

COLD WEATHER ROWING POLICY

QUINSIGAMOND ROWING CLUB

4-OAR RULE

Revised March 4, 2021

1. All rowers, coxswains, coaches and launch passengers MUST wear a PFD.
 - a. Auto hydrostatic (i.e. self-inflating when immersed in water) PFDs strongly recommended.
 - b. All rowers in non-coxed boats (2x and 4x) must be Captains Tested.
 - c. No Guest Row unless guest has been Captains Tested from another rowing club.
2. Two club singles may row together or with a larger boat. Boats must stay within 100 meters of each other (essentially 10 boat lengths, based on a single shell).
3. Privately owned singles may row alone.
4. Doubles and larger boats may row alone, but are strongly encouraged to row with other boats.
5. At least two individuals on each boat (or both rowers if two singles) MUST carry a cell phone in a waterproof case and a sound producing device such as a whistle.
 - a. Recommend whistle be worn on PFD for ease of access.
 - b. Recommend phone be insulated and/or heated to preserve battery life when needed.
6. Club boats must be inspected, and components adjusted, in slings prior to use. Report damage on white board and email details to the bay captain.
7. At least one article of hi-vis clothing should be worn regardless of time of day.