



SAFETY, RULES & POLICIES

2021 Waivers

The 2021 ADRC waivers are available on the ADRC page on the Club website. Members will be required to fill out these forms once they have received safety training from an authorized representative of the ADRC

Members will not be allowed on the water until this form has been submitted.

[Waiver -Adult (18 and over) can be found in forms folder]

[Waiver -Junior (under 18) can be found in forms folder]

[Rowing Outside Scheduled Rowing Times Disclaimer can be found in forms folder]

[Non Rowing Member Rowing at the Club Disclaimer can be found in forms folder]



Code of Ethics

Membership with the Abu Dhabi Rowing Club (ADRC) involves the responsibility of knowing and promoting the objectives of the organization. These objectives can be summarized as follows:

- To promote and organise rowing at The Club
- To promote and organise kayaking at The Club
- To develop a community spirit among members
- To generate interest in the sport of rowing and kayaking
- To maintain, care, supervision, and discipline for the rowers' and kayakers' benefit
- To improve coaching, rowing and kayaking and skills
- To promote the highest ideals of "fair play"

In order to meet these objectives as fully as possible, athletes and coaches must work together to fulfill their respective responsibilities and to recognize the rights of other individuals and groups. It is expected that all club members will consistently display high ethical standards and project a favourable image of our sport to performers, coaches, officials, and the general public.

Other rules and responsibilities of members

Payment of fees

Fees must be paid in full or rowers/kayakers will be denied on water access.



RCA Safety Video

The RCA Safety Video promotes and demonstrates safe practices for rowers (Note – the content is North American related but significant portion is relevant to us here in the UAE).

All rowers, regardless of experience, must watch the RCA Safety Video each season before going on the water.

Safety Video Chapters 1 to 4

Chapter 1: At the Boathouse

Chapter 2: Getting Ready

Chapter 3: On the Water

Chapter 4: Returning to Land

Click on the following link: <https://youtu.be/vVOCsfJna3Q>

Safety Rules and Regulations

The following pages outline the safety rules that apply to all members of the ADRC and those who use the ADRC equipment.

Each safety boat driver must hold a valid FTA Small Boat License and be experienced in operating the rib. All safety boat users must be approved by the Club Captain.

Strict enforcement of the ADRC safety rules is the duty and responsibility of every ADRC coach and member. Failure to follow the ADRC Safety Rules will result in disciplinary action, and suspension of club privileges, at the discretion of the ADRC Captain. Final



interpretation and enforcement of the ADRC rules below will be at the discretion of the Captain, with consultation of the Chairman.

1. The ADRC Captain shall have the final say in matters related to rowing times, safety, and equipment maintenance and usage. If the ADRC Captain is not present, the most senior coach, or any other individual so designated by the Captain, will assume this responsibility.
2. All rowers must demonstrate annually the ability to swim and to don a personal flotation device (PFD) while in the water. Those aged 18 and over can indicate on the registration form their ability to swim; those under 18 need signature of a parent or guardian, or must take a swim-test. A list of non-swimmers should be kept at the rowing club.
3. Each rower, safety boat operator, and coach must ensure that the equipment under his/her control is in safe operating condition.
4. Prior to commencing rowing each year, all rowers, and coaches shall review the RCA safety video and be instructed in procedures to be followed in the event of a swamping.
5. Each rower shall be instructed as to the location of safety equipment at the club including radio, emergency numbers, first aid kits and lifejackets.
6. Except emergency situations, at no time will more than three (3) people be allowed in a safety or coach boat

Launch Times

1. Rowing after dark is not permitted at any time of the year.
2. Rowing before sunrise is only permitted under the following conditions:
 - a) First launch will occur no earlier than official sunrise (25min before sunrise), at the discretion of the ADRC Captain.
 - b) All rowing shells must be within 25m of the shore until sunrise.



- c) All rowing shells and safety boats must have adequate lighting, including both bow and stern lights.
- 3. Beginner and novice rowers are not permitted to row outside the scheduled rowing hours on Friday and Saturday mornings unless accompanied by a coach.
- 4. Rowing outside the weekend scheduled rowing hours is only permitted to those who are experienced, approved by the Club Captain by successfully passing the Level I Sculling Captain's Test and have filed an "Out of Hours Disclaimer Form at the Heath Complex Main Reception. Phone out and phone in procedures with the HC Main Reception must also be strictly adhered to.



