



GSLR ROWING SAFETY

You are responsible for your own safety when rowing and using club facilities. When you signed the club membership and consent form you acknowledged that ROWING ACTIVITIES INVOLVE RISKS AND DANGERS. On the Great Salt Lake, these include hot weather, cold weather, and rough water in windy or stormy weather. Please follow safety procedures and help us keep rowers safe on the Salt Lake.

- **Always sign-out** in the logbook **AND** let others know when you will be on the lake.
- **Always sign-in** and complete the details when you return from rowing.
- **Row with a buddy** whenever possible.
- **Check the weather** before heading to the marina. Get current conditions at the marina by clicking weather links from www.gslr.org. Also check the National Weather Service forecast for the upcoming hours. A good rule of thumb is that winds of 10 mph and/or winds out of the north can make the water too rough to row. White caps on the water or waves are breaking on the shore also indicate conditions too rough to row. Weather changes quickly on the Great Salt Lake.
- **Stay close to shore** in shallow water where you can stand, if you are unsure about the weather or your ability.
- **Carry** a cell phone and flashlight in a waterproof container on board.
- **In case of emergency**, first call 911. Then call Dave, the harbormaster, on his cell phone, 801-209-9142.
- **Be aware** if anyone is on the water when the weather changes drastically.
- **If someone did not sign back in** - if at all possible, please contact them to check that they are back and OK.
- **Get further education** about boating safety:
 - Check out and view the U.S. Rowing Safety Video, available from GSLR
 - Read safety documents distributed by U.S. Rowing, available at GSLR.org
 - Get first aid and CPR training
- **Do not drink** water from the faucets near the docks. It is NOT potable. Bring drinking water, or fill your bottle at the drinking fountains at the marina buildings.
- **Fill out** a personal emergency medical information card in the Emergency Medical Info and 3x5 index card file box just in case.

- In **HOT** weather,
 - **Stay hydrated** by drinking, and rowing with, plenty of water.
 - **Wear a hat**
 - **Apply sunscreen** generously
 - **Use effective** mosquito repellent - especially if rowing at dawn or dusk
- In **COLD** weather,
 - **Be aware** that rowing when the water temperature falls below 50 degrees should be done with great consideration and caution. Hypothermia is a swift and incapacitating killer that strikes when the combination of cold weather and moisture work to decrease body temperature.
 - **Follow all normal safety procedures, AND** consider the following additional precautions:
 - **File a "Float Plan" with the Marina staff** by email (see contact info below) or stop by the Marina office. Inform them of:
 - when you expect to depart from and return to the marina
 - planned rowing route,
 - an emergency contact,
 - description of your car parked at the marina, and license plate.
 - Then let them know when you are back and safely off the water
 - **Row with a buddy and stay in shallow water;** these are even more important in cold weather.
 - **Wear an inflatable life vest.**
 - **Wear a good thermal protection,** including body, head, feet and hands. Wet or dry suits are useful for cold weather boating.
 - **Carry a noisemaker** of some kind.
 - **Organize a group** of rowers and designate someone to accompany you in the motorized launch.
 - **Row into the wind** away from the marina, return with the wind.

GSLR AND MARINA CONTACTS

GSLR President	Hamory, Nicole	nicole@greentreeyoga.com	801.532.1465 801.599.2687 (c)
GSLR Vice President	Sweeney, Carol	sweeneycarol@yahoo.com	801.322.1369
GSLR Trustee	Denton, Kay	kayd@xmission.com	801.487.8927
GSLR Treasurer	Moore, Demie	demiem@earthlink.net	801.209.6024
GSLR Trustee	Quann, Chris	cbquann@msn.com	801.486.9002
GSLR Trustee and Equipment Manager	Spackman, Michael	m.spackman@q.com	801.831.7188
GSLR Trustee	Witte, Sonia	soniawitte@gmail.com	801.486.9002
GSL Marina Office			801.250.1898(o)
Marina Harbor Master	Shearer, Dave	gslharbormaster@hughes.net	801.209.9142(c)*

*Please don't call Dave's cell outside business hours, except in emergencies.