



Kenmore Community Rowing Club

Kenmore Community Rowing Club (KCRC) Safety & Emergency Handbook

Effective: Winter 2025 Season

Next Review: Annually First Week in December

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Introduction and Purpose

Kenmore Community Rowing Club (KCRC) is committed to providing a safe, supportive, and disciplined rowing environment for athletes of all ages and experience levels. Preventing accidents and responding effectively when incidents occur requires preparation, awareness, and shared responsibility across the entire club community.

This handbook outlines the safety standards, expectations, and required procedures that guide KCRC operations on the water, on land, and at the boathouse. These policies are grounded in national rowing safety recommendations, local waterway behavior norms, and the club's collective experience.

All participants — rowers, coxswains, coaches, volunteers, and staff — are responsible for understanding and following the practices described here.

Everyone has a role in safety.

If any person feels that conditions are unsafe or does not understand instructions, they are expected to speak up. Questions, observations, and concerns strengthen our safety culture.

Coaches hold the authority to:

- Modify or cancel on-water practices based on conditions
- Reassign boats or lineups for safety reasons
- Require or prohibit equipment use
- Stop rowing activity at any time

No rower is ever required to launch if they feel unsafe. Choosing not to launch for safety reasons will always be supported.

This handbook is reviewed annually, or sooner if incidents, environmental conditions, or program changes require adjustments.

Roles and Responsibilities

Safe and effective rowing depends on everyone knowing their role, acting with awareness, and communicating clearly. The following responsibilities apply to all KCRC participants.

Coaches

Coaches are responsible for the safe conduct of all rowing activities. They provide instruction, supervise practices, monitor conditions, and make decisions that prioritize safety.

Coaches are expected to:

- Hold a valid [Boater Education Card](#) (as required by Washington State law)
- Hold current First Aid/CPR/AED certification
- Carry a charged cell phone during every practice
- Conduct a pre-launch safety briefing
- Monitor weather, visibility, and water conditions continuously
- Adjust, shorten, or cancel practices when necessary
- Ensure that all shells and launches are operated safely
- Report any safety concerns or incidents promptly

Coaches have the authority to:

- Stop rowing activity at any time
- Require the use of Personal Floatation Devices (PFDs), lights, or high-visibility gear based on conditions. High-visibility means any color that provides strong contrast with water and surroundings (neon yellow, neon green, bright orange recommended).
- Reassign seats or lineups for safety reasons
- Remove equipment from service if it is unsafe

Coxswains

Coxswains are responsible for steering, situational awareness, and communication within the shell.

Coxswains are expected to:

- Know local navigation and traffic patterns
- Maintain continuous visual awareness of other vessels and hazards
- Use clear, calm, concise commands
- Communicate safety concerns to the coach immediately
- Ensure the crew responds promptly to safety-related calls (e.g., “Hold Water”)

Rowers

Rowers are responsible for their own readiness, awareness, and behavior in the boat and on land.

Rowers are expected to:

- Follow coach and coxswain instructions
- Maintain control of equipment during carrying, launching, landing, and docking
- Report equipment issues immediately
- Sit ready to stop the shell at any time
- Support teammates and maintain focus, especially during launches and landings

Rowers must:

- Complete a Float Test every five years
- Complete SafeSport Training (Learn to Row participants excluded)
- Complete a flip test to row a 1x without a PFD — otherwise wear a PFD when in a single

No rower is required to launch if they feel conditions are unsafe. Asking for clarification or expressing concern is always encouraged.

Launch Drivers

Launch drivers support on-water supervision and safety response.

Launch drivers must:

- Wear the engine kill-switch lanyard at all times while operating the launch
- Carry required safety equipment (see Launch Equipment Checklist in Appendix)
- Stay within appropriate distance of all shells (distance varies by water temperature and boat type)
- Respond to swamped shell, capsize, or person-in-water situations promptly and safely

Participation and Preparedness Requirements

All rowers must be prepared to participate safely in on-water and land-based training. Readiness includes skill competency, required training, and use of appropriate clothing and equipment.

These requirements apply to all KCRC programs unless otherwise specified.

