



Small Boat Certification Training

- For NCAWPA paddlers -
- Full certification is contingent on completion of additional in-person training

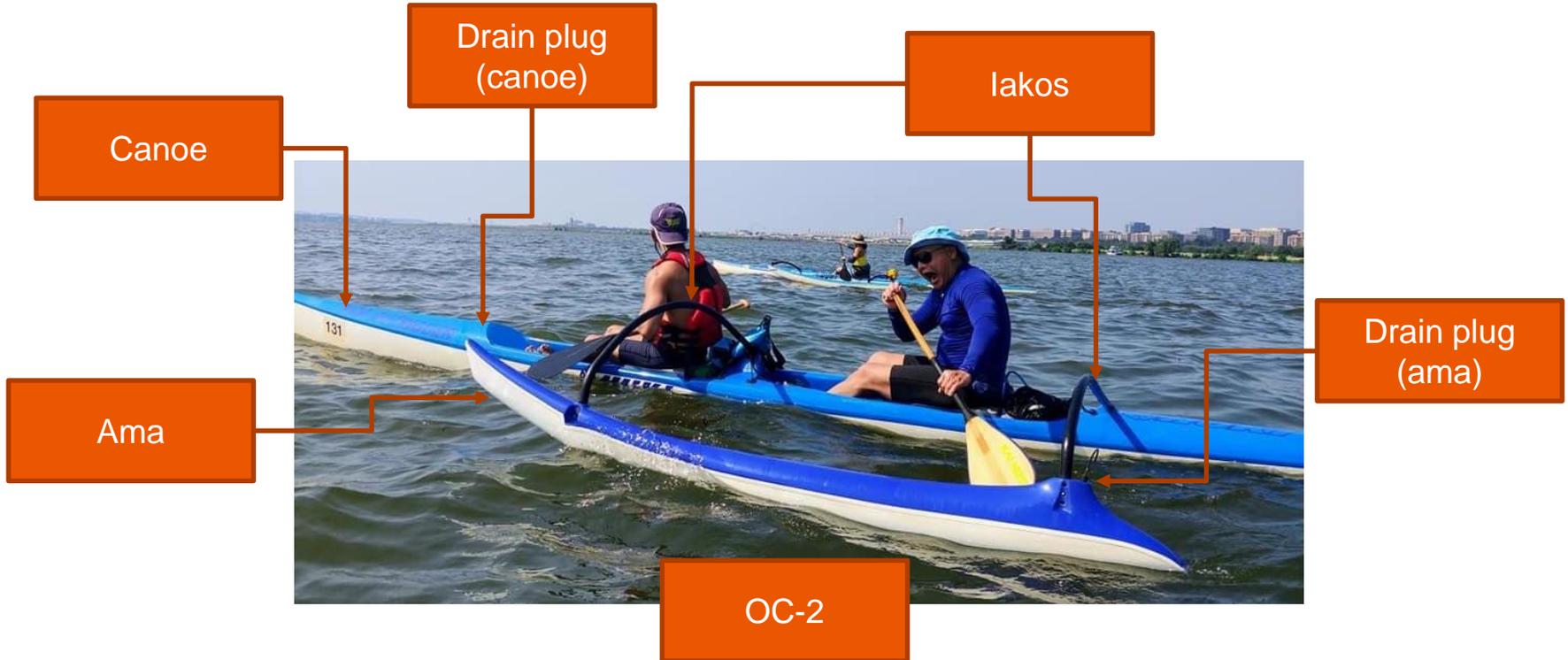
James Dunbar
8/19/2020

Outline

1. Overview of OC small boats
2. General Use Policies
3. COVID-specific policies (provided in red text)
4. Safety Policies
 - a. General Safety
 - b. Cold Weather
 - c. Thunder / Lightning
5. Boat traffic patterns
 - a) Launching, landing
 - b) Bouy types
6. Lay of the river around boathouse
 - a) Upstream to Bladensburg
 - b) Downstream to 14th Street Bridge
 - c) Washington Channel



