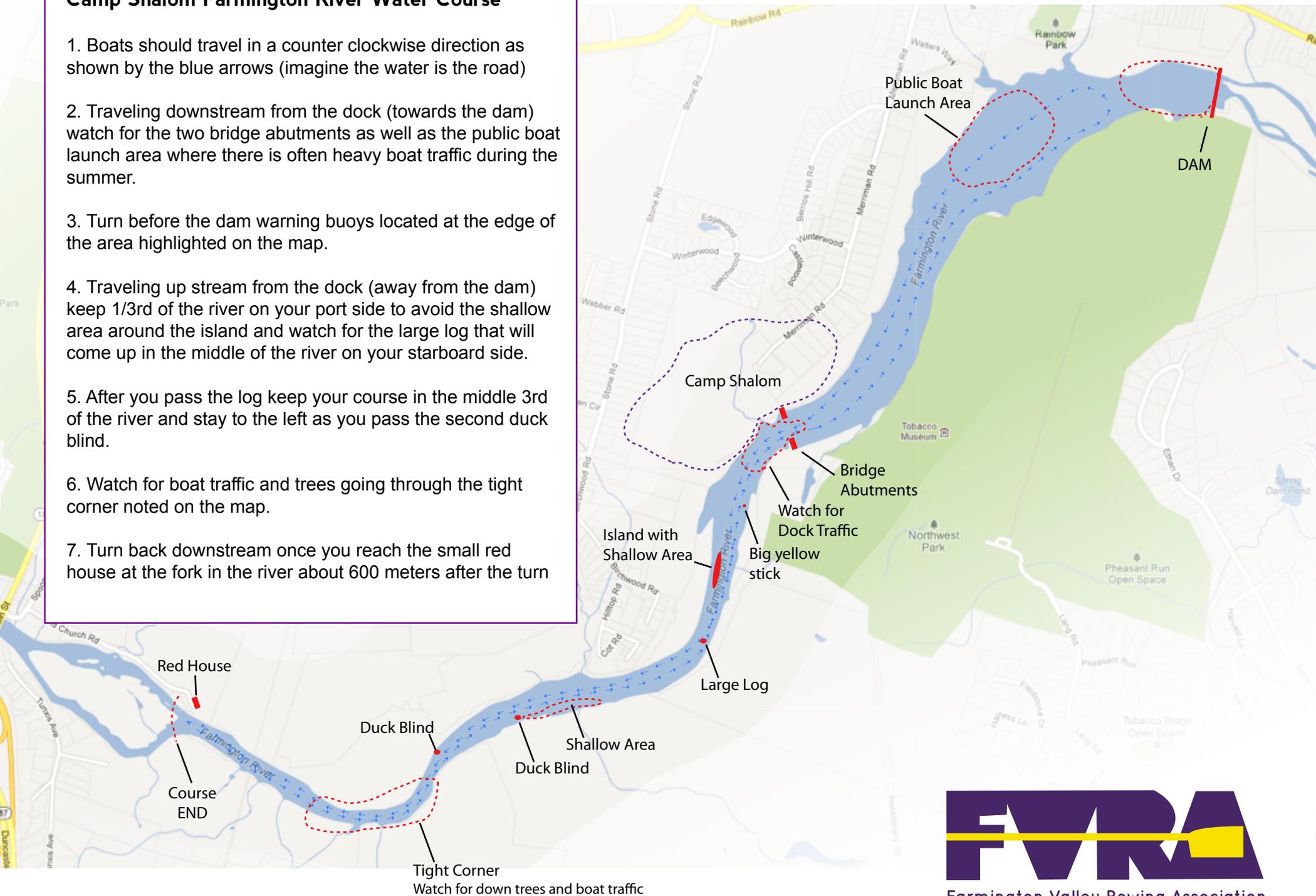


Camp Shalom Farmington River Water Course

1. Boats should travel in a counter clockwise direction as shown by the blue arrows (imagine the water is the road)
2. Traveling downstream from the dock (towards the dam) watch for the two bridge abutments as well as the public boat launch area where there is often heavy boat traffic during the summer.
3. Turn before the dam warning buoys located at the edge of the area highlighted on the map.
4. Traveling up stream from the dock (away from the dam) keep 1/3rd of the river on your port side to avoid the shallow area around the island and watch for the large log that will come up in the middle of the river on your starboard side.
5. After you pass the log keep your course in the middle 3rd of the river and stay to the left as you pass the second duck blind.
6. Watch for boat traffic and trees going through the tight corner noted on the map.
7. Turn back downstream once you reach the small red house at the fork in the river about 600 meters after the turn



Pre-Launch:

Each person is 100% responsible for the whole boat and 100% accountable for their own oar, rigging, foot stretchers, seat and slide. Check to make sure that all equipment is functioning properly before leaving the dock. If you aren't sure, ASK!

Check the following:

1. **SIGN OUT YOUR BOAT** - Note launch time and estimated return. In addition, an online sign out system is also available at www.fvra.org under the Members tab. Please schedule your equipment use as far in advance as possible to avoid scheduling conflicts.

Coxswains:

- Take a coxing bag and double check that it has all the necessary tools and first aid needed. Remind your rowers to check their seats. Don't forget your cox box!

Rowers:

- Check your seat. Make sure the slides are free of sand, hardware is tight and your foot stretchers are in the right place.
2. That you have proper safety devices (PFD between October 1 and May 31 and water temp. + air temp. should be at least 90°)
 3. Do you have a clear weather window? Be aware of coming storms, wind and temperature changes. If you hear thunder/see lightning and you're on the water to go in immediately!
 4. Observe the water traffic and take note of any powerboats, their speeds and if they are towing water skiers.

On The Water:

1. **Listen for oncoming traffic. Be aware of powerboats and treat them with respect, giving them plenty of room.**
2. Dealing with Wakes:
 - If approaching wake is higher than the gunwale, the shell should be turned parallel to the wake. Rowers should stop rowing and lean away from the approaching wake, with oars on the wake side lifted slightly.
 - If the wakes are lower than the gunwale and widely spaced, continue to row without a course adjustment. Deep and closely spaced wakes that are lower than the gunwale may be taken at a 90 degree angle with the bow directly toward them.
3. Under no circumstances should a rower in the water leave his/her shell. Even if a swamped boat is within a swim able distance from the shore, the rower should swim the boat to the shore. Do not leave your flotation even if you consider yourself a strong swimmer.
4. Rowers in multi-person shells should always be quiet and attentive to the coxswain or coach.
5. Try to row with a friend and keep each other in sight.
6. Familiarize yourself with shallow water, stumps, rocks, seasonal problems and landmarks. Stay clear of bridge abutments and other man-made or natural obstacles making frequent checks on both sides. Follow a counter clockwise traffic pattern - **see map on reverse side.**
7. When docking approach slowly after checking that the course is clear of boat traffic in both directions. Be aware of the speed and direction of the current, and wind, which at times can make docking very difficult.

Post Row:

1. Wipe your boat down and check for damage
2. **SIGN BACK IN** - Call 860-816-6934 or email info@fvra.org for any damage so it can be addressed in a timely manner.
3. Tie your boat down securely on the rack where it is stored
4. Replace all tools including cox bags, cox boxes, oars etc. back to their storage areas
5. Turn off all lights and lock the boathouse

For additional safety tips please visit - <http://www.usrowing.org/Safety.aspx>