

NRR Cold Weather Rowing Policy

Rowing in the Navesink in the early spring or late fall can be dangerous. Due to the combination of cold water and air temperatures, the risk of hypothermia to an immersed rower is significant. US Rowing provides great guidance in “Safety Tips: Cold Weather Precautions”. NRR’s specific cold weather rowing policy is as follows:

90 degree rule – Rowing is prohibited when the Navesink water temperature is less than 50 degrees F or the total of the air temperature and water temperature is below 90 degrees F. Examples:

- water 48 degrees, air 55 degrees, no rowing (water less than 50 degrees)
- water 55 degrees, air 34 degrees, no rowing (total less than 90 degrees)
- water 52 degrees, air 40 degrees, OK to row (water at least 50 degrees, total at least 90 degrees)

Spring/Fall Youth Training exception: Training, limited to quads, may take place when the water temperature is 45 degrees or above and the total of the air temperature and water temperature is at least 90 degrees. Fully-equipped safety launches must accompany the quads.

In addition, NRR will establish dates for the general rowing season, typically around May 1 opening and November 1 closing. An earlier start date will also be established for closely supervised youth spring training.