



Safety Refresher 2025

Wifi password: SPEInov149

Welcome! Bienvenue! Kwe' Bienvenidos! Bem-vindos!

In the spirit of Reconciliation, we acknowledge that the land upon which we gather is unceded Mi'kmaq territory. Epekwitk (Prince Edward Island), Mi'kma'ki, is covered by the historic Treaties of Peace and Friendship. We pay our respects to the Indigenous Mi'kmaq People who have occupied this Island for more than 12,000 years; past, present and future.



AGENDA

1. **Welcome**
2. **Safety Modules *interactive**
3. **Rowing PEI Safety Rules**
4. **PFD demo**
5. **Cold water rowing rules**
6. **What's New in 2025!**
7. **Safe Sport - Rule of Two**
8. **Questions**



Docks in Day at CYC - Saturday May 10, 2025

Rowing boats and equipment to CYC - weekend of May 31
and June 1, 2025



RED ISLAND
Regatta
P.E.I. ROWING CHAMPIONSHIP
PRINCE EDWARD ISLAND

Saturday August 23, 2025
Sunday August 24, 2025
Brudenell River Provincial Park
Prince Edward Island





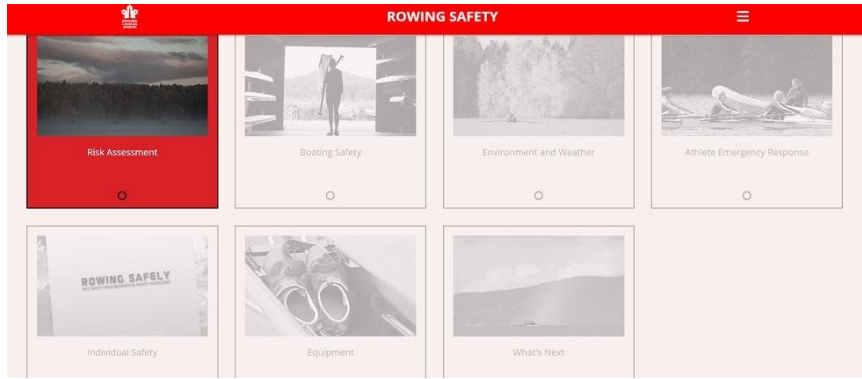
Charlottetown Yacht Club

May 1, 2025

SAFETY MODULES

The Rowing Safety modules can be accessed in the Safety section on **our Members webpage**.

<https://safety.rowingcanada.org/en/#/>



Rowing PEI Safety Rules - Charlottetown

- The name of each rower will be recorded in a daily log book. The log will include the time of departure and return, which boat the rower occupied, and a cell phone number for at least one person in each boat.
- Rowers must stay in sight of the safety boat operator at all times and follow directions from the safety.
- Shells must stay close to shore, not in the channel.
- Rower must be accompanied by a safety boat if using any flat water shell.



Rowing PEI Safety Rules - Rules of the water

- All rowers should be aware of the other traffic on the harbour. Large power boats, cruise ships and commercial vessels may NOT be looking for rowing shells. It's important to stay out of their way. Don't underestimate their speed. They can travel quickly.
- Cruise ships are already back for the season. Some days will have multiple ships
- If you should swamp or fall out of the boat, stay with the boat – it floats. Do not swim for shore. Blow your whistle in 3 short bursts at regular intervals. Wave your safety flag. Always stay with your boat.
- Be considerate, polite and cordial. Voices travel long distances over calm water. *this also applies at Brackley. It's a hotel.



Rowing PEI Safety Rules - Rules of the water

- Be aware of wind conditions: 15 km/h max for flat shells, 25 km/h max for coastal shells. These are rule-of-thumb limits only. The safety person makes the final decision.
- Shells and safety boats are to be used only during daylight, 30 minutes before sunrise until sunset.
- Rowing is forbidden within 30 minutes of thunder and lightning or when fog is present.
- All rowers must wear a Personal Flotation Device (PFD). Rowers under the age of 16 must wear a non-inflatable PFD.



Rowing PEI Safety Rules - Rules of the water

- It's important to be as visible as possible. We encourage bright clothing and hats, especially at dawn and dusk.
- Be cautious exiting the yacht club docking area. Watch for other boats. Large sailboats and pontoon boats come around the corner into the marina and may not see you coming out.
- Generally, rowing in Charlottetown harbour is conducted downstream and to the west of Charlottetown Yacht Club, along the shore.
- NEVER go in the channel. NEVER go under the Hillsborough Bridge.



