

2022 USRowing SouthWest Youth Championships

Coaches & Coxswains Meeting

May 1, 2022

8:00 P.M. PT



AGENDA

1. **USRowing**
 - a. Welcome to the 2022 USRowing Southwest Youth Championships - Introductions
 - b. Review of Registration & Venue Schedule
 - c. USRowing Code of Conduct
 - d. SafeSport Review
2. **Chief Referee**
 - a. Referee Welcome
 - b. Regatta Time
 - c. Traffic Pattern(s)
 - d. USRowing Rules of Rowing
 - e. On the water
 - f. Racing
 - g. Finish
 - h. Unsportsmanlike Conduct
3. **USRowing, LOC, Chief Referee**
 - a. Safety on Venue (Water & Land)
 - i. Evacuation Plans
 - ii. Medical Aid

NOTE: Please put all questions in the Q&A so we can best answer every question.



USRowing

WELCOME - INTRODUCTIONS

USRowing is excited to welcome everyone to the 2022 USRowing Southwest Youth Championships on May 6-8 in Gold River, Ca.

Safety both on and off the water continues to be the top priority at all USRowing events.

Tonight we have the following people on the call:

USRowing : Sarah McAuliffe, Regie Robinson & Alyssa Orth

LOC : Brian Dulgar, Cindi Dulgar, DeDe Birch, Heather Wilhelmi

Chief and Deputy Referees: Richard Lund & Sheila Tolle



USRowing

REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Teams should contact the LOC to best plan their trailer/team tent arrivals.**
- **USRowing Registration will be open at the Sac State Aquatic Center:**
 - Thursday May 5, 2022 9am-12pm
 - Thursday May 5, 2022 1pm-6pm
- **Trailers Arrival to Nimbus Flat State Park**
 - Thursday May 5, 2022 8am-12pm
- **Athletes and Busses allowed into Nimbus Flat State Park**
 - Thursday May 5, 2022 12:30pm-6:00pm
- **Practice**
 - Practice is not available at the 2022 USRowing Southwest Youth Championships
- **Heat Sheets & Lane Assignments**
 - May 2, 2022
 - Available online at [HereNow.com](https://www.herenow.com) & will be posted on RegattaCentral



USRowing

USROWING CODE OF CONDUCT

At USRowing, our mission is to champion participation and the passionate pursuit of excellence in rowing. To support this mission, we need to ensure rowing at all levels is fair, inclusive, competitive, and safe for all participants.

Whether an athlete, coach, parent, vendor, staff, volunteer, or spectator at a USRowing event, you are a member of the USRowing community. We invite you to enjoy this experience and expect you to abide by the following Code of Conduct.

SAFETY & WELLBEING: It's the top priority of USRowing to safeguard the physical and emotional well-being of all of community members. We will:

- Abide by USRowing's safety procedures and guidelines, the Rules of Rowing, and the direction of regatta officials.
- Refrain from discriminatory, disparaging, or threatening language or behavior of any manner.
- Prioritize athlete safety and wellbeing at all times.

PROFESSIONALISM & INTEGRITY: USRowing expects respectful and honest communications and behavior. We will:

- Display good sportsmanship at all times.
- Follow the policies and guidelines of the host venue.
- Ensure competition free of cheating, doping, and other forms of unfair advantage.

THE BOATHOUSE IS OPEN TO EVERYONE: As members of the USRowing community, it is critical that we model positive behavior and advance the inclusive and competitive culture we envision. We will:

- Honor the diversity among us and celebrate our common love of rowing.
- Compete hard and respect our competitors.
- Resolve conflicts in a professional manner.

NON-COMPLIANCE IS NOT AN OPTION. If a community member chooses not to follow the USRowing Code of Conduct, there will be consequences. These include disqualification, dismissal from the event, exclusion from future events, legal action, and revocation of USRowing membership. Please notify a USRowing official in the event of witnessing illegal, discriminatory, or inappropriate activity.



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SAFESPORT

What do I need to do?

18+ years old



Athlete Only

Training for Adult Athletes

30 minutes



Authority/Direct Contact

NGB1 Core Training

90 minutes

Annual Refresher Course

30 minutes



No Direct Contact

MAAPP Awareness

Policy review



SAFESPORT

How do I comply?

