

## **Best Practices for Rowing and Coach Boat Driving on Elk Lake**

**5:30 am-7:30 am**

**DRAFT Sept 29, 2016**

**To be tested and then reviewed October 13, 8 am 2016**

Background: this time slot is busy, with multiple programs rowing at the same time, doing different workouts, boats of different speeds and skill levels, and lots of coach boats some of which generate large wake. Coaches find it challenging to coach crews effectively while also managing their wake and trying to respect other crews; athletes get frustrated from being waked and sometimes feel unsafe. These concerns are exacerbated when weeds restrict rowable areas, when crews are preparing for important regattas and in the dark.

The following best practices are intended to manage wake, improve safety, and allow for effective coaching. An increased level of understanding about the challenges and impacts of different behaviours, and communication amongst rowers and coaches will help to maintain an environment of mutual respect.

*Imagine that the 2km course is a 12 lane highway, with 6 lanes (75m) on each side of the buoy line. Crews should row in the lanes closest to the buoy line, with the fastest crews next to the buoy line and slower crews in the outer lanes. While rowing on this "highway" crews should try to stay moving. If you need to stop, move off the "highway" onto the "shoulder" (i.e., 75m away from the buoy line).*

**Best Practices listed on next page**

## BEST PRACTICES

1. Coaches stay within 15m of the buoy line and drive “on the left” (i.e., same side as oncoming rowers). Please check for oncoming crews.
2. Row as a fleet and keep the fleet together (not strung out). In order to be able to coach effectively, coach boats will not stop for crews who are not rowing as part of a fleet.
3. Avoid stopping between Point 1 and Point 2 (i.e. row continuously).
4. Crews that stop move 75m off away from the buoy line.
5. Crews that will be doing a lot of stopping and starting (technical session, starts) row in the pond.
6. Avoid creating wake in the pond. Keep coach boats stationary or putter slowly.
7. Use the white board to let other coaches/crews know if you will be seatracing, doing starts etc.
8. Inflatables (especially big ones!): to avoid waking oncoming crews, stop ahead and in line with them, allowing your stern wake to hit the transom. Let the crew pass before resuming speed.
9. Catamarans: travel continuously, rather than stopping for oncoming crews.
10. Leaving the boathouse - coach boats putter over to the 2km course and then drive down the buoy line.
11. Turning “early” before Pt 1 or Pt 2 (e.g., at the 1750m): if there is an oncoming crew that is faster than you, let them go by and then follow them. If the oncoming crew is slower, start ahead of them. *Coaches: Be aware that in this case you will likely give them unexpected wake- warn them! Try to time your turns to avoid waking crews coming from Pt 2 (or Pt 1).*
12. Congregating at Pt 1 or Pt 2: if you are going to sit before going, please sit where you will not interfere with crews rowing continuously (especially those doing a time trial) (e.g., sit behind the line and/or to the outside)
13. Overtaking Crews:

### Rowers, to avoid wake:

- Row as a tight fleet. Crews rowing on their own should expect to get some wake - learn to time your turns to avoid it.
- Row in Beaver Lake and the Channel.
- Turn early to avoid being behind faster crews.
- Let faster crews leave Pt 1 or Pt 2 ahead of you, and leave time for the wake to dissipate.
- Rowing from the boathouse to Pt 1: to avoid wake, either cut over to the 2k course and row down the course OR row wide (so that wake created by coach boats on the course has time to dissipate a bit before it hits you).
- Row close to the buoy line, while still leaving space for overtaking crews.
- Please recognize, respect and accommodate the needs of fellow rowers and coaches, whether you are training for a regatta or out for an enjoyable row.