Traffic Patterns

1. Scullers and bow seat rowers will be instructed to follow traffic patterns dictated by the Captain (shown below).



Purple Route – early morning and late afternoon route rowing in an anticlockwise direction

Red Route – coached route/with support boat & experienced rowers.

- 1 To be avoided during low and high tide due to strong currents
- 2 Strong currents between the bridges can be experienced at all times – experienced scullers only
- 3 4 Green navigation buoys



Shallow Water – Low to Mid Tide

1. During low to mid tide, rowers are not permitted to row within the area outlined in red below. Rock outcrop circled in red to be avoided at all times. Scullers and bow seat should keep adjacent to the quay wall when rowing in this area





Adverse Weather

1. In the event of windy or foggy weather, the decision to put crews on the water will be made by the ADRC Captain. In the event the Captain is not present, this responsibility shall be assumed by the senior coach or any other individual so designated by the Captain. In the absence of a coach, the senior athlete(s) present will have the final say.
2. NO crews will be allowed on the water if lightning threatens. If crews are on the water when lightning is spotted on the horizon, all crews will immediately head for the nearest safe haven, or ADRC slipway if time permits.

First aid

1. First aid kit is available in the club lockup. When travelling at regattas, a first aid kit is available in the club trailer. Athletes are expected to provide their own supplies for routine first aid, including care of blisters.

Addendum to Safety Precautions

All coaches and rowers must be knowledgeable about the safety rules and their responsibilities.

Coaches

Coaches must ensure that:

1. The safety precautions are strictly followed.



2. Before launching, each coach boat must be equipped with adequate gasoline; a paddle; a bailer; one approved personal flotation device (PFD) or lifejacket for each rower of the largest shell present and the coach boat crew; and an air horn or pea-less whistle.
3. No more than two people ride in a coach boat at any time.
4. The coach boat motor is started to ensure proper operation before the crew leaves the dock.
5. Each rower reviews the RCA safety video before commencing rowing each year.
6. Each rower is dressed properly for the weather conditions complete with a sun hat and glasses, water bottle and water-resistant sun cream applied well before rowing.
7. Each crew receives special instructions in the event a shell capsizes or swamps, namely:
 - a) Do not allow the rowers to leave the shell.
 - b) Do not allow the oars to float away as they can be used for flotation.
 - c) The rowers "pair up", i.e. 1 and 2, 3 and 4, etc., with the bow pair or stern pair, as applicable, responsible for the coxswain, when in the water.
 - d) Do not thrash around and panic since excessive activity will lead to loss of body heat.
 - e) His/her crew is never out of sight.
8. There is no "horseplay" on the water.
9. The equipment under his/her control is in a safe condition. This includes checking all shells prior to rowing to ensure there are no cracks, that all are equipped with bow balls and have easy release footstops.
10. Any damage or faulty equipment is reported to the Club Captain, noted in the Equipment Damage Log at the Health Club Main Reception and if a shell is not rowable, a note is left on the shell to prevent its use.

Rowers

Rowers must ensure that:



1. They are familiar with the safety precautions.
2. They know traffic patterns.
3. They remain calm in the event of trouble.
4. They always watch for changing weather conditions and proceed to the slipway or to the shoreline in the event of threatening weather (lightning, high winds, sudden change in wind or water conditions.)
5. They exercise good seamanship (i.e. turning in windy or rough water, rowing into the wind at not less than a 45 degree angle [quartering] etc.)
6. They ensure the equipment under their control is in safe condition (i.e. ensure oarlocks properly fastened, there are no holes in the decking that may allow water in, that shoes are tied loosely with the heel tied down to allow for quick release, etc.)
7. Single sculls with quick release riggers – when fixing the riggers prior to rowing, please ensure that all the top hat inserts are firmly locked in the track and the fastening clip is adjusted so that it is securely fastened.
8. Remember you may be required to assist your coach in the event of an accident involving the coach boat (i.e. coach falling overboard.)

