

Tulsa Rowing Club

Safety Rules

Revised October 28, 2025

I. Equipment

Safety: Members shall check all equipment for damages and loose or missing parts, prior to rowing. Report any and all damages to the Equipment Manager.

Under no circumstances should equipment be used if it is broken, unsafe, or not in working condition (e.g. loose or missing parts) or if it has a “Damaged Equipment” tag. Willful use of such equipment will result in an official warning from the Equipment Manager. Repeated use of such equipment will result in temporary suspension of the member’s membership or termination of the member’s membership by the Board of Directors.

If the boat is unsafe to row, place a “Damaged Equipment” tag around the oarlock of the boat or around the bow ball or other appropriate place if the oarlock is not accessible.

Usage: All persons using Tulsa Rowing Club (TRC) equipment must be a member (or a guest accompanied by a TRC member).

Members are not allowed to give permission to external organizations or parties, to include other rowing clubs or rowers, to use TRC equipment. This includes but is not limited to ergometers, oars, riggers, seats, boats, slings/Ts and the trailer.

TRC boats may be used by other organizations or clubs at regattas only when a bow-qualified, Advanced Plus TRC member is bowing the boat.

Members who borrow, or arrange to use, equipment belonging to other organizations will be individually responsible for any and all damages to that equipment and permission must be obtained from the owning Party. TRC is not responsible for any transactions, dues or agreements between the parties involved.

Equipment Reservation: All boats shall be reserved via iCrew. Club boats should only be reserved for 1 hour in duration; members may extend their usage of club boats only after confirming the boat is not reserved by another member after the 1-hour duration.

Footstretchers: Members shall check to ensure there is a safety strap on each footstretcher. Rowing shoes should not lift more than 3 inches (7.5 cm) above the footstretcher plate as this ensures the rower can safely release from the boat in an emergency.

Oars: Oars should be placed back in the rack after each use. Do not adjust the inboard or outboard settings.

Slings: Slings need to be properly stowed after each use. Do not sit on slings.

Boat Care: Boats need to be cared for and wiped down, inside and outside, after each use. The hull should be wiped and checked for cracks or dents, leakage or other damage. Wheels and tracks should be wiped clean to remove dirt, sand or grit that can cause damage to tracks and wheels. Porthole covers and plugs need to be removed before placing the boat on the rack.

Rigging: Do not adjust the rigging, including spans, on boats.

Shoes: Shoes inside boats should not be removed or replaced/swapped without approval by the Equipment Manager.

Crew Weights: The policy on crew weights is as follows:

1. The average crew weight, or individual weight for a **single**, cannot exceed the manufacturer's stated weight limit. This applies to all club singles in the TRC fleet.
2. If the boat manufacturer explicitly states that crew average weight cannot be used, then individual crew member weight limits apply. Currently, this does not apply to any of the shells in the TRC fleet.
3. If the boat manufacturer explicitly states the maximum weight for an individual member of a crew, then no member of a crew can exceed that limit. Currently, this does not apply to any of the shells in the TRC fleet.
4. If the boat manufacturer does not explicitly state the maximum weight for an individual member of a crew, then no member of a crew can exceed the manufacturer's stated weight limit by more than 10 lbs. This applies to all club doubles and quads in the TRC fleet.

The bow or the most experienced rower in the crew shall take responsibility for ensuring all crew members adhere to crew weight policies. The manufacturer's weight ranges are documented and specified for each club shell in iCrew.

Taking Equipment Offsite: Taking equipment offsite to alternative rowing venues shall be by exception only and only when Zink Lake is not rowable, or not projected to be rowable, for multiple days or weeks at a time.

Approved offsite alternative rowing venues are: Rogers Point (Catoosa, OK) and Shell Lake (Sand Springs, OK).

Equipment shall not be taken offsite to alternative rowing venues or regattas without approval by the Equipment Manager, except as specified below. Members shall follow these guidelines when transporting or using club equipment at all offsite venues.

1. Members shall be responsible for any and all damages to, or loss of, shells and equipment when rowing at offsite venues, to include regattas.
2. When rowing at alternative rowing venues, club shells shall be returned on a daily basis, unless requested and approved by the Equipment Manager.
3. Members are pre-approved to take club slings/Ts and club oars to row at alternative venues and regattas when rowing club shells or private shells.
4. Members shall use proper cradles and proper straps to secure boats while transporting boats to offsite venues. Do not use frayed or torn straps to strap boats.
5. Members shall properly secure boats while at offsite venues. Secure larger boats such as quads and doubles on Ts or on the trailer. Properly strap all boats between races and overnight while at regattas. Winds and wind gusts often cause boat damage.
6. A trailer is required to transport all quads and should be used to transport doubles as well. Transporting doubles on vehicles shall be by exception only.
7. When transporting doubles on vehicles, doubles may be transported directly on Yakima or Thule racks if the vehicle rack has ample spread. For a double scull, a 1:3 ratio is recommended for maximum stability and safety. If the boat length is 34 feet, the rack spread should be approximately 11-12 feet. Since most vehicle roof racks cannot achieve this spread, you may need a specialized shell rack or trailer. If the vehicle's roofline is shorter, a 1:4 ratio may be an acceptable compromise.
8. The following club shells are pre-approved for usage at alternative rowing venues:
 - a. Maas boats (recreational singles and flyweight singles)
 - b. Kaschper singles
 - c. DoubleShot double

Regatