Indianapolis Rowing Center Safety Policy
Emergency Action Plan

Rowers

* All rowers must have a water proficiency test on file. Tests are valid for 6 years.
* All rowers must have a current signed waiver of liability on file
* Minors (under 18) **must** not be on the water without adult supervision
* Singles are encouraged to use the buddy system whenever possible
*All rowers must pass a flip test before taking a single out without launch contact the Director of Operations to schedule

Observe Club Rules

* Utilize the logbook in the boathouse to sign a boat in and out every time
* Rowers may row from sunrise to sunset -boats must be off the water by sunset (the only exception is for club sanctioned rows with approved boat lighting)

Know The Venue

* Know and follow posted IRC traffic patterns refer to posted traffic map in boathouse
* Identify and remember locations of submerged hazards -notify other rowers when possible

Watch The Weather Recommended apps: BAM Weather

* LIGHTNING: All boats must leave the water immediately if lightning is 15 miles or less from the boathouse
* WIND: Smaller boats are advised not to row when winds are over 15 mph
* The water temperature + air temperature minimums: 90 degrees for small boats & 80 degrees for boats with 4+ oars.
* HIGH TEMPS: Follow the restrictions in the IRC Heat Index Chart, and hydrate generously & frequently. Signs of heat exhaustion include dizziness, headache, muscle cramps & nausea.
* FOG: If visibility is less than 100 yards, no boats shall be permitted to row until the fog lifts

In/On The Boat

* Check every boat for firmly attached bow ball
* Visual check of boat must include; fin, riggers, foot stretchers and seat
* Check for obvious damage/holes – report damage to Director of Operations
* Use lights when rowing in low light
* No dogs allowed in launches

Incident On The Water

* Know distress signals – (calmly) wave arms/shirt in air
* Stay with the boat! Never attempt to swim to shore. If you are out alone and cannot get back into the boat, swim with your boat to shore
* When assisting/identifying a boating incident, approach the site into the wind to avoid drifting into the boat or rower
* Establish verbal contact with those in water and establish injuries if present
* Rescue first, those who appear to be in the greatest distress
* Distribute life vests from rescue craft
* All attempts to bring injured into the launch should occur in pairs and not near the engine
* Conduct a head count upon arrival to the scene and when leaving
* If you are on land and see someone in distress, call 911 and contact managers below
* Complete the incident/accident report form located in the boathouse

Level One Emergency Procedures: (Life Threatening)

1. Call 911
2. Give Address: **7350 Eagle Beach Drive, Indianapolis, IN 46254**
3. Once emergency stabilized, notify following personnel:
    4. IRC Director of Operations: Chris Marr: Chris.Marr@indyrowing.org - 847-924-6377
    5. IRC Head of Youth Programming: Andre Kleijn: coachandre@indyrowing.org: 412-818-7251
    6. IRC Head of Adult Programming: Madison Waddle: coachmadison@indyrowing.org: 901-302-5107
    7. Eagle Creek Park Manager: **317-327-1193** Park Ranger Dispatch **317-327-3811**

AED located on cage in boathouse and in the Gas Hut near the water
File Accident Report with Club within 48 hours (scan/email)

Level II Emergency (not requiring 911)

1. Administer first aid. Do not hesitate to call 911 if unsure of the level of injury
2. Follow “Incident On The Water” Recommendations
3. Notify IRC Boathouse Manager and Safety Advisor
File Accident Report with Club and ECP Manager within 48 hours (scan/email)
*Visit www.usrowing.org for additional boating safety regulations *Comprehensive IRC Coaching Policies Available/Required for all Coaches