



**Charlotte Youth Rowing, INC.
Handbook**



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A Brief History

Charlotte Youth Rowing was founded in 2000. CYR is a not-for-profit 501c(3). Since 2000, CYR has continued to grow and work towards being one of the top teams in the Southeast while sending countless Alumni off to some of the top collegiate rowing programs in the nation for both men and women.

Charlotte Youth Rowing was the first rowing program in the region, and for 20 years it has been the most respected and high-performing competitive rowing opportunity for young people in the area. We have over 1,000 program alumni and parents.

Charlotte Youth Rowing currently trains 60 middle school and high school rowers 6 days a week, 9 months a year. The team attends 10 to 12 regattas each year, and in the summer, the program hosts rowing camps.



Our Mission and Vision

Our mission is to use competitive rowing which encompasses teamwork, attitude, and effort to help our athletes grow into strong, healthy, and confident young adults.

Our Vision is to build one of the best teams in the country; one connection, one stroke, and one day at a time.



Contact Information

Boathouse address:
19809 Youngblood Road West,
Charlotte, North Carolina
28278, United States

General information/ Team email:
teamadmin@charlotteyouthrowing.org

Website:
Charlotteyouthrowing.org

Social Media:
@charlotteyouthrowing.org



Charlotte Youth Rowing and USRowing

US Rowing is the governing organization for the sport of rowing. Charlotte Youth Rowing, Inc. is a member of US Rowing.



CYR Boathouse/Program Standards

Foundational

The first priority of every coach, rower and crew is the safety of all persons on the water and on land.

The second priority of every coach, rower and crew is the safety and maintenance of all the rowing equipment

Remember we are guests of CYC and must treat it with the utmost respect for all other members.

Programs

All participants must be registered for the program he/she wishes to participate in. All registrations must be completed online at www.charlotteyouthrowing.org

All participants must have completed at least one payment before the first day of practice each season.

All participants must be in good standing with USRowing, aka membership is up to date and waiver has been signed.

Boathouse Connect

All participants must have a Boathouse Connect account and check in or out of practice. This is the athletes responsibility not the parent. Rowers must check in to practice by 1pm M-F and by 8pm Friday night for a Saturday practice. If the athlete needs to change their attendance after these cutoff times they must notify the Head Coach. Failure to notify the head coach will result in sitting out the next practice. Athletes can check their attendance one week in advance. **If an athlete is NOT attending practice they MUST check not attending. If an athlete shows up to practice without checking attendance for that day they will not receive credit.** Following these rules ensures the entire team can have an efficient practice. When they are not followed it creates a ripple effect for the entire team and delays practice. **Be a good CYR teammate!**



Refunds

Up to 14 days before the start of the season we will offer a refund for registration. Once the season has started no refunds will be issued.

If an athlete quits after the 14 day period and is on a payment plan, they will still be responsible for paying the remainder of tuition.

This is designed to encourage commitment to the program.

Swim Tests

All participants for summer camps, current team members, and future team members must all complete a swim test. If you are registering for a summer camp the swim test form can be found on the summer program page.

Swim tests will also be performed the first day of practice for returning and new members. The exception is getting back on the water in the spring. Water temperatures are still cold. We ask all new rowers to have completed a swim test elsewhere.

Swim test consist of swimming 100m (2 laps down and back) and 10' of treading water without a life jacket, floating on your back counts

*If an athlete cannot complete the swim test they must wear a PFD in a shell at all times

Attendance Policy

We recommend that those who enroll in our programs at CYR be able to commit to attending at least 85% of practices. All attendance will be tracked through the team app. **It is the athletes responsibility to check in to practice to receive credit.** If an athlete is not showing up to practice or meeting the attendance policy they will not race for safety concerns, not meeting team standards, and fairness to their teammates.

Drug and Alcohol Policy

Charlotte Youth Rowing is a clean and safe environment. Under no circumstance should any athlete be consuming alcohol on a team travel trip, at or before practice, or be showing up to a regatta or practice hungover.

Drugs and alcohol are zero tolerance.



If an athlete shows up to practice under the influence they will serve a one month suspension and miss the next regatta. If there is a second offense the athlete will be done for the remainder of the season.

If any athlete is caught with drugs and/or alcohol at a team regatta they will be suspended for the remainder of the season.

Bad Weather Policy

Rowing is an outside sport which means we take the weather very seriously for the safety of our athletes and coaches. All rowing practices are **on** unless told otherwise. Weather patterns which may affect rowing safety are unpredictable and subject to sudden change. We always do our best to get out on the water which means: canceling practice at 1:30pm at the latest or arriving at the lake and being on land there. If practice is canceled rowers will have a workout at home. Please do not come to class if you feel driving conditions are unsafe.

If we have to alert you of a change it will be sent to the team on BC, remind, and email.

Equipment

1. If boat damage occurs at any time, from the time the boat is taken off the rack, to the time it is returned to its rack, it must immediately be returned to the boathouse, put in slings and reported in the Repair Log on Boathouse Connect.

The crew or individual responsible for the damage will not be permitted to row that day if the damage occurs before or at the beginning of a row. This includes instances when the skeg is knocked off at the dock. With the exception of our participants, CYR equipment is our most valuable asset, and must be treated accordingly.

2. Boats must be wiped down and strapped after each use.

3. All members of a crew are required to help carry boats to and from the water.

Cox Boxes and Speed Coach's

Cox Boxes and speed coaches are for athletes and coxswain use. They must be put back neatly in the designated bins. If they need to be charged please connect them to a charger and place them in the bin. All straps and headsets must be disconnected and either hung up or placed in the assigned container. It is not the coaches job to come reorganize this area after each practice. Previously we've had too many issues with athletes losing speed coaches in the water and not caring for them properly. **If an**



athlete loses a speed coach they will be responsible for 25% of the value which must be paid to CYR for a replacement to be purchased.

Dock Rules

1. All boats must have their bow out when on the dock.
2. Move quickly but safely (no running) on the docks, keeping launching time between 60-90 seconds.
3. Bring ALL equipment down to the water before carrying the boat in order to keep things moving and efficient on the dock.
4. Anything left on the dock should be out of the way of others who will be using the dock. Shoes should be placed in the appropriate bins for safety reasons.
5. Adjustments should be made on the water or on land prior to carrying the boat.

After Rowing

1. All boats must be put back on their correct rack.
2. All boats must be wiped down after each row. Towels are provided for this purpose.
3. All boats must be strapped down properly after each row. Unless on the bottom low racks.
4. Oars must be returned to proper color coded rack.
5. Turn cox box off and return to the assigned storage space. Plug into charger.
6. Pick up all clothing and water bottles that have been left on/around docks and boathouse.

Safety Guidelines

Basic Safety

First Aid

All members and coaches should know that there is a first aid kit on every launch and one located in the back of the boathouse.

AT ALL TIMES rowers and coxswains must follow all CYR and Lake Wylie traffic and safety rules as listed below.

Under no circumstances should athletes who are minors be unsupervised on the water, without a safety launch



1. Rowers and coxswains must familiarize themselves with all the contents of this manual and whatever additional rules, safety guidelines and notices CYR makes available.
2. Stay to the right-hand side of the lake, with starboard blades to shore.
3. Rowers and coxswains must follow the instructions of CYR coaching staff.
4. All rowers should wear clothing appropriate to the weather conditions: warm synthetic or wool clothing, especially hats and socks are recommended in cold weather. Remember that it is always colder and windier on the water. Hat, sunscreen and water or sports drinks are recommended in hot weather. Inadequately prepared rowers may be left on land at the discretion of staff.
5. All rowers must complete online registration for each term. When registering note any medical conditions that might affect your ability to row and special needs should you require medical attention to a coach.
6. Always notify your coach if you have any medical conditions that could impair your ability to row or that require special attention. If an injury occurs during the season you must notify your coach for your safety and long-term health.
7. Take precautionary medications in the boat with you while rowing (i.e. asthma inhalers).
8. All rowers and coxswains should check the equipment before launching: ensure that all nuts and bolts are in place, check hull for any cracks or leaks, check foot-stretcher tie-downs and ensure that they are in place. If you notice any damage to the boat, notify the coach and log the damage in the repair log.
9. **All Rowers must be in Hi-vis shirts while at practice. There are no exceptions to this CYC rule. If one is not in hi-vis they will be on a coaching launch. Athletes should not rely on safety vests. Hi-vis colors include safety orange, yellow, green, and pink. Red is not a hi-vis color.**
10. No shirtless rowing. Skin is not considered hi-vis.