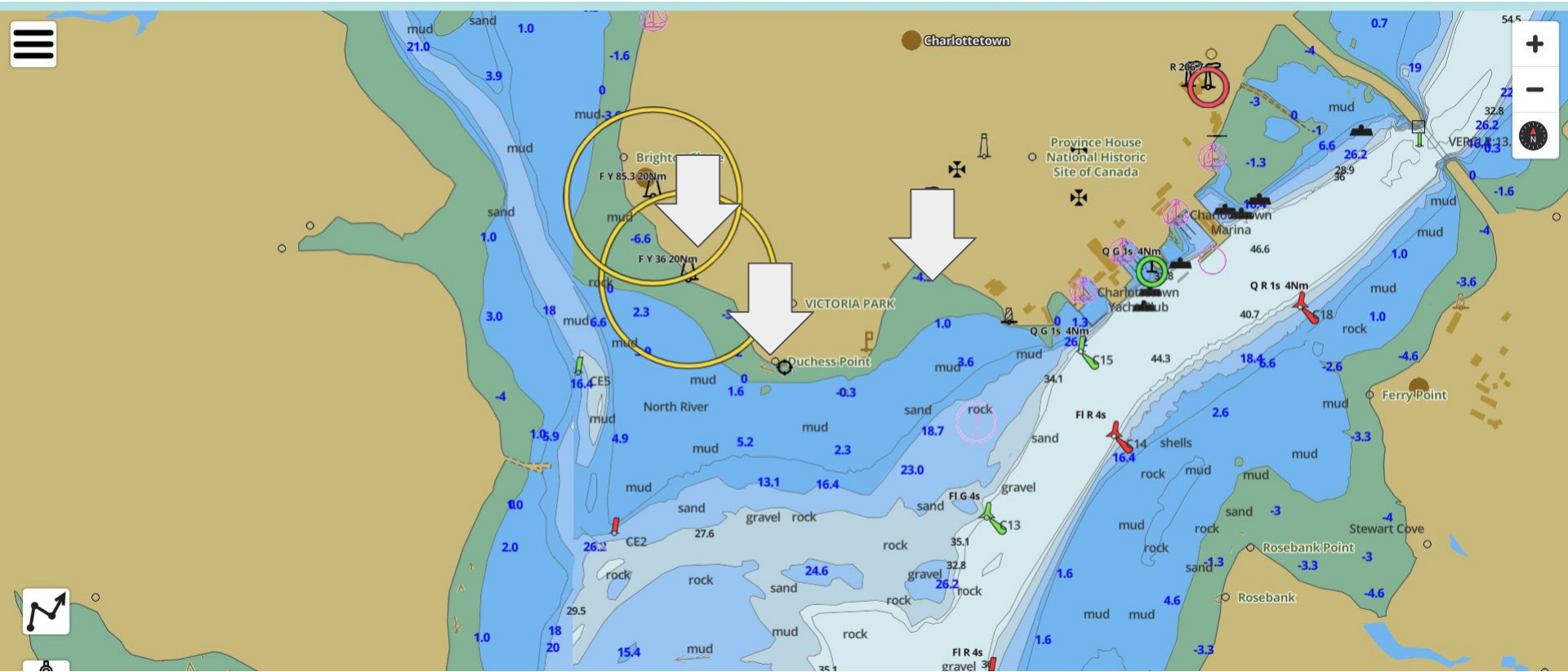


PFD demo

<https://www.youtube.com/watch?v=cpg8KCLfkKQ>



Safe Havens in Charlottetown



Canadian Lightning Danger Map

https://weather.gc.ca/lightning/index_e.html?id=ATL#mapTop

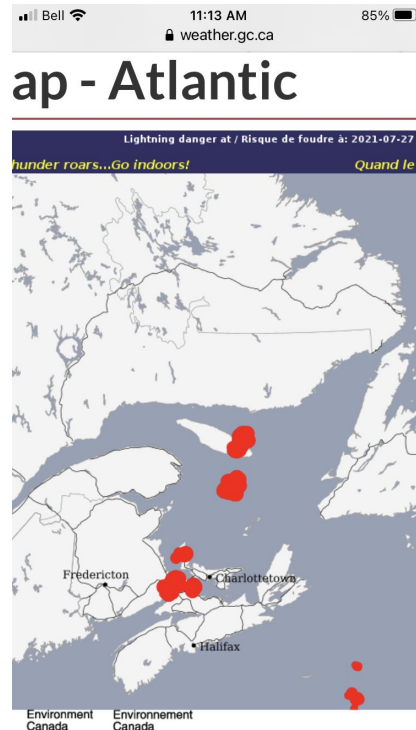
