

## Safety

The first priority of all Members is the safety of all persons on the water and on land. The second priority of all Members is the safety and maintenance of all rowing equipment. The third priority of all Members is the safety and maintenance of the PRC building and its equipment. Failure to follow PRC Safety policies can be grounds for suspension of member privileges or expulsion.

### Lighting:

- All boats rowing out of the PRC should have Coast Guard approved lighting when operating before sunrise or 1 hour before sunset.
- Coast Guard approved navigational lighting includes a combination or separate bright red and green sidelights mounted at the bow of the boat and visible for at least one (1) nautical mile from the side of the boat, and a bright white light mounted at the stern and visible for at least one (1) nautical mile for 360° around the boat or at least from the sides or behind the boat.
- Lights are required for all club boats (including launches) that are launched before sunrise or plan to dock after sunset. Lighting must consist of a bow light (red/green) and a stern light (white).
- The PRC does not provide lights for its club boats -- these must be provided by the members/programs using the boats.
- Inadequate lighting including weak or poor batteries, or missing or broken lights represents one of the most significant safety concerns in the waterway. People without adequate lighting are a problem for other boats on the waterway that may be properly illuminated. Poor or no lighting can result in severe injuries and even death for people involved in a collision, not to mention property damage to boats and equipment.
- If lighting fails or becomes lost or disabled during a practice, the boat must immediately return to its boathouse and replace/repair the lighting.
- Coaching launches operating in low or no light periods should carry spotlights sufficient to illuminate hazards at 80-100 yards in front of shells in a practice, with power supplies that are sufficient to last for the duration of a practice. The PRC provides spotlights for safety launches; these spotlights are located in the maintenance room by the cox boxes.

## On the Water

- **Traffic Patterns:** All rowers launching from the George Pocock Rowing Center must follow the traffic patterns in the Lake Washington/Ship Canal waterway. A detailed description of the general rules and guidelines for waterway traffic can be found [below](#).
- **No PRC club 4+, 4-, 4x, or 8+ shell** may be taken without the presence of a PRC launch driven by a Qualified PRC launch driver.
- **Bad Weather:** All PRC programs will take place as scheduled (indoors if necessary) regardless of the weather conditions outside. Unsafe conditions may include dangerously high winds, lightning storms, or other similar situations. Because weather patterns which may affect rowing safety are unpredictable and subject to sudden change, the decision to go on the water will not be made until the actual scheduled start time of the session.
- **4 Oar Rule:** During particularly cold weather the Director of Rowing Operations or the Chair of the Management Committee may invoke the "4-Oar Rule" without warning. Invocation of the 4-Oar Rule means that NO PRC club 1x or 2- should LAUNCH FROM the PRC until the 4-oar rule is rescinded. It applies to PRC boats and is highly recommended to private boats. We have doubles, fours, quads, and eights to get you through the cold weather, though fours, quads and eights require a coaching launch. The 4-Oar Rule is in effect when the 4-Oar Card is placed in the window of the 3 exterior man doors, the door from the 2nd floor to the boat bays, and on the bay door window adjacent to the log-book. Violation of the 4-Oar Rule can result in suspension of rowing privileges. This is a rule instituted for our membership's safety. We have a large exercise room with ergs, bikes, weights, and land-training classes to keep our members fit during these brief interludes when it is not safe to row.
- **Buddies:** It is **STRONGLY RECOMMENDED** that ALL boats not accompanied by launches go out with 'buddies' – i.e. another boat of comparable speed, and that the buddies remain together throughout the workout.
- **Clothing:** It is recommended that all scullers and at least the bowman in team boats wear light-colored, highly visible tops or jackets to improve visibility by other rowers/boaters on the water. High visibility yellow wind jackets or fluorescent cycling or crossing-guard vests are an option for early morning or late evening rows.
- **Bow Balls:** Every boat must have a firmly attached ball of not less than 4 cm (1.5 inches) diameter on its bow. Where the construction or nature of the boat is such that the bow is properly protected or its shape does not represent a hazard then this requirement need not apply. If you are planning to use a PRC-owned, club boat and observe that the bow ball is damaged or missing, do not row that boat and please post the damage to our Equipment Maintenance board located on the main level between the locker rooms.
- **Heel Restraints:** Heel restraints and “quick-release” mechanisms must be in proper and effective working order in all boats equipped with fitted shoes. These restraints should not allow the heel to lift more than 5cm (2 inches).
- **Buoyancy:** Bow and stern compartments must function as individual buoyancy compartments and must be checked annually to ensure that they will function as intended. Boats should meet minimum flotation requirements sufficient to support a swamped boat and its crew, with the top of the seats being no more than 5 cm below the surface of the static waterline.

