



Rowing at Tulista Park

Joining Club Rows or Rowing Independently

For your safety and enjoyment as well as the safety and enjoyment of others, a minimum level of “on water” rowing skill is required to join in a Club row or to row independently. This includes:

- Balancing and recovering balance
- Rowing forward (500m without stopping)
- Backing
- Stopping, including an emergency stop
- Turning (both directions)
- Spinning (i.e., turning quickly, both directions)
- Following directions and commands
- Can see a boat 50m away that is coming toward them

People acquire skills and become comfortable at different rates. Typically, you will be sufficiently skilled to join a club row once you have completed 1-2 Learn to Row programs (i.e. 6-12 hours). Some people may require or be more comfortable joining a club row with a bit more practice, for example in the Novice program.

Flatwater rowing skills transfer to coastal rowing. Competent flatwater rowers are welcome to join a club row. Please contact a Board member if you would like to join a club row.

Rowing Independently

For the safety of rowers, the equipment and other users of the boat ramp:

All OARCA rows, whether club rows or independent rows, must be supervised by a member or coach who has completed the **OARCA Orientation** and demonstrated that they can:

- Ready the boat and oars for use.
- Safely move the equipment, launch and land.
- File a float plan (including reviewing predicted tides, currents and wind conditions).
- Assess risks and conditions on site and adjust the plan accordingly.

An individual who has completed the orientation and demonstrated the above skills may take out up to 2 boats with a maximum group size of 7 people (e.g., solo+double, 2 doubles, double+coxed quad). The limits are *per qualified individual*- so if there are 2 qualified individuals, they collectively may take out up to 4 boats, with a maximum group size of 14 people.

*For more information on taking boats out, please refer to **OARCA Tulista Park Equipment Handling Directions**.* A video is planned to show the proper procedure.

How do I become qualified to row independently?

- Review the **OARCA Tulista Park Equipment Handling Directions**. Eventually there will be a video with the proper procedure to clarify the process.
- Attend a scheduled orientation session (see [OARCA calendar](#))
- Check the [OARCA calendar](#) for assessment dates or contact membership@oarca.org to schedule an assessment.

Group Rowing (Club Rows and programs)

Larger groups (*i.e. more than 7 people per qualified member*) must be supervised by a member or coach who has demonstrated the above skills AND the skills required for managing a group.

These “group leader” skills include:

- Assigning rowers to crews.
- Making decisions (e.g., about route, boatings, equipment) considering the abilities, fitness and comfort level of all participants.
- Managing the group on the water, so that boats stay in reasonable proximity (as determined by the conditions and the ability, fitness and comfort level of participants).
- The optimal ratio of rowers:group leaders will depend on the competency of the rowers and the conditions. Maximum number of rowers per group leader is 17.

How do I become qualified to be a group leader?

In addition to being qualified to row independently:

- Review the **OARCA-Group Row Safety List** .

and

- Attend a scheduled group leader session (see [OARCA calendar](#))

or

- Complete RCA coach training (RCA Coastal Coach, RCA Coach, RCA Learn to Row Coach, or RCA Performance Coach).

For more information on group rowing and safety, please refer to

OARCA_GroupRowSafetyList

Emergency Contact

Members rowing independently or leading a group row are required to complete the OARCA sign out form and are strongly encouraged to file a float plan with the contact person listed on the signout form. The listed contact person is responsible for alerting emergency services if you are late returning (or if there are other concerns warranting contacting emergency services). The contact person is also asked to notify an OARCA representative so they are aware of the situation. OARCA is not responsible for contacting emergency services or instigating a search.

Resources

Windy app <https://www.windy.com>

Tide tables <https://www.tides.gc.ca/en/stations/07260>

Ocean Connect <https://oceanconnect.ca/>

ORIENTATION

In order to take out OARCA equipment at least one member of each crew must have completed the orientation and be able to demonstrate:

1. Understanding of OARCA Safety Requirements and Recommendations, including how to file a float plan and what safety equipment must be carried.
2. Awareness of local hazards, safe beaches and how to assess tides, currents, wind conditions and sea state.
3. how to get the boat safely on and off the trailer.
4. how to safely launch and land.
5. how to store the equipment properly (e.g., vents, stern plugs, properly sitting on racks or tires, cover on, tied down etc)
6. how to wash the boat after use.
7. how to handle the equipment safely (e.g., do not use cleats or riggers to lift the boat, insert the rudder in >2m of water and remove it when coming into shore - in >2m of water).