

Harmar Rowing Club, Inc.

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A 501(c)(3) Organization

Safety is a shared responsibility. Coaches and athletes are responsible for reviewing and complying with all posted safety protocols.

Local Regatta Rules:

- For SPRINT racing, Lane 1 is nearest, and Lane 5 is furthest if standing on the WEST bank (the side the Boathouses are on).
- Please respect the honor system as we do not require weigh-ins for lightweight events.

Safety Provisions:

General Event Safety

- **Medical Emergency, call 911.**
- **Emergency Contacts:** Clearly posted at all launch/recovery areas. Includes EMS, local hospital, and regatta director.
- **First Aid:** On-site certified medical personnel and first aid available. AED accessible in the Broughton Boathouse.
- **Weather Monitoring:** Real-time weather updates for lightning, high winds, or fog. Suspension protocols follow USRowing guidelines (e.g., suspend if lightning within 10 miles). Cannot return to water until 30 minutes after the latest lightning/thunder.
- **Communication:** Two-way radios for all marshals, referees, and safety boats. Mobile phones to be used also. Marine radios used for commercial traffic communications.

Water Safety

- **Sternwheeler Protocol:** The LOC and USRowing will utilize marine radios for comms with sternwheelers.
 - The Valley Gem is Ch 9, 156.450 and Major Riviera is Ch 8, 156.4.
 - There will be no sprint racing 20 minutes before any sternwheeler departure (30 minutes for Head racing). Depending on return time/location, racing may be delayed to keep the course clear.
- **Safety Launches:** Boats equipped with life vests, radios, and basic first aid kits.
- **Life Jackets (PFDs):** Recommended for all launch drivers and staff. Athletes must follow floatation guidelines per event.
- **Capsize Protocol:** Crews must stay with the shell. Safety boats respond immediately.
- **Water flow threshold:** Always dependent on actual water level and debris, but threshold for typical on-water time is +30,000 cubic feet per second monitored via <https://waterdata.usgs.gov/monitoring-location/03150500/#period=P7D&dataTypeId=continuous-00060-0&showMedian=true>

Athlete Health & Readiness

- **Hydration:** Teams must bring their own drinking water.
- **Heat Illness Prevention:** Shaded areas provided naturally on land. Officials and teams monitor for symptoms of heat stress.
- **Pre-Race Medical Clearance:** Particularly for adaptive athletes or those with known conditions; coaches responsible for readiness.

Boat and Equipment Checks

- **Heel Tie-Downs:** All shoes must release with minimal force. Checked at the control commission before launching.

- **Bow Balls & Shell Integrity:** Mandatory for all boats. These will be inspected at the control commission.
- **Traffic Pattern Maps:** Clearly displayed and briefed during coaches' and athletes' meetings.

Land Area & Crowd Control

- **Dock Safety:** Launch/recovery monitored by dock masters. No running allowed on docks.
- **Spectator Zones:** No access to boat storage or launching areas.
- **Parking & Emergency Access:** Fire lanes and EMS access points must always remain clear.

Road Closure:

- Gilman Ave will be closed to local traffic, but your team and supporters still have access.

Parking:

- **Spectator parking:** Although Gilman Ave is closed, street parking is still available. Please be mindful of yellow curbs for non-parking areas.
- **Chuck wagons** can park on the riverside of Gilman Ave near the pavilion (team tent area). You can arrive and park at any point the day before the regatta.
- **Boat trailers** can be unloaded at the Team Shell area but please park them in the designated parking lot.
- **Bus parking** is located near the railroad bridge; 100 Market Street (the previous Harmar Elementary school). Buses can drop off near boats/tents but must then park on either side of the school.

Racing Traffic Pattern:

- Regardless of racing type, all boats **launch at the Broughton Boathouse** dock and **recover at the Marietta College** dock.
 - **Sprint races;** travel upstream on your Port and downstream on the racecourse (lanes 1-5).
 - **Head races;** travel upstream on your Starboard and downstream in the middle and between buoys marking the course.

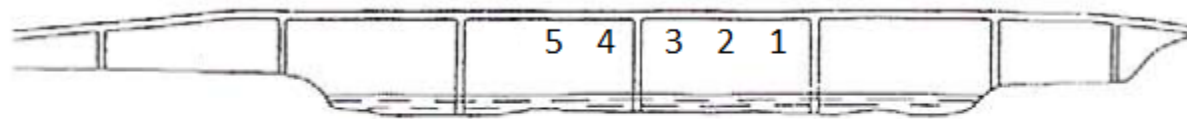
Course Map and Venue Details:

- Please see below and the related regatta listing on Regatta Central for the course map and venue details.

Course Map for Sprint Racing:



Lane Numbers



Washington Street Bridge
(Looking Downstream)

Course Map for Head Racing:



Launch/Finish Logistics for Head Racing:



WHEN APPLICABLE: Course Map for Practice:

- Launch and Recovery Docks are the same as race day.
- Quickly cross the river during launch and recovery.
- Stay on your Starboard (right-hand rule).



