

Megunticook Rowing – Camden, Maine

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SAFETY POLICY

Preface and Introduction	2
Basic Safety Guidelines	3
SafeSport	3
Safety Prerequisites	4
Safety Equipment	6
Launching and Landing Procedures	7
Risk and Hazard Guidelines	10
Emergency Procedures	14
Emergency Plan	15
Off the water: Barrett’s Cove Parking, Picnic, and Boatyard	16

Preface and Introduction

Rowing is inherently risky. This safety policy is not intended to cover, nor could it cover, every situation that might present a safety hazard to you or others you row with. As with any policy, all conceivable situations cannot be anticipated. The guidelines below outline rowing safety recommendations and requirements for participants with Megunticook Rowing.

Each person is responsible for his or her safety, and rowing is ALWAYS at one's own risk. Neither Megunticook Rowing nor its Board of Directors can assure the safety of individual rowers. Megunticook Rowing assumes no responsibility, express or implied, for participants' safety or welfare. Although rower safety is the club's primary concern, your rowing safety cannot be guaranteed without applying common sense. Each rower must use good judgment in assessing his or her ability, the weather, water conditions, and the effects these can have on boat stability and plan accordingly. Ultimately, you are responsible for your safety.

The purpose of this document is to emphasize common safety standards that apply to Megunticook Rowing, its members, and its equipment. These guidelines and rules are made to teach and guide participants and their guests as they take responsibility for their safety.

Safe behavior, good manners, and sportsmanship are always expected on the water, at the dock, and in and around the boat storage area. Unsafe or inappropriate behavior may result in a participant being expelled from Megunticook Rowing and its programs without a refund and being refused further participation in Megunticook Rowing.

Safety is our priority at Megunticook Rowing, and all participants are responsible for being aware of the safety requirements. All rowers and coxswains agree to read and sign the Megunticook Rowing Waiver which is found in iCrew.

Basic Safety Guidelines

All participants will:

- Be current members of Megunticook Rowing or guests as provided by Megunticook Rowing policy.
- Become a US Rowing Basic Member (renewable annually) and sign the online waiver annually. Exception: Learn to Row participants need not be US Rowing members.
- Obtain medical clearance to participate if there are any questions about health, fitness, or medical status.
- Complete a swim test (or equivalent - see below). Results will be documented in iCrew and in a log kept at the boatyard. Swim tests for masters must be repeated every 5 years. Juniors will have swim tests with their team.

The test must include:

- Swimming at least 100 meters wearing light clothing
- Treading water for at least five minutes
- Putting on a life jacket while in the water
- In place of the swim test, participants may furnish evidence of passing supervised testing that has demonstrated swimming ability, such as:
 - SCUBA certification
 - Red Cross swimming certification
 - Documentation of having passed a swim test at another rowing club ** or a supervised swimming facility **

Anyone not meeting the above qualifications must wear a PFD while on the water.

SafeSport

Web Link: <https://uscenterforsafesport.org/>

Who needs training?

Any adult having a directive or authority role with youth participants is required to be Safesport certified. Additionally, any adult participant having more than five interactions with youth rowers during Megunticook Rowing programs over the course of a year must complete Safesport training annually as defined by US Rowing Safe Sport policy: <https://usrowing.org/safe-sport>

Why do you need training?

The U.S. Center for SafeSport was created under the *Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017*. The Center provides education and requirements consistent with the law, and this training is part of those requirements. The training is required by the U.S. Center for SafeSport, the USOPC, and USRowing.

Non-USRowing members (volunteers, launch drivers) need not be USRowing members but must complete the appropriate training module noted for their role.

Web Link: <https://membership.usrowing.org/individual/safesport>

Annual refresher training is required.

Safety Prerequisites

Before on-water sessions, all rowers, coxswains, coaches, launch drivers, and administrators will have met the safety prerequisites noted below.

1. Rowers and Coxswains must:

- (Junior members) Watch the USRowing safety video with a parent. Parents must attest to their rower having watched the video. Masters rowers may attest to watching. Attestation is on iCrew.
- (Junior members) Review the Safety Plan with a coach present. Masters rowers may attest to reviewing. Attestation is in iCrew.
- Pass the swim test. Documentation will be kept in iCrew and in a log book at the boatyard.
- Be a USRowing member unless participating in Learn to Row.
- Have completed applicable SafeSport training.
- Have completed Megunticook Rowing registration.

- (Junior rowers) Sign the Code of Conduct
- Have completed applicable skill tests.
- Understand and speak the English language.