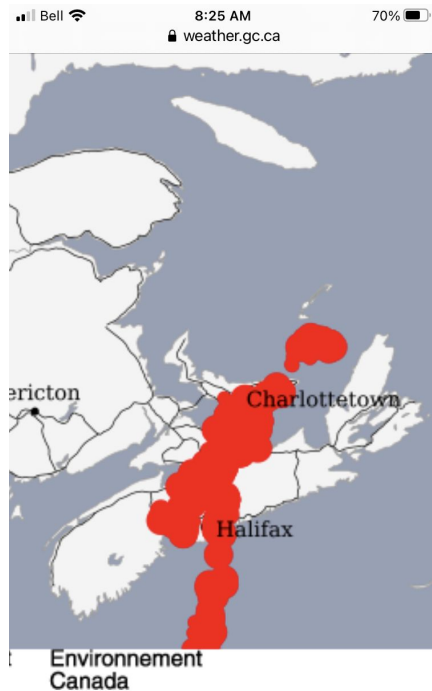
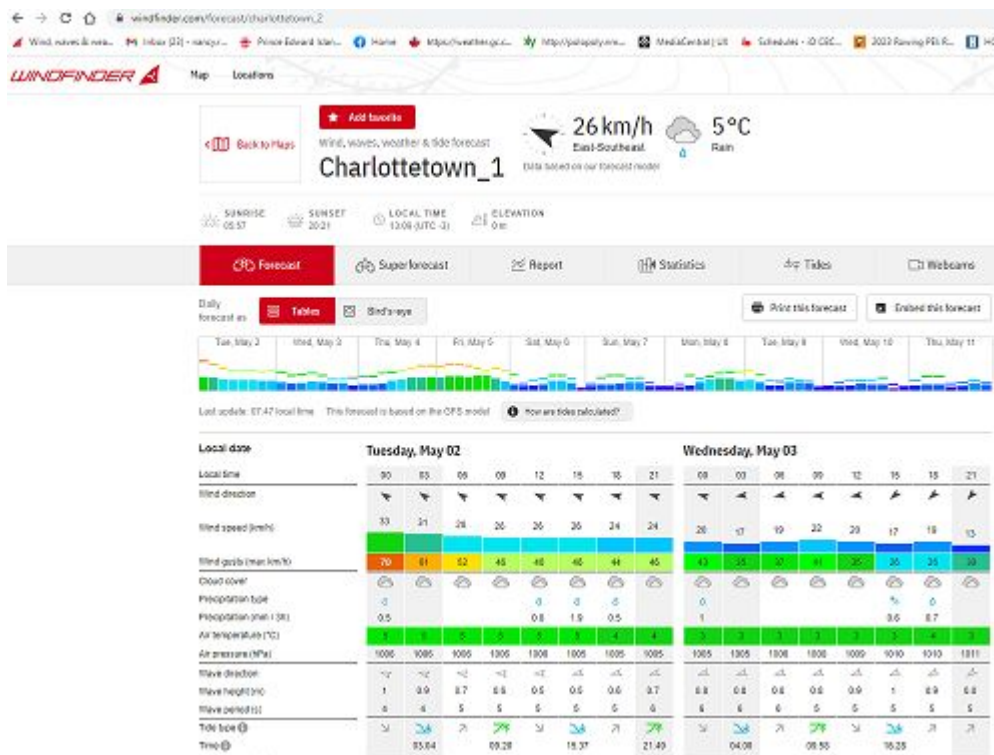


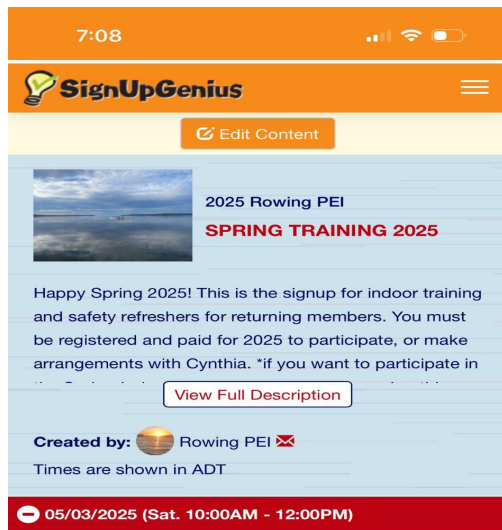
Image 7

WindFinder

https://www.windfinder.com/forecast/charlottetown_1



How to sign up for rows! Sign Up Genius!!