## Boat Handling

Prior to taking out a boat independently members must demonstrate a thorough understanding of boat handling rules and boathouse etiquette to a coach or appropriate office staff member via successful completion of the "club boat use test."

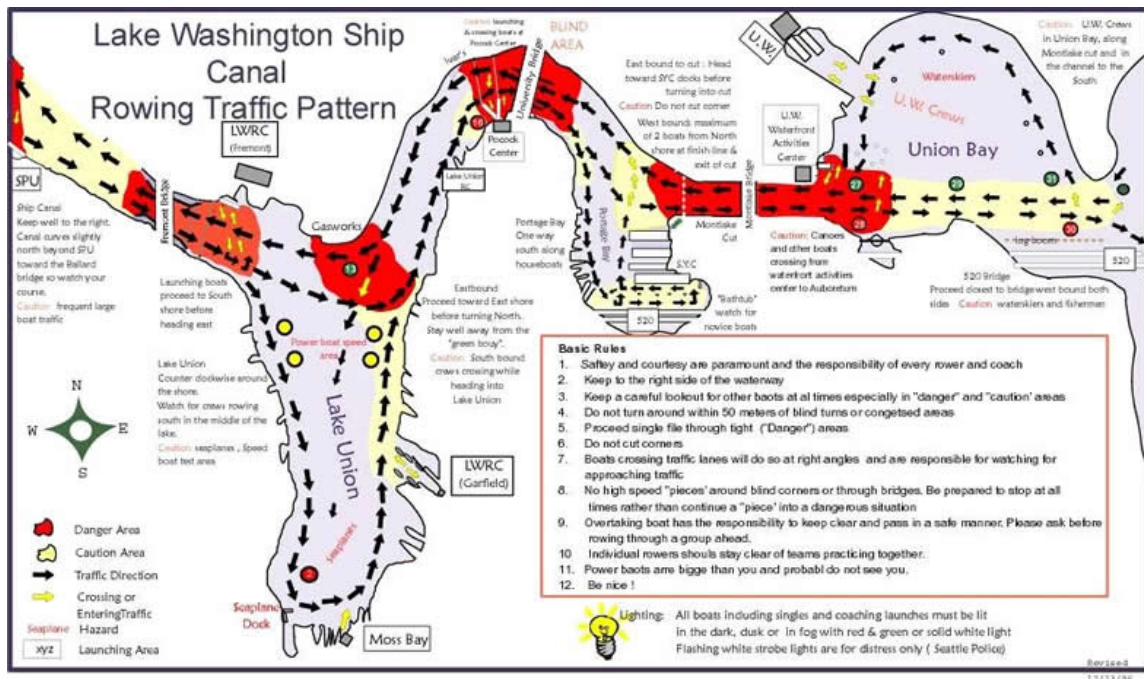
Before taking any club boat out independently, a member must:

- Be qualified to take out or row in the boat in question; the member may be asked to demonstrate taking the boat off the rack, placing oars in, leaving and returning to the dock safely, demonstrating knowledge of the proper traffic pattern; properly returning the boat to the rack; and possibly a flip test.
- Make sure the boat and oars you are taking out is indeed a club boat and club oars and not a member's private boat or private oars (ask someone if you're not sure).
- Check the Reservation Log to make sure someone else doesn't have that boat reserved for that time or to see when the next reservation is so you can have the boat back to the boathouse in time.
- Check to ensure that there is not a "No Row" tag on the boat;
- Visually inspect the boat for signs of damage or wear which need repair -- don't take a boat out if it may need repair, and if you find unreported damage, write up a note on the Equipment Maintenance white board located between the locker rooms;
- Verify that you have proper lighting in good working order if you will be on the water before sunrise or after sunset. Proper lighting at a minimum includes red and green bow lights and a white stern light;
- Lighting should be affixed to the boat, tested, and confirmed to be in good working order before embarking on a row when lighting is required;
- Verify that you are properly clothed and prepared (safety whistle, etc.) for the conditions;
- Loosen stretchers and prepare yourself and the boat for a quick, efficient launch so as not to impede the progress of others wishing to go out. Be considerate, and prepare to get on and off the dock quickly;
- Sign the boat out in the Boat Logbook. (Private boats must also be logged out and in).