2. Coaches must:

- Watch and discuss the USRowing safety video.
- Review the Safety Plan with coaches.
- Be a USRowing member.
- Have current First Aid/CPR/AED certification at a minimum.
- Be current in their SafeSport Certification.
- Be USRowing Level 1 certified and be working toward USRowing Level 2 certification.
- Complete a background check.
- Have BoatUS Safety certification (Maine).
- Continue their education.
- Understand and speak the English language.
- Know the traffic pattern map and Megunticook Lake hazards. The map will be posted in a prominent location.
- Keep coach certifications and documents current on iCrew. The Head Coach or Program Director will ensure credentials are current.

3. Launch Drivers must:

- Watch the USRowing Safety Video.
- Be a USRowing member.
- Be current in their SafeSport certification.
- Pass the Megunticook Rowing Launch Driver test or present a current captain's license.
- Have BoatUS Safety certification or present a current captain's license.
- Have current First Aid/CPR/AED certification, at a minimum.

- Understand and speak the English language.
- Be familiar with local and federal regulations concerning all boating and safety requirements.
 - Local: <https://www.maine.gov/ifw/docs/maine-boating-laws.pdf>
 - Federal: <https://www.uscgboating.org/regulations/federal-laws.php>
- Know the traffic pattern map and Megunticook Lake hazards. The map will be posted in a prominent location.

4. Administrators/Board Members must:

- Be a USRowing member.
- Be current in their Safesport certification.
- Understand and speak the English language.
- Have signed conflict of interest forms.

Safety Equipment

Rowers are advised to wear Coast Guard-approved PFDs unless:

- Attended by a safety launch carrying an approved PFD or life jacket of appropriate size for each member of the crew for each rowing shell being attended, or
- Competing or training for competition.
- Information on recommended PFDs can be found here : <https://rowsafeusa.org/pfds/>

All safety launches will carry:

- Radio
- Cell Phone
- Tool Kit (see list)
- Kippy Liddle Bag - which includes
 - 13 PFDs
 - First aid kit (see list)

- Emergency paddle
- Working Running lights (within 15 mins of sunset/rise)
- Enough gas
- Megaphone and noise maker/whistle
- Bailer
- Type IV throwable PFD
- Fire extinguishers (ABC)
- Anchor with rope
- Extra bow tow line
- Foldable rescue ladder

Launching and Landing Procedures

Boatyard Access

Upon arrival, check for any out-of-place equipment. Check the Hull FOB board & determine if you're not the 1st person arriving. If a FOB is OTW, confirm with the Log Book that someone is out rowing. Look to see if any boats are missing. The last person leaving the boatyard should be sure the Hull FOB board is accurate.

Coached programs will use the log book to document which boats/ rowers are on the water. Non-coached rowers should use the log book and fob system. Shore contact may be listed on the back of the rower's fob.

Before Launching:

- Check to make sure you are not taking out a shell that is damaged or needs to be repaired before being used;
- Each person is 100% responsible for the whole boat and 100% accountable for their oar, rigging, foot stretchers, seat, and slide. Check to make sure that all equipment is working properly before leaving the dock. If you aren't sure, ASK!

- All boats on the water, including those participating in coached sessions, should sign in/out using the logbook and by moving the fob for that boat into the on-the-water position.

Check the following:

- Nuts on the rigging are tight, the position of your foot stretchers and the smoothness of your slide are acceptable.
- Forward end of the slide is blunt and will not gouge your calves. Rowers in front and behind you have sufficient room for their complete stroke.
- Heel ties on your shoes are attached with no more than 3" of slack, and in good condition.
- Quick-release pull cord between shoes is in place and in good condition.
- Seat fits your body.
- Bow ball is affixed securely
- Oar handle is properly sized and that your oarlock height is proper.
- Your clothing cannot become tangled in your seat or oar handle.
- You have proper safety devices on board your rowing shell,
- You are wearing high-visibility clothing. At least some rowers in 4x, 4+ and 8+ shells should wear high-visibility clothing
- You have a whistle, and if without a coach, you have a cell phone.
- You have a safety or coaching launch or captain if required
- You are prepared to yell to alert anyone who is approaching to make sure they see you and the equipment.
- If you have a cox box or any other electronics, they have been tested and confirmed to be in good working order.

When Launching:

- Please wear shoes or foot protection to avoid foot damage or slipping

When Returning:

- For team boats, the coxswain should be the first person out of the boat and then should coordinate the exiting of the rowers.
- Oars should not be pulled in until all rowers have exited the boat.

