



2015 Great Salt Lake Rowing Safety Review

Welcome 2015 rowers new and old! Please spend some time reviewing this safety information. Whether you have been rowing for more years than you can remember or if this is your first time out on the lake, it is vital that you review this information. Safety is our goal and we want everyone to have a fun and safe rowing year. If you have any questions about safety, first aid, Great Salt Lake weather, etc, please do not hesitate to contact GSLR's head of safety.

- **Always sign-in** the logbook **AND** let others know when you will be on the lake before you launch your boat
- **Always sign-out** and complete the details when you return from rowing
- **Row with a partner** if at all possible; particularly during cold weather
- **Stay close** to shore if you are unsure about the weather or your ability
- **Be prepared** for any conditions before going on the water and look out for the safety of others on the lake
- **Be reminded** that there are no lifeguards on the lake and rowing boats do not show up on Search and Rescue's sonar
 - **Check** the weather forecast and use good judgment when rowing as weather changes quickly on the Great Salt Lake. A good rule of thumb is that if you can see white caps on the water; waves are breaking on the shore; or winds surpass 10 miles per hour, it is too rough to row. For map of current wind conditions check out: http://mesowest.utah.edu/cgi-bin/droman/meso_table_mesowest.cgi?stn=AS768&unit=0&month1=&day1=0&year1=&hour1=00&time=LOCAL&past=0
 - **Check** www.sailflow.com for wind and weather conditions.
 1. In search, type in GSL Marina or click <http://www.sailflow.com/map#40.734,-112.211,14,1>
 2. Click on Radar + Wind on the left hand side
 3. Click any of the spots on the blue GSL until a table comes up
 4. Click the Forecast Table
 5. You will see a 7-day forecast with wind, place your cursor over the black arrow on the day you wish to row. This will tell you the wind direction and gusts
 6. Typically: If the wind is from the N, W, E at >5 mph, it may be too windy to row. If the wind is from the South at 8-9 mph, it is okay to row (but may be somewhat choppy).
- **If you have any concerns about the weather, it is best to stay off the lake!**
- **Carry a cell phone** and Life Preserver inside the boat (it has a CO2 container to inflate and a whistle for emergency). If you will be on the water around sunrise or sunset you must also carry a flashlight in a waterproof container on board. There are waterproof cases in the oar house for members to use. Have Michael check you out on the Marine radio.
- **Call 911** in the event of an emergency
 - 911 operators do have procedures for responding to emergencies at the marina or on the lake.
 - **GSL Marina Office** 801-250-1898
 - **Marina Harbor Master (Dave) cell** 801-209-9142

Please don't call Dave's cell outside business hours, except in an emergency.

- **If you think** someone may have forgotten to sign back in - please contact them to check if at all possible
- **Always** lift boats off and onto the boat racks rather than dragging them, and be careful not to bump the rigging on other boats / if it is too heavy, ask for help
- **Always** check your equipment before and after your row. If you find a loose screw or bolt, tighten it before it is stripped or lost. If you find anything that you do not feel comfortable repairing, attach a lock-out tag **AND** contact someone from the board to let them know there is damage.
- **Keep** your lifejacket strapped to your boat within arm's reach or we have some life jackets that do not interfere with rowing and you can wear them at all times. If you don't know how to use the red life jackets that need to be inflated please ask any of the GSLR board members.
- **Wear** appropriate clothing for the weather. Synthetic clothing is much better for rowing than cottons and wools because it dries quickly.
- **Remember** to drink plenty of water and bring some water with you on your boat. *The water in the hose by the dock is not potable. Please fill up water at the drinking fountains by the marina office and bathroom buildings.
- **Apply** sunscreen and bug repellent generously as applicable.
- **Use extra caution** when rowing in cold weather. Water temperatures below 50 degrees Fahrenheit can be very dangerous.
- **Fill out** an emergency medical information card to be kept in the oar house in case of an emergency.
- **For more information** check out the following link:
<http://www.usrowing.org/Safety.aspx>

CARING FOR GSLR EQUIPMENT

- **Salt water is corrosive** and will rapidly shorten the life of our equipment if we do not wash the boats, vests and blades thoroughly with freshwater after rowing:
 - For boats that means turning them over and really washing the hull and top deck, including the rigging and oarlocks
 - For blades that means washing the full length of them, including bolts on the adjustable handle types
- **Remove** the plug from the plugholes and squirt a little water (one gallon) inside the hull, slosh it around and drain it before carrying it back to the rack
- **Leave** the plugholes open to allow the inside to dry as the summer heat will split the boats apart if the plug holes are covered
- **During the Winter**, or if the water is ever not working, take the 5 gallon jugs from the oar house to "K" dock where there is a freeze-less faucet that can be used to fill the equipment washing water jugs
- **Refasten** the oarlock gate after removing the oars at the end of your row as this piece is easily bent or broken if left dangling

GSLR RULES - GENERAL SAFETY TIPS

- **Stay hydrated** by drinking, and rowing with, plenty of water
- **Apply sunscreen** generously
- **Use effective** mosquito repellent - especially if rowing at dawn or dusk
- **Fill out** a personal emergency medical information card in the Emergency Medical Info and 3x5 index card file box just in case

GSLR Contacts:

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