White Rock Rowing and Paddling Guidelines

Introduction 2

Building Security 3

Safety – General Area 3

Rowers 4

Traffic Pattern Map and Navigation 6

Respect and Etiquette 8

Reservations and Equipment 10

Equipment Usage Policy 11

Paddlers 12

Guests 13

Social Rows 13

Attending Regattas 13

Coaches' Responsibilities 14

Launch Requirements 15

Trailers 15

Reporting Incidents 15

Introduction

The White Rock Boathouse and the Historic Boathouse on T & P Hill are managed by White Rock Boathouse, Inc. (WRB).

Our mission is to change lives by putting oars and opportunities in the hands of Dallas area youth by fostering teamwork and preparing our athletes for success in sport and in life.

Your participation in WRB programing also brings you into a community of people with many similar interests:

- Physical fitness
- Learn or improve recreational or competitive rowing skills
- Enjoy the outdoors and the water
- Socialize with other participants
- Volunteer for hosted events
- Assist WRB with continued growth, and
- Keep the area clean, safe and functional while appreciating the phenomenal location of White Rock Lake.

Youth rowing is a primary focus of WRB and as such is the primary focus of WRB programming at the Facility. WRB supports middle school and high school junior rowing in the Dallas community school system, as well as adult, adaptive, and veterans rowing.

WRB offers classes for fitness, indoor rowing, and rowing lessons for all who are interested. Please have a look at our website, whiterockrowing.org for seasonal class and seasonal camp details. Regatta Central is our user management system, and participants use Regatta Central's WRB Registration tab for annual facility participation fee renewals, boat storage payment, and registrations for lessons in any offered WRB programming. All participants are required to have a Regatta Central account and registration is free.

The White Rock Boathouse is proud to be the home of both Southern Methodist University's and Jesuit College Preparatory School of Dallas' rowing programs since 2008.

White Rock Boathouse, Inc. is also fortunate to be the operator of The Filter Building, whose events provide income to support WRB's Juniors, Adaptive, and Veterans rowing programs. If you have any questions regarding The Filter Building or how you can help spread the word about this wonderful location for weddings, parties, business meetings, etc., please visit The Filter Building's website at thefilterbuilding.com.

Board of Directors,
White Rock Boathouse, Inc.

In addition to the City of Dallas White Rock Boathouse Facilities Code of Conduct, the following guidelines are set forth to encourage safety and respect both on and off the water. Those who repeatedly disregard any of the guidelines stated herein may be subject to disciplinary action up to and including appropriate legal action, removal from the facility, termination of participation access/rights and forfeiture of dues.

Building Security

For our polices to provide effective security, anyone utilizing the WRB Facility programing (coaches, adult rowers and paddlers, middle school and high school crews, parents, staff, volunteers, tenants, contractors, and guests) must recognize the importance of following and adhering to the security procedures provided hereto.

The general Hours of Operation at the Boathouse are 5 am -9 pm. The hours available for adult participants to reserve and utilize designated club equipment will vary seasonally depending on coaching schedules. Notification of any changes will be made as soon as possible.

Adult participants in good standing may access their personal equipment at any time during the general Hours of Operation, being mindful of any practice or class taking place. Loitering is not permitted.

Upon discovering damage, improper security practices, or other facility emergencies in the White Rock Boathouse, Historic Boathouse at T&P Hill, or The Filter Building, a participant or staff must notify one of the coaches.

Only WRB coaches, adult rowers and paddlers, staff, and official representatives designated by WRB should have the combination for entering the White Rock Boathouse and Historic Boathouse at T&P Hill. Under no circumstances are the Junior athletes to have the door combination to either of these buildings.

A coach must be present for their crews to be admitted to and practice at the boathouse. Coaches shall not leave the premises until all of the Junior athletes of their crews have departed.

All WRB coaches, adult rowers and paddlers, and staff are responsible for ensuring that the White Rock Boathouse and Historic Boathouse at T&P Hill are properly secured when departing and assume responsibility for any individuals whom they invite into either boathouse.

The last WRB coach, adult rower, paddler, or staff to leave the boathouse must double-check that the lights are turned off and all doors are properly closed. The chain on the boathouse bay doors should cross and form an X with the lower part of the chain loop in the catch. Also, ensure the back door near the ergs and workout area is closed and locked.

Safety – General Area

Maintain situational awareness. The White Rock Boathouse, Historical Boathouse at T&P Hill and The Filter Building are adjacent to White Rock Lake Park which is open to the public, and as such, transients, inebriated and disorderly persons, unleashed dogs, snakes and wild animals may be present.

As a participant of WRB please be mindful of the Junior athletes outside the boathouse, e.g. on the boathouse pad, near or at the docks, on the concrete steps, grass area near the parking lot, and The Filter Building parking lot since individuals can approach the minor athlete easily. On duty coaches, staff and volunteers must be alert for such occurrences.

Be cognizant of snakes after heavy rains. The higher lake levels may cause snakes to look for drier ground.

