
GENESEE WATERWAYS CENTER
2010 SAFETY MANUAL APPENDIX

PREPARED BY THE
GWC SAFETY COMMITTEE

Table of Contents Appendix

Appendix A: Weather-Related Emergencies	3
Appendix B: Capsize Procedures & Person Overboard	4
Appendix C: Missing Person Emergency Action Plan	5
Appendix D: Lock 32 Whitewater Park Safety Guidelines	6
Appendix E: Safety Guidelines for Canoe & Kayak Rentals	7
Appendix F: Swimming Skills	8
Appendix G: New & Visiting Member Skills Checklist	9
Appendix H: Weather and Water Conditions Contact Information	10
Appendix I: River Traffic Patterns	11

APPENDIX A: WEATHER-RELATED SAFETY EMERGENCIES

COLD-RELATED WEATHER EMERGENCIES

Hypothermia

Hypothermia is a condition that occurs when the temperature of the human body is lowered to a dangerous point due to exposure to cold and/or wet conditions. Cold temperatures and wet conditions work together to pull heat away from the body, lowering the body's core temperature. Even in mild conditions, the addition of rain or submersion in cold water can sufficiently reduce body warmth to trigger hypothermic conditions in the body. A person's condition can degrade rapidly, impairing breathing and coordination, making it impossible to swim or keep one's head above water. Emergency action needs to be taken no matter what the level of hypothermia.

Early Hypothermia

- Symptoms: Rapid shivering, numbness, and loss of strength and coordination, semi-consciousness.
- Action:
 - Maintain open airway.
 - Transfer to a warm environment as soon as possible.
 - Remove wet clothing.
 - Use blankets to help warm individual, or if available, a warm shower.
 - Warm torso area first.
 - Seek medical attention.

Profound Hypothermia

- Symptoms: Person will be pale, stiff, and cold. Unresponsive to stimuli, and possibly unconscious. Little or no cardiac or respiratory activity will be present.
- Action:
 - Call for emergency help immediately!
 - Move or manipulate as gently as possible.
 - Prevent further heat loss, but DO NOT attempt to re-warm.
 - Maintain open airway, and activate EMS procedures.

HEAT-RELATED EMERGENCIES

Higher temperatures and high humidity can lead to heat related illnesses that coaches and rowers need to keep in mind. As humidity rises, the body's ability to cool off through sweating is diminished since evaporation is limited. The best way to avoid heat related injuries is to practice at cooler times of the day: early morning or late afternoon. The body needs time to acclimate to increased temperatures. Intake of fluids is also key and should be encouraged. Dehydration further impairs the body's ability to cool off. There are two major related heat illnesses to be aware of: heat exhaustion and heat stroke.

Heat Exhaustion

Early Symptoms: heavy sweating, cramps, tiredness, weakness, malaise, mild decrease in performance.

- Action: Rest and fluid replacement.

Advanced Symptoms: profuse sweating, lack of muscle coordination, impaired judgment, and emotional changes.

- Action: If there is mild temperature elevation, an ice pack may be used to help cool the body to normal temperatures. Several days rest may be necessary and rehydration is a priority.

Heat Stroke

Symptoms:

- Confusion, nausea, vomiting, and seizures.
- The victim loses consciousness.
- Body temperature rises as high as 106.
- Skin is dry and clammy.

Action:

- Get medical help immediately!
- Remove person from direct sunlight, cool with damp towel

APPENDIX B: CAPSIZE AND PERSON OVERBOARD PROCEDURES

NOTE: It is the responsibility of any coach boat to provide assistance to any capsized boat, even if not from their sport. Coaches are reminded to stop at a safe distance and offer assistance. Approach with caution and in a controlled manner. Be aware of your prop!

All crewmembers should be fully aware of what actions to take when a crew swamps, flips, or capsizes. ***In any of these events the crew should remain with the shell.*** The shell will float (an important reason to close bow and stem ports before going on the water). Furthermore the oars will act as flotation devices. If for some reason the shell sinks below the surface, the shell should be rolled so the bottom is facing the sky, as this traps air underneath the shell and increases buoyancy. ***At no time should any crewmember leave the boat to swim to shore. However, certain circumstances like danger of ice, a bridge abutment, or a logjam may warrant the crew to abandon the shell!*** A short swim can be far longer than it appears due to currents, wind, water temperature, or personal fatigue.

