

VICTORIA ROWING SOCIETY

SAFETY CODE

All athletes and coaches are responsible for adhering to the VRS Safety Code and the Transport Canada Regulations for Boating.

Hours of Operation

No rowing after posted sunset

No rowing before posted sunrise or 5:45 am (whichever comes first).

December 1-January 31 No rowing before 7:00 am

Weather Restrictions

WHEN IN DOUBT, DON'T GO OUT

NO rowing in: FOG, LIGHTNING, GALE FORCE WINDS

Sign out and Sign in Supervision

Minors and adults requiring supervision:

1:8 when 1-2 safety boats are on the water

1:12 when 3 or more safety boats are on the water

Competent adults during supervised rows: 1:18

Safety Equipment - Rowing Shells

- Rowing shells not attended by a safety launch are required to carry a personal flotation device (PFD) and whistle
- Before sunrise or in conditions of restricted visibility rowing shells must display an all around WHITE light mounted on BOW and RED light (NOT flashing) mounted on STERN

Distress (Emergency) Signals

Raise and lower outstretched arms repeatedly

Daylight: Whistle

Darkness: Whistle, wave light overhead and/or display flashing red light

Emergency Procedures

Signal for help

**STAY WITH THE SHELL.
DO NOT ATTEMPT TO SWIM TO SHORE.**

Follow the instructions of the safety launch.

Please see the VRS Operations and Best Practices Handbook for additional safety details and information.