

HAVEY'S LAKE ROWING CLUB

HLRC SAFETY GUIDELINES AND ATHLETE PROTECTION POLICY

Harvey's Lake Rowing Club ("HLRC") is a not-for-profit private club established and maintained for the limited purpose of teaching and promoting the activity/sport of rowing and amateur competition associated with rowing, and forms of exercise and exertion typically associated with rowing, including, without limitation, rowing on land and/or water, running, weightlifting and other strenuous physical activities ("**Rowing Activities**").

Rowing Activities involve significant risks and dangers of serious personal injury and death. Such risks may arise from any aspect of participation included but not limited to the interactions of participants with other persons, as well as their encounter with the physical environment (Harvey's Lake which is a natural body of water where swimming, power and non-power boating, fishing and similar forms of sport and recreation are undertaken, docks, boat launches, lakeside, nearby public roadways and thoroughfares, and HLRC facilities), in which the **Rowing Activities** are carried on, and also as the result of negligent acts by others, whether or not affiliated in any way with HLRC.

COMMITMENT TO SAFETY

HLRC is committed to promoting a safe and positive environment and experience for all those affiliated with the club's activities, whether staff, volunteers, participants, or observers. Because of this commitment, HLRC adopts these guidelines. HLRC will review these guidelines from time to time to help assure that all safety protocols and procedures are consistent with the assurance of a safe and positive environment. For all **Rowing Activities**:

- All employees, volunteers and participants must be able to pass a swim test as may be established by HLRC in its discretion. This includes, but is not limited to the ability to place a life jacket on while in water.
- Each person utilizing an HLRC boat or any boat associated with club activities must take personal responsibility for the safe use of their own oar, rigging, foot stretchers, seat and slide. Users must check to make sure that all equipment is functioning properly before leaving the dock (entering water) and each person must have a personal flotation device (PFD) available. (Also see Club Rowing Zones in Hand Book)
- Users must utilize proper clothing, as may be directed by HLRC, for rowing in single or tandem boats/launches.
- Users must take reasonable precautions when in the vicinity of other types of vessels to avoid collisions. Users must also be courteous to other boaters on the water and treat them with respect.
- All participants and volunteers must pay attention to and follow direction from HLRC staff and other representatives they may designate (including volunteers or other participants, when directed) and if any misconduct is identified it must be reported to HLRC staff.

- Under no circumstances should participants or others who are minors be allowed or left unsupervised on or near the water.

EMERGENCIES

Should an emergency occur, all directions of **HLRC** staff must be followed. In addition, as it pertains to certain circumstances, the following directives must be followed

- Under no circumstances should a rower in the water leave his/her shell.
- Your program manager, coach and volunteer will instruct you on the various commands and distress signals used to create a safe recovery and rescue should an emergency event occur on the water.
- If an event involving injury or damage to property occurs, it must be immediately reported to **HLRC** staff who will take such steps, including, without limitation, seeking assistance from public emergency personnel, as they deem reasonably necessary to protect participants and others and who are additionally responsible to complete an accurate incident report regarding the injury or accident. This guideline should not be construed to limit any person's decision to make contact with law enforcement, rescue or emergency medical personnel.

Staff Members, volunteers, and participants shall refrain from all forms of misconduct, which include, but are not limited to:

- Bullying
- Harassment
- Hazing
- Emotional misconduct
- Physical misconduct
- Sexual misconduct, including, but not limited to, child sexual abuse

Any person affiliated with HLRC who fails to follow these guidelines and their reasonable implications may be immediately dismissed from HLRC. This document is not intended as an all-inclusive expression of safety associated with Rowing Activities and HLRC reserves the right to expand and/or modify conditions and requirements to assure safety and successfully carry out the objectives of HLRC.