Safety Refresher for Returning Members - House of ...
40 Enman Crescent, Charlottetown, PE C1E 1E6 

[Show More](#)

Returning Member
(20)

10 of 20 slots filled

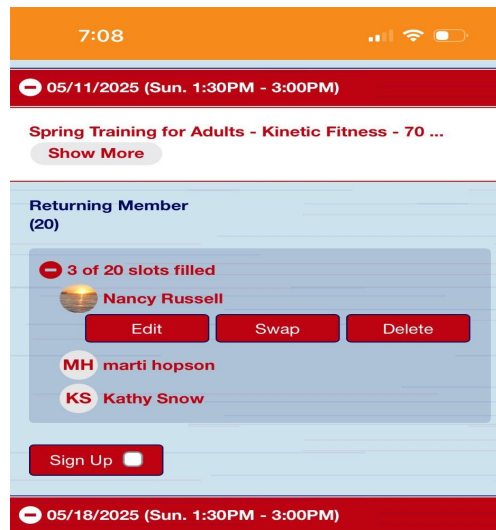


Christine Arsenault

Edit

Swap

Delete



Spring Training for Adults - Kinetic Fitness - 70 ...
70 Nicholas Ln, Charlottetown, PE C1E 0H4 

[Show More](#)

Returning Member
(20)

2 of 20 slots filled



Nancy Russell

Edit

Swap

Delete

Rowing PEI Safety Rules - Operations in cold conditions

Grade 1 (Too cold) Conditions

- No rowing if air temperature is below 0°C or water temperature is below 5°C.
- Water Temp in Degrees C Loss of Dexterity Exhaustion or Unconsciousness
- 4.5 to 10°C Under 5 min. 30 to 60 min.
- 10 to 15.5°C 10 to 15 min. 1 to 2 hrs.
- 15.5 to 21°C 30 to 40 min. 2 to 7 hrs.



Rowing PEI Safety Rules - Operations in cold conditions

Grade 2 (Very cold) Conditions:

- If air temperature is above 0°C and the water temperature is between 8° and 10°C:
- A safety boat must be used. The number of rowers must not exceed the seating capacity of the safety boat.
- All crews are required to stay within 250m of each other and the safety boat, and close to shore.
- Experienced rowers only.
- Only coastal doubles and coastal quad
- Winds should be 15 km/h or less.



Rowing PEI Safety Rules - Operations in cold conditions

Grade 3 (Cold) Conditions:

- If air temperature is above 0°C and the water temperature is between 10° and 15°C:
- A safety boat must be used.
- All crews are required to stay within sight of each other and the safety boat, and close to shore.



Rowing PEI Safety Rules - Operations in cold conditions

Grade 4 (Warm) Conditions:

- When the air temperature is above 5°C and the water temperature is above 15°C:
- Rows with coastal shells can be scheduled without an accompanying safety boat.
- Flat water boats must still always have an accompanying safety boat.



