

# Genesee Waterways Center

## Rowing Safety Guidelines



**The Genesee Waterways Center (GWC) recommends that all rowers adhere to the following guidelines for the safe practice of rowing.**

### **General Safety Tips:**

- Rowers must sign out and sign back into the GWC log book provided in the boathouse
- Launch boats with the bow upstream
- Keep to the center right of the bridge abutments when travelling under a bridge
- Always check for boat traffic when crossing or entering a waterway; proceed when clear
- Pass boats port to port when travelling toward each other
- Larger shells and boats have right of way on the river
- Rowers under the age of 14 must be accompanied by an adult on the river at all times
- Keep a safe distance from strainers and other debris in the waterways

### **PFDs (Personal Flotation Devices)**

- It is recommended that all individual rowers have a PFD in their boat or on their person
- It is strongly recommended that all coaches/individuals in a coaching launch wear a PFD
- Crew teams must have PFDs in the coach's launch, in the rowing shell, or on their person
- In the event of capsize, stay with the boat and PFD until rescued

**It is STRONGLY RECOMMENDED that you avoid rowing or paddling under the following weather conditions:**

- The combined water and air temperature is less than 95 °F (especially when water temp is less than 50°F)
  - Thermometers are located in the small boathouse by the side entrance
- Winds are 40 mph or gusting at 50 mph or greater
- When thundering/lightning:
  - Rowers must get off the water immediately at the first audible thunder
  - Rowers must wait 30 minutes after the last clap of thunder before putting on the water

### **Rowing in the Dark**

- Boats on the water 30 minutes before sunrise or after sunset must have Coast Guard approved running lights (red/green at the bow, white at the stern)

**Thank you for your cooperation**  
***GWC Safety Committee***

**The Genesee Waterways Center subscribes to the FISA Safety Guidelines suggested by US Rowing. The FISA Safety Guidelines can be found at:**  
[www.usrowing.org/safety/index.aspx](http://www.usrowing.org/safety/index.aspx)