Registration and Waivers

Before participating in any on-water activity, rowers must:

- Be fully registered with [KCRC](#)
- Sign the annual [USRowing waiver and membership agreement](#)
- Submit emergency contact and medical information via iCrew or designated club system

No rower may launch without current documentation on file.

SafeSport Training

All members and employees of KCRC—excluding participants in the Learn To Row (LTR) program—are required to complete the training program administered by USRowing in partnership with the U.S. Center for SafeSport. This training is designed to educate participants about preventing, recognizing, and responding to misconduct including harassment, bullying, emotional or physical abuse, and sexual misconduct.

Specifically:

- Relevant adults (coaches, staff, board members, volunteers who have “regular contact” with minors) must complete the 90-minute “SafeSport Trained” core course.
- After the initial course, an annual 30-minute refresher course is required for those who remain subject to the training.
- Registration and access details are managed through the USRowing member portal.

Members and employees must maintain proof of completion of the training, and KCRC will track compliance as part of our overall safety and governance policy.

For more information and to access the training, visit: [USRowing SafeSport Resources](#)

Float Test Requirement

All rowers must complete a Float Test every five years.

The float test consists of:

- Treading water for 10 minutes
- Putting on a lifejacket while in the water

Float tests must be completed before participating in on-water practices.

Single Scull (1x) Flip Competency

Rowers in a single scull (1x) must demonstrate the ability to safely exit and re-enter the boat.

To row a 1x without wearing a PFD, a rower must:

- Successfully complete a flip test / self-rescue course

If a rower has not completed the flip test:

- A U.S. Coast Guard–approved PFD must be worn at all times while rowing a 1x

Coaches may require PFD use at any time based on conditions or experience.

High-Visibility Clothing Requirements

Visibility on the water is essential for safety.

Crew Boats (4x/4+, 8+)

- The bow and stern rowers must wear high-visibility clothing
- High-visibility means any color that provides strong contrast with water and surroundings (neon yellow, neon green, bright orange recommended).
- The garment must be visible above the gunwale at all times

Small Boats (1x, 2x, 2-)

- All rowers in small boats must wear high-visibility clothing
- Required year-round, in all conditions

Coaches may require additional high-visibility use depending on visibility, weather, or traffic.

Clothing and Gear

Rowers must:

- Wear form-fitting athletic clothing (avoid loose or baggy layers that can catch on equipment)
- Dress in layers appropriate to weather and water temperature
- Bring a full water bottle to every practice
- Use water shoes or appropriate footwear for dock and shoreline movement

Optional but recommended:

- Hat or visor

- Sunscreen
- Dry bag for personal items
- Spare warm layer for cold conditions

Waterway & Environmental Safety

Rowing conditions on Lake Washington and the Sammamish Slough can change quickly. Coaches and coxswains must monitor weather, visibility, and water conditions continuously. Rowers are expected to stay alert and ask for clarification when uncertain.

Safety takes precedence over training goals.

Coaches have full authority to shorten, modify, restrict to sheltered areas, or cancel practice.

Navigation & Traffic Awareness

KCRC rows primarily on:

- Sammamish Slough
- Northern Lake Washington

Rowers and coxswains must:

- Follow established traffic patterns at all times
- Maintain constant lookout for other boats and obstacles
- Avoid bridges, docks, and shoreline structures unless landing in emergency
- Leave room for turning and stopping when operating in traffic

The Sammamish Slough is a shared waterway; expect fishing boats, paddlecraft, and wildlife.

If unsure where another vessel is heading: stop rowing and yield.



Low Light & Reduced Visibility

Rowing in low visibility is permitted only when:

- Bow carries red (port) and green (starboard) navigation lights
- Stern carries a white 360° light
- Required high-visibility clothing is worn

If visibility deteriorates during practice:

- Hold water
- Stay together
- Coach will direct either:
 - Return to home dock
 - Move to nearest shoreline safe haven
 - Stop and wait for visibility to improve

Do not rely on “knowing the shoreline” in fog or haze.

Environmental Practice Modification Thresholds

These conditions apply before launching and while on the water.