Running inside the boathouse or on the docks is prohibited. The surfaces are slippery when wet and hazards, such as boat riggers and oars, may also be present.

When walking in the boathouse or going to and from the docks, look forward to avoid bumping into riggers protruding into the aisles or colliding with crews carrying boats.

Use caution in the workout area: barbells protrude past the rack and equipment may be left on the floor. Do not use equipment you are not familiar with. Please ask for assistance.

Clean erg handles and seats with disinfectant wipes after use.

Use disinfectant wipes to clean oar handles of blood from open blisters or cuts and clean boat tracks if necessary.

Rowers

General

All rowers should be confident in their abilities to swim wearing light clothing.

Rowers should be confident in their ability to quickly re-enter a capsized boat or float/move the boat to shore. You may lie on the stern and paddle the boat to shore, if necessary.

Consider wearing or carrying a personal floatation device, carrying a sound device such as a safety whistle, and stay as close to shore as practical while being mindful of the day's practice crews and traffic pattern.

Be mindful of additional boat-damaging obstacles and debris after a rain, as well as obstacles that become noticeable as the lake water level drops.

Be aware of your surroundings at all times as the surrounding environment constantly changes. It is not permitted to wear headphones while on the water in a club-owned boat, and highly discouraged in private boats.

Weather Conditions Affecting Rowing

Rowers should be confident in their rowing abilities given the day's conditions.

Corinthian Sailing Club at the north end of the lake has weather and water information readily available at www.cscsailing.org/weather/wind.html.

Cold Weather
Be aware of the hazards of cold-water immersion and possible physical reactions (cold shock and hypothermia); dress appropriately. Rowers should exercise extra discretion when the water temperature is less than 60° F. Consider wearing a neoprene wet suit.

Rowing in cold weather and cold-water conditions is discouraged and should be avoided. During the months of Dec-Feb it is strongly recommended that all boats not accompanied by launches go out with buddies-i.e. another boat of comparable speed, and that the buddies remain together throughout the row. Only boats with at least eight oars (4x, 8+, and 8x) should go out in very cold conditions and should be accompanied by a launch. Dress appropriately and know the risks.

Warm Weather
Be aware of the hazards of overheating (hyperthermia); dress in light clothing and stay hydrated.

Changing Weather Conditions

Be aware of weather conditions as they may suddenly change without warning. Listen to local radio weather reports and utilize the many weather apps available before going out on the water (e.g. weather.com, MyRadar).

Do not row in fog unless your visibility to shore is at least 100 yards. Be sure to have land reference points. If fog sets in while you are on the water, move slowly and be prepared to stop quickly.

Do not row in any storm. If you are on the water and see lightning, hear thunder, or notice your hair standing on end with static electricity, head for the nearest shore. If the storm is upon you, take your boat ashore and wait for the storm to pass.

While rowing, watch for temperature changes, gathering clouds, fog, changes in wind speed and direction, and other boats returning home.

If sudden winds come up, return to the boathouse if the trip is safe, or take the boat to the nearest shore and wait for the winds to calm. Call for assistance or use a whistle to attract attention if necessary.

Be mindful of wind advisories on local lakes. Check the Corinthian Sailing Club's weather website for weather/winds/water temperature specifically at White Rock Lake. www.cscsailing.org/weather/wind.html

Significant south winds present the most danger to small boats that row the center of the lake. Use extreme caution when launching 1x, 2x, 2-, and novice 4x and 4+.

North and Northeast winds present the most dangerous conditions for White Rock Lake, even when they are not extreme. Use caution when launching *any* boat with wind advisories forecasted, but especially smaller boats (1x, 2x, 2-, and novice 4x and 4+). Garland Rd will be very choppy.

Use a sound making device (cox box, horn, or whistle) to advise other boats of your location as you take your boat to shore following a safe traffic pattern.

Turning in choppy water can be tricky – allow plenty of room, energy, and time.

Coaches and observers in launches must be vigilant in their watch for other crews. Every crew will want the best rowing course in windy conditions, resulting in much congestion and increasing the likelihood of a boating incident.

General Traffic Pattern

Rowers should acknowledge thorough understanding of the counter-clockwise traffic pattern. A large map is posted in the boathouse. Also, please refer to the navigation section in these guidelines. If you do not understand something, please ask.

Any rower or crew deviating from the default traffic pattern, in any weather condition, loses right-of-way to those following the default traffic pattern. Rowers or crews deviating from the default traffic pattern must be vigilant and maintain a constant lookout for those following the default traffic pattern, and it is incumbent upon the former to stay to the right.

Along the dam and spillway are often areas of congestion. Keep a look out for boats and launches departing the docks, kayaks, canoes, stand-up and prone paddlers, fishing vessels, etc.

Faster moving boats have the right-of-way over slower moving boats. The slower boat should acknowledge and concede the right of way. However, right of way should not be enforced with aggression; all boats must row defensively.

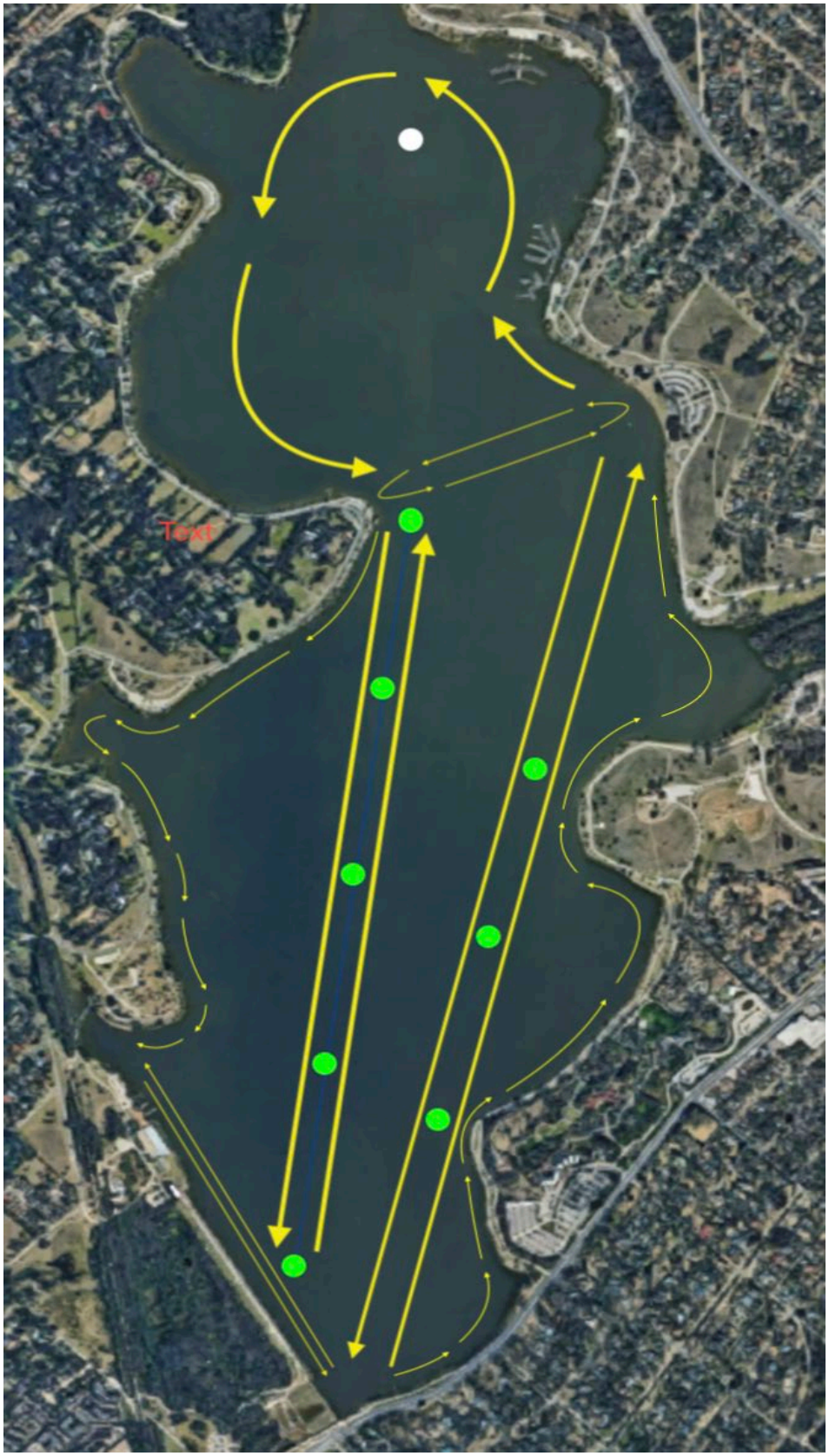
Boats should ALWAYS be passing port to port (or stay to the right).

Turning in choppy water can be tricky – allow plenty of room, energy, and time.

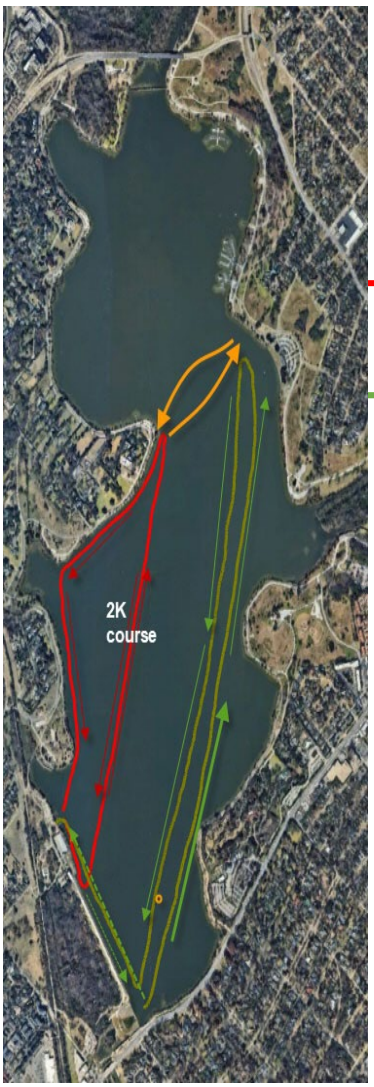
Coaches and observers in launches must be vigilant in their watch for other crews. Every crew will want the best rowing course in windy conditions, resulting in much congestion and increasing the likelihood of a boating incident.

Traffic Pattern and Map and Navigation

Overall Traffic Pattern

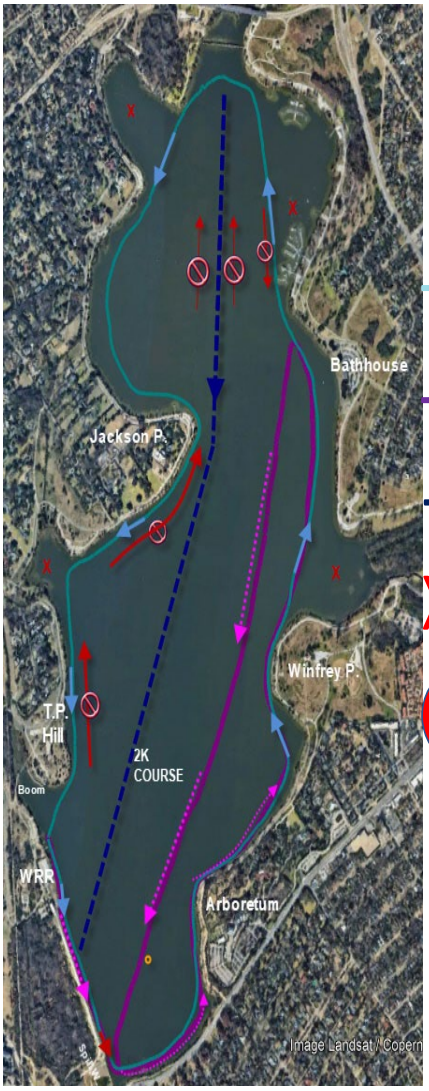


SPECIFIC ROWING ROUTES



4.3 Km (1 loop)

6.7Km (loop Dock-SPW)



9.3 Km (dock 2 Dock)

7.4 Km(Dock-SPW)

3.2 Km

X Do Not Enter

Wrong way

- Two-way (North/South) traffic on the 2,000m buoy line with the buoys as the barrier to boat traffic. Buoys would be on the port side of crews. An agreement amongst all that boat traffic yields to crews using the 2,000m buoy line.
- Two-way traffic along the dam from White Rock Rowing Boathouse to the Spillway and along Garland Rd following the 'Right-hand rule'.
- Two-way (North/South) traffic along the EAST side of the lake from the Spillway to the Bathhouse following the 'Right-hand rule"
- A generally accepted 'crossing the lake' point between Jackson Point and the Bathhouse with two-way (East/West) traffic following the 'Right-hand rule'.
- At the North end of the lake using a counter-clockwise right-hand rule pattern going around the 'No Wake' buoy located near White Rock Boat Club.

Buoys/Buoy Line

Be mindful of the proper traffic pattern when using the buoy line (when it is present). The following guidelines should be adhered to:

- Heading north, Garland Rd to Jackson Point. The buoy line is always on the port side.
- Heading south Jackson Point to Garland Rd: The buoy line is always on the port side.
- If there are two buoy lines, then the middle lane is a "dead lane" and is not in use. Row on the outside of all the lines.
- Consistent with the above, side by side boats should always be on the same side of the line.
- Be extra careful at the ends of the buoy line (Garland Rd to the south; Jackson Point to the north) when counter-clockwise traffic and buoy line traffic intersect. Right of way is given to rowers following the default counter clockwise traffic pattern along the shoreline.
- When heading west from Jackson Point the counter-clockwise pattern should keep you roughly following the shoreline and, hence, crossing the buoy line at its northern-most end at Jackson Point. Right of way is given to rowers following the default counter clockwise traffic pattern along the shoreline.
- When you are not crossing the buoy line at either end, you do **not** have the right of way and you must keep a sharp look out for boats training on the line.

Rowing in Low Light

Rowing in the dark is discouraged, as it is dangerous for both crews and equipment. There is an increased risk of damaging boats; you may be held liable for damages. More importantly, in the case of rower distress, rescue is more difficult. If you do choose to row in the dark the following rules must be followed:

- Lights **must** be used when rowing in low-light conditions. Rowers are responsible for providing lights for their boats.
- It is preferable to use a red/port + green/starboard light combination that is affixed to the bow of the boat, so that direction of travel may be determined.
- A white stern light is also mandatory. Often an approaching boat cannot see another boat stopped on the water when the rower's body is blocking the glow from their bow light.
- During the winter months of Dec-Feb, all Club-owned boats should be off the water between 30 minutes past sunset until 90 minutes before sunrise with the following exceptions: masters in at least eight-oared boats (4x, 8+, and 8x) with shell lighted as specified in above, accompanied by an approved WR coach in a launch employing lawful navigation lights.

Following is a list of vendors for rowing-specific lights: Amazon, Innovative Lighting, JL Racing, RowKraft, and ARCNAV.

YOU ARE RESPONSIBLE FOR YOUR SAFETY – WHEN IN DOUBT DON'T GO OUT!

Respect and Etiquette

All WRB crews, families of crews, paddlers, volunteers, and guests represent WRB in its entirety, be it on shore, on the water, or when traveling. As such, it is always expected that courteous behavior be displayed.

White Rock Boathouse, Inc. prioritizes Junior rowing in the Dallas community school system, as well as Adaptive and Veteran rowing; therefore, the Juniors, Adaptive, and Veterans Rowing programs will be given priority during their practice times.

Southern Methodist University, Jesuit College Preparatory School of Dallas, and Ursuline Academy of Dallas are users of the White Rock Boathouse and the Historical Boathouse at T&P Hill. Courtesy and respect are mandatory toward these users as set out in these guidelines.

Boats should be wiped down after use so that both the hull and cockpit are clean.

All equipment, e.g. oars, slings, etc, should be stored properly after each use. Boats should always be stored on the racks, except when they are actively being repaired. Miscellaneous equipment and gear should be stored appropriately on the racks, on shelves, in the cages, etc, and should not be left on the floor or in the path of outgoing / incoming crews.

Report damage and breakage to any equipment in the log-book comments and make note of the damage or breakage on the white board near the cages. Place an "out of service" tag on the equipment if necessary. Make sure any loose parts can be easily found to facilitate repairs.

Crews or their transportation should use either The Filter Building parking lot or the public parking lot. Parallel parking along the road is permitted *only* in overflow situations. Safe driving speeds should always be maintained, and awareness must be had for cyclists, runners, inline skaters, etc.

Rowers and crews should not use, move, or disassemble equipment other than their own without explicit consent from the crew's head coach or the individual owner. Repeat infringement may be grounds for disciplinary action. Owners are encouraged to label their equipment. Crews that share space, e.g., oar racks, should make sure to indicate to each other what their permissible equipment is and what is not.

Keep the pad area clear to ensure others have easy access to the boathouse. Group or team meetings should not be conducted in the boathouse or the pad area when the boathouse is busy.

The slings outside the boathouse are there to facilitate the handling of singles in and out of the boathouse; they should not be moved or used for large boats or any other purposes, e.g. chair.

During times of high traffic, rowers and crews should strive to be quick and efficient at the docks. Adjustments to spacers and foot stretchers should be done on slings to improve efficiency and safety at the docks. This should also limit the number of lost spacers, nuts, bolts, and screws, which keeps the shells off the water until such repairs can be made.

Personal gear should be stored on designated racks and should not interfere with shared use of the boathouse facilities. No gear should be stored on the steps, near the doors, in the aisles between the boat racks, in the bathrooms, or in front of the Masters' desk. Gear may be stored under your personal boat or against the walls, if necessary.

Other personal gear such as bikes, skates, personal workout equipment or clothing is not to be stored overnight at the boathouse; gear or clothing left overnight is subject to removal. Items left behind may be placed in the lost and found bin and the bin may be emptied at any time.

Crew's shoes, clothing, or other gear should not be left on the docks, with the exceptions listed below:

- Gear left on shore should be pushed well out of the way so that it does not interfere with or provide a hazard to those moving boats to and from the docks.

- Singles rowers may leave their shoes at the inboard end of the dock. However, during times of high traffic, they are encouraged to also leave their shoes on shore or carry them in their boats.

White Rock Boathouse, Inc. is not responsible for any lost or stolen gear.

Crews made up of participants are responsible for picking up bottles and gear left after practice and properly disposing of trash. Any trash from practices, parties, and gatherings that does not fit in the boathouse bins shall be taken directly to Dallas Parks' trash cans.

For the Love of the Lake is an organization that sponsors a "Second Saturday Spruce Up" each month. Crews may be assigned to rotating cleanup duties for areas in and around the White Rock Boathouse, The Historical Boathouse at T&P Hill, docks, and shoreline.

The pad area and stairs should be free of trash and should be swept and cleared of debris.

Pursuant to the City of Dallas Park Rules & Ordinance #8019, all dogs must remain on leash. Pet waste must be picked up and properly disposed.

Reservations and Equipment

Master rowers should use the WRB system to reserve designated boats, ergs, and related equipment for 1.5-hour intervals during available time slots (subject to change according to seasonal juniors practice schedule changes) for their use. The reservation system may be accessed at http://whiterockrowing.bookedscheduler.com.

Equipment is to be reserved one day at a time. Reserving across several dates in advance is not allowed. If equipment is not reserved by midnight the evening before it's wanted, you may reserve it at that time.