Risk and Hazard Guidelines

Wind/Whitecaps:

- No boats are allowed out when whitecaps are present. If there are winds over 12 mph, extreme caution is advised even if there are no whitecaps

Thunder and Lightning:

- NEVER launch a boat when there is a possibility of lightning or you hear thunder. Rowers must wait 30 minutes after thunder and lightning stop before launching a boat. Check the radar on your local weather app before launching or re-launching.
- If lightning is sighted while you are already on the water, you must return to the launching area IMMEDIATELY and wait for conditions to improve. Proceed as cautiously as possible to return quickly to the dock.
- In extreme conditions, it may be necessary to go to the nearest accessible shoreline to safely wait out a storm - see list of accessible shoreline points on the map at the end of this document.

Fog:

- If you can't see 100 yards or see to the opposite side of Barrett's Cove, you are strongly advised not to go out.
- If you are caught out in fog during a row, proceed slowly, following the shore while making noise and looking out for boats and obstacles
- All boats must use appropriate navigation lights in fog. In addition, safety launches must sound a long tone on a horn or whistle every two minutes when operating in fog.

Sunrise and Sunset:

- Only coached competitive rowers and crews may row in the morning before sunrise and in the evening after sunset.
- Shells must have appropriate lights in low-light conditions.

Cold Water Rules:

- When water temperatures fall below 40 degrees Fahrenheit, rowing from the Megunticook Rowing dock is prohibited.
- When water temperatures are between 40-50 F, or when air temperature is below 40 F even though water temperature is still above 50 F, rowing is permitted only under the direct observation of a coach, or in boats with four or more oars.
- When water temperatures are 50 F or above, cold water rules do not apply.
- The Head Coach or Board President will decide whether to apply and lift the cold water rules and will notify members on iCrew, at the boat yard, and on Slack.

Non-coached/unsupervised shells:

(all persons, both club and private shells)

- All rowers rowing without a coach must pass a flip test every two years. Flip tests will be offered annually by the Head Coach or designees in the spring and throughout the season on an ad hoc basis. A record of flip tests will be kept at the boatyard and in iCrew.
- Rowers using club-owned equipment without a coach must pass a skills test administered by a coach or provide equivalent verification from another club. A description of the skills test is available upon request. Results will be documented in iCrew and kept in a logbook at the boatyard.
- Rowers wishing to steer a quad without a coach must pass a Captain's test overseen by a coach. A description of the Captain's test is available upon request. A list of rowers who have passed the Captain's test will be kept in iCrew, and a logbook will be kept at the boatyard.
- Rowers must have signed the Megunticook Rowing assumption of risk form.
- One crew member in each boat must be familiar with the lake.
- One crew member in each boat must be familiar with emergency landing areas and be able to direct an emergency landing.
- All rowers must sign in and out of the log book and hull FOB Board
- Rowers should use the buddy system, if at all possible;
- All rowers in boats not attended by a launch must wear high-visibility clothing.
- Each boat must have a cell phone and a whistle.

Navigating the Lake

Megunticook Lake is minimally buoyed to mark hazards. However, some shallow areas are marked, as is the primary passage dividing the East Lake and West Lake areas. This Red & Green buoyed 'cut' is south of Fang Island and North of Barrett's Cove. It is narrow, with a width sufficient for only one hull of any kind at a time.

Other Watercraft:

Rowers are not the only users of the Lake. Please be aware of swimmers, kayaks, and paddleboards; our boats are likely faster. Powerboats may not see you. If an approaching powerboat is bringing a wake to you, steer parallel to the wake with oar blades down and ride it out.

Please log any negative or problematic interactions with the public in the log book, iCrew and post on Slack. Note what occurred: time, location, hull type, and activity. Do not engage with the boat driver on or off the water. Notify a coach or the Lake Warden, Justin Twitchell, twitchell@knoxcountymaine.gov.

If your boat swamps, flips, or capsizes:

1. STAY WITH THE BOAT
2. If you're in a team boat, take a headcount.
3. Signal nearby people for help (yell, wave both arms) if there are injuries or if you or others are having difficulty (or if there are significant injuries or danger, call 911)
4. If a rower cannot re-enter a boat, have them paddle the boat to shore, lying on the stern, using the shell as a paddleboard. ("Straddle and paddle.")
5. If it's warm water, you can either straddle and paddle or, staying with the boat, swim it to shore
6. Once you get to the shore, empty the water from the boat and resume rowing.

