

Inglemoor High School Crew Safety Plan

The following are possible situations that could occur during a crew practice while on the water.

1. Before the students are cleared to row on the water they must first complete a swim/float test administered by a certified lifeguard. Completing this exercise will display that the student can swim 150 meters, tread water for 10 minutes, and successfully put on a personal floatation device (PFD) while in the water.
2. We will be launching out of Log Boom Park in Kenmore, and as of right now we will be water launching. Water launching is when the rowers walk the boat out into about knee-deep water, lift the boat above their head, and roll the boat one way into the water. They will then proceed to grab their oars and secure them into their respected oarlock. For this example, I will be using an 8+ shell. Once everyone has completed this, the coxswain will enter the boat while the eight rowers hold the boat steady. Following the coxswain, the middle four rowers (seats 3-6) will enter the boat while the bow pair and stern pair (seats 1 and 2, and 7 and 8) holds the boat steady. Once the middle four have got in the boat, seats 2 and 7 will enter the boat while 1 and 8 steady the boat. Of the last two, seat 8 will enter first and once seated the bowman (seat 1) will enter the boat and push off a little bit, kicking the bow out off of the shore and pointed out towards the lake. Once all the rowers have their feet strapped the coxswain will commence the workout.

When docking, it will be almost the same process as entering the boat. As the boat is approaching the shore the bow pair will not be rowing so they can instruct the coxswain about the shore level, and when they should have the other rowers hold down water, stopping the boat. Once the boat is close enough, the bowman will exit the boat and hold the boat for the stroke seat to exit. If the boat is not close enough, the bowman will exit the boat and walk down to the stern side of the boat and pull the strokes oar pulling the boat closer to the water so the other rowers may exit the boat. The exit process will be almost reverse of the rowers entering the boat.

3. While rowing, it is possible for a rower to catch a crab. A crab can be described as having a oar turn the wrong direction and catch the water, which causes the oar to propel back into the rower, and sometimes can produce such force that the rower is actually ejected from the boat. If this situation were to occur I would make sure the boat stops rowing and holds down water, making sure they do not glide any further away from the rower. I will then locate the rower in the water and proceed to their location. As I approach the student I will make sure to have a PFD available if it becomes necessary. I will then communicate with the student and ensure they are not injured. The next steps I will take is to get the rower onto my launch, have them dry-off, assess them once again assuring they are uninjured, and then get the rower back into their boat.
4. While on the water, it is possible for a shell to flip. If this situation were to take place on the water I would get my launch as close to the rowers as possible and begin throwing a PFD to every rower and trying to keep them calm and relaxed. If for some reason a rower hit their head or became unconscious after the boat rolled, I would instruct the two closet rowers to catch a PFD and secure it on the rower, making sure their head is above the water. I would then assess where the rowers are related to the shore. If the shore is close I will instruct the rowers to swim to the shore. If that is not an option I will instruct the students to get to one side of the boat and try to roll it over. Once the rowers get in the boat we will get the boat to the shore and have the

rowers get the water out of the boat by taking it out of the water and emptying it over their heads.

5. The prior situations show examples where I am not using a launch to help out the rowers in case of an emergency. In the case of an emergency, I will use my launch as a resource for the rowers. I will try to get as close to the rowers as possible, I will then turn the engine off so the students will not be in danger of the prop, and I will then begin pulling the rowers onto the launch. Once the rowers are on the launch, I will assess the situation and make a decision of how we will return to land.