Stay calm. The first thing that should be done in a team boat is for the coxswain or bow person to get head counts to make sure all rowers are accounted for. The crew, while holding onto the shell, should attempt to get the attention of other crews, or coaches on the water. Waving and making as much noise as is necessary to attract attention. If no crews or launches are on the water nearby, attracting the attention of people on shore is the next step.

If the water and air temperatures are low, then the crewmembers should move along the shell and huddle together in pairs near the middle of the shell. Effort should be made to keep as much of the body out of the water as possible. A minimum of movement is key to retaining body heat. Constantly check on crewmates and maintain one-on-one communication.

Procedures:

- Stay calm.
- Stay with the boat.
- Take a head count.
- Pair up and keep communication with one another.
- Attract attention of launches, crews, or people on shore using your whistle.
- Keep as much of your body out of the water as possible.
- Wait for help.

In the case of a person overboard, it is up to the ejected individual to stay below the surface of the water until the boat has passed (this avoids getting hit in the head by a fast moving rigger/paddle/oar). The crew should stop rowing/paddling and hold water immediately so they can lend assistance. The crew should get the attention of the coach's launch while the individual treads water. In the event that a launch is not nearby the crew can back up to the individual in question so the he or she can use the boat as a flotation device. It is also feasible to pass an oar or paddle to the ejected individual, using the oar as a flotation device. Once removed from the water, the individual should be evaluated to determine if he or she is fit to continue or if a medical emergency is present.

APPENDIX C: MISSING PERSON EMERGENCY ACTION PLAN (EAP)

1. Survey the scene. Determine where the Missing Person was last seen and whether he or she was distressed, active, or passive. Call 9-1-1 to report the Missing Person(s).
2. Provide details of the Missing Person(s) to the 9-1-1 dispatcher.
3. Notify GWC staff immediately, of the Missing Person(s). Designate someone to the park entrance by the main road to flag down the Emergency Responders.
4. Designate someone to gather information from witnesses.
5. If the scene/water is safe, perform a search.
6. Follow up with the GWC Executive Director within 24 hours to notify him or her of the situation.
7. A GWC Incident Report Form must be completed and filed with the GWC within 48 hours.

GWC Boathouse Address

149 Elmwood Avenue
Rochester, NY 14611
585-328-3960

- Located behind the City of Rochester's Genesee Valley Pool and Ice Rink Complex

Lock 32 Whitewater Park

2797 Clover Street
Pittsford, NY 14534
585-586-4330

- Located south of the Erie Canal and north of Jefferson Road, on the west side of Clover Street. Same entrance for DOT.

APPENDIX D: LOCK 32 WHITEWATER PARK SAFETY GUIDELINES

All participants paddling in the whitewater course must abide by the following:

1. Be a competent swimmer, with the ability to swim underwater.
2. Wear a correctly-fitted PFD.
3. Wear a solid, correctly-fitted helmet.
4. Carry a whistle attached to your PFD.
5. Abide by the Safety Code of American Whitewater Safety.
6. Wear approved footwear.
7. Paddling below the spillway and through the Clover Street culvert is strictly forbidden. Paddling either of these lethal drops is grounds for dismissal from GWC.
8. Respond to warning or emergency signals as notified by GWC staff at Lock 32 Whitewater Park.
9. A GWC Incident Report Form must be completed and filed with the GWC within 48 hours.
10. Follow up with the GWC Executive Director within 24 hours to notify him or her of the situation.

