



Safety Policies

The safety policies for Cohasset Maritime Institute (“CMI”) are applicable to each Participant in CMI rowing programs. Please read these Policies carefully.

A Participant is considered to be any person who:

- is enrolled in or participating in a CMI Rowing Program, including without limitation any CMI rowing event or race, or
- is a coach or coxswain for a CMI Rowing Program, or
- is aboard a CMI-owned boat.

Each Participant must abide by these policies. These policies are subject to change with or without notice.

1. Signed CMI Release/Waiver/Discharge/Covenant Not to Sue and Indemnification Agreement

The current year CMI Release must be signed by each Participant (or parent or guardian if the Participant is minor) each year prior to 1st day of participation in any CMI Rowing Program(s).

2. Rower Fitness

Rowing is a physically demanding sport. The following are conditions that are required of each Participant.

- a. Each Participant must be able to swim, or they must wear a life jacket if they cannot swim.
- b. Each Participant must be able to lift and carry the boat with the other rowers.
- c. Each Participant must be able to get in and out of the boat without assistance.
- d. To ensure the safety of the boat in any weather or conditions, each Participant must be able to demonstrate efficient rowing technique, including the ability to bend their legs and back, that sufficiently contributes to propelling and steering the boat.

Testing or observation for of a Participant’s fitness condition may occur at any time at the discretion of CMI’s coxswains, coaches and/or Program Directors.

3. Safety Orientation

Each Participant is expected to watch the US Rowing Safety video, available on the US Rowing website at www.usrowing.org, before participating in any Rowing Program(s).

4. Courtesy & Sportsmanship

- a. Courtesy and respect are expected at all times towards coxswains, coaches, boat mates and other rowers. Respect and attention are expected to the coxswain who is in charge on land and water.
- b. Each Participant is expected to understand the commands of rowing, for example: weigh enough, hold water, starboard, port, bow, stern, Seat 1,2,3,4, stroke, at the catch, at the finish, blades square, feather, Power 10, half power, paddle, let her run. If you are unsure of these commands, please discuss with your coxswain coach or Program Director.
- c. It is not acceptable to leave or jump out of boat at any time to go swimming.

5. CMI Facilities and Equipment

- a. No smoking in the boathouse at any time.
- b. No alcoholic beverages in the boathouse at any time.
- c. Participants are expected to treat CMI facilities and equipment with care and as if it is their own.
 - Boats and oars must be carried carefully such that they are never dropped or subject to damage.
 - Life jackets, radios and other safety equipment should be handled with care at all times – they could save your life!
 - The boathouse should be maintained in a neat and orderly fashion at all times.