



ROWING NEW BRUNSWICK AVIRON- COLD WEATHER POLICY

Adopted March 2020

Cold Weather Rowing Policy

| FRC Hazard Level | FRC PROTOCOL | Air & Wind Chill | Water | Water Hypothermia Index | Expected Time Before Exhaustion or Unconscious | Wind & Direction (kmh) |
|------------------|---------------------------------|------------------|-------------|-------------------------|--|--|
| SEVERE | NO ROWING | Below 0°C | Below 4°C | Extreme-Severe | 15-30 minutes | N/A |
| HIGH | COLD WATER PRECAUTIONS | 0°C to 5°C | 4°C to 10°C | High | 30-60 minutes | East: < 5 West: < 10 North: <10 South: < 10 Gusts < +5 |
| CAUTION | Normal RCA/FRC Safety Protocols | Above 5°C | Above 10°C | Medium-Low | 60-120 minutes | East: < 10 West: < 15 North: < 15 South: < 15 Gusts < +5 |

In accordance with the Air and Water Temperature Chart above, the following policies will be adhered to by Rowing New Brunswick Aviron (hereinafter referred to as “RNBA”), members and staff during “Cold Weather Rowing” to minimize the risk associated with cold water or cold weather rowing:

1. Prior to the start of the rowing season, the RNBA VP High Performance shall confirm the proficiency and suitability of individuals deemed qualified and subsequently endorsed by the RNBA, before being permitted to act as part of cold weather coaching crews. The coach must have full confidence in their crew’s abilities to handle themselves on water when training in cold weather.



2. There must be at least one coach boat with two experienced safety personnel attending each program, and they must maintain close contact (within 3 metres) with the crews in their care. These safety personnel must be endorsed by the VP High Performance or the RNBA Head Coach. All other coach boats attending to that session require only one experienced staff member.
 - a. Exceptions to these distances will be allowed in special circumstances, such as during time trials or in emergency situations.
3. Coach boat/athlete ratio should not exceed:
 - a. 1 coach boat:14 athletes for experienced crews, and no more than three small (1x/2x/2-) shells total
 - b. 1 coach boat:9 athletes for novice crews, and no small shells
 - c. The largest shell on the water cannot exceed the combined rescue capacity of the coach boats on the water.
 - d. Exceptions to the ratios will be considered on a case by case basis by the VP High Performance or the RNBA Head Coach.
4. No boat should be more than 100 metres from shore at all times.
5. If conditions do not allow for a coach to keep his or her group together (or within 100 metres of shore), they must return to the club or a safe haven until conditions allow for rowing in the appropriate area.
6. The club reserves the right to extend the use of cold water rules should certain circumstances warrant an extension (eg. A cold snap, the volume of debris in the water, flooding, etc).
7. In the event of a capsized shell, coaches must first ensure the safety of their capsized crews by helping them return to the shoreline as quickly as possible to prevent hypothermia. Remaining crews should row together in a “buddy system” in the coach boat’s absence. Once capsized athletes have returned to the boathouse for rewarming, the coach should rescue the shell.
8. The Boathouse should remain open with a Volunteer in support of a possible rescue effort by:
 - a. Maintaining a visual/radio/phone contact with coach boats



- b. Initiating a 911 response if necessary, and preparing a warm first aid environment
- c. Assisting first responders as necessary, including providing medical information and emergency contact information.
- d. Recording any pertinent information.