



COLD WEATHER ROWING POLICY

Organization of Adirondack Rowers and Scullers, Inc.
d/b/a
Albany Rowing Center

Policy and Purpose:

It is the policy of Albany Rowing Center (ARC) that all rowing related activities, both on water and on land, be conducted with safety as the number one priority. All coaches, rowers and volunteers are expected to follow all ARC defined safety policies. The purpose of this Cold Weather Rowing Policy is to define the conditions under which on-water training is allowed during periods of cold weather.

Guidelines:

The following guidelines are based upon the recommendations of the US Rowing Association (USRA), specifically, USRA's Winter Wisdom. **NEED A LINK** Prior to launching any boats for practice or competition, the assigned coach or coaches must take these guidelines into consideration.

1. For any on-water rowing activity to take place, the minimum water temperature must be 39 – 40 degrees Fahrenheit (F). Minimum air temperature must be 40 degrees F.
See <https://waterdata.usgs.gov/usa/nwis/uv?01359139> for up to date water temperature of the Hudson River at Albany.
See <http://www.albanyrowingcenter.org/conditions.php> for current temperature and other weather conditions, e.g. wind.
2. Only doubles, quads, fours and eights are to be used until the air temperature is a minimum of 50 degrees F while the water temperature is under 40 degrees F for a combined exposure factor of 90.
3. All rowing shells must be within at least 100 yards of a safety launch.

Responsibility:

It is the responsibility of the coach to review the air and water temperature prior to launching and ensure the combined exposure factor is 79 - 80 or above. The coach must not allow any singles to launch until the combined exposure factor is 90 or above.

Revised 23 June 2021