

## UBC WINTER ROWING RULES AND RECOMMENDATIONS

The following Winter Rowing Rules and Recommendations were adopted by the Executive Committee at its meeting on January 22, 2013.

### CLUB BOATS

From December 1 to March 1 of each year Club equipment use is restricted to "four oars on the water." Club Singles may not be used.

### PRIVATE SINGLES

Owners of private singles are encouraged strongly to forgo rowing your singles and participate in group rowing. Get to know your club mates in team boats: 2X, 4X, 4-, 8X+, 8+. Private singles should be escorted by a coaching launch. Row with buddies.

### ALL WINTER ROWERS

1. If there is ANY Ice on the river ALL rowing from UBC is restricted.
2. Read the USRA Safety Posters mounted on the walls at the Log Book and Front Door.
3. **Winter rowing salient points:**
  - **If you flip, stay with the boat.**
  - Before leaving the dock rehearse mentally safety procedures should something happen on the river: i.e., How to remove you feet from the rowing shoes if flipped and under water. How to drape yourself over the boat and subsequently make it to shore. How to make it to the nearest warm place and/or be treated for exposure. How to recover the equipment after any incident. Who to call!
4. If the Water Temperature and Air Temperature do not add to a numeric 90 the US Coast Guard recommends you should not row.
  - Weather, Air Temperature, and Wind Velocity and Direction can be found on:  
<http://forecast.weather.gov/MapClick.php?CityName=Philadelphia&state=PA&site=PHI&textField1=39.9525&textField2=-75.1657&e=0>
  - Water Temperature can be found on:  
[http://ahps.erh.noaa.gov/marfc/Maps/water\\_temps/](http://ahps.erh.noaa.gov/marfc/Maps/water_temps/)
  - River flow rate and flood height can be found on:  
<http://water.weather.gov/ahps2/index.php?wfo=phi>

## PRIVATE BOAT STORAGE REQUIREMENTS

### **Old Boat Storage Rule:**

To store a private boat in the Boathouse the member owner of the boat must row at least 100 miles in a given rowing year.

### **New Boat Storage Rule:**

To store a private boat in the Boathouse, **the private boat** must be rowed by the member owner at least 100 miles in any given rowing year.

The latest iteration of the computer log, with the entry of your name in the BOAT COLUMN (e.g. I. Row. Alott/1X), will record and display your private equipment as being used that day, and its total mileage for the year. There are several privately owned under-used boats being stored in the Boathouse and space is being requested by very active rowers to store new singles. You may be contacted by the Coxswain and asked if your boat may be moved to high storage to help accommodate these active members. Volunteers will be accepted gratefully.