Reservations not claimed by 10 minutes after the start of the reservation are forfeited such that others may use said boat or erg. Master rowers must use the logbook to record when they launch and return for all boats.

Return ergs, sliders and any other equipment to the proper storage areas. Keep them off of the gravel as this may cause excessive wear. Do not, under any circumstances, use the ergs outside of the boathouse if it is raining, misting, or if there is any heavy moisture present. The ergs are very important to WRB programs; please treat them gently and note any damage or breakage on the white board located near the cage.

RP3 and Bike ergs are reserved for youth training only.

Do not use broken equipment. If during equipment use there is damage or breakage, make note on the white board located near the cage. Place "out of service" tag on the equipment, if necessary. Make sure any loose parts can easily be found to facilitate repairs.

During WRB Juniors, Adaptive, and Veterans Program practice times, the use of the ergs, club boats, and other equipment is reserved for use by these athletes. All other athletes should plan to use this equipment at other times. For the specific schedule of the WRB Juniors, Adaptive, and Veteran rowers please contact the Head Coach.

Adult rowers must provide their own accessories including but not limited to navigation lights, speed coaches, gps devices, and cox boxes.

These guidelines are subject to change based on fair usage and etiquette towards others.

White Rock Boathouse, Inc.
Equipment Usage Policy

White Rock Boathouse, Inc. (WRB) has policies regarding the use of club-owned boats, docks, boat slips, ergs, gym equipment and any other facility/asset. Only adult rowers and paddlers of White Rock Rowing in good standing may reserve or use WRB equipment when ***not being utilized by a sanctioned White Rock Rowing program***, including but not limited to the middle school and high school programs, veteran/adaptive program, or special events hosted by WRB. Anyone not affiliated with White Rock Rowing wishing to use club equipment must first obtain permission from the Head Coach. Please contact info@whiterockrowing.org with any questions.

Any violation of this policy may result in disciplinary action, up to and including termination of employment or participation/access to facilities (without refund), and/or criminal charges if such action warrants it. Final determination of any disciplinary action rests with White Rock Boathouse, Inc. (WRB) and City of Dallas Park and Recreation Department in accordance with City of Dallas White Rock Boathouse Facilities Code of Conduct. Please contact info@whiterockrowing.org with any questions.

Equipment Availability:

- The Juniors, Middle School, and Adaptive/Veterans programs take priority when any equipment is in demand. These programs have scheduled practice times and a calendar should be posted in the boathouse. Please do not use equipment during these times.
- Occasionally some boats and/or equipment may not be available for use outside of these scheduled practice times. The equipment will be clearly marked as such.

Local Use of Equipment:

- In order to minimize time at the docks and to maintain proper care of the boats, all boats must be put in slings before going to the docks to adjust spacers and foot stretchers. Holding up traffic at the docks while adjusting equipment is disrespectful to others who are waiting to launch their boats.
- Before racking, all club-owned boats must be wiped down and cleaned in slings after each row.
- Any damages to club boats, oars, ergs, gym equipment, cox boxes, speed coaches, microphones, or any other battery operated devices owned by White Rock Boathouse, Inc., whether actual or suspected, must be immediately reported, with remarks noted in the log book and on the white board next to the cage. An email should also be sent to info@whiterockrowing.org. Failure to report damaged or possibly damaged equipment may endanger the next athlete using it or further damage the equipment resulting in additional time and expense to repair.
- No club equipment or facility may be reserved or used for coaching by a non-approved White Rock Rowing sanctioned coach.

Travel Use of Equipment:

Please contact info@whiterockrowing.org with any questions.

- Club boats/equipment may not be rowed or removed for transport to another club or regatta without approval from WRB or the Head Coach.
- If club boat(s) and equipment are already being transported for coaching or competition by a WRB sanctioned program (as listed above) and others would like to transport and use additional equipment to train or compete, it is necessary to get prior approval from the Head Coach. Sanctioned programs receive first priority over the use of all equipment with final decisions made by the Head Coach. Seat and trailer fees apply and will be assessed by the Head Coach.
- Club participants wishing to transport club boats/equipment off-site for personal training or competition must get approval from, and under the terms set by the Head Coach; fees may apply.
- Any person wanting to drive a WRB trailer must be approved by the Head Coach.
- Only WRB designated personnel and participants can utilize and handle WRB equipment at a regatta or WRB-hosted special event. Contact the Head Coach with any questions.

Paddlers at the Historic Boathouse at T&P Hill

Keep your property locked up when not in use. Insurance for your kayak/canoe or paddleboard is recommended.

Be respectful of other's private property. Keep the doors closed at all times and do not provide the door combination to anyone.

Paddlers must be confident in their abilities to swim while wearing light clothing. This is especially important when the water temperature is below 70° F.

Take extra caution if you are on the lake during the winter months on very windy days. Understand the impact of cold shock and hypothermia. Wear a wetsuit in these conditions.

