



Orange County Rowing Safety Matrix

JUST BECAUSE IT SAYS YOU CAN ROW DOES NOT MEAN YOU DO.

THERE ARE OTHER FACTORS - Wind, Precipitation, Boat Traffic, Fog, Air Temperature, etc. Remember, you are always liable for the safety of your crew.

Revised April 2015 by and accepted by OCRA Board of Directors

Common sense is the best guide. The relevant factors to be considered include: wind speed, temperature, flow rate, water temperature, light conditions, experience and skill level of the coach, coxswains and crew, the type of boat in use, the boat traffic, etc. **What is correct for one crew may be dangerous for another.**

The guidelines and regulations below determine whether the docks are open or closed. OCRA may close the docks whenever they feel it is unsafe to launch.

ENFORCEMENT OF POLICY:

Any violation of this policy will result in the following set of consequences imposed on either the coach/rower and/or the program:

- 1) **Level One Offense:** A full safety/incident report is made to the governing/administrative body of program by OCRA. This will serve as a warning to both the individual, the safety committee, the board of directors and the governing body of that program.
- 2) **Level Two Offense:** Offense will be taken to the safety committee for review. Punishment will be from three days to a maximum of one week suspension of the individual coach/rower.
- 3) **Level Three Offense:** Offense will be taken to the safety committee. This constitutes a blatant disregard for the safety of crews and suspends all rights to row/coach at OCRA for a period of up to 12 months. After 12 months have passed, that coach/rower may appeal to the OCRA safety committee to be reinstated with coach/rower privileges.

NOTES:

- 1) Anyone in a motorized launch must wear a PFD from November 1st – May 1st pursuant to NYS Nav. Law Section 40.1e
- 2) Racing may only occur when CFS is below 40k
- 3) Novices are defined as any rower or coxswain who has only been rowing for one year or less.

ORANGE COUNTY ROWING SAFETY MAXTRIX

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How to Read this chart:

- 1) Determine the current water flow and water temperature. ¹
- 2) Based on flow and temperature above, select the more restrictive of the two conditions (zone further to the right) e.g. if water temp is under 40 degrees, but flow is 12k; go to Zone 4.
- 3) If rowing in daylight conditions, between the hours of sunrise and sunset, you may move one zone to the left. (Zone 6 does NOT apply)

ROWING ZONES:						
	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6 ²
Water Flow ¹ AND Water Temp ¹	Less than 28k cfs Greater than 50° F (10° C)	28k to 35k cfs Greater than 50° F (10° C)	35k to 40k cfs 40° to 50° F (4.5° - 10° C)	40k to 45k cfs Less than 40° F (4.5° C)	45k to 50k cfs Less than 40° F (4.5° C)	50k to 60k cfs Less than 40° F (4.5° C) You may NOT move to the left when conditions are in this zone only.
BASED ON THE ABOVE ZONES, THE FOLLOWING RULES MUST BE OBSERVED IN ORDER TO GO ON THE WATER:						
Shell Type	All boats	All boats. For 1x, 2x and 2- without a launch, must have one year rowing experience at OCRA	8+, 4+, 4x and 2x, Adaptive LTA racing 2x only	8+, 4+ and 4x	8+ and 4x	8+ and 4x
Launch to Shell Ratio	1 launch to 2 shells (shells of equal speed)	1 launch to 2 shells (shells of equal speed)	1 launch to 2 shells (shells of equal speed)	1 launch to 2 shells (shells of equal speed)	1 to 1	Sufficient launches to (a) carry all rowers and coxes participating in session, and (b) have at least 2 engines between all launches on the water (towing line required)
Coach Certification	USRA Level 1	USRA Level 1	USRA Level 2	USRA Level 2	USRA Level 2	USRA Level 2
PFD Requirement	Present in launches			Worn by all rowers and coxswains ³		
Communication Requirement - Phone required in any launch at all times	Protected Cell Phone Recommended	Protected Cell Phone Required	Protected Cell Phone Required	Protected Cell Phone Required	Protected Cell Phone Required	Protected Cell Phone and Marine Radio Required for all coaches; at least one additional person at the boathouse with cell phone, marine radio and car during entire session
Skill Level of Crew	Any Level	Any Level; blind boats as specified above	Any Level. Adaptive, LTA racers only	No Novices or adaptive rowers or equipment allowed on the water	No Novices or adaptive rowers or equipment allowed on the water	No Novices or adaptive rowers or equipment allowed on the water
Additional Safety Items	Optional	One Space Blanket per rower in launch	One Space Blanket per rower in launch	One Space Blanket per rower in launch	One Space Blanket per rower in launch	One Space Blanket per rower in launch; one bailer/large sponge/pump in each shell***

¹ See OCRA's website for links to official gauges for water flow (USCG/NOAA data-- scroll down for flow and use the most recent "observed data" regardless of listed time) and water temperature (USGS data from West Point).

² **Additional Requirements for Zone 6**

- I. A meeting and letter must be provided to OCRA before rowing in these conditions. A standard letter can be found on the OCRA website.
- II. Crews must be strong enough to make meaningful progress upstream through the Newburgh-Beacon Bridge (north), Gully's Restaurant (south) with not more than 3/4's of rowers rowing
- III. Crews must have not less than 2 hours of on-the-water time within the immediately preceding 5-day period
- IV. Daylight, as defined above, required. You may not shift to the left in daylight from Zone 6 to Zone 5.
- V. No more than 8 mph of sustained wind in the opposite direction from the current
- VI. Demonstrate rescue techniques to OCRA staff's satisfaction AND
- VII. For youth oriented organizations - Required Parent Group board member representation at each of OCRA's semi-annual Safety Meetings.

³ There are various kinds of PFDs available. The OCRA Safety Committee recommends that each rowing program research PFDs to determine which type is best for its members' use. **PLEASE NOTE, however, that the OCRA Safety Committee is aware that certain PFD manufacturers do not recommend use of CO₂ inflatable PFDs in air or water conditions below 40° Fahrenheit (4.5° Celcius).**

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