

# **BROCKVILLE ROWING CLUB INC.**

## **COLD WATER RULES**

The following rules for cold weather rowing will be in effect for all cold weather rowing as determined by coaches and club administration.

Generally, cold weather seasons are considered to be dates prior to April 30<sup>th</sup> and after September 30<sup>th</sup>. To be more specific, the B.R.C. will use **11 degrees** as the rule. **If at anytime the outside temperature is 11 degrees or cooler at or during practice time Cold Weather rules will be in effect.**

- 1) **No athletes in coach boats.**
- 2) **Shells do not leave the dock area unless accompanied by a coach and a coach boat. Coxies take note! If your coach is not on the water DO NOT leave the dock area.**
- 3) **No rowing unattended at any time.**
- 4) **Suitable attire is to be worn by all athletes. Long sleeves and legs, wind breaks, toques, socks. No shorts, short sleeves, or baseball caps. FAILURE TO COMPLY WILL RESULT IN YOU BEING LEFT ON THE DOCK.**