APPENDIX E: SAFETY GUIDELINES FOR CANOE & KAYAK RENTALS

- A rental agreement & waiver must be signed prior to renting a kayak or canoe.
- The renter must be at least 18 years of age to rent a canoe or kayak.
- No more than two children under 13 years of age per canoe.
- EVERYONE MUST WEAR A PFD/LIFEJACKET. Cushions are NOT a substitute. Correctly fitted lifejackets must be worn in canoes and kayaks at all times, when leaving the canoe/kayak, as well as entering the canoe/kayak.
- Observe the capacity limit for your boat.
- Horseplay will not be tolerated. The Genesee Waterways Center reserves the right to terminate a rental agreement at any time, as the result of a violation of rules and regulations, or the Renter's inability to control the canoe. In these instances, there will be no refund of rental fee paid, less damages.
- No swimming or jumping from your kayak or canoe, or from the GWC docks.
- All persons must wear shoes while launching and removing canoes from the water. Take shoes with you in the canoe.
- The Genesee Waterways Center will not be responsible for any injuries.
- **LIMITED USE OF GENESEE RIVER:** do not paddle north (toward the City) of the Ford Street Bridge.
- Person or persons renting canoes or kayaks and all accessories assume(s) full responsibility for any personal or property damages directly or indirectly caused during the rental time or as a result of the rental of these items, whether on the site or removed from the site.
- When appropriate, a GWC Incident Report Form must be completed and filed with the GWC within 48 hours.
- Follow up with the GWC Executive Director within 24 hours to notify him or her of the situation.
- ALCOHOLIC beverages are NOT permitted in canoes/kayaks or in the park areas.

APPENDIX F: SWIMMING SKILLS

All rowing & sculling members are expected to meet the standards below for swimming.

1. Swim 25 yards non-stop fully clothed (no shoes).
2. Put on a PFD correctly while in the water.
3. Tread water for 5 minutes while fully clothed (no shoes).

APPENDIX G: NEW & VISITING MEMBER SKILLS CHECKLIST

All new rowing & sculling members using GWC equipment must be able to demonstrate rowing competency to the Rowing Director or designated GWC Board Member prior to putting on the water. Members may be asked to perform the following skills test:

- Carry the set of oars to the docks without dragging them or hitting objects on the way and carefully set them on the dock.
- Check the rowing shell for any damage or missing parts prior to use. Tighten any loose nuts and bolts. Make sure there is a bow ball.
- Correctly and safely remove the rowing shell from the rack and carry it to the dock.
- Slowly and carefully place the rowing shell in the water next to the dock.
- The member may ask for assistance from another person to complete tasks 3; if the individual cannot complete tasks 1 and 2 independently, he or she has the responsibility for making arrangements to obtain assistance when he or she rows.
- Launch from the dock and row to the pedestrian bridge, turn the rowing shell, row past GWC and safely dock the boat.
- The member may be required to demonstrate that he or she can successfully right the rowing shell from an upside down position and get back in the boat.

APPENDIX H: WEATHER AND WATER CONDITIONS CONTACT INFORMATION

Real-time data may be obtained at:

National Weather Service Northeast River Forecast Center: <http://www.erh.noaa.gov/er/nerfc/>

New York State Canal Corporation: <http://www.nyscanals.gov/corporation/index.html>

National Weather Service: <http://www.nws.noaa.gov/>

River flow and temperature: http://waterdata.usgs.gov/usa/nwis/uv?site_no=04231600

USGS National Water Information System: <http://waterdata.usgs.gov/nwis/rt>

Hazardous Warnings: <http://www.weather.gov/alerts-beta/wwaatmget.php?x=NYC055>

Weather forecast

<http://forecast.weather.gov/MapClick.php?CityName=Rochester&state=NY&site=BUF&textField1=43.1687&textField2=-77.6158&e=1>

Graphical: <http://radar.weather.gov/Conus/northeast.php>

Charted:

<http://forecast.weather.gov/MapClick.php?CityName=Rochester&state=NY&site=BUF&textField1=43.1687&textField2=-77.6158&e=1&FcstType=graphical>

Mt Morris Dam: <http://newweb.erh.noaa.gov/ahps2/hydrograph.php?wfo=buf&gage=mmdn6>

For conditions on the Genesee at the Ford Street Bridge: <http://waterdata.usgs.gov/nwis/uv?04231600>

APPENDIX I: RIVER TRAFFIC PATTERNS