Condition	Threshold	Action Required	Notes
Lightning / Thunder	Any visible lightning or audible thunder	End practice immediately. Land at nearest safe haven.	Wait 20 minutes after last lightning/thunder before relaunching
Fog / Visibility	< 100 yards visibility	Do not launch	If fog develops mid-row, hold water and wait, then proceed to nearest landing

Sustained Wind	> 10 mph or visible whitecaps	Move to Slough only, shorten practice, or cancel	Lake surface becomes unstable for small boats
Water Temperature	< 50°F	Launch must remain within 100 meters of shells	Cold water immersion risk increases significantly
Air Temperature (Wind Chill)	≤ 40°F	<u>LTR/ Intermediate</u> - Must have 8 oars on the water <u>Experienced</u> - Must have 4 oars on water	Land-based training may substitute
Air Temperature (Wind Chill)	≤ 32°F	<u>LTR/ Intermediate</u> - Cancel on-water practice <u>Experienced</u> - Must have 8 oars on water <i>(4 oars allowed only at coaches discretion)</i>	Land-based training may substitute
Heat Index	> 90°F	Shorten practice, increase hydration, monitor rowers	Heat illness risk increases
Air Quality Index (AQI)	> 100	Cancel outdoor rowing	Indoor workouts permitted if available

Coaches must check conditions at the boathouse, not only forecasts.

Launch Proximity Requirements

Launch distance to shells varies by water temperature and boat type:

- **Water \geq 50°F:** Launch stays within shouting distance
- **Water < 50°F:** Launch stays within 100 meters
- **Small boats (1x, 2x, 2-):** Launch stays visually close at all times, regardless of temperature

The launch must be able to reach a shell quickly in case of swamping or capsize.

Coxswain Responsibility:

Coxswains must maintain a course and pace that keeps the shell within the required proximity to the launch.

If the launch is unable to maintain position (due to speed, direction change, or visibility):

- Hold water.
- Wait for the launch to re-establish safe distance.

Rowing does not continue when the launch is out of position.

Practice Adjustments

The coach may:

- Shorten practice
- Restrict rowing to the Slough
- Cancel the session
- Move to land-based training

Rowers must follow practice adjustments immediately and without debate.

Safety decisions are not optional.

Launch Operations & Safety Equipment

The safety launch is the primary emergency response vehicle during on-water practices. Launch drivers and coaches must operate launches in a way that ensures the safety of all boats on the water.

The launch must be ready, fueled, and functional before any shells launch.

If a launch is not operational, on-water practice does not run.

Launch Driver Requirements

Launch drivers must:

- Hold a [Boater Education Card](#) (as required by Washington State law)
- Be trained in safe launch handling and local navigation patterns
- Wear the engine kill-switch lanyard at all times while the engine is running
- Carry a charged cell phone and radio during every on-water session

The launch driver is expected to maintain calm, clear communication, especially during safety events.

Launch Positioning and Awareness

The launch must stay in a position that allows quick response to any shell.

- Maintain line-of-sight to all boats at all times
- Adjust position continuously as crews turn, regroup, or change drills
- Stay closer when:
 - Water is below 50°F
 - Rowing involves 1x or 2x/2-
 - Crews are inexperienced
 - Conditions are changing

If unable to maintain sight of all shells:

- **Stop rowing activity immediately**
- Re-establish safe spacing and visibility

Launch Speed and Wake Management

The launch must be operated at a speed that:

- Allows rapid response,
- But does not create excessive wake.

Wake creates instability, especially for:

- Small boats
- Novice crews
- Boats in turns or bridges

If wake becomes an issue: Reduce speed.

Required Safety Equipment — Launch Checklist

The launch must carry the following equipment at every practice:

Equipment	Purpose
PFD for each rower on the water	Required in case of evacuation or transfer
Throwable flotation device (Type IV)	Immediate deployment in person-in-water situations
Throw rope / rescue line	Controlled retrieval from water
First Aid Kit	Immediate response to minor or moderate injuries
Thermal / Mylar blankets (2+)	Hypothermia management

Anchor and line	Stabilization during rescue or weather events
Whistle and/or air horn	Audible signaling
Bailer or small hand pump	Water removal for swamped shells (when appropriate)
Basic repair kit (tape, wrench, bow ball)	Fast on-water fixes
Fire extinguisher (required if fuel aboard)	USCG regulation
Navigation lights (if rowing at dawn/dusk)	Required for legal low-light operation
Charged cell phone	Emergency communication