Charlottetown Water Temperature

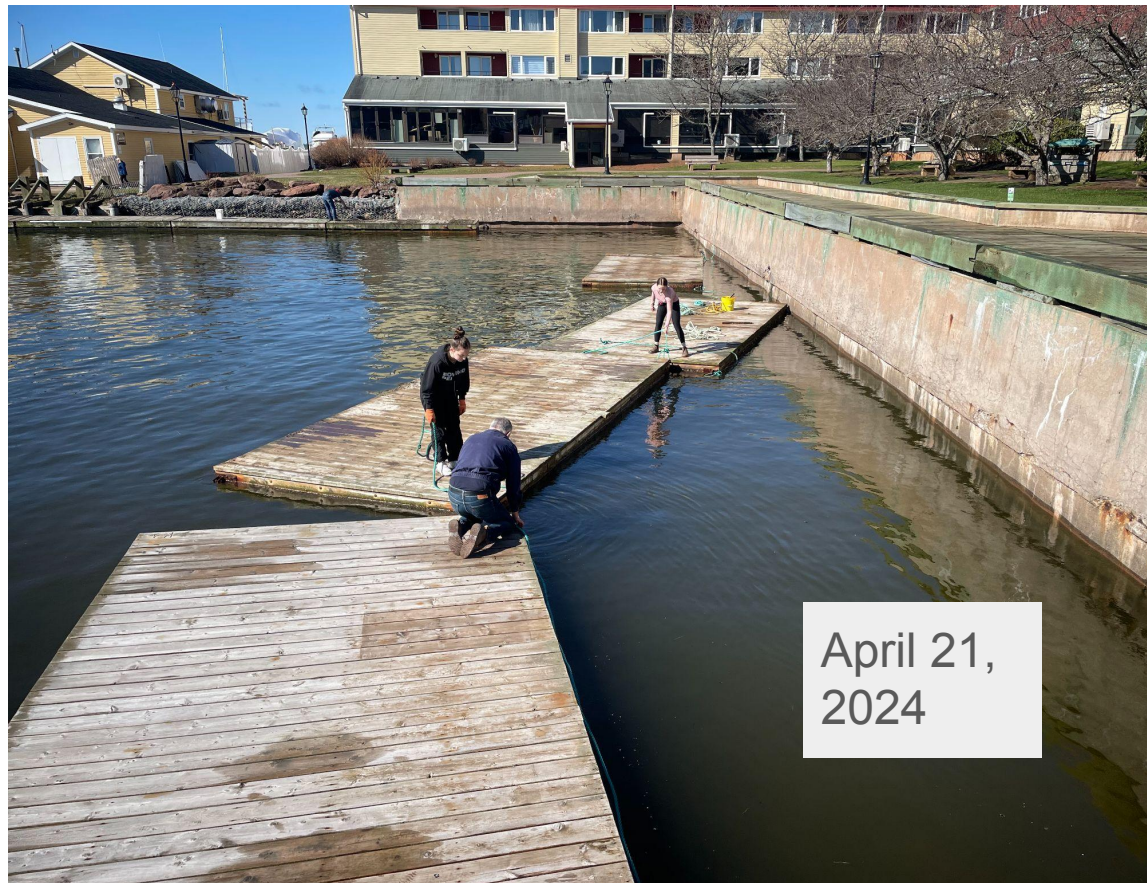


(Today) 3rd May 2024

3.4°C / 38.1°F

The water will feel freezing / baltic. You would have to be insane or getting paid to want to get in water this cold! If you do make sure you are wearing a top end drysuit and all the accessories.

https://www.seatemperature.org/north-america/canada/charlottetown.htm#google_vignette



April 21,
2024

Dock Captain Safety Boat Driver



Rowing PEI Safety Rules -Double on the Dock

- When only one coastal shell is going out, rowers will inform the Responsible Person on Shore of their departure, destination or direction of travel, and intended time of return.
- The rowers will notify the Responsible Person on Shore upon their return.
- We call this “Double on the Dock”.



