

## **Special Safety Rules for Sound Rowers Events**

- Racers must attest that they have the skills and conditioning to complete the course safely in the weather conditions of the day, and that they are capable of self-righting their boat in the event of a capsized (this usually means carrying a paddle float and bilge pump for kayakers.).
- An approved PFD for each racer and a whistle are required to be carried on every boat.
- All participating boats must have positive flotation.
- "All racers under the age of 18 are required to wear their PFD's in SR races." (2006 Annual Meeting)
- At all races these steps should be followed:
  - 1. Make safety considerations clear at the pre-race meeting.
  - 2. Spot-check boats before the start to ensure they are meeting PFD and flotation requirements.
  - 3. Disqualify any boats found to be not properly fitted.
- "A racer shall not pass a capsized or endangered racer, but shall render assistance until the capsized/endangered racer has re-entered his boat or a support boat, so long as rendering assistance does not also endanger the supporting racer. Subsequent racers may pass only after checking with the assisting racer. This protocol is not to be considered overridden because the endangered racer has said he is OK; he must also have re-entered his or the safety boat. Failure to comply will result in disqualification. The race director will make a reasonable effort to adjust for lost time on the part of the assisting racer." (2006 Annual Meeting)
- Race participants and members are encouraged to support safe Sound Rowers races by pointing out non-compliance with our safety protocols.