# Traffic and Waterway Patterns

Safety on the water is everyone's responsibility. Please observe the traffic pattern, look around frequently, and recognize that we row on a heavily-used commercial body of water. Power boats, barges, and tugs CANNOT stop quickly and should always be given wide berth. Our dock is very busy, especially during peak hours (5-9am and 4-7pm)! When launching from or returning to the PRC, small boats should use the angled dock. Always allow docking crews to land and clear prior to launching. If you see a crew waiting to dock and you are already on the dock, please launch quickly; if you are not yet on the dock, do not put your boat into the water until the docking crew has cleared. When launching, make sure oars are down, oarlocks are open and you have checked your equipment prior to putting the boat into the water. Tie in and make adjustments on the water to enable more members to utilize the dock. After you have docked, quickly remove your oars and the hull to make space for other crews.

Below is the waterway pattern for rowing around the Pocock Rowing Center. More in-depth details include race courses and rowing pattern specifics can be found in our [Seattle Waterway Traffic Flow pdf](#). We highly recommend reading this file for anyone rowing on the waters surrounding the PRC.



## “General Prudential Rule”

In construing and complying with these rules, due regard shall be had to all dangers of navigation and collision, and to any special circumstances, including the limitations of the vessels involved, which may make a departure from established rules necessary to avoid immediate danger.

## PRC Equipment and Policies

**There are two types of PRC Club boats and the Equipment Policies apply to all PRC Club boats.**

1. PRC Club Boats: All Full members have access to all PRC club 1x, 2x, 2- and 4x. These boats may be reserved in the Club Reservation Book and must be signed out in the Logbook prior to use; both the Reservation Book and the Logbook are located in Bay 1.
2. PRC Restricted Boats: Only PRC members who are registered for a PRC Program (PRC Masters Team, PRC Junior Team, or PRC High Performance Team) may use PRC Restricted Boats. Restricted Boats may only be used during the course of that program's practice and under the supervision of a PRC Program Coach. Restricted 1x, 2x or 2- are identified in the Reservation Book. Members of one of the PRC Masters Competitive Teams may request permission to use a Restricted 1x, 2x or 2- outside of their normal practice time by contacting the Director of Rowing Operations.

### **Launches & Eights**

No eight-oared shell may go out from the PRC without a safety launch at any time. PRC Club eights must be accompanied by a safety launch driven by a Qualified PRC launch driver.

### **Launches & Quads/Fours**

No PRC Club 4+, 4-, or 4X may go out without safety launch driven by a Qualified PRC launch driver.

The only exception to this policy is the use of the Charley McIntyre 4x by members of the Charley McIntyre Rowing Club (CMRC). Members of the CMRC may use the Charley McIntyre 4x without the presence of a coaching launch; this agreement was a condition of the donation of the Charley McIntyre 4x by the CMRC to the PRC.

Privately owned hulls are allowed to go out without a launch.

### **Appendix**

In Perpetuity Clause: "In perpetuity, the Pocock Rowing Center will have at least one eight oared shell in the fleet named to honor the Pocock family. This shell will be of the restricted use boat classification."

## Junior Supervision

No members of the PRC Junior Team may go out from the PRC at any time unless they are accompanied by either a) a launch or b) a parent/guardian adult PRC member in the same boat (e.g. 2x)

## Use and Care of PRC Equipment

In order to maintain our fleet of high-quality equipment, we ask that you observe the following rules when using PRC Club Boats and PRC Restricted Boats.

- Pay attention to boat sizes. Boat crew weights can be found on the tag on the boat's hull (PRC tag on the stern), in the Reservation Book or the Logbook. Overweighting a boat can cause serious damage to the boat and be dangerous on the water
- Prior to taking a boat out of the rack, observe how it is placed on the rack so you can return it properly. Some boats are placed bow first, some stern first. Save yourself time and protect the equipment by noting a boat's position on the rack
- Do not change rigging of boats or oars (this does not include adjustment of foot stretchers or oarlock spacers). Rigging should be done only by PRC coaches after consulting the Director of Rowing Operations.
- Leave shoes on the dock. Shoes carry dirt and grit which can get into tracks and wear down both tracks and wheels
- If you take a hard-sided water bottle in a boat, wrap it in a sock or t-shirt. Hard-sided bottles rub against the hull and will wear away the carbon fiber
- Report all equipment damage by writing it on the Equipment Maintenance white board located between the locker rooms or email [equipment@pocockrowingcenter.org](mailto:equipment@pocockrowingcenter.org)

## Logbook

All boats launching from the PRC must be signed out and in again in the logbook with the name of the hull, rack location, time in/out and name of rower or bowseat in the boat. The Logbook is located in Bay 1.