Know the hazards of overheating (hyperthermia); dress in light clothing and stay hydrated.

Wear a personal floatation device, a sound device such as a rescue whistle, and stay as close to shore as practical while being mindful of the day's rowing traffic pattern. If you are on a stand-up paddle board wear a leash.

Be confident in your ability to quickly re-enter a capsized kayak/board and be able to float/move the boat to shore when re-entry is not possible.

Paddlers using the White Rock Boathouse must be aware of the policies associated with the WRB, found in the sections titled "Building Security" and "Safety – General Area."

Paddlers do not need to follow the traffic patterns the rowers use **but should be aware of these routes**. The default traffic pattern for crews is counter-clockwise. Please refer to the section titled "Traffic Pattern Map and Navigation."

In the early mornings and late afternoons, especially in the Spring, Summer and Fall, the lake will be full of crew boats training. Crew boats can reach high speeds and do not stop easily, so give them the right of way at all times.

Be aware that rowers sit backwards in their boat and may not immediately see you as they approach. A friendly warning of your presence may be necessary.

Paddling in the dark is discouraged and a rescue may be more difficult. Use navigational lights (red/green bow and white stern lights). For more information refer to the section titled "Rowers: Rowing in Low Light."

Use extreme caution when paddling in high winds or potential threatening weather. Use discretion when there may be strong headwinds. Refer to the section titled "Rowers: Changing Weather Conditions."

It is your responsibility to know and understand the safety guidelines as dictated in this document. Contact info@whiterockrowing.org for more details regarding the proper use of the Paddling/Kayak facilities.

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Guests

Rowers from other USRowing-affiliated clubs who wish to visit our boathouse should email info@whiterockrowing.org regarding visitation privileges and facility use reciprocation. The guest must fill out a hold-harmless liability waiver. Allowing unauthorized persons to use boats, ergs or gym equipment without prior written approval may be grounds for disciplinary action in accordance with the City of Dallas White Rock Boathouse Facilities Code of Conduct.

Privileges for approved guests may be extended for up to three visits only, unless an exception is granted in writing from the Head Coach.

Former rowers of White Rock Rowing residing in the Dallas/Ft. Worth metroplex who have not paid their annual facility participation fees or are participants in another club must get permission from the Head Coach to participate in social rows. Please refer to the Equipment Usage Policy on any other requirements.

Social Rows

Social rows are for adult rowers who have paid their facility participation fees, and therefore have enough experience to participate.

Beginner rowers shall *not* participate in social rows or go out alone before having lessons and being approved by a WRB coach.

Any expense for damages to any equipment may be passed on to the crew member who allowed the unapproved participation. Participating in unsafe or negligent rowing practices with inexperienced or unapproved guests may be subject to disciplinary action in accordance with City of Dallas White Rock Boathouse Facilities Code of Conduct.

A maximum of two social rows may be allowed to beginner rowers after being approved by a WRB coach to do so. Facility participation fees are required thereafter.

Former rowers of White Rock Rowing residing in the Dallas/Ft. Worth metroplex who have not paid their annual dues or are participants in another club or facility must get permission from the Head Coach to participate in social rows or train/compete using WRB equipment. Please refer to the Equipment Usage Policy on any other requirements.

Attending Regattas

All WRB coaches, juniors' crews, crew parents, masters, paddlers, and volunteers represent the WRB Facility programming. Disrespect in any manner will not be tolerated.

All WRB coaches, crews, crew parents, masters, paddlers, guests and volunteers, should abide by the venue's registration procedures, site rules, and safety policies, including but not limited to understanding of local parking areas, tent space areas, race traffic patterns, and cooking limitations, when traveling to away sites. This is usually posted on the local regatta's web page. When in doubt contact the local organizing committee (LOC).

WRB Masters interested in using WRB facility equipment to race should contact the Head Coach to coordinate boats and entries. Juniors, adaptive and veteran rowers' entries have priority over the use of all WRB equipment. The coaches will evaluate event schedules and assign boats to maximize participation.

Please check with the Head Coach before making regatta entries with club boats to ensure a boat is available to use.

WRB Masters must make their own entries and are responsible for their own travel, accommodations, and meals.

WRB masters using WRB facility equipment at sanctioned regattas will be expected to pay a fee to cover boat transport, a per seat fee and other regatta expenses. Fees may change based on distance traveled or any other anticipated related cost. Private boat owners who wish to transport their boat on the WRB Facility trailer should contact the Juniors' coaches regarding space availability and transportation fees. Fees will be set by the Head Coach.

Coaches' Responsibilities

All coaches are expected to maintain the highest levels of safety, both on and off the water, consistent with the best practices established by USRowing. This includes proper use and maintenance of launches and rowing shells, proper training and education of coaching staff, adherence to SafeSport policy and all WRB policies, and reviewing safety practices and principles with their athletes. Also, please review the section of this document regarding launch requirements and trailers.