If any required item is missing: **Do not launch until the equipment is replaced.**

Communication Expectations

The launch driver must be able to communicate with:

- Other launches (if multiple on water)
- Rowers
- Emergency responders (if needed)

If cell coverage is limited or unreliable, the coach must:

- Establish predetermined hand signals, or
- Use marine-band radio if available

Fueling & Maintenance

- Refuel after practice, not before

- Store fuel containers properly and away from ignition sources
- Report engine or steering issues immediately
- Do not operate a launch with known mechanical problems

Emergency Response Procedures

When an incident occurs on the water, respond calmly and directly.

The goal is to keep rowers safe, together, and stable while help arrives or conditions improve.

Commands are given by the coach or coxswain, and repeated by the crew if needed.

Capsize or Swamped Shell (Any Boat)

Commands and Actions:

- Hold water.
- Stay with the shell.
- Count all rowers.
- Coach brings launch to the shell.
- Load rowers one at a time, starting with the coldest or weakest.
- Distribute PFDs as needed.
- Move to nearest Safe Haven for rewarming and assessment.

Key Notes:

- Do not try to swim to shore.
- The boat is your flotation.
- Hypothermia risk begins immediately in cold water.

Person in the Water (Unintentional Ejection)

Commands and Actions:

- Hold water.
- Point at the person in the water (visual lock).
- Coxswain keeps shell stable and still.
- Coach brings launch directly to the person.
- Assist person over the stern or low point of launch.
- Return to nearest Safe Haven for assessment.

Key Notes:

- Keep eyes on the swimmer at all times.
- Do not power stroke back toward them — create no wake.

Shell Taking on Water / Near-Swamp

This often occurs in chop or wakes.

Commands and Actions:

- Hold water.
- Stay calm and stay seated.
- Coach approaches with launch.
- Distribute rowers across launch and shell to stabilize.
- Move to nearest Safe Haven.

Key Notes:

- Attempt to reduce motion, not bail water.
- Avoid panic movements — they cause full swamp.

Medical Emergency (Injury, Illness, Breathing Difficulty, Chest Pain, Seizure)

Commands and Actions:

- Hold water.
- Call coach immediately.
- Bring launch to the affected rower.
- Load individual into launch.
- If condition is serious: **Call 911.**
- Proceed to the nearest Safe Haven for EMS access.

Key Notes:

- Do not return to the boathouse unless it is the closest landing point.
- Time to care > dock convenience.

Suspected Hypothermia

Early Signs: Shivering, slurred speech, confusion, slow response.

Severe: Loss of coordination, inability to speak, blue lips, lethargy.

Commands and Actions:

- Hold water.
- Load rower into launch.
- Remove wet clothing once stable.
- Wrap in **Mylar blanket** (torso first).
- Move to nearest **Safe Haven**.
- Call 911 if **confusion, shivering stops, or they cannot stand.**

Key Notes:

- Do **not** rewarm extremities first — risk of shock.
- Warm torso and airway.

Lightning or Thunder

Commands and Actions:

- Hold water.
- Move immediately to nearest Safe Haven.
- Do not wait to see “how bad it gets”.
- Stay off water for 20 minutes after last lightning/thunder.

Coach / Launch Disabled

If a launch loses engine power or steering:

Commands and Actions:

- All shells hold water.
- Closest stable shell stays nearby for visibility.
- Other crews regroup and wait.
- Follow pre-established towing plan or call for assistance.

Tone Reminder

- There is no yelling in emergency response.
- Commands are brief. Even. Steady.
- Calm communication prevents panic.

Safe Havens & Emergency Landing Sites

If an emergency occurs on the water, do not assume the boathouse is the best or closest place to land.

The priority is time to care, not returning to home dock.

Use the nearest Safe Haven based on your current location and condition severity.

- If cold exposure, medical issue, or swimmer in water → Land immediately
- If unsure → Land immediately
- Coach will direct which Safe Haven to use.

Safe Haven Decision Rules

Land at the nearest Safe Haven when:

- A rower is injured, ill, cold, or not responding normally
- A shell is swamped, capsized, or unable to row out**
- Weather deteriorates (wind, fog, lightning)
- A rower requests to stop for safety

Never try to “push through” to reach home dock during an emergency.