Additional Safety Guidelines for Coxed Boats

1. The coxswain is in command of the boat at all times, and should be given complete attention and respect.
2. The primary job of the coxswain is to safely guide the boat by steering the boat and commanding the crew.
3. Rowers of a crew should not talk while the boat is moving: it makes hearing commands difficult and distracts the coxswain from their primary job, which is safely guiding the boat.
4. Any rower who sees a hazard that they believe the coxswain does not see should notify the coxswain immediately.
5. The coxswain is responsible for following the traffic pattern at all times.
6. The coxswain is responsible for being aware of and avoiding other traffic – which may or may not be following the proper traffic pattern.
7. If any rower hears thunder he or she should notify the coach immediately. The sound of thunder is usually masked by the noise of the launch engine.

Emergency Procedures

Stay Close To Your Coach

Each launch has been outfitted with safety equipment, such as PFD's. The launch is a much faster way to get assistance in an emergency. Launches can also break down. Take care to remain near the coaching launch - **EVEN IF THIS MEANS STOPPING AND WAITING IN A SAFE SPOT OR TURNING AROUND AND FINDING THE COACH.**

Never Leave the Boat!

- If you are close to shore and a strong swimmer, swim **WITH THE BOAT** to shore.
- Even if it is swamped or capsized, the boat will remain floating.
- A submerged or partially submerged boat is a hazard to other crews and boats.

"Weigh Enough! Hold Water!"



- If you hear these commands immediately square the blades and drag them against the water
- Do so no matter who gives the command – they might see something you do not, even if they are in another boat!
- Act first! Don't look around – hold water first, before looking to see why

Call for Help

In any emergency situation your first step should be to call for help.

- Yell for help, do not assume people can see you or recognize that you are in an emergency situation.
- Wave both hands in the air.
- Wave a shirt, or even an oar to signal distress.
- When possible, stay within hailing distance of the safety launch.

Person Overboard

- Immediately yell: “weigh enough, hold water!”
- The most common reason to fall out of a rowing shell is as a result of a serious crab. Keep in mind that the rower may be injured from the force of the oar. He or she may require someone to enter the water and provide immediate assistance.
- If a coaching launch is nearby, hail it immediately.
- Remember that the oars provide stability to the shell and take care not to allow the shell to flip as you undo the oarlock.
- Take care not to injure the person in the water as you send the oar towards them.

Collisions

In case of collision stop and assess:

- Is anyone in either boat injured?
- Is the boat damaged? If so is it taking on water? If so, proceed immediately to shore or the nearest dock.

If a person is injured, consider the following:

- Is there a coaching launch nearby? Someone should immediately try and flag down or hail for assistance.
- Does the person require immediate first aid?



Shell Swamped

If the shell fills with water to the gunnels, the boat will still float but may break apart if the rowers remain in the shell. Take the following steps if help is not at hand or on the way:

- Yell, "Weigh enough!"
- Untie shoes.
- Rowers should buddy-up in pairs. Coxswain should buddy with the stern pair.
- One at a time, the rowers should slip into the water, keeping hold of the boat for floatation.
- Remove the oars, or place them parallel to the hull. Loose oars will not only impede flipping the boat back over, but they can pose a hazard. Don't let oars float away.
- Move to the ends of the boat so as to avoid falling riggers and oars when you roll the boat over.
- Roll the boat over.
- Swim the boat to shore. Once the boat is rolled, rowers may grasp hands across the boat.