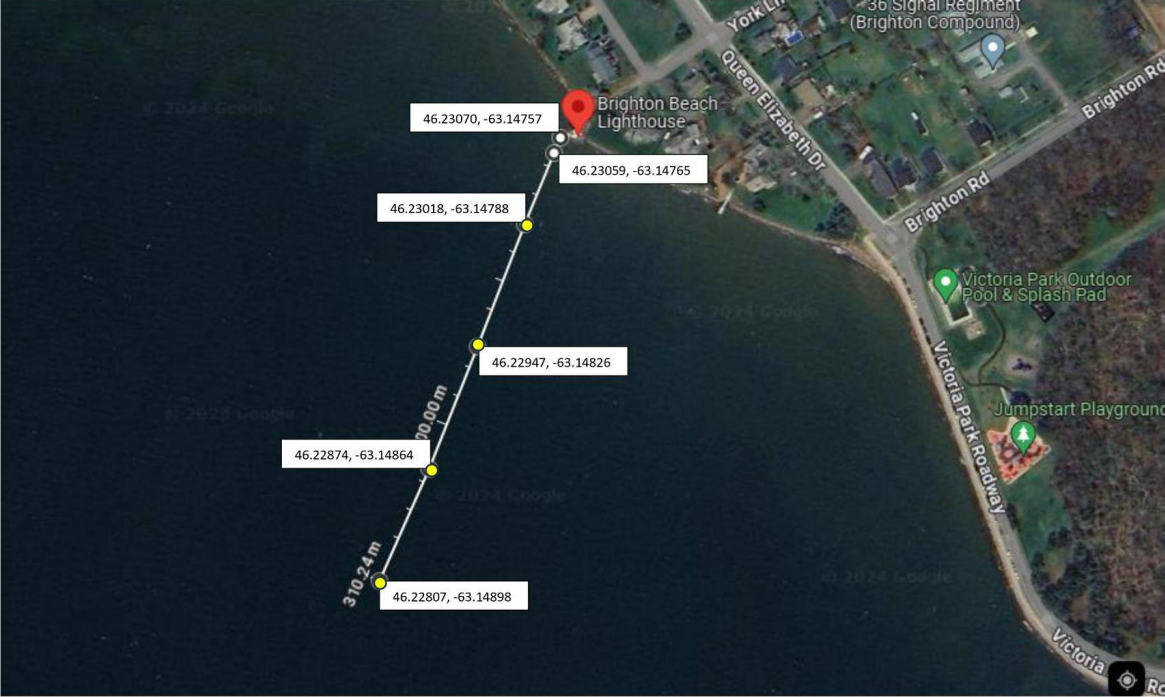
Brighton Beach Sprints Practice Course





WATER SHOES
ARE
MANDATORY
FOR BEACH
SPRINT
PRACTICE!!!

Brighton Beach Sprints Course



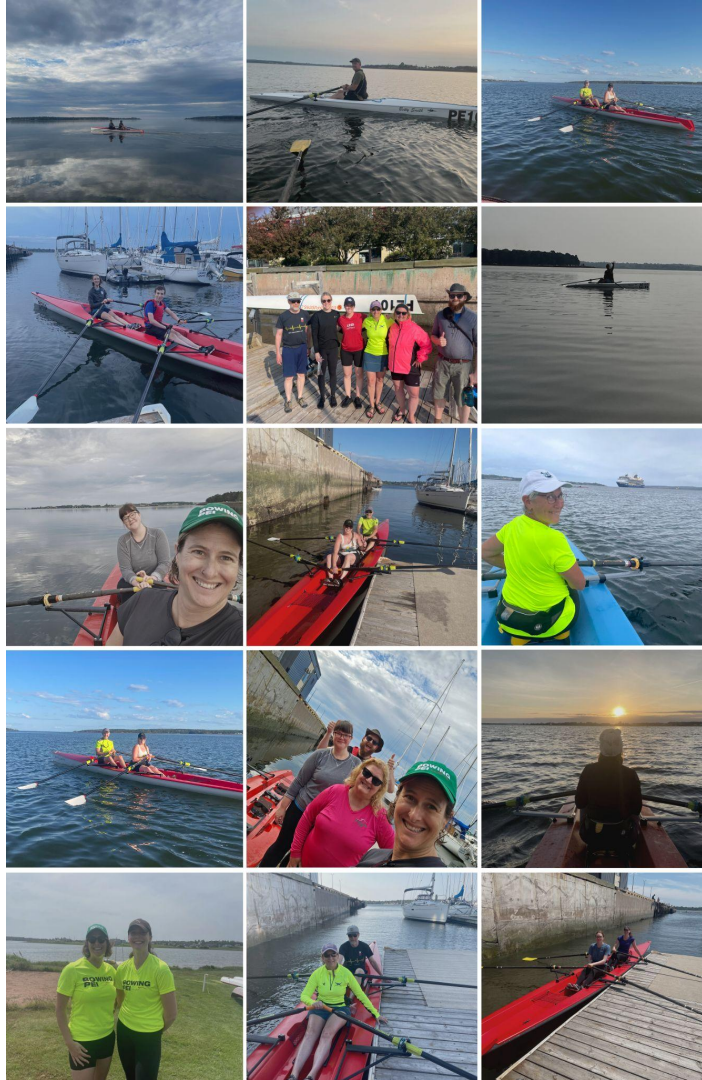
Pop-up Rowga Classes

**With certified yoga instructor
and rower Alanna Stewart**



Visiting Rowers!

We host visitors
from clubs across
Canada and from
around the world.
It's a great way to
find out what
rowing is like in
other places!





Masters Flatwater 2024

Brackley Bay



Masters Flatwater 2024

- 7 Rowers
- 30 + club rows
- 2 Coached sessions by Chantelle Hanley
- 2 Regattas
 - NS & PEI
- 1 new boat





What is next in 2025?

- Training for Regattas
 - Nova Scotia * July 5, September/October
 - Spain* September
- Intro to Flatwater
 - New & Experienced rowers welcome !
 - Try flatwater day for members * June 21st
 - Flatwater fun race day *July 26th

MASTERS FLATWATER PROGRAM



We welcome new and experienced rowers! You can learn something new, improve your fitness and/or work towards a race in the Masters flatwater program.