Registering & Auditing Attendees

Register athletes as you normally do for USRowing-hosted regattas

On Friday, 4/29 RegattaCentral will add a "Coaches & Support Staff" roster for populating your club's non-athlete Adult Participants for SafeSport compliance

Compliance emails will begin nine days ahead of the start of each regatta

Registration Form

Club/Team Affiliation
Club: Anytown Boathouse Club-test [New Club...](#)

Contact Details

Name:

Address:

City:

State/Province:

Zip/Postal Code:

Country:

Mobile Phone:

Home Phone:

Coaches & Support Staff

Please list all coaches and support staff 18+ (including team volunteers) who will require access to any restricted areas of the venue. Before the regatta, each person listed here must be a current USRowing member, have a signed waiver on file, and have completed the relevant SafeSport course/refreshers course for their role. Free USRowing membership is available to non-coach support staff. Individuals who are not on this list or not compliant will not be able to access the restricted areas of the venue.

For more information, see our [FAQ here](#). If you are encountering technical issues with SafeSport training, email members@usrowing.org with your issue and include your name, email on file with USRowing, and your USRowing member number.

Search: Primary Role: [Add](#)

Person	Role	
Jane Parent	Support Staff	remove
Mary Smith	Coach	remove

Preview of Coaches & Support Staff roster for regattas



REFEREE WELCOME

- **23 Referees throughout this weekend.**
 - **Most are from within the SW region and a few have come from the NW region.**
- **The Referees are here for everyone's safety and fairness.**

Regatta Traffic Pattern

Any boats in violation of traffic pattern
may be assessed a warning.

Do NOT row/ warm up past this
point. Any boats rowing beyond this point
may be assessed a warning that will apply to
their next race.

Load Start dock from Lane 7 side



COOL DOWN
LOOP

FINISH

Nimbus Dam
Recreation
Area

RACE COURSE

Warm - up on the South side of Race Course.
Any boats warming up on the North side of
the race course will be assessed a warning
that will apply to their next race.

START

Warm Up
Loop

Lake Natoma

Willow Creek
Recreation
Area

Folsom Premium

Folsom Blvd Folsom Blvd

Main Ave

Sunset Ave

Phoenix Park

USROWING RULES OF ROWING

- It is your responsibility to know and understand the Rules of Rowing
- Equipment
 - Heel ties 3" and bowball is firmly affixed.
 - Will be checked at beaches before you can launch.
 - Please let the referees there know which boat you are so we can capture launch time
 - Bow numbers are very important.
- 90 seconds between when hull hits the water to you rowing away from beach.
- Broken Equipment - alert the nearest referee and we will work with you

