rowing and paddling centre to include:
 - Doctor/Ambulance/Police
 - Local hospital casualty department
 - Local, river or harbour police
 - If there is no telephone readily available at the clubhouse, clear directions to the nearest available telephone must be displayed.

- ❖ Safety and first aid equipment should be readily available at every rowing and paddling centre and should include:
 - First aid chest (to be fully stocked and regularly checked)
 - Thermal blankets/exposure bags
 - Life rings/buoys and line.
- ❖ Managers and all coaches should ensure that all equipment used for rowing, paddling and coaching is safe equipment.
- ❖ The teaching of coaches, steers-persons and coxswain in good safety procedures is more important, from a safety aspect, than the technical coaching of athletes.
- ❖ All participants are encouraged to become fully conversant with life saving and resuscitation procedures, by attending training courses and other appropriate means. In particular it is highly desirable that the Safety Officer and all regular club coaches should be so trained.
- ❖ Centre training and event activities should be coordinated with those of other local water users to minimize the possibility of on the water hazards occurring.
- ❖ In all cases of accident involving injury to participants (other than trivial incidents), The GO Office shall be notified in writing immediately by an officer of that centre. This is an obligation under GO's liability insurance policy covering all registered affiliate centres and all participants.

Cold Water Guidelines

BACKGROUND

Cold water is defined as temperatures below 20 degrees C. Colder temperatures increase the rate of cooling and increase the risk of cold shock and swimming failure. The majority of immersion fatalities succumb in the early stages of the incident due to a range of physiological responses including gasping, hyperventilation and rapid peripheral cooling, resulting in aspiration, reduced breath-hold and incapacitation.

Preparation and prevention are essential in protecting against the effects of the cold water environment.

GUIDELINES

1. Safety Officer, shall monitor environmental conditions, including water temperature, wind precipitation and sea-state, and issue appropriate safety directions such as those set out in #3 below.

2. All person shall wear protective clothing appropriate for the conditions and their activity and as far as possible commensurate with the needs of the activity, with the objective being to keep the body dry and to prevent heat loss.
3. When the water temperature is 10 degrees C or below or other wish when the environmental conditions would warrant, special safety precautions should be in effect. These should include:
 - Warning and restricting participants against going on the water
 - To go on to the water participants must be carrying a personal flotation device (PFD) or lifejacket of appropriate size for each member of the team, a sound-signaling device and if it is operated after sunset and before sunrise, navigation lights as required by the Coast Guard and Transport Canada

RESCUE AND TREATMENT

The general principles include:

- ❖ The safety of the rescuer(s), and the casualty, must be ensured at all times.
- ❖ Victims of immersion incidents should be handled with care, and placed and maintained in a horizontal position as much as possible.
- ❖ The biggest immediate threat is likely to be the airway due to the aspiration of fluids, medical observation is recommended as the effects of aspiration can be delayed for hours.
- ❖ Upon recovery, the objective is to prevent further heat loss. If possible remove wet clothing if and insulate with available warm dry materials.
- ❖ Any re-warming attempts of the hypothermic casualty should be passive and focus on the body core, rapid full surface warming is to be avoided.
- ❖ Pulses in the hypothermic casualty are hard to find and should assessed for up to two minutes at the carotid artery prior to CPR. If CPR is indicated it should be at the normal rate for the age of the casualty.

This information on cold water safety has been provided by the Canadian Coast Guard Office in Vancouver, BC.

GO Event Safety Rules

1. A minimum of two experienced officials shall be present at officiate at every regatta/event.
2. Two or more Official's launches shall accompany every race.
3. In addition to official's boats, at least one reserve safety launch and operator shall be on the water to provide assistance in the event of problems.
4. All launches on the water shall be equipped to Coast Guard requirements.

5. Radio or cell phone communication shall be present between official's launch and a fixed shore installation
6. Telephone or cell phone communications shall be available at the site to use in event of emergency..
7. A posted illustration of the race course (showing traffic pattern and potential hazards/problem areas) and first aid installation shall be present at all event sites.
8. Marshall floats should be present at warm-up areas and/or spots where race courses might be crossed by other water traffic.
9. Racing craft related safety equipment should be in sound condition shall be present on all racing craft.

GO officials should ensure that these rules are followed at every regatta. Of they are not, the official shall have the authority to cancel or stop the regatta until the rules have been met.

Transport Canada's Regulations for rowing and paddling racing crafts.

A rowing or paddling racing craft are not required to carry personal protection equipment, boat safety equipment and distress equipment if:

- ❖ It is attended by a safety craft carrying a personal flotation device (PFD) or lifejacket of appropriate size for each member of the crew of the largest vessel being attended (in addition to its own safety equipment) or:
- ❖ The craft carries a PFD or lifejacket of appropriate size for each member of the crew, a soundsignalling device and if it is operated after sunset and before sunrise, a watertight flashlight or:
- ❖ If it is competing or training at a regatta or competition or is engaged in training at the venue at which such regatta/event or competition is taking place.