2-3 ROWS PER WEEK

LOCATION

99 APPLE TREE RD. BRACKLEY BEACH
PRINCE EDWARD ISLAND



LEARN

- BALANCE
- TIMING AND SYNCHRONIZATION
- TEAM WORK

ENJOY

- WORKOUT
- VIEWS FROM BRACKLEY BAY
- CREW SPIRIT
- REGATTAS

CONTACT TO SIGN UP & MORE INFO
cassidy.doucette4@gmail.com

COST \$435

**ROWING
PEI**

Safety rules - Brackley

- Take special care when carrying boats to and from the water. The ground is uneven.
- Listen carefully to instructions from the coaches.
- Always wear a PFD and wear shoes that are easily removed at the dock.
- Bring a change of clothing and towel to every practice.
- Stay within sight of the coach boat at all times.

BOAT CARE AT BRACKLEY - it is crucial that the boats and all parts are washed after every row.

We have some very lovely new equipment and we need to care for it.

Every boat to be thoroughly washed every single row. Includes all hardware; riggers, oarlocks, seat wheels, rails EVERYTHING. Also the hull but don't skimp on the hardware. Seats to be taken off and wheels individually cleaned with fresh water.



Emergency Action Plan - Brackley

*GIVE SPECIFIC INSTRUCTIONS AS TO WHERE YOU ARE ON THE PROPERTY Take a right turn off Brackley Point Road. We are on the right hand side, by the water before you get to the main building. There is a small grey building and you will see vehicles. Shaw's Hotel 99 Apple Tree Rd, Brackley Beach, PE C1E 0Z4 Phone: (902) 672-2022 Robbie Shaw cell phone # 902-629-4983

*there will be an orange waterproof box with all emergency information inside



New for 2025! Coastal quad rowing nights in Ch'town!!





Want a training goal for the summer?

Let us set you up with a training partner or crew for the 2025 Red Island Regatta!!



Safe Sport Manuals

Rowing Prince Edward Island Safe Sport Policy Manual **Effective August 1, 2021**

Rowing PEI Safe Sport Manual - **Effective January 20, 2022**

Rowing PEI (the club) has adopted the Safe Sport Manual in line with requirements set by Rowing Canada Aviron (RCA) and Rowing Prince Edward Island, our governing rowing bodies.

.There are five policies as part of this manual:

1. Code of Conduct and Ethics
2. Harassment, Discipline and Complaints Policy
3. Appeal Policy
4. Social Media Policy
5. Screening Policy

All members will need to acknowledge annually that they have read and agree to abide by these safe sport policies as a member of Rowing PEI and Rowing Prince Edward Island.



Safe Sport - Rule of Two

Rowing Prince Edward Island and Rowing PEI have adopted Rowing Canada's Safe Sport Manual.

Rowing Prince Edward Island has a fundamental obligation and responsibility to protect the health, safety and physical and mental well-being of every individual that is involved in the Province of Prince Edward Island rowing community.