Coaches and administrators must have a current background check and SafeSport certification. Also, the Texas Parks and Wildlife Department requires that anyone born on or after September 1, 1993, and who operates a motorboat with a 15 hp or greater motor, is required to take the Texas Boater Safety Course (online), however, WRB requires this certification regardless of age.

Coaches are expected to promote a no-blame culture by reporting all safety related incidents in order to improve safety conditions. This includes ensuring rowers also understand the importance of reporting all incidents, including near misses they are involved in or that they witness.

A coach **must** be present for their middle school and junior crews to be admitted to and practice at the boathouse. Under no circumstances should any athlete have the combination to the boathouses.

Coaches shall not leave the boathouse until all the middle school and junior athletes of their crew have departed.

If a White Rock coach is the last person to leave the boathouse and no other WR masters, WR athletes, or coaches/employees from Jesuit, Ursuline, or SMU are present, he/she must double-check that the lights are turned off and all doors are properly closed. The chain on the boathouse bay doors should cross and form an X with the bottom part of the chain loop in the catch. Also, ensure the back door near the ergs and workout area is closed and locked.

The equipment cages must be kept locked.

Every group of athletes practicing as part of the WRB Facility programs or teams will have a coach on the water with them. All shells should stay within hailing distance of the coaching launch, but it is at the coach's discretion how close the launch needs to be (coaches for novice rowers/coxswains will need to be significantly closer than those for experienced masters or varsity juniors). In all situations the coach is responsible for those athletes, their actions, and their courses out on the water.

A coach must clear each new adult crew member before they may take out **any** WRB Facility boat without a coach present. This includes all sculling and sweep boats.

- New crew members must successfully pass a flip and re-entry test before taking out any WRB Facility boat. For singles this should involve falling out of the boat and the boat remaining upside down with oars askew. If the coach supervising the flip test does not want to "turtle the shell," then a discussion of the proper way to right the shell must be discussed.
- Proper carrying and racking of the boats must be discussed and demonstrated.
- Coaches must thoroughly explain the counter-clockwise traffic pattern and the rower must also demonstrate understanding of the traffic pattern, including shortcuts and use of the buoy line, when it is present.

WRB Facility program middle school and junior crews shall be off the water between 30 minutes past sunset until 90 minutes before sunrise, regardless of the time of year, no exceptions.

Coaches should practice man-overboard safety drills with their crews, teaching them how to re-enter their shell as well as enter the coaching launch from the water. The launch should approach the shell or rowers from the leeward (downwind) side, keeping the outboard propeller away from any victims. Turn off the engine as soon as contact is please made. Refer to the capacity limits set by the launch manufacture and avoid overloading the launch; make multiple trips to rescue anyone in the water.

Coaches must review safety information on the following websites and share this information with their crews:

- USRowing.org
- USRowing.org/Safety Guidelines
- USRowing Safety Video
- Cold Water Safety Guidelines - Leo Blockley Memorial Campaign
- Cold Water Boot Camp

Launch Requirements

The coaching launch provides safety supervision when rowing and support assistance in an emergency. A launch may prove useless unless the following precautions have been taken:

- The driver must be trained in the proper use and operation of the launch and/or powerboat.
- Boat registration must be available in case the game warden requests to see it.
- Keep all navigation lights in working order.
- Keep the engine well serviced.
- A cell phone is required to monitor the weather and allow a quick direct link with rescue services and other coaches on the water in the event of an emergency.
- Emergency supplies in the launch should include paddles, hand pump, ladder, air horn, tow line, first aid kit, fire extinguisher, night lights, anchor, and tool kit. The tool kit should contain wrenches, appropriate nuts, tape, washers, and other materials needed to make minor repairs to the rowing shells on the water.
- Supply your launches with a sufficient number of approved (USCG) life jackets for each rower, coxswain, and passengers on the launch. An oar is neither a personal flotation device nor an emergency flotation device.
- The launch driver must be attached to the safety/kill switch cord in accordance with the launch manufacturer's literature.
- Keys to the launches should be returned to the cage so another coach may use the launch.

Trailers

Trailers should not extend past the northern-most point of the western steps; room must be given so that boats in the WWR western and center bays can be maneuvered on land and carried to and from the docks. The exception to this is SMU, who may pull their trailer up to their bay door, as needed; their trailer must not block access to the south dock.

Trailers may be left at the boathouse between regattas that occur on back-to-back weekends. Otherwise, trailers should be removed as soon as possible.

Reporting Incidents

White Rock Boathouse, Inc. is dedicated to the implementation of guidelines for safe rowing, boating, and boathouse activities. The goal is to reduce injuries, accidents, and equipment damage on the water, as well as around and within the boathouse, to help ensure a safe and fun environment for everyone.

WRB is committed to ensuring this manual of safety guidelines remains up to date. Anyone participating in WRB Facility programs and activities may make recommendations openly or confidentially to a WRB coach or Head Coach regarding safety practices (by WRB or another Club), on or off the water, that will be reviewed. Please email any concerns, questions, or recommendations to info@whiterockrowing.org.