NEW SAFETY EQUIPMENT REQUIREMENTS: Unless exempted as described above, rowing shells and paddling racing crafts are required to carry:

- ❖ One Canadian Coast Guard approved personal floatation device (PFD) or lifejackets of appropriate size for each person on board;
- ❖ One soundsignalling device
- ❖ Navigation lights that meet the applicable standards set out in the Collision Regulations if the pleasure craft is operated after sunset and before sunrise in or in periods of restricted visibility.

Transport Canada's Motor Boat Regulations

OPERATOR COMPETENCY: Requires operators of pleasure craft fitted with a motor to have proof of operator competency as follows:

How this applies to operators	Date at which proof of competency required on board
All operators born after April 1, 1983	September 15, 1999
All operators of craft under 4m in length including personal watercraft	September 15, 2002
All operators	September 15, 2009

NEW SAFETY PRECAUTIONS

Careless Operation	Operators could be charged under the Criminal Code or ticketed for: 1. Operating craft in a way that could adversely affect the safety of others considering weather, visibility, amount of traffic, or number of other boats. 2. Operating in a careless manner without due care and attention for the factors listed above and the safety of others.
Engine Start-up For Enclosed Engines	The engine space blower must be operated for at least 4 minutes immediately before starting a gasoline engine.
Fuelling	During fuelling, all occupants of the boat must be ashore, all engines must be shutoff, all flames must be extinguished and leakage and spillage into the hull must be prevented. Portable fuels tanks must be filled ashore.
Fire Extinguisher Class 5BC	Motorized pleasure craft up to 6m long must carry a fire extinguisher class 5BC if equipped with inboard engine, fixed fuel tank or fuel burning appliance. A 6-8 m motorboat must be equipped with 2 class 5 BC fire extinguishers.

HORSEPOWER RESTRICTIONS FOR OPERATORS UNDER 16:

How this applies to operators of pleasure craft fitted with motor and used for recreational purposes	Power restrictions as of April 1999
Under 12 years of age and not directly supervised by a person 16 years of age or older.	Can operate a vessel with no more than 10 hp (7.5 KW)
Between 12 years and under 16 years of age, and not directly supervised by a person of 16 years of age or older	Can operate a vessel with no more than 40 hp (30KW)



Go Rowing and Paddling Association of Canada
(Formerly Foundation 2000 Plus)

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16 years of age or over

No power restrictions

This document was prepared in accordance with the Canadian Coast Guard Safe Boating Guide. For more information with respect to these regulations, please contact your local Coast Guard Office at the contact numbers listed below.

National Headquarters

Canadian Coast Guard Office of Boating Safety
200 Kent, 5th Floor
Ottawa, Ontario
K1A 0E6
1-800-267-6687 (in Canada only)
1-613-991-1313 (outside Canada)

Electronic Mail: obs@ccg-gcc.gc.ca

British Columbia, Yukon Territory

Office of Boating Safety
Canadian Coast Guard
25 Huron Street
Victoria, British Columbia
V8V4V9

(250) 480-2600

Appendix A

GO Rowing & Paddling Association of Canada

Safety Guidelines

Welcome to the sports of rowing and paddling!

The following safety policies and procedures have been established for your, and those around you, safety and enjoyment. Coaches and participants in programs operated by GO Rowing & Paddling Association of Canada Affiliate Centres must follow these policies and procedures.

- Registrants must review these safety guidelines before any “on water” activity
- All registrants must be able to swim
- Athletes and coaches must be courteous and respect the rights of other users of the body of water
- No rowing shall commence before 5:30am from February 15th to November 20th
- No morning rowing and/or paddling shall commence before 7:00am from November 21st to February 14th
- All boats leaving the dock in the dark must be equipped with visible operating lights
- All rowing boats must be off the water by posted sunset
- All crews must log, in the facility log book, on and off the water before and after rowing
- Unless approved by head coach, all athletes must be accompanied on the water by a coach, or approved substitute, in a launch
- Without special permission, athletes on the water must stay in visual contact with the launch at all times; in this case the launch is responsible for carrying a personal flotation device for each athlete. In special cases, where the athletes are not within 500m of the launch, shells must carry a lifejacket at each seat and a sound device.
- Small boats should stay in-groups of two or more. If a partner’s shell capsizes the “buddy” athlete should ensure their partner is out of danger (back in the shell or on shore) before going to get help.
- Coaches are responsible for determining if conditions are too dangerous to row because of darkness, fog, high winds, ice, cold water, or storms
- No athlete shall be forced to row and/or paddle against his/her better judgement should conditions be questionable.
- Rowing and/or paddling shall not take place in foggy conditions if visibility falls below 1000m
- Always look, and be familiar with, private docks and low bank waterfront landings in case a storm strikes. Should unsafe conditions occur during training, athletes should immediately proceed to safe spots to get themselves, and possibly the rowing shell, out of the water.
- Personal safety is paramount and supersedes the safety of equipment. If athlete(s) fall(s) in the water, during cold weather / water months, rescue personnel should leave the equipment where it lays, for later retrieval. Athlete(s) and Rescuer(s) should proceed to safety and follow the Cold Water Guidelines Rescue and Treatment.