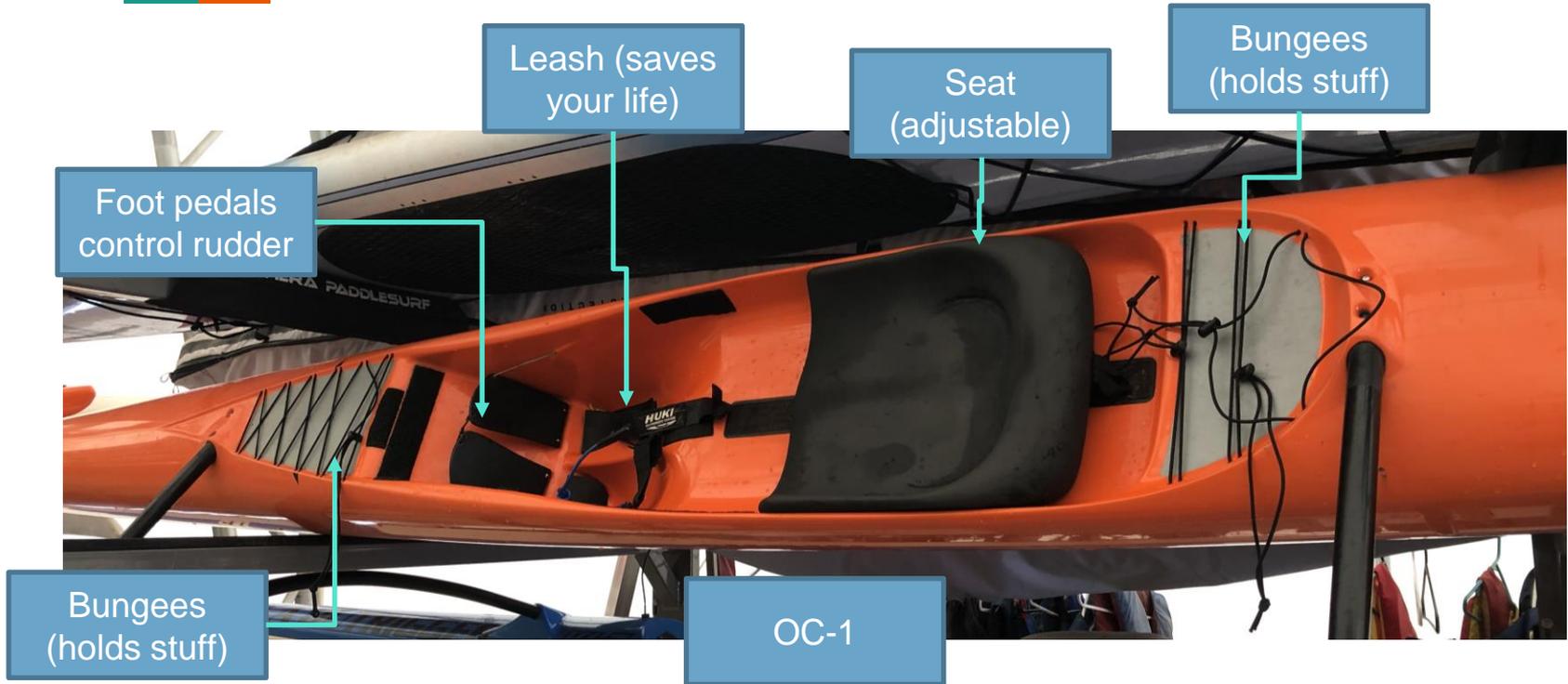
Components of a small boat OC



Components of a small boat OC



Components of a small boat OC



General Use Policies

Boats are expensive to buy, costly and time-consuming to repair, and any boat out of commission means others can't use it

1. You may paddle in club-owned boats if
 - a. You have been huli-certified (OC-2 → both people must be certified)
 - b. You are a current club member in good standing
2. Newly certified members must paddle with a partner for 1 year after certification. Ensures:
 - a. Boats are carried safely on land
 - b. Hazards avoided in the water
 - c. Assistance is available if trouble
3. "Small boat certified" means:
 - a. Receive this training (either online or in-person)
 - b. Successfully complete a huli (boat flip) test within 3 minutes
4. Watch video: [Huli 101](#) by Philadelphia Flying Phoenix