Safe Haven Landing Locations (North Lake Washington & Sammamish Slough)



#	Location	Address	Notes
1	Kenmore Public Boathouse	17104 68th Ave NE, Kenmore	Primary home dock; use only if it is the closest safe landing.
2	Log Boom Park	17415 61st Ave NE, Kenmore	Reliable, open shoreline; good all-conditions landing.
3	Lake Forest Park Civic Club	17301 Beach Dr. NE, Kenmore	Members-only dock; use only for emergency landing. Beach and boat launch access is also available.

4	Sheridan Beach Community Pool	16500 Shore Dr. NE, Lake Forest Park	Small dock; usable in calm water emergencies.
5	Lake City Beach Park	13000 Riviera Pl NE, Seattle	Public park; moderate landing access.
6	Matthews Beach Park	5100 NE 93rd St, Seattle	Best EMS access on east shore. Strong choice for medical events.
7	Concrete Beach (Magnuson Park)	7801 62nd Ave NE, Seattle	Long shallow landing zone; no dock; use for large-area landings.
8	Juanita Beach Park	9703 NE Juanita Dr., Kirkland	Good open landing; moderate walk to parking/EMS.
9	O.O. Denny Park	12302 Holmes Point Dr. NE, Kirkland	Simple shoreline landing; steep path to road. Use if nearby.
10	Saint Edward Beach	South Ridge Trail, Kenmore	Beach landing; EMS vehicles can access, but could take longer due to park access

These match the numbered map markers on the KCRC Safe Havens Map.

How to Execute a Safe Haven Landing

Commands and Actions:

- Hold water.
- Coach directs Safe Haven number.
- Move at steady, low power (avoid rushing).
- Land bow-first at shoreline or dock.
- Assist rowers out of shell one at a time.
- Move to warm, seated position away from wind if hypothermia risk exists.

- Call 911 if medical support is needed.

Do not attempt to carry boats up slopes or trails during emergencies. People first. Equipment second.

Key Principle

The goal is to get the rower safe and stable as quickly as possible. Landing 10 minutes earlier makes medical and cold-response outcomes dramatically better.

Incident Reporting

KCRC uses incident reporting to improve safety, coaching practices, equipment maintenance, and emergency preparedness. Reporting is not disciplinary. It is how we learn.

Rowers, coxswains, and coaches are expected to report incidents promptly and accurately.

What Must Be Reported

Report any of the following:

- Capsize (any boat type, any cause)
- Swamped shell
- Person in the water unintentionally
- Injury that limits activity or requires medical attention
- Heat illness or hypothermia symptoms
- Collision, near-miss, or equipment strike
- Launch malfunction or failure of steering/engine function
- Equipment breakage that affects safety (e.g., rigger, foot stretcher, oarlock, cracked hull)
- Any time a rower expresses feeling unsafe

When in doubt, report it.

Who Reports

- Coach or launch driver reports during coached practices
- Rowers in uncoached small boats report their own incidents
- Coxswains should report any safety-related steering or traffic concerns

When to Report

- **Immediately**, if urgent medical or safety follow-up is required
- **Within 12 hours** for all other incidents

If conditions prevented immediate reporting, report as soon as practical.

How to Report

KCRC uses a standardized [Incident Report Form](#) (Google Form or iCrew form, depending on system setup).

The report should include:

- Date and time
- Location (e.g., Slough, Lake, Safe Haven # used)
- Boat and crew involved
- Weather and water conditions
- Description of event
- Response actions taken
- Any follow-up needed (medical, equipment repair, coaching adjustments)

Coaches should review reports weekly to identify patterns.

Equipment Follow-Up

If equipment is damaged or unsafe:

- Mark the boat as Out of Service
- Add a visible tag or note on rack
- Notify equipment manager or designated contact immediately
- Do not return damaged equipment to circulation until cleared

Confidential Medical Information

If a rower experiences:

- Fainting
- Difficulty breathing
- Chest pain
- Loss of consciousness
- Seizure
- Confusion or hypothermia symptoms

This should be reported **privately** to the Head Coach for follow-up.