Small Boat Capsize:

- If you flip, your buddy's boat or the launch can help stabilize you for re-entry.
- A buddy can call for emergency assistance if needed.

- Use your best effort to re-enter the shell;
- If you cannot re-enter the boat, swim the boat to shore, lying on the stern, using the shell as a paddleboard. Or, you can abandon your shell and lie on the stern deck of your buddy's boat to be taken to shore. The loss of muscle control can occur very quickly and dramatically in cold water. The stern deck rescue may be your only option. USRowing recommends that all unaccompanied shells carry Coast Guard-approved PFDs.

If caught unexpectedly in hazardous conditions:

- Row back to the dock if possible
- If you can't make it back to the dock, row to the shore, and make your way back to the launch area. You can pull the boat up on the shore to secure it, but your safety takes priority over the equipment.

If someone is in the water and needs help:

- The best options are to reach for them from the shore or a boat or throw them on a buoy with a line or a floating object.
- Be cautious if you decide to row to someone who is in distress/drowning. They may grab your oar or the boat, resulting in you flipping.
- Swimming out to someone can be very dangerous and can result in a double drowning. Do not try it unless you are a trained lifeguard.
- Ask permission before rendering assistance or providing first aid. For first aid, provide care only within the limits of formal training you have completed.

Emergency Procedures

If there is an emergency, call 911

The following areas have been identified as the best Safe Emergency Landing zones and should be used if possible during an emergency. Please refer to the map to see the exact locations.

- Cameron Lewis house, 27 Fishing Rock Road, Lincolnton. This house is in the far bay, at the end, with a small floating sauna. There is a dock on the right as you face the house that can be used for emergency landings.

- On the stretch before Bishopswood, we have permission to land at Micki Colquhoun's house at 835 Hope Road, Camden. Her house is a hike up from the water. She is speaking with a neighbor with a more accessible dock to see if he will let us land there.
- Duncan Matlack's house at 669 Hope Rd. in Camden. His driveway is easily accessible from the dock. If he is home, Duncan is a ski patroller trained in Emergency First Response, so may be helpful with the 911 call.
- Route 52 Boat Launch.
- Route 105 Boat Launch (Bog Bridge).
- Barrett's Cove Beach.
- Polly Saltonstall's camp at 159 Beaucaire Rd.

After Calling 911 follow up by calling one of these numbers

- ❖ Hugh Brock (207) 710-9667
- ❖ Eric Buck: (773) 320-3574

Required Information needed in a 911 call (SAILLER)

- S: Sex
- A: Age
- I: Injury/incident - how many were injured, a brief description of what happened, what is the injury? Is it traumatic? Major bleeding? Allergic reaction? Breathing?
- L: Level of consciousness - conscious? How alert are they?
- L: Location - GPS/geographic location
- E: Equipment needed (stuff) if you know. Do you need an ambulance?
- R: Resources needed (people) if you know. Do you need advanced or basic help?

Emergency Plan

In the event of an emergency, role expectations will be defined as:

- Coxswains: the primary leader until the coach boat arrives. In case of submersion, the coxswain will ensure all rowers remain with and hold onto the shell until rescue efforts are assumed by the coach or race officials;
- Designated leader: the backup leader, bow seat, acts in the coxswain's stead in the event of their injury or incapacitation;
- Pair partner accountability - each pair has direct responsibility for their partner. The coxswain is part of the closest pair;
- All rowers: know expectations before getting on the water, and in the event of an emergency remain with the shell, holding on to the shell, remain calm, focused on the guidance from the coach, coxswain, or designated leader.
- Be safe