Reserving club-owned boats

1. All private reservations are made through NCA Small Boat Spreadsheet **the iCrew app**
2. Timeframe:
 1. Normal times: Boats may be reserved no more than a week in advance, timeframe is from push off to return to dock
 2. **COVID: Boats may be reserved as early as 24 hours in advance for no more than 4-hour timeslots, timeframe is from arrival to departure from boathouse**
3. Organized practices get priority
 - a. Do not reserve small boats during practice times without explicit permission of the coach of that practice
 - b. **iCrew prevents double-booking of boats during practice times**
4. Club boats may be reserved for small boat races
 1. Email Kate Dowling (honudc@earthlink.net) to reserve a boat for a race
 2. The club owns 3 sets of V-bars for boat transportation



Small boat general safety

1. Ask yourself: are conditions safe to paddle today?
2. Must bring a cell phone on the boat
3. Use of PFD:
 1. Must bring PFD on the boat with you
 2. If paddling alone, should wear PFD (see weather policies)
 3. Inflatable PFDs are allowed
4. Must wear leash at all times
5. Buddy system
 1. Mandatory on-water paddling buddy for newly-certified paddlers using club boats
 2. If experienced and paddling solo, must list a “monitor” in your reservation with their phone number
 3. Monitor: someone who you check in with when you leave and return to dock, whether via text or in-person
6. Inspect the boat before and after session for damage
 1. Look for cracks, holes, missing drain plugs, rudder functioning, etc.
 2. Report all damage to club boats immediately to Dave Winter (winterd_2000@yahoo.com)



Harbor Patrol in case of emergency:
202-727-4582

Weather Safety - Cold

1. Cold water (less than 60° F) is no joke!
 1. Initial immersion → cold shock. Involuntary gasping and muscle spasms
 2. Short term immersion (3 - 5 minutes) → swimming failure
 3. Long-term immersion (30+ minutes) → hypothermia, loss of consciousness, death

Cold water paddling rules:

1. All club-boats follow “100 degree rule”: combined air and water temp must be 100 degrees or more, unless wearing a drysuit
2. All paddlers must wear vest-style PFD once water temp is below 60° F
3. No paddling activities allowed when water temperature is below 40°F
4. Use [this data station](#) for water temperature



Weather Safety - Heat

1. High temperature and/or high humidity → risk of heat exhaustion, electrolyte imbalance, heat stroke
2. Very little shade on the river
3. Heat exhaustion + electrolyte imbalance:
 1. Heavy sweating → loss of electrolytes
 2. Weakness, cramps, dizziness, nausea, paleness
 3. Move to cooler environment and sip water with electrolytes
4. Heat stroke:
 1. Throbbing headache, confusion, shallow breathing, body temperature above 103°F
 2. Major medical emergency. Get off the water and call 911. Do not give fluids
5. Rules of thumb:
 1. Don't paddle in the heat of the day
 2. Bring lots of fluids with electrolytes



Weather safety – Thunder / Lightning

1. Storms in DC are *very* unpredictable – can often form unexpectedly from nowhere
2. Standardized decision-making using WeatherBug app
3. Provides real-time map of lightning strikes within past 30 minutes

Policy:

1. Do not go out on the water if within the last 20 minutes:
 1. WeatherBug shows a lightning strike within 10 mile radius;
OR
 2. You observe thunder / lightning while at the boathouse
2. If WeatherBug shows a lightning strike 10 – 30 miles away:
 1. Do not paddle further than 1 mile from the boathouse: 11th Street Bridge to East Capitol Bridge
 2. Monitor storm direction and listen for nearby strikes
3. If you observe thunder / lightning on the water, **immediately** return to the boathouse



Boathouse traffic flow

1. We share the boathouse with many other rowing clubs
2. Traffic patterns developed to minimize conflicts with boat handling and launching / landing
3. **Special on-land traffic flow during pandemic to minimize person-to-person contact**
4. Rule of thumb: minimize time boat is left on the dock

Launching:

1. Take gear to dock first
2. Bring boat down

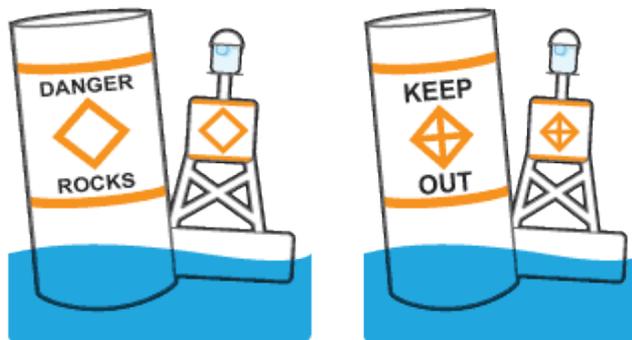
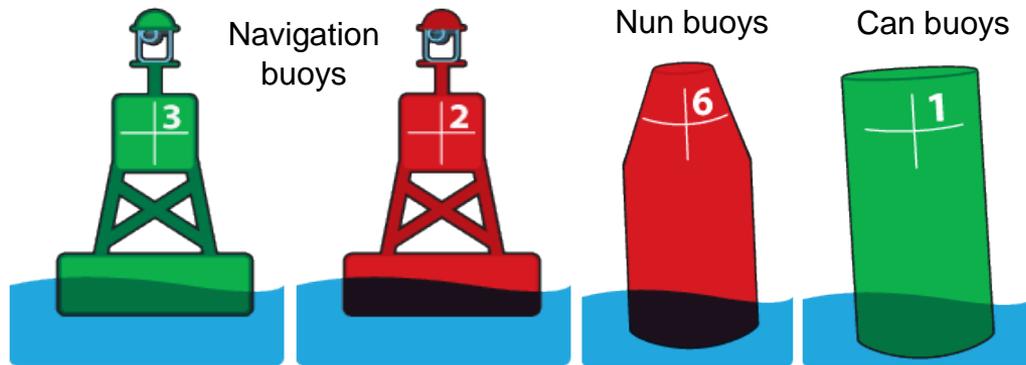
Landing:

1. Set up slings quickly, bring up gear
2. Bring up boat



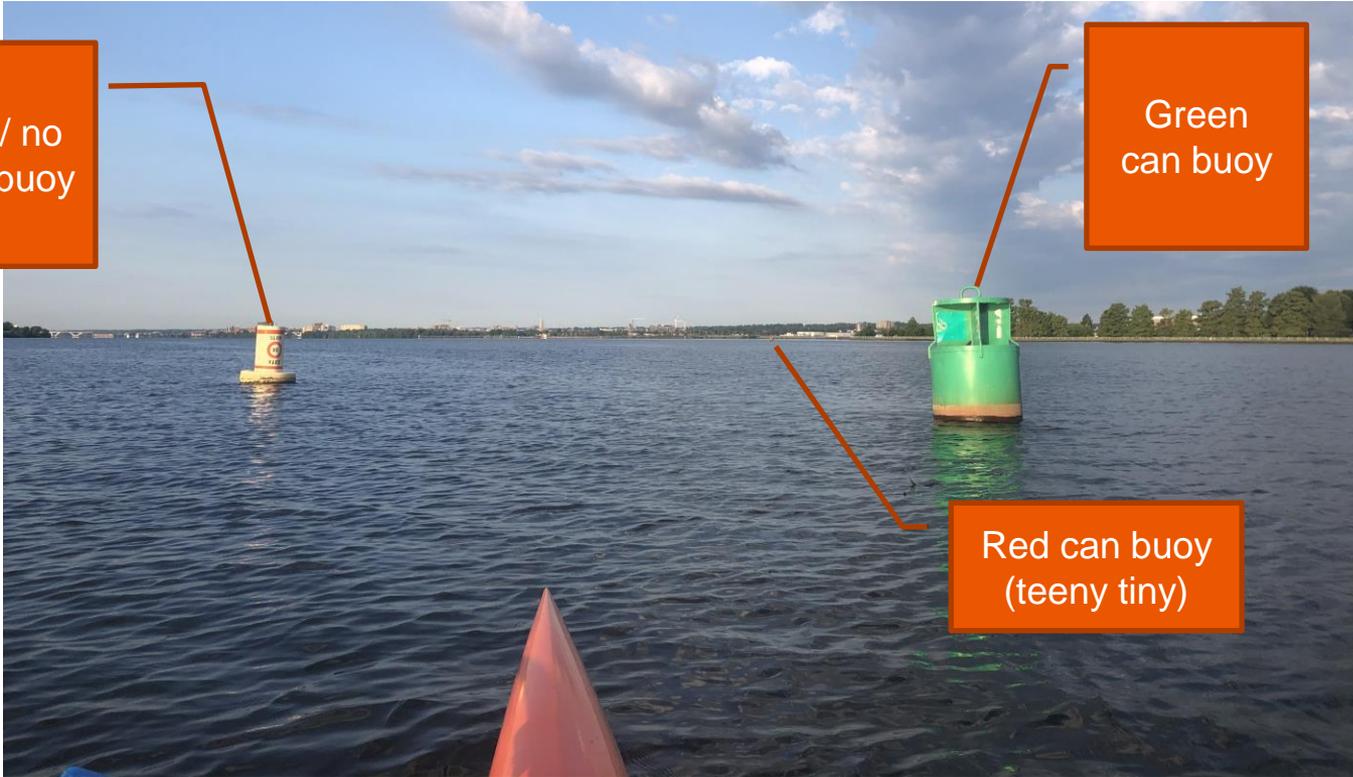
On-the-water markers

1. Bouys signify things – they actually mean stuff
2. Navigation markers:
 1. Colored green and red
 2. Indicate the channel for power boats and sail boats –
 3. Avoid being between these colors
3. Hazard buoys:
 1. Indicate rocks, speed limits, construction zones
 2. ACBA uses white round buoys this way too



On-the-water markers

Slow / no
wake buoy

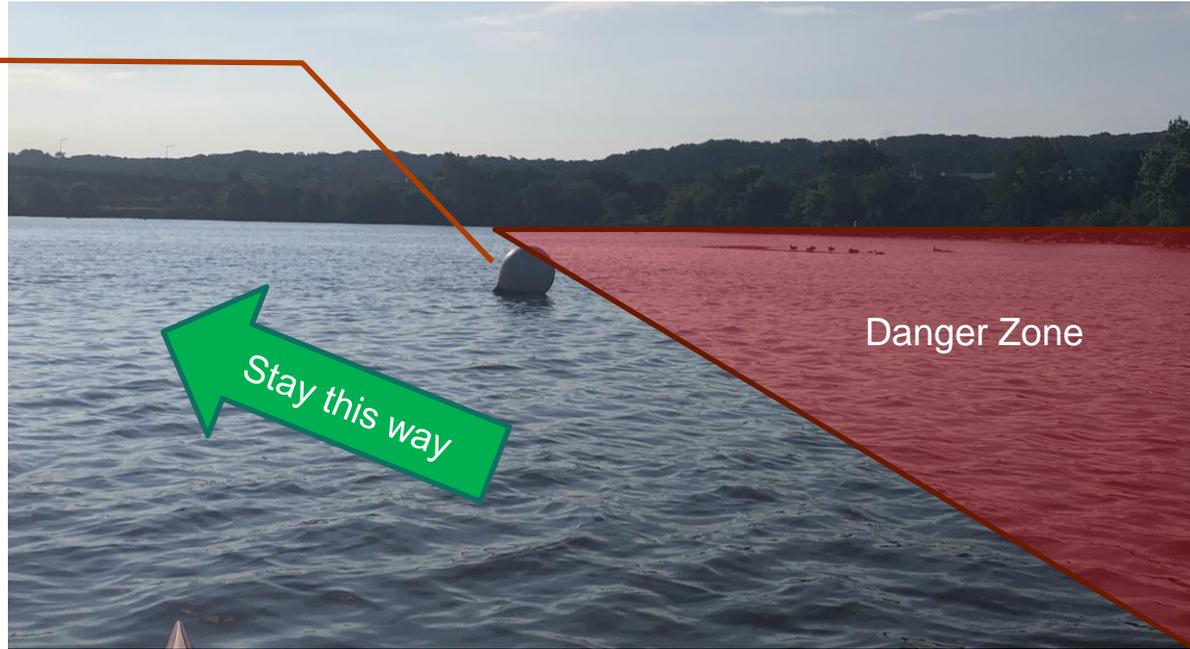


Green
can buoy

Red can buoy
(teeny tiny)

On-the-water markers

ACBA
hazard
buoy



Danger Zone

Stay this way

On-the-water traffic flow

1. Just like driving: stick to the right side of the river (regardless of travel direction)
2. Pass boats generally on the left
3. Give way to bigger or less maneuverable boats
 1. Rowing shells
 2. Sail boats
 3. Power boats: water taxi, cruises, etc.



