

ROW SMART - ROW SAFE

Greenwich Crew Rowing Procedures

Sign In & Out – The Log Book is at the Front Desk.

Observe Traffic Patterns – Follow the Rules of the River, especially at low tide. Unless you are avoiding an accident, you should proceed up the right side of the river. That means, since we're backwards, the shore is on your left. The center of the river is on your right.

Weather & Tide – Keep an eye on the weather and tide - a gentle breeze can churn up whitecaps if it is going against the tide. Remember that you cannot truly assess the size of whitecaps unless they are coming towards you.

Lights – The law is: lights are required from ½ hour after sunset until ½ hour after sunrise.

Bow Lights - Port side Red/Starboard side Green.

Stern Light - White.

In addition a cap light and/or flashing red lights will help other rowers and boaters see you. (Flashing white light is a distress signal)

Self-Rescue – Can you get back in your boat if you flip it? If not, you should not go out without a coach. Even then, this is a skill you should master if rowing is in your future.

Hydration – Be sure to drink plenty of water even in cold weather.

Bright clothing – Wear Bright clothing – Neon Bright – or at least a bright cap.

Appropriate clothing – When the water is cold, NO COTTON, Tech clothing can save your life. Lycra/spandex and Under Armor Hot is for warmer weather. Use Under Armor Cold, polypropylene, and polar fleece for cold weather.

Whistle – Keep a whistle or other signaling device handy. If you are in cold water you do not have much time.

PFD – Required from October to June.

Row with a friend – Whenever possible.

Where to purchase:

Lights: Available at REI.com (red/green/white combo lights), durhamboat.com (small silicone rigger lights), or Wintech for lights that fit into the number slot on the bow.

Clothing & Accessories: GWC Club Store, Regatta Sport, Patagonia, Campmor, or EMS

www.greenwichwaterclub.com

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