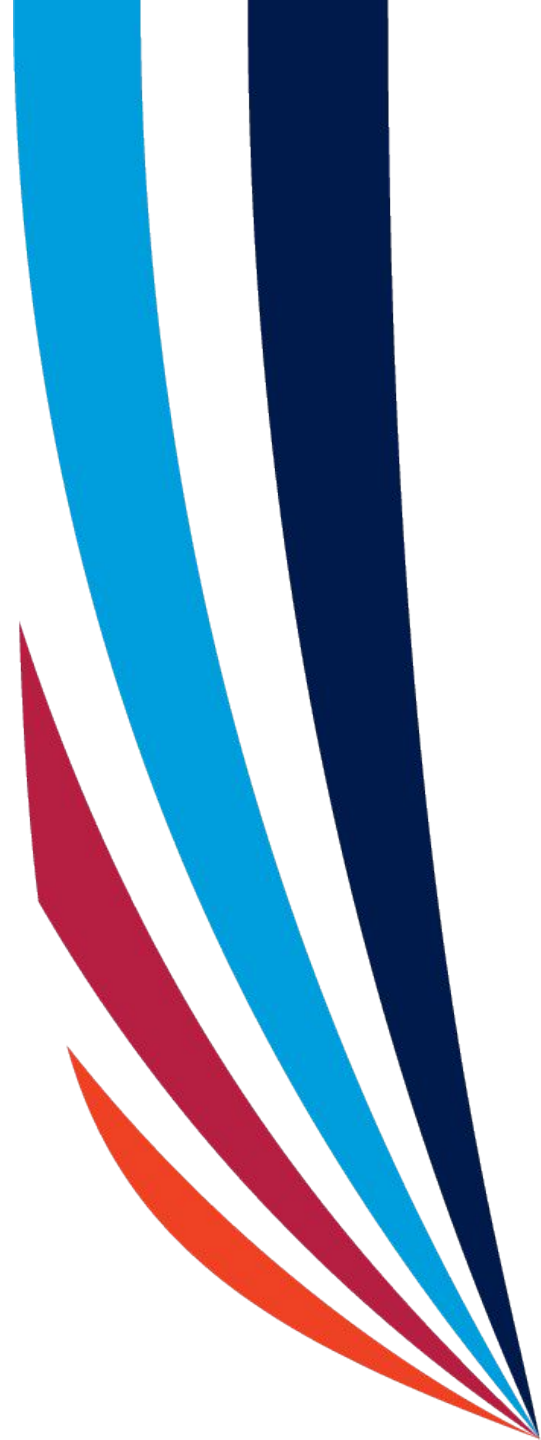


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ON WATER - 1

- **In general, if a referee gives you an instruction, coxswains please acknowledge with a hand so we know you heard us.**
- **In proximity of the course**
 - As a race is approaching, stop rowing and let your boat glide. Let the race pass you before resuming rowing.
 - If a start is in progress, you need to wait to pass the start line leading into the warm up area.
 - Do not stop on the start line or where you will drift into the way of the aligner.
 - Do not sit at the finish line as a race is finishing
- **Warm Up**
 - Follow the Traffic Pattern - know what it is each day
- **Time Trial Starts**
 - *Please be in the starting area outside lane 7 10 min before your event time.*
 - *There will be a series of referees helping you get into bow number order.*
 - *Odd bow numbers race in lane 3, Even bow numbers race in lane 4.*
 - *You will have 100 meters to get up to speed and the start line.*
 - *Crews will be started every 20 seconds.*
 - *Breakage zone is first 100M.*
 - *Referees will be along the course on the side to assist*
 - *If a boat behind you closes to within one length, you must yield to that crew by moving to the outside adjacent lane.*
 - *If you have an objection at the end of the race, row to the finish area tent and speak with Chief or Deputy Chief referee.*



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ON WATER - 2

- **Sprint Starts**

- May enter the course and warm up in your lane once the starter has called your event and invited you to enter.
- Starter will count down to 2 minutes
- Be locked on 2 minutes prior to your race; failure to be locked on will result in a warning
- Scull your bow around to get your point. Do not row.
- Start may begin at any point after the 2 minute call.
- Hands will not be recognized during the Start
 - Crews will be announced in a steady cadence, then “Attention”, then Red flag raised, variable pause, “Go” along with dropping the Red flag.
 - If the Starter is interrupted, crews will hear “As you were” and the flag is slowly lowered.
- What to do if you aren’t ready – don’t row
- If you leave the start, you accept the start as fair
- Breakage zone is 100M.
- Quick start – will be announced by the Starter, No polling of the crews.



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ON WATER - 3

- **Sprint - Racing**

- Chase Official will move behind the boat and use the white flag to direct your shell using the stroke or bow to communicate to the coxswain.
- Chase Official will use red flag if the race needs to be stopped for any reason.

- **Finish**

- Hear a horn
- See the orange flag drop (at large finish line tent)
- Objection must be initiated on the water.
- if there is a question of fairness or another issue, please raise your hand at the finish and talk to the referee. Please have in mind:
 - what happened to you,
 - what impact it had on you and
 - what resolution you are seeking.
- After your conversation, let the referee know if you plan to submit the protest. We have a form we can provide at the finish line tent. The objection is due within 1 hour along with the form and \$50. Objections can be submitted to the finish line tent.



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UNSPORTSMANLIKE CONDUCT

Among other things, profanities, in general, are not considered 'sportsmanlike' even when used to motivate; they should never be directed at another crew.



