

March 9, 2008

Early Spring Rowing Criteria

The spring thaw is nearing and rower's minds are filling with the excitement of rowing on the water as soon as humanly possible. This eagerness is more than understandable, but it must be balanced with prudence. Spring along the Saint John River Valley brings significant amounts of cold melt waters, increased rates of flow and debris which present additional safety hazards to our sport. In order to ensure the safety of our athletes the Fredericton Rowing Club has established criteria athletes must meet prior to being allowed on the water while hazardous conditions exist.

Due to the additional hazards early spring training groups will be allowed access to Tier II and III equipment only (Tier I equipment will be excluded). To further insure athlete safety, coach athlete ratios will be limited to a **maximum** of 8 athletes (in boating combinations of; two 4x, or two 2x's and a 4x) to one coach. Crews will be required to remain in very close proximity of each other (50m) and the coach-boat (200m). All athletes will be required to carry a PFD with them in their shell. No untrained guests will be allowed in the safety launch while early spring conditions exist.

In order to qualify as an early spring rower athletes must have outstanding boatsmanship and control of their craft. As such athletes early spring rowers must qualify to use Tier I equipment (see attached sheet for check list). These athletes must also demonstrate adequate physical endurance and strength if they are to row against the strong current and "keep up" with the group. To demonstrate their endurance and strength early spring athletes will perform comprehensive ergometer tests in which an athlete must perform a 6Km test, a 10sec Test, a 2Km Test, and a 60min Test the span of a week.

These rules are designed to ensure fair and safe participation in our sport when hazardous conditions associated with early spring rowing exist. These rules will remain in effect until the club Safety Officer and the coaches deem the spring rowing conditions to be safe for less experienced rowers.