LEADERSHIP IS EXPECTED FROM COACHES AND ROWERS

Guest Policy

1. Guests who are experienced rowers are welcome to use club facilities when accompanied by a member after they have signed a guest waiver. Use of club singles, by a guest is permissible only with the express permission of the Captain.
2. A guest may visit the club three times annually. If the guest wishes to use the Club Rowing facility more than three times annually, they are required to become full members of the Club.
3. Regarding guests, ADRC members are responsible for:
 - a) Each guest signing a waiver form prior to using boats or facilities



- b) Accompanying the guest at all times while the guest is using the facility and/or equipment.
 - c) Choosing an appropriate boat. Permission of the Captain must be obtained by the host for his/her guest to use any club single for use during peak hours or to host more than one guest at a time.
4. Complying with boat booking procedures including listing the guest's name in the appropriate location.
 5. Ensuring that the guest uses ADRC facilities no more than three times annually.
 6. Covering the cost of repair for any damage caused by their guests

Equipment Use

Authority of the Captain

1. The Captain, as the representative of the Committee, is responsible for, and has authority over, all club equipment and all water related activities. If the Captain is not available, Committee Members have this responsibility and authority.

Club boat season

1. Club boats are not allowed on the water between 1 July and 1 September without permission from the Captain. Rowers who have not passed the Captain's test or who have been signed off by the Captain as being competent experienced rower may not row any single, or bow any other club boat except under the supervision of a coach. Trainer singles may be used with the Captain's permission in preparation for the Captain's test.
2. The Captain has the authority to place restrictions on any boat or piece of equipment when necessary.

Captain's testing

1. The full Captain's Test process involves 2 Levels. Successful completion of a Level I: Sculling Captain's Test entitles him/her to row single scull and will certify them to bow a double scull without the presence of a coach or other Captain's Tested member.
2. Bowing a quad is not permitted until a Level II certification is earned.



Rowing Pathways

Beginners

1. Entry level rowers will first complete a Learn to Row Programme facilitated by the club. On completion of this course, rowers will have acquired a basic rowing knowledge.
2. Upon becoming a full member of the club, beginners will undergo a series of coached sessions in the trainer single sculls on either Friday or Saturday mornings. When the beginner has mastered the basic sculling technique and is able to sit the boat up without the blades touching the water during the recovery part of the stroke, turn and back the boat confidently and has completed a capsized drill, the beginner will progress to stroking a double scull with an experienced rower in the bow seat.
3. Double Scull – with an experienced rower in the bow who will provide stability to the boat whilst the beginner becomes accustomed to the step up from the beginner boat, the beginner will progress with the support and guidance of the experienced rower and will not have to worry about steering the boat. When the beginner is rowing confidently in the double to the satisfaction of coach, he/she can progress to a single scull.
4. Single Scull – the initial sessions in a single will be under coach supervision until such time as the coach is confident that the beginner can row independently without one on one supervision during a scheduled rowing session.
5. Throughout this pathway, beginners are only permitted to row during the scheduled/supervised sessions on Friday or Saturday mornings or under the supervision of a club coach until the Level I Sculling Captain's Test is taken and passed successfully.

Level I Sculling Captain's Test (Single and Double Sculls)

1. Rowers must demonstrate their rowing ability by passing the Captain's Test before they are permitted to take a boat out on their own.
2. Before taking the test, all scullers must have completed approximately 50km in a combo of boats (one hour session equates to 5km – 10 coached sessions). 50% of Double and Quad kms under the supervision of a coach may be counted toward this required 50 km is needed to qualify for the Captain test.



3. Level I Test

- a) Take a rowing boat from rack safely without hitting anything or causing damage
- b) Place the boat correctly on trestles to make the necessary adjustment to foot stops and check for any damage prior to taking to the water. (This should be done next to the boat rack without preventing access to the Sub Aqua Building)
- c) Select the correct sculling blades and place them safely on the slipway out of harms way from other slipway users
- d) Place boat in water without causing damage. Understand how damage can occur to the boats.
- e) Get in the boat correctly.
- f) Scull forwards to a specific location, looking back every 5 strokes.
- g) Scull backwards to a specific location.
- h) Turn on the spot.
- i) Turn using just one oar (each side).
- j) Rowing at pressure and then stopping quickly (emergency stop)
- k) Capsize and get back in the boat.
- l) On return to the slipway, get out of the boat properly, remove the sculling blades and place safely on the slipway.
- m) Trestle the boat, wash down the equipment thoroughly, open the lids to the buoyance tanks, inspect for any damage and report to the Club Captain, if damage has occurred during the session
- n) Rack and tie the boat properly without causing damage.