If the temperature is cold, lying across the boat, keeping as much of the body out of the water as possible is important as loss of body heat occurs 25 times faster in the water.

Shell Capsized

Capsizing is extremely likely in a small boat (single, double or pair) and much less likely in a larger boat. All rowers should familiarize themselves with the procedure to right a boat and re-enter from the water. Or, if you are tired, cold or unclear how to re-enter a boat, the boat should be swum back to shore or a coach will be there for assistance. Once you are in sufficiently shallow water to stand, you may right the boat and get in. In any event, do not leave the boat! Even a swamped or upside-down boat will not sink. A single or double, when righted, will generally have sufficient flotation to be rowed. Many such boats are designed so that much of the water will spill out immediately. Larger boats (fours, eights) will need to be bailed out before being rowed. Remember that water is heavy and a boat full of water may break apart if you are not careful.

Hyperthermia-

Hyperthermia occurs when there is an increase in body temperature, usually when the air temperature is above 76 degrees and the victim is exposed to sun and heat in combination with a decrease in fluids.

It may occur when:

- sweat cannot easily evaporate
- the body is being heated by the environment



- water loss from sweat and respiration is not replaced and dehydration occurs

Two serious conditions may result:

Heat Exhaustion- A serious condition, heat exhaustion can occur when someone exercises in the heat and sweats a lot.

Possible symptoms of heat exhaustion include:

- Sweating
- Nausea
- Dizziness
- Vomiting
- Muscle cramps
- Feeling faint
- Fatigue

Victim should lie down in a cool place. Remove as much of the person's clothing as possible. Cool victim with a cool water spray or damp, cool cloths to the neck, armpits and groin. Offer sports drink or similar liquid, or water if no sports drinks are available.

Heat Stroke-

Heat stroke is life threatening! You must act quickly.

Symptoms may include:

- confusion, behavior changes
- dizziness, feeling faint
- unconsciousness, seizures
- nausea, vomiting, muscle cramps, fatigue

Get medical assistance as soon as possible, call 911.

Hypothermia-

Hypothermia is a serious condition which can cause death, occurs when a victim is subjected to cold temperatures, cold water, ice or snow. Hypothermia can develop even when the temperature is above freezing. There is potential for hypothermia if people are submerged in water with temperatures below 60 degrees. Water temperatures below 50 degrees are extremely dangerous. Hypothermia can even occur with air temperatures in the 60's, particularly if rowers are wet, exhausted, and exposed for long periods of time. Always obtain medical assistance as soon as possible when dealing with hypothermia.



Symptoms may include:

- Skin cool/cold to the touch
- Shivering (shivering will cease if body temp is VERY low)
- Drowsiness, confusion
- Apathy, lack of concern about situation
- Lethargy
- Stiff muscles, cold, blue looking skin

Actions if cold and shivering:

- Get out of the cold/water quickly (on top of capsized boat for instance)
- Keep as much of the body out of water as possible.
- Move to shelter quickly if possible.
- Remove wet clothing; put dry clothes on person if possible.
- Phone emergency response number. Wrap the person in clothing, towels, anything (use other warm bodies if necessary) to keep the person warm (covering head as well, but not face).
- See if person needs CPR.

DO NOT RE-WARM EXTREMITIES!

CALL FOR MEDICAL ASSISTANCE AND PROVIDE CPR IF NECESSARY.

DO NOT PLACE HOT PACKS IN CONTACT WITH VICTIM'S SKIN.

***Please note these emergency procedures are not to scare you, but to prepare you for the worst case scenario. Anything can happen on the water and safety is our number one priority. It is very important that every athlete understands what they should do in an emergency. Always stay calm and do not panic.**

These Safety Guidelines will be updated on an as needed basis. Updates will reflect changing laws, mandates and rules from State, Local and Regional governing authorities, USRowing guidelines, Insurance Carriers, changes in infrastructure and recommendations from experienced coaches and other watercraft experts. Charlotte Youth Rowing will endeavor to inform athletes when updates have been made. Athletes are expected to refer to the Safety Guidelines on a regular basis

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