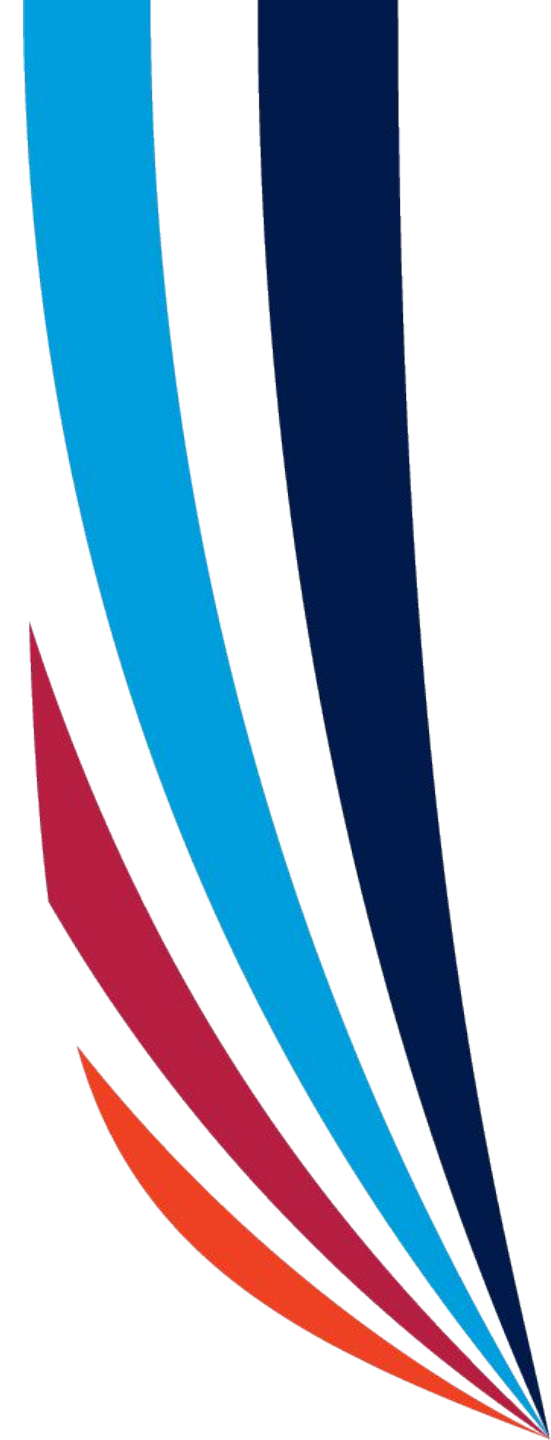
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Regatta Emergency Action Plan

- All Emergency situations are relayed to a designee at the Finish Line Tent (Point Plaza) or Command Central.
- In the case of an emergency whether is be on water or on land, the details of the emergency are communicated to the finish line tent where an EMT is on standby with backboard, oxygen, and communication.
- In the event that an emergency situation warrants a 911 call to FIRE/PARAMEDICS, a phone call will immediately be made to the Aquatic Center.
- The Aquatic Center's front office personnel will call 911 from the Aquatic Center. Local EMS have been briefed to enter the Nimbus Flat State Park and will be met and escorted by designated Aquatic Center Parking Staff Person to the point of the emergency.
- In the case that a PARAMEDIC needs to have water access, a launch will be waiting at the boat launching ramp and taken to the scene.

Closest Fire Departments:

Station 32 Fire Department 4953 Hazel Avenue, Orangevale (less than 2 miles) 916-566-3632
Station 62 Fire Department Folsom Blvd/Hazel Ave. Rancho Cordova (less than ¼ mile) 916-566-3662