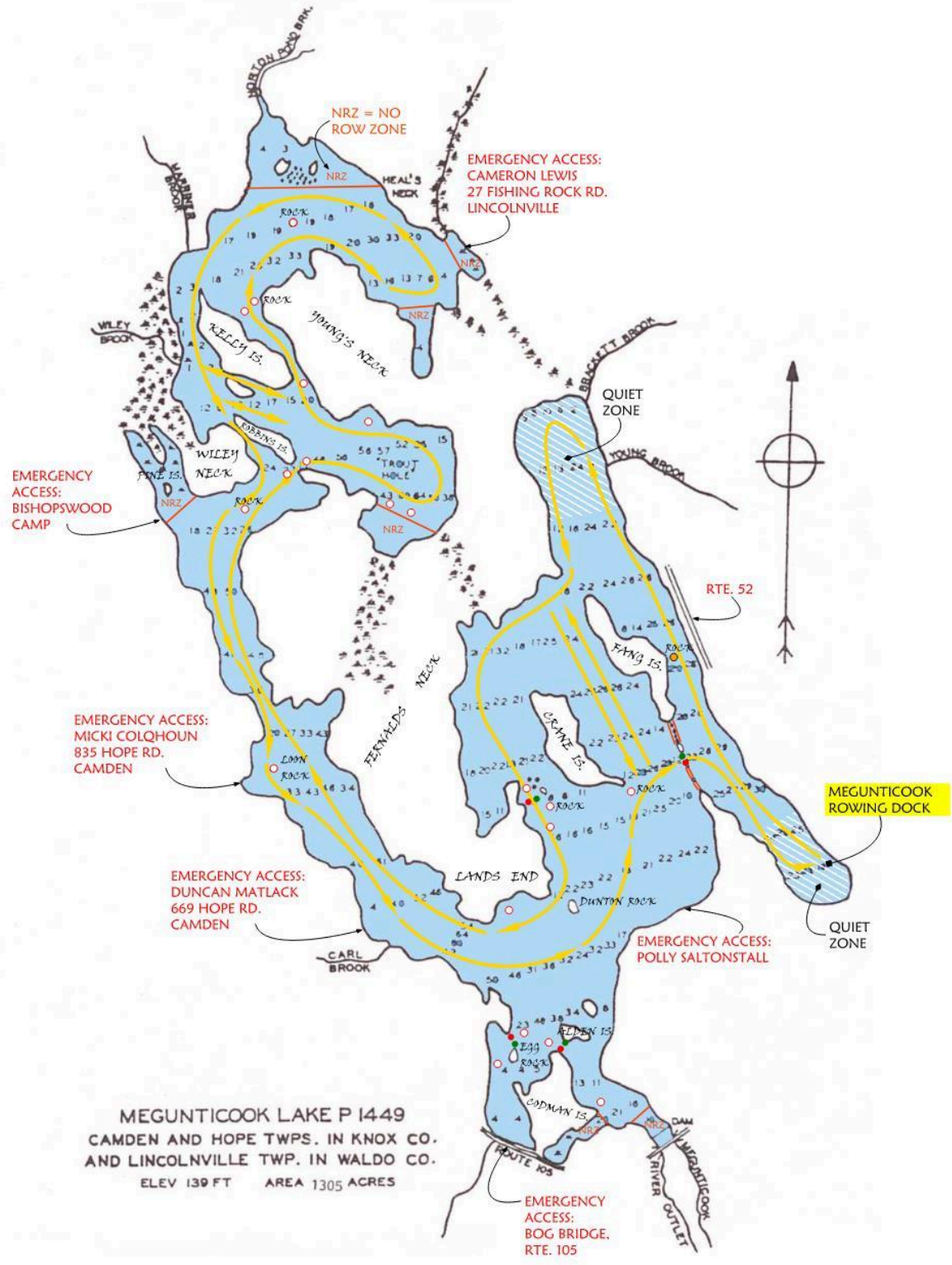
Remember (HHELP)

- Hang on to the boat! - do not leave the boat.
- Headcount
- Evaluate Injuries
- Listen for direction
- Please stay calm

Off the water: Barrett's Cove Parking, Picnic, and Boatyard

Accidents can occur in the boatyard, on slippery docks and ramps, and in the parking lot. Think safety first in everything you do. Keep in mind the following recommendations:

- Parking lot - Barrett's Cove is a public beach and thus can be in high use. Use the utmost caution in the parking lot. Adhere to speed limits and traffic patterns;
- Situational awareness - constantly be aware of your surroundings. Keep an eye out for strange/suspicious activity or persons, inclement weather, physical hazards, etc. If possible, avoid being alone in the woods in the dark.
- If hiking Maiden's Cliff as an alternative to rowing due to conditions be sure that the lead and last hiker is a coach. All athletes are to pay attention to the coach's guidance and stay within a safe distance of the coach.
- Swimming - there will be NO swimming unless directed by the coach. If participants choose to swim pre/post practice, this will be at their own risk and NOT off the Megunticook Rowing dock.
- Drop off and pick up - Coaches are responsible for athletes between practice start and finish. Coaches will arrive 15 minutes before practice and stay 15 minutes after practice.



MEGUNTICOOK LAKE P 1449
 CAMDEN AND HOPE TWP. IN KNOX CO.
 AND LINCOLNVILLE TWP. IN WALDO CO.
 ELEV 139 FT AREA 1305 ACRES