

RED-SEASON QUAD SCULLING ZERO TOLERANCE SAFETY RULES

Note 1: All participants must be familiar with these rules.

Note 2: Verify whether this is the most recent release of the rules. The most-recent release is available at the ONEC Cold Water Policy page:

<https://sites.google.com/a/onec.ca/main/rowing/safety/cold-water-policy>

PREPARATION

1. Sessions are organized by the designated red-season rowing coordinator who is responsible for ensuring that all participants act in accordance with the safety rules.

In addition, the safety officer (scu303@yahoo.ca) must be informed of schedule before session occurs.

2. Experienced scullers only (three seasons regular sculling or coach approval)

3. Participants **must** be familiar with the content of the website Cold Water Boot Camp <http://www.coldwaterbootcamp.com/>

4. Only during daylight hours: Boats must launch after sunrise and be back on the dock before sunset <http://www.timeanddate.com/astronomy/canada/ottawa>

5. Aware of predictions for pending weather

Recommended: refer to the following two weather sites:

* AccuWeather for Gatineau Airport—hourly report including wind (may require URL update)

http://www.accuweather.com/en/ca/ottawa-gatineau-airport/j8r/migraine-hourly-forecast/1564_poi

* Environment Canada Weather Radar - Franktown

http://weather.gc.ca/radar/index_e.html?id=XFT

6. Dress for cold *“Select materials in clothing that allow the body to stay dry and insulated against heat loss but with flexibility for the rowing motion and activity.”*

Note: It is recommended that the coxswain wear a survival suit. Two suits are located in the scullery.

7. when on the docks, participants must wear a pfd; also, when on the docks, participants must be accompanied by at least one other participant

8. The cold-water duffel bag containing space blankets and first aid kit, and sleeping bags should be brought down to the dock at the beginning of the row and later returned to the scullery

9. It is recommended that participants be familiar with the following document:
“Problems and complication of cold water rescue”

http://www.researchgate.net/publication/7239578_Problems_and_Complications_With_Cold-Water_Rescue

ON THE WATER

10. Touring quad only (Hudson T11)
11. Flat water or near-flat (e.g. maximum 10 cm wave height)
12. All four seats must be occupied plus there must be a coxswain.

Note: No seats may be switched (e.g. stroke and coxswain) after the shell has launched from dockside.

13. **Never more than 10 meters from shore**
14. **Only in channel between ONEC boathouse and Rockcliffe Yacht Club**
15. maximum sculling pressure only 70% power
16. All participants must bring a personal flotation device into the shell; and, it is strongly recommended that participants wear their pfd.
17. At least one participant must bring a cellphone into the boat
18. At least one participant must bring a whistle into the boat (recommended: Fox 40)
19. There must be a bailer in the boat.

1 - 10 - 1 REVIEW

(screen capture from website Cold Water Boot Camp [see step 3])

1 - 10 - 1

1-10-1 is a simple way to remember the first three phases of cold water immersion and the approximate time each phase takes.

1 - Cold Shock. An initial deep and sudden Gasp followed by hyperventilation that can be as much as 600-1000% greater than normal breathing. You must keep your airway clear or run the risk of drowning. Cold Shock will pass in about 1 minute. During that time concentrate on avoiding panic and getting control of your breathing. Wearing a lifejacket during this phase is critically important to keep you afloat and breathing.

10 - Cold Incapacitation. Over approximately the next 10 minutes you will lose the effective use of your fingers, arms and legs for any meaningful movement. Concentrate on self rescue initially, and if that isn't possible, prepare to have a way to keep your airway clear to wait for rescue. Swim failure will occur within these critical minutes and if you are in the water without a lifejacket, drowning will likely occur.

1 - HYPOTHERMIA. Even in ice water it could take approximately 1 hour before becoming unconscious due to Hypothermia. If you understand the aspects of hypothermia, techniques of how to delay it, self rescue and calling for help, your chances of survival and rescue will be dramatically increased.