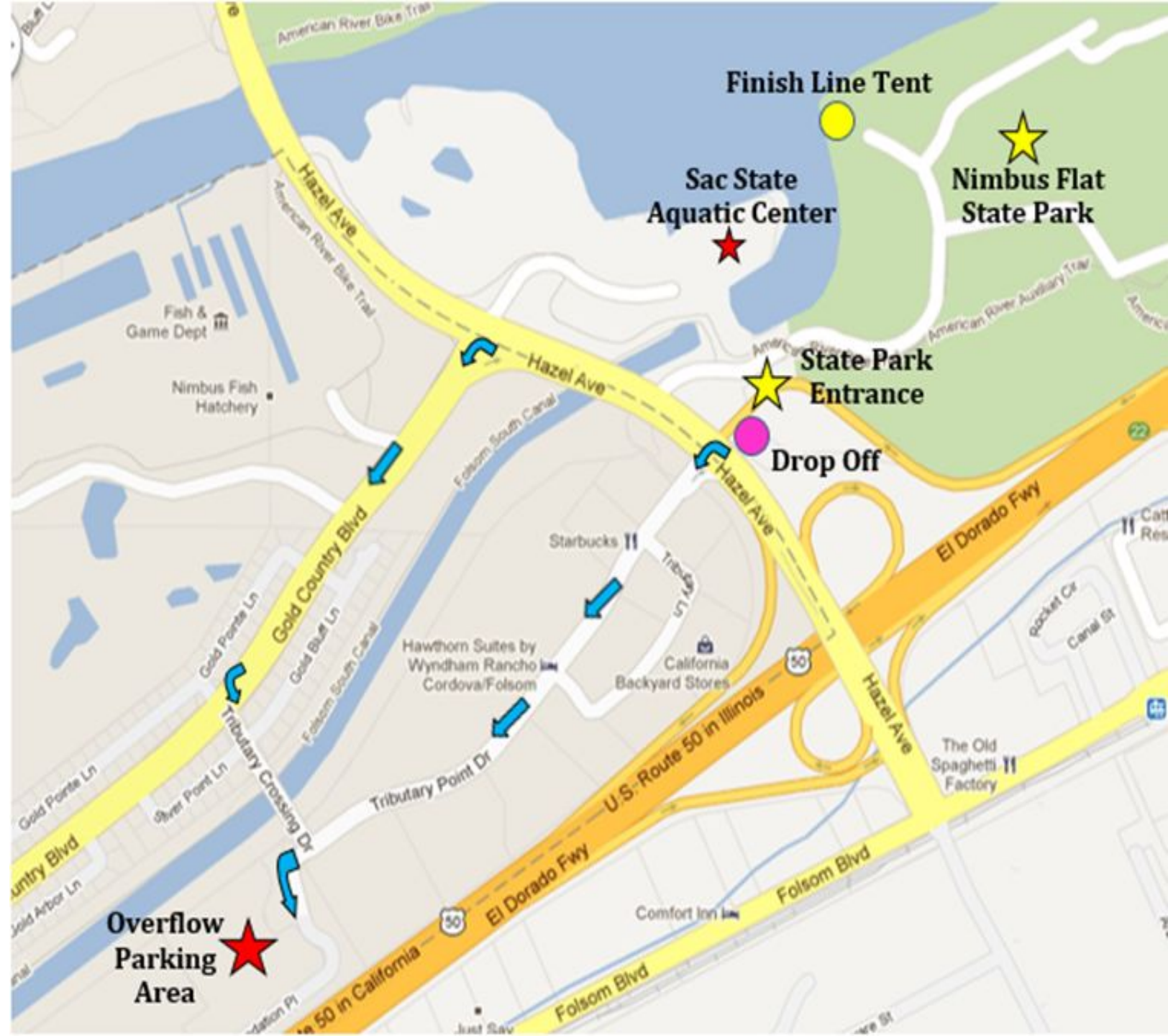


Event Parking (Saturday & Sunday)

Parking is \$10/day

Admission is
\$10.00/day

Athletes and Coaches
must have their
wristband on and
visible for admission.



Pick up and Drop Off

- We provide the lot outside the State Park (Cal Trans Park & Ride) for loading and unloading. There will be customer service carts to help transport items and people into the event from this location.
- Please note that carts are not for athletes. Customer service carts are for the general public. If dropping supplies for team hospitality, you may unload in the Park & Ride and the carts will help you to your tent.
- Vehicles may not be left unattended in the Park & Ride.



SAFETY ON VENUE - MEDICAL AID

Located under the finish line tent “Point Plaza”

EMT: Bianca Emergency Communications: DeDe



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SAFETY IN Nimbus Flat State-

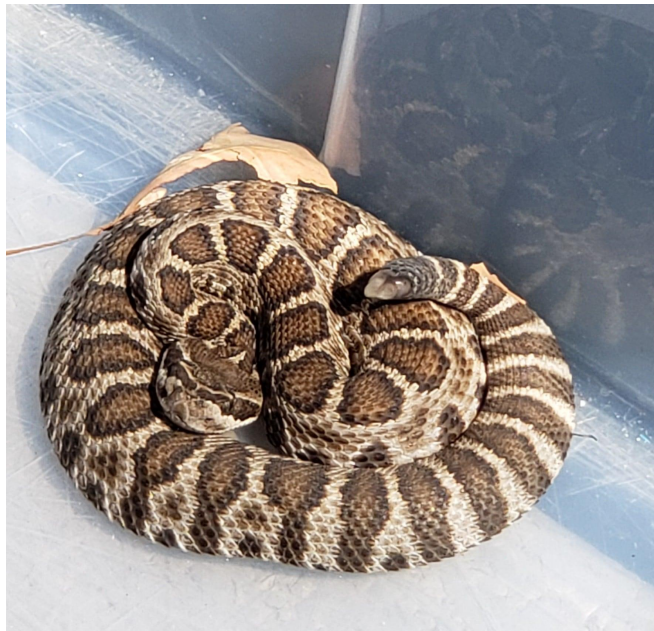
Traffic Lanes clear (parking in designated spots only)

Rattlesnake Warning (*boat covers and clothing on the ground*)

Poison Oak (*Leaves of Three*)

NO Cliff Jumping and NO Rope Swings

Speed Limit in the park- less than 5 mph in the park



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GET READY TO RACE!

For Additional Questions, Please contact :

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