Medical information is treated confidentially.

Post-Incident Debrief

After a significant incident, the coach and rowers involved may conduct a brief, calm debrief, focused on:

- What went well
- What could be clearer next time
- How communication worked during the event
- Adjustments to future practice setup

This is not blame — it is professional safety culture.

Appendix A — Launch Equipment Checklist

The launch must carry the following safety equipment at every practice and event:

Required Item	Purpose
PFD for each rower on the water	For evacuation or transfer in emergency
Throwable flotation device (Type IV)	Immediate deployment in person-in-water situations
Throw rope / rescue line	Controlled retrieval from the water
First Aid Kit	Immediate treatment of minor to moderate injuries
Thermal / Mylar blankets (2+)	Hypothermia management
Anchor and line	Stabilization during rescue or weather events
Whistle and/or air horn	Audible emergency signaling
Bailer or hand pump	For assisting swamped shells (if appropriate)
Basic repair kit (tape, wrench, bow ball)	Fast equipment fixes to allow safe return
Fire extinguisher	Required if fuel is onboard
Navigation lights (if low light)	Required compliance in dawn/dusk conditions
Charged cell phone	Primary emergency communication

If any required item is missing, on-water practice does not launch until restocked.

Appendix B — Clothing & Gear Guide

Rowers must dress for water temperature + wind, not air temperature alone. Clothing should support warmth, visibility, and unrestricted movement.

Cold Conditions (Water < 60°F or Air < 50°F)

- Tight synthetic base layer (no cotton)
- Fleece or technical midlayer
- Windproof or splash-resistant top
- Leggings or rowing tights
- Wool or synthetic socks
- Gloves (optional)
- High-visibility upper layer required
- Bring a dry warm layer for post-practice

Mild Conditions

- Fitted athletic top and bottoms
- Light technical layer
- High-visibility top required for bow + stern in crew boats and all seats in small boats

Warm / Hot Conditions

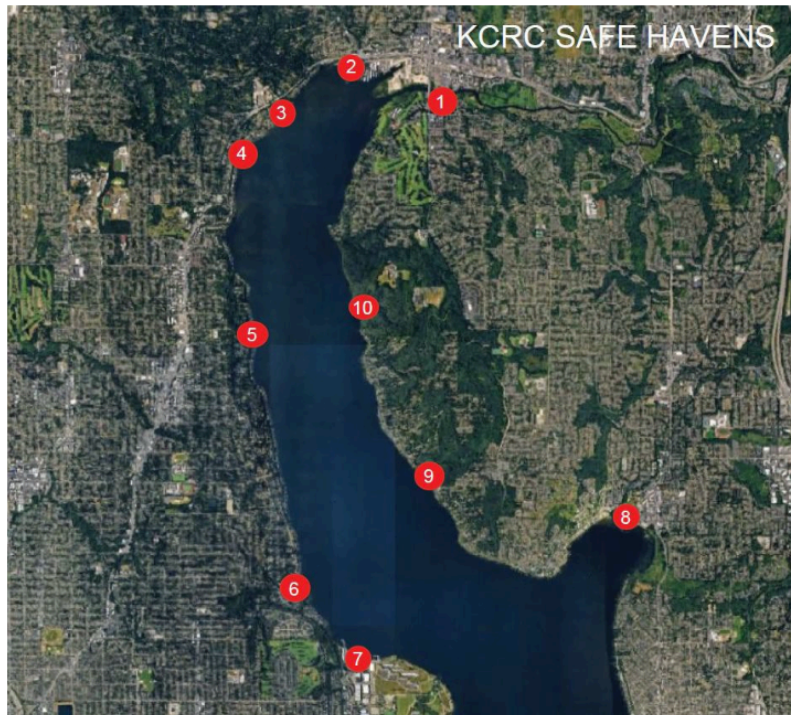
- Short-sleeve or tank top
- Sun protection (hat, sunscreen)
- Hydration bottle required
- Avoid overheating — coaches will plan shade/hydration regroupings

Footwear

- Dock-safe shoes or sandals required when carrying boats
(Bare feet are allowed *in the boat*, not on dock or shoreline.)