4. In addition to this, all Captain's test applicants must demonstrate a thorough knowledge of the following:

- a) Be conversant with the ADRC Safety, Rules & Policies
- b) Boat booking procedure. Logging out and in with the Health Club Main Reception when rowing
- c) What to do in the event of an accident
- d) How to report wear and tear damage to a boat (note in the ADRC Boat Damage book held at Health Club Main Reception)



5. On successful completion of the test, the member is required to complete a Rowing Disclaimer form and lodge it with the Health Club Complex Main Reception via Club Chairman

Level II Sculling Captain's Test

1. Members who have received Level I Sculling certification by passing their Level I Sculling Captain's Test may wish to eventually bow 4x's by receiving a Level II Sculling certification.
2. To earn a Level II Sculling certification, a member must have been Level I-certified for at least one month before obtaining Level II certification.
3. Prospective Level II certification recipients must obtain recommendations from 2 senior members who already have their Level II certification to support their request to the Captain. Senior members sponsoring someone for Level II certification should feel confident that the candidate will safely use the faster and more expensive boats.
4. Level-I certified members may bow a 4x a maximum of 8 sessions unaccompanied by a coach but with a Level-II certified member present in the boat while preparing for Level-II certification.
5. The Level-II certified member will be held responsible for any incidents that occur while the boat is being bowed by a Level-I certified member. This is not required to receive Level-II certification but is in place to allow Level-I certified members to have more flexibility in practicing the bowing of 4x's.
6. Level-II Sculling certification allows members to bow all boats unsupervised.

Safety Boat use

1. The club safety boat is to be used only by the coaches or other personnel authorized by the Captain.

Boat Schedule Outside Coached/Supervised Sessions

1. A member may reserve a single, double, surf ski for a maximum of three sessions per week if boats are in high demand.
2. Requests for the use of any club boat must be made via the ADRC WhatsApp Boat Booking Group. The time slots for the reservations are:

5.00am to 7.00pm (May to Aug)



7.00am to 6.00pm (Sep to Apr)

3. If a scheduled member has failed to show and not launched an assigned boat within five minutes after the beginning of a booked slot, another eligible member may take the boat.
4. If a member does not plan to row/paddle in a reserved slot, he or she should cancel the booked slot via the ADRC WhatsApp Boat Booking Group as soon as possible, so that others may plan for that slot.
5. Members must return club equipment in time for the beginning of the next session, whether or not the boat is reserved. The member must make the boat available for the duration of the grace period (fifteen minutes).
6. In addition to booking your slot via the ADRC WhatsApp Boat Booking Group, members are required to check-in with the Health Complex Main Reception and confirm the time on the water, your planned route and expected time of return.
7. On return to the slipway, members are required to check back in with the Health Complex Main Reception to confirm your safe return.
8. Rowers are required to wash down the boat, riggers and oars with soapy water and rinse off after each session. Cover, rack and tie safely back in place.
9. Any damage incurred during the session must be logged and reported. If for any reason the boat, rigging or oars are not safe for use by the next rower it must be logged and notified to the Captain.

Coached/Supervised Sessions

1. The weekend schedule for coached and supervised rowing on Friday and Saturday mornings will be posted in draft via the ADRC WhatsApp Boat Booking Group on Wednesday evening each week.
2. Junior rowers will be assumed available to row on Friday mornings unless non availability is notified to the schedule administrator in advance.
3. Members who are available to row and wish to be included in the weekend schedule should confirm their availability to the schedule administrator direct via WhatsApp by Tuesday evening. On consultation with the coaches, a draft schedule will be drawn up and circulated on Wednesday with the final schedule posted on Thursday evening.
4. Any late changes should be notified direct via WhatsApp to the coaches on duty.



Swimming requirement

1. All active members must be able to swim.

Communication

1. ADRC uses WhatsApp as its primary form of communication via the ADRC 2021-Announcements group.
2. All members are responsible for knowing the information that is sent via this group from the club.
3. These messages may include traffic advisories, notification of restrictions on club boat use, and other important information.
4. WhatsApp groups will be formed for each squad or midweek rowing groups.
5. Members are requested to keep the various groups free of general chat.

PROGRAMS

Indoor training

1. ADRC members have permission to use the Concept Rowing Machines stored located in Studio 1 and 2 when not in use for scheduled classes.

DUES & FEES

1. Members must pay all dues and fees on time to retain the privileges of membership. The club's fiscal year runs from January through December. All continuing membership dues and fees will be billed as part of the Club membership renewal at year end.

Refund policy

1. Given the moderate fees paid for membership of the section, ADRC has a no refund policy.