

## Appendix B AARC~~Rule for Dark Rowing

### Goals

1. Maintain optimal safety during times of dark rowing
2. Support morning rowing training option to encourage and maintain competitive/advanced rowers technique & fitness
3. Support opportunities for morning rowing as desired by membership

### Rules for Dark Rowing

1. Club boats may be rowed in times of darkness provided all the following conditions are met. Dark rowing is defined as any on-water time that falls prior to sunrise or after sunset as set forth by the U.S. Naval Observatory times for Ann Arbor.
2. All sweep boats, sculls and launches are to be properly lighted with bow and stern lights. Launches must be equipped with a flood light.
3. All club boats must have a certified safety launch in attendance for the duration of the dark rowing session. Coaches will be certified launch drivers. A certified launch driver need not be a coach, however boat composition may require a coach even after darkness ends (see "Rowing without a Coach" noted in AARC Safety Rules). *(safety intent: a launch is required for all times of increased risk to crew/equipment (i.e. h.s. , novice crews, etc.) it is prudent to provide the safety of a launch in times of decreased visibility.)*
4. All club boats remain below the bridges before sunrise and after sunset.
5. A sweep boat must meet all of the following experience criteria:
  - Coxswain has a minimum of 1 chronological year coxing experience on Argo Pond *(safety intent: in times of decreased visibility experienced coxswains are essential, this is not a time to learn or hone skills)*
  - Stroke seat has a minimum of 1 year rowing experience *(safety intent: knowledge & experience are greatest assets in emergencies...stroke seats help set the tone for the boat, can confer with coxswain in emergency)*
  - Coxswain/Stroke combined experience is a minimum 4 years
6. BSD participants may be considered for participation with Director of Rowing approval. No more than ½ of the boat's crew can be composed of BSD rowers. *(safety intent: darkness does not support adequate coaching and learning opportunities, however should novice rowers excel/be deemed proficient they should not be excluded from the morning row training option)*
7. Club sculling equipment can be on the water prior to sunrise and after sunset provided the rower and safety launch driver work together to stay within eyesight of each other until sunrise (for morning rowing). Club scullers must have a coach present if the rower has yet to attain the required hours to be on the water outside of a coached practice. Rower must have a PFD aboard *(safety intent: while AARC cannot limit PBO water activity, we support the use of club sculling equipment in times of decreased visibility)*
8. Maintain all other AARC & OAAR safety rules.

Date Written: 4-4-2007 by M. Nemshak & D. Crouse

Date Revised: NA

AARC Board Approval: 4-17-2007