

Navesink River Rowing

ROW SMART

BUDDY UP. Row with at least one other person. This is a year-round policy, and essential under cold water/cold weather conditions and early or late in the season when there are few or no other boaters or fishermen out on the water to offer assistance should you need it.

- Get to know your fellow rowers when you see them at the site and make connections for future rows.
- Most members don't mind meeting up with other rowers, especially when we'll be coming down to row anyway...so you might want to take note of popular rowing times and plan your rows around them.

USE THE LOGBOOK. The logbook is located in the main shed - on the desktop to your left as you enter. Sign out BEFORE you launch. Include your estimated return time. Sign in when you return (any time before walking away from the site, will do).

TELL SOMEONE YOU PLAN TO ROW. It's a good idea for someone on land - at home, at work, even at a distance - to know you are on the water and roughly when you are due in. It's quick and easy to send a text message to someone before and after you row.

CHECK ALL EQUIPMENT CAREFULLY BEFORE YOU LAUNCH. Make sure everything is attached properly and securely; tighten hardware if necessary. Tools are accessible in the shed.

BE MINDFUL OF THE WINDS:

- East and West Winds of more than 5 mph pose a major challenge for rowers in small boats. Many of us avoid rowing at all under those conditions. Others stick to rowing bigger, more stable boats or stick to going back and forth in one of the coves. We recommend the former.
- North and South winds are tolerable at higher rate. Rowers can contend with them by rowing along the shore on the side of the river the wind is coming from. If this places you against traffic patterns, be extra careful about looking out for other rowers who won't be expecting you there.
- Generally (and obviously) speaking, if you see white caps on the water or larger boats than the ones we row being bounced around in the boat mooring field, you are better off not rowing.

EARLY SPRING AND FALL ROWING SAFETY REMINDERS

Darkness - If you're an early morning or late afternoon rower, you can't avoid it. But you can take measures to make sure you are seen and don't hit anything.

- Be certain you know traffic patterns (below) and follow them at all times.
- Commit the locations of channel markers and buoys to memory. If you know where they are in daylight, you'll be able to give them a wide berth in darkness.
- Stay alert. Keep an eye out for other shells and watch for all oncoming traffic.
- Of the most importance - Have working lights on board. Bow lights should be red-for-port, green-for-starboard, and the stern light should be white. However, any light (a flashlight taped to the deck, a head lamp, etc) is better than none at all. Locally, *West Marine* stores sell portable bow and stern lights (www.westmarine.com). Other options currently available can be found online by searching "rowing lights".