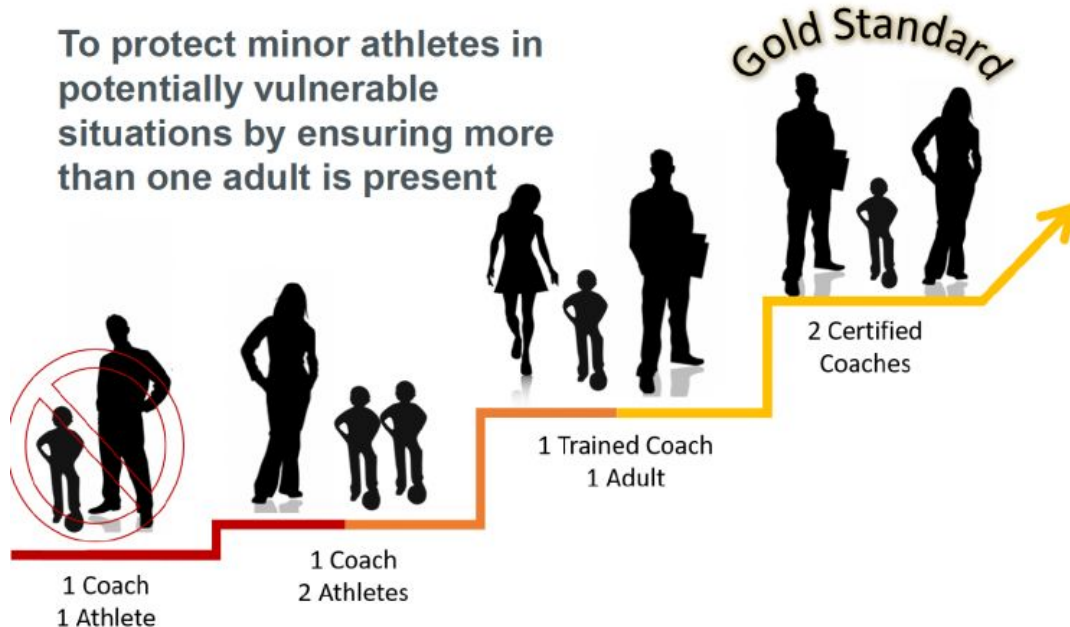


Safe Sport - Rule of Two



Purpose of Rule of Two

To protect minor athletes in potentially vulnerable situations by ensuring more than one adult is present



Rule of Two - Open and Observable Environment

The name refers to the fact that interactions between **an individual and an individual who is in a position of trust/authority** should be in an environment or space that is both “open” and “observable” to others.

What is an ‘open’ environment? • An open environment is an environment that is not closed or concealed from others. • Interactions should not take place behind closed doors or in secluded locations. • Others should be aware the interaction is taking place. What is an ‘observable’ environment? • An observable environment is a space where others can see or take note of the interaction. Before interacting with someone ask yourself: • Is this an open interaction? • Are we in a closed or secluded place? • Who knows this meeting/interaction is taking place? • Does the athlete (or individual in a position of lesser power) have an easy and accessible exit path? • Is this interaction observable? • Is anyone else with us? • Can anyone see us? • What about hear us?



Concussion Awareness

RCA believes that the welfare of everyone involved in our sport is a foremost consideration and has created a Concussion Management Policy to ensure the focus of each individual and member in the rowing community is always on long term health.

RCA's Concussion Management Policy and associated procedures provide guidelines on how concussion education and management should be addressed at all levels of rowing throughout Canada. The policy addresses four key areas including Prevention and Awareness, Recognition and Removal, Assessment, and Return to Rowing. It aims to ensure that anyone in rowing with a suspected concussion receives timely and appropriate care with proper management to allow them to return to rowing safely.



Concussion Awareness

Below are resources to support the rowing community in building awareness and education related to concussions as well as supporting the implementation of the RCA Concussion Policy.

- [RCA Concussion Management Policy](#) (includes Concussion Recognition Tool)
- [Concussion Awareness Resources available through Parachute Canada](#)
- [Return to Rowing Protocol](#)



More Information

Safety Manual: <https://rowingpei.ca/safety-2024/>

Concussion Awareness: [2024 Safe Sport – Rowing PEI](#)
The Canadian Sport Helpline

The Canadian Sport Helpline, funded by the Government of Canada, is a listening and referral service monitored by live operators from 8 am to 8 pm Eastern time, 7 days a week..

The helpline is 1-888-83-SPORT. More information can be found at: www.abuse-free-sport.ca

If you require assistance or would like to talk to a trained professional about a suspected incident of child abuse [Click here](#) to find your local child welfare agency. **If you suspect a child is in immediate danger, call 9-1-1 or your local police.**



Intro to Rowing 2025

A GREAT WORKOUT WITH AMAZING VIEWS!!



MORE INFORMATION
rowingpei@gmail.com
www.rowingpei.ca

SUMMER 2025 JUNIOR ROWING PROGRAM



Ages
14 +

**ROWING
PEI**

JUST \$260 FOR THE SUMMER!
2 ROWS PER WEEK AT THE
CHARLOTTETOWN YACHT CLUB

- Learn a new sport!
- See the view from the water!
- A great outdoor workout!

RED ISLAND REGATTA
August 23rd and 24th, 2025
at Brudenell River Provincial Park

Saturday June 21, 2025
9 a.m. – 3 p.m. (includes lunch)

JUNIOR TRAINING CAMP

Sunday June 22, 2025
9 a.m. – noon

YOU ONLY
NEED:



WWW.ROWINGPEI.CA
rowingpei@gmail.com

Questions?



Wishing
you a
wonderful
summer
of rowing
in 2025!





Come Try Rowing
Day - June 7, 2024

