



Safety Guidelines

Wind, precipitation, boat traffic, fog and air temperature are all factors to be considered in determining if it is safe to row. You are liable for the safety of your crew!

1. Determine the current water flow and water temperature (see links at the footer of PRCs website).
2. Based on water flow and temperature, select the more restrictive of the two conditions. Zone 1 being the least restrictive and subsequent zones being progressively more restrictive thru Zone 6.
3. If rowing in daylight conditions, between the hours of sunrise and sunset, you may move one zone to the left (Zone 6 DOES NOT apply).
4. Paddling is equal to 1X scull.
5. Rowing is dangerous in anything over a 17 foot stage and 67,000 cubic feet per second flow.
6. PLEASE NOTE, certain PFD manufacturers do not recommend the use of CO2 inflatable PRDs in air or water conditions below 40° Fahrenheit (4.5° Celsius)

Rowing Zones						
	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6
Water Flow	Less than 47k cf/s	47 to 58kcf/s	58 to 67kcf/s	67 to 75kcf/s	75 to 83kcf/s	83kcf/s or greater
Water Temp	Greater than 50°F (10° C)	Greater than 50° F (10° C)	40° to 50° F (4.5° to 10° C)	Less than 40°F (4.5°C) Experienced rowers only. No Juniors, Novices or Adaptive rowers.	Less than 40°F (4.5°C) Experienced rowers only. No Juniors, Novices or Adaptive rowers.	Less than 40°F (4.5°C) NO ONE rows under these conditions.

Based on the above zones, the following rules must be observed in order to go on the water

	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6
Launch to shell Ratio	Not a requirement	Not a requirement	1 Launch to 2 shells (shells of equal speed)	1 Launch to 2 shells (shells of equal speed)	1 to 1	
Coach Certification	Not a requirement	Not a requirement	USRA Level 2	USRA Level 2	USRA Level 2	
PFD Requirement	Optional			Must be worn by all rowers and coxswains		
Communication Requirement	Protected Cell Phone	Protected Cell Phone	Protected Cell Phone	Protected Cell Phone	Protected Cell Phone	
Skill Level of Crew	Any Level	Any Level; blind boats as specified above	Any Level	No Novices Or Adaptive Rowers	No Novices Or Adaptive Rowers	
Additional Safety Items	Optional	One Space Blanket In Launch Per Rower	One Space Blanket In Launch Per Rower	One Space Blanket In Launch Per Rower	One Space Blanket In Launch Per Rower	