

FODR Practice Policy

FODR has official policies for rowing in cold and dark conditions. If you are interested in reading the official policies please contact an FODR Board member. Otherwise - these are the "layman's interpretations".

1. Restricted: December 15 through February 15:

- a. **NO** FODR rowing shells may be launched
- b. **NO PRIVATELY** owned shells may be launched from Club property

2. Cold Weather Rowing - Feb 16 through Dec 14

- a. **NO** crews or single scullers may row without a coach and accompanying launch when water/air combined temperature is less than 90 degrees Fahrenheit. (FODR or private shells)
- b. Crews using FODR equipment **MAY** practice without a coach if:
 - i. Water/air combined temperature is greater than 90 degrees;
AND
 - ii. **PERMISSION** of the specific program coach or Head Coach is granted for **EACH PRACTICE** session
- c. Private equipment may launch without a coach if water/air temps are greater than 90 degrees.

3. Rowing in the Dark

NO one rows in the dark unless accompanied by a coach and launch, or as part of a group practice. The coach must be made aware of your participation in the group **BEFORE** you launch from the dock, and your crew must be able to stay with the group. All shells must have proper navigational lighting, and scullers are strongly encouraged to carry a "distress" whistle. Traffic patterns must be observed at all times.

Note: Coaches can not make exemptions to these rules - so DON'T ASK !!!