- COLD WATER GUIDELINES RESCUE AND TREATMENT
 - The general principles include:
 - The safety of the rescuer(s), and the casualty, must be ensured at all times.
 - Victims of immersion incidents should be handled with care, and placed and maintained in a horizontal position as much as possible.
 - The biggest immediate threat is likely to be the airway due to the aspiration of fluids, medical observation is recommended as the effects of aspiration can be delayed for hours.
 - Upon recovery, the objective is to prevent further heat loss. If possible remove wet clothing if and insulate with available warm dry materials.
 - Any re-warming attempts of the hypothermic casualty should be passive and focus on the body core, rapid full surface warming is to be avoided.
 - Pulses in the hypothermic casualty are hard to find and should be assessed for up to two minutes at the carotid artery prior to CPR. If CPR is indicated it should be at the normal rate for the age of the casualty.
 - In serious situations the international distress signal is waving both arms over head. Also, use your whistle and in darkness wave navigation light.
 - In non-emergency situations wave one arm over head
 - If non-emergency situation and shell capsizes, it is possible to re-enter the shell and row and/or paddle to shore. If shell is sinking, capsized, or submerged and rescue personnel have not arrived, athletes must remain with the shell – both the boat and oars/paddles are flotation devices and it will be easier for the rescue personnel to spot you. This point can not be overemphasised –it is safer to stay with the equipment than to swim to shore.
 - If shell is sinking, capsized, or submerged, the shell should be rolled over (hull up and feet down), if possible, to increase buoyancy by trapping as much air underneath as possible. Athletes should buddy up across the shell, with equal weight distribution on either side of the shell, and remain paired while being rescued. Each pair should huddle toward the high point of the shell. Pairing is essential as it gives added life support to each athlete and facilitates reciprocal communication. If coxed boat, coxswain should buddy up with stroke and seven.

In cold water, where possible: minimize movement to preserve body heat (no swimming or treading water), keep clothes on and put on hats and mittens, get as much of the body out of the water as possible, assume fetal position, and protect groin, armpits, neck, and head.

Sport and site specific supplements available at each GO Centre.

Appendix B

GO Rowing & Paddling Association of Canada Coaching Safety Guidelines

The following outlines the safety policies and procedures to be followed by coaches and participants in programs operated by GO Rowing & Paddling Association of Canada Affiliate Centres.

- All coaches will sign a Coaching Code of Conduct, a Work Agreement, and a facility waiver form
- All coaches should have a minimum of Level I Coaching Certification or equivalent or be undergoing training to acquire such.
- In rowing, with the exception of more experienced athletes, the maximum coach to launch ratio is 1 to 9.
- Each launch must contain: a paddle or oar, a throwing rescue device, a bailer, a first aid kit, a flare, a sound device, flashlight, 9 space blankets, and a minimum of 3 lifejackets. Access to and use of these supplies is restricted to “on water” emergencies.
- During supervision of a practice, no more than two people shall occupy the launches.
- In the event of an emergency, the senior coach present assumes command and should direct and control operations until the arrival of the appropriate authorities. At that time, this coach should identify themselves to the authorities and continue to work with them. The senior coach should act as a liaison between the authorities and the Centre staff.
- Inexperienced operators, or improperly equipped individuals, should not be allowed on the water during a rescue.
- During a rescue launch capacity must not be exceeded. Under extreme conditions when the facility can not be reached, those rescued should be taken directly to shore, or to the nearest safe spot
- Each rescuer should be wearing a lifejacket and extra lifejackets should be put in the launch if necessary
- All accidents should be approached from the leeward, into the wind, to prevent the launch from being pushed into the accident and to ensure the maximum control.
- The conditions of people in the water and the severity of the circumstance must be assessed very quickly. Verbal contact with those in the water must be established so that they can be talked through the rescue procedure. Those at greatest risk should be rescued first and rescue must be in pairs.
- In rowing, remember to alert rescue officials that an 8+ contains 9 people.

In addition, coaches are responsible for the following info which must be made available to registrants before “on water” activity:

- All registrants must be able to swim
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