Appendix C — Safe Haven Map

QUICK REFERENCE SAFETY GUIDELINES



CALL 9-1-1, then tell them your anticipated Safe Haven name & location:

1. Kenmore Public Boathouse – 17104 68th Ave NE, Kenmore
2. Log Boom Park – 17415 61st Ave NE, Kenmore
3. Lake Forest Park Civic Club – 17301 Beach Dr. NE, Kenmore
4. Sheridan Beach Community Pool – 16500 Shore Dr. NE, Lake Forest Park
5. Lake City Beach Park – 13000 Riviera Pl NE, Seattle
6. Matthews Beach Park – 5100 NE 93rd St, Seattle
7. Concrete Beach (North end of Magnuson Park) – 7801 62nd Ave NE, Seattle
8. Juanita Beach Park – 9703 NE Juanita Dr., Kirkland
9. O.O. Denny Park – 12302 Holmes Point Dr. NE, Kirkland
10. Saint Edward Beach – S. Ridge Trail, Kenmore

In case of emergency, choose the nearest accessible safe haven for pickup or assistance.

Title: *KCRC Safe Haven Emergency Landing Map*

Use: Choose nearest landing site during emergency.

Key Rule: *Do not return to the boathouse if another Safe Haven is closer.*

The map will contain:

- Numbered landing markers (1–10)
- Course boundaries and route shapes
- North orientation clear
- High-contrast labels for readability

Under the map we include the landing site list.

Appendix D — Quick Start Emergency Sheet

QUICK REFERENCE SAFETY GUIDELINES

EMERGENCY CONTACTS

- 9-1-1 – Immediate Emergency
- Kenmore Police: (425) 398-6392
- King County Sheriff (Marine Unit): (206) 296-3311
- AED Location: Inside boathouse (near back door above life jackets)

CAPSIZING PROTOCOL

- Account for all rowers immediately.
- Keep crew with the boat – do not swim to shore.
- Help rowers straddle hulls to get partially out of the water.
- Call 911 if hypothermia or injury is suspected.
- Stay near the capsized shell until help arrives or tow is safe.

COLD WATER /HYPOTHERMIA RESPONSE

- Move rowers into launch or onto a stable surface as soon as possible.
- Provide dry clothing or blankets (keep extras in launch).
- Call 9-1-1 if rower shows signs of confusion, shivering, or slurred speech.

LIGHTNING /WEATHER GUIDELINES

- Return to shore immediately if thunder or lightning occurs.
- Suspend rowing until 30 minutes after last thunderclap.
- Avoid bridges, docks, or tall trees for shelter.

POST-INCIDENT REPORTING

- File a KCRC Incident Report within 24 hours.
- Include date, time, crew, weather, and response details.
- Use QR code link to report form.

CPR QUICK GUIDE

- Check for responsiveness – tap and shout 'Are you OK?'
- Call 9-1-1 or have someone else do so.
- Check for breathing – if none or only gasping, begin CPR.
- Place heel of one hand on the center of the chest, other hand on top.
- Push hard and fast – 2 inches deep, at a rate of 100–120 compressions per minute.
- Allow full chest recoil after each compression.
- If trained, give 2 rescue breaths after every 30 compressions.
- Continue CPR until help arrives or an AED is available.
- Use AED as soon as possible – follow its voice instructions.

KCRC EMERGENCY QUICK START — KEEP CALM AND SPEAK CLEARLY

Capsize / Swamped Shell

- Hold water.
- Stay with the shell.
- Count rowers.
- Coach brings launch to shell.
- Load rowers one at a time.
- Move to nearest Safe Haven.

Person in Water

- Hold water.
- Point at swimmer.
- Coach brings launch directly to swimmer.
- Return to nearest Safe Haven.

Medical Emergency

- Hold water.
- Load rower into launch.
- Call 911 if serious or uncertain.
- Land at nearest Safe Haven.

Hypothermia

- Load into launch.
- Remove wet clothing once stable.

- Wrap torso in Mylar blanket.
- Move to nearest Safe Haven.
- Call 911 if confusion or shivering stops.

Lightning

- Hold water.
- Land at nearest Safe Haven immediately.
- Wait 20 minutes after last lightning.

Key Principle:

People first. Equipment second. The closest safe landing is the right landing.