These boats can't see you and won't slow down

Navigating Anacostia / Potomac Rivers

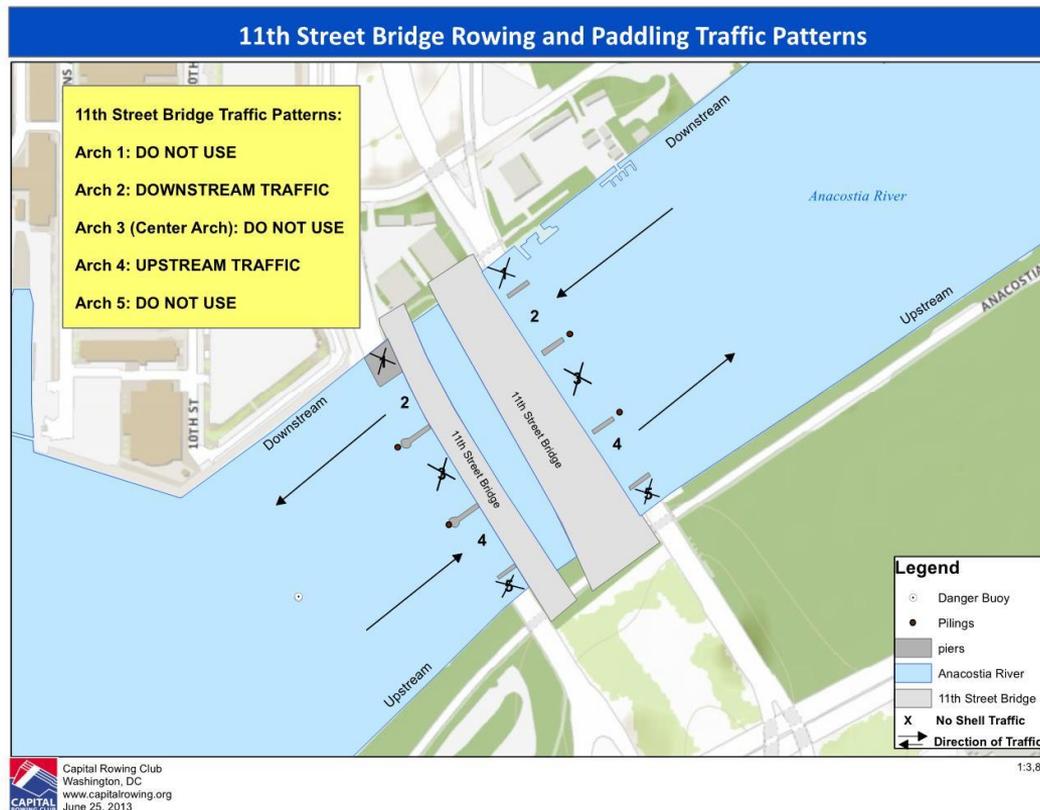


- Show and tell: [ACBA Traffic Pattern Map](#)

Rules of thumb:

- Learn the bridges – they are useful landmarks to both paddlers and Harbor Patrol
- If you want to paddle in Narnia:
 - Read the [Capital Rowing Club sculler's guide to Narnia](#)
 - Paddle with an experienced paddler your first few times
 - Lots of sandbars and shallow water to damage rudders

Navigating Anacostia / Potomac Rivers



Next Steps

1. Sign up for iCrew – all small boat certifications will be listed in the iCrew schedule
2. Attend the in-person small boat training, i.e. huli test and boat handling
3. Attend a beginner Wednesday night practice until the coach gives you clearance to join regular practices
4. **Note: when signing up for practices, use both iCrew AND NCA OC Signup**





Questions?

Links to important stuff

1. Huli drill demo video by Philadelphia Flying Phoenix:
<https://www.youtube.com/watch?v=VZx5kUGh6G4>
2. Buzzard Point data station for water temperature:
https://waterdata.usgs.gov/nwis/uv?site_no=01651827
3. WeatherBug for lightning map (also an app for Android and iOS):
<https://www.weatherbug.com/>
4. ACBA Traffic and Hazard Map: <https://www.capitalrowing.org/crcwp/about/map/>
5. Registration link for iCrew: <https://www.icrew.club/signup.php?crewOrgID=0f12afb8-d60a-42ea-7dec-d83508145568> [icrew.club]
6. NCA OC Sign up sheet:
<https://docs.google.com/spreadsheets/d/1tM592U9zPG3MyI1e4aXQ3u9JNtu8Cvnb8fBoy z21A5U/edit#gid=1253501355>