

Augusta Junior Rowing Safety Polices and Procedures

Each athlete and coach will follow an extensive safety plan including rules, policies, and procedures to ensure that all activities associated with rowing whether on or off water are conducted in the safest possible environment. Coaches will be given a Code of Conduct, which covers safety issues, rules, and protocols to follow in specific scenarios.

Authority - At all times the coaching staff will be directly in charge of the Augusta Junior Rowing Program except in specific instances where a parent is appointed as a chaperone. Coaches will be accountable to the Junior Board of Directors. The Boathouse Manager of the club will have final authority at all times.

Athlete Chain of Command - At the coach or manager's discretion either a coxswain or team captain can be the appointed leader of the team or specific groups at any time during the season. Their decision will be final in the absence of a coach, manager, or parental supervision.

Conduct - Horseplay, running, reckless behavior, and violence will not be allowed inside the boathouse or outside on the premises. Profanity and/or foul language is not permitted at any time, under any circumstances before, during, or after practice or at competitions. While in a boat each athlete will obey the coxswain, coach, or referee if present. Talking is permitted only at the discretion of the coach.

Supervision while on Water— no rowers may leave the dock without permission from their assigned coach. Rowers are not allowed to practice on water without a supervising coach on the water in a launch. While on water, Rowers cannot row out of eyesight of a coach.

Water Traffic – Each boat and/or coxswain will follow the approved traffic pattern as explained by his/her coach while on water. At no time are coxswains or athletes to communicate directly or indirectly with any fisherman, pleasure boats, or other motorized craft on the river. All incidents are to be reported directly to the Boathouse Manager by either the coach or athletes or a combination of both.

Access to Facility - Rowers may not come to the boathouse during unauthorized / nonpractice hours without the prior approval of a coach on staff or the manager.

Equipment Handling- The coxswain will be in charge and a staff coach will supervise when a crew is handling a shell and other equipment. At all times athletes must safely handle shells and other equipment to prevent injuries to themselves and their teammates and to prevent damage.

Weight Room - Access to the weight room can only be granted with the prior approval of a Augusta Junior Program Coach or the Boathouse Manager. Horseplay, running, or inappropriate activity in the weight room will not be tolerated. Athletes must follow a proper and safe warm up prior to using weight equipment. Maximal lifting without following a proper warm up will not be allowed. Maximum lifting will only be done with a coach, manager, or assigned trainer present.

Training - Our program will follow a training program, which helps to prevent injuries from occurring. Athletes must be aware that there is a distinct difference between (a) soreness in joints and muscles attributed to training and between (b) dull and sharp pains which may be signs of minor injuries or potentially serious injuries. The athlete must report the onset of any dull or sharp pains to a coach or manager and their parents. Any injury no matter how minor must be communicated to the coach.

Weather Conditions – Athletes must come to practice rain or shine. Exceptions will be dangerous transportation and driving conditions such as sleet, tornado warnings, or unusually wet conditions. Athletes will train indoors during inclement weather; however, they may expect to be outdoors during a light rain shower in the same scenario as a regatta. Athletes will not go on the water in unusually high wind or choppy water conditions., heavy downpours, or tornado or other severe weather watches.

Lightning - In the event that lightning occurs while the athlete is on water the procedure shall be: A) If the boathouse is within sight, the coach and coxswain will proceed immediately to the dock by traveling along the sides of the river. The boat and oars will be left on the dock and the athletes and coach will immediately seek shelter in the boathouse. The boat and oars will be retrieved when the danger of lightning is over and none can be seen in the sky. B) If the boathouse is not within sight, the coxswain is to proceed directly to the nearest shoreline where the rowers can safely get out of the boat to find shelter on land. The boat and oars will be retrieved when the danger of lightning is over and none is seen in the sky.

Swim Test - All rowers including coxswains must take and pass the approved swim test in the presence of a coach or manager before rowing. Exceptions shall be a lifeguard certification or proof of participation on any type of swim team/club. The test shall, whenever possible, be administered in an enclosed swimming pool. However it may be administered in the Savannah River,

weather permitting. At a minimum the test will be 5 minutes treading water and demonstration that the athlete knows a basic survival stroke.

Safety Video - All athletes are required to watch the US Rowing Safety Video before rowing.

Drugs and Tobacco Products. There is a zero tolerance policy for possession or use of alcohol, drugs, chemicals, steroids, tobacco, or controlled substances. Any suspicions involving their use will be investigated, and any violations will result in appropriate disciplinary action including removal from the team. Medication prescribed by a physician must be in the dispensed container with proper label and dose information. Parents must inform the coach of all prescribed medications.

Personal Items - All book bags and personal items will be stored in the appropriate areas or at the coach or managers discretion.

Personal Vehicles are expected to be locked when on the premises. When arriving or departing for practice, athletes will drive slowly and respectfully.

Guest Policy – Athletes may make prior arrangements with their coach and at their coach’s discretion to allow parents and friends to attend practices and/or ride in the coaching launch. Friends, girlfriends, and boyfriends are not allowed to show up a practice unless the coach grants permission. Any students or people not affiliated with the Augusta Junior Rowing Program will be asked to leave the property.