

LYC Rowing Tips for Visiting Rowers!

What you need to bring:

- Hat, whistle, sunglasses, water bottle
- High visibility shirt
- Water shoes (we wet launch and the beach is rocky; also mucky at low tide)
- Water / snacks

What LYC Rowing will supply:

- PFDs
- Safety Boat and Operator, and LYC master rower to accompany the row
- First Aid Supplies (in the safety boat)
- Charts showing potential routes
- Washrooms: Doors may be locked. Ask a LYC Rowing Members for the code

Equipment:

- An LYC master rower will introduce visiting rowers to the equipment and our protocols for rigging, launching, and cleaning the boats. Our methods will be different than most clubs, as we “wet launch” our boats.
- **Please double check that the plugs are securely screwed in** before launching and loosened after rowing.
- Please inform an LYC member if you see damage on any LYC equipment.

Rules of the “Road”

- Routes should be chosen taking into account wind, wave and fog conditions, in consultation with the safety boat operator and LYC rower.
- Rowers should attempt to stay relatively close to one another and to the safety boat, and establish rendez-vous points, including the first one to begin the row (generally either the yellow or first red stake)
- If weather deteriorates during the row, the safety boat operator has the authority to cancel the row at any time; rowers must follow their direction.

Row cancellation

- Rows may be cancelled by LYC for safety reasons, eg. in the event of dense fog, high winds, thunder/lightning (current or potential) or extreme low tide when it's not possible to launch boats (rare).
- Visiting rowers will be contacted by email of cancellation, either by 9 pm the night before or by 6:30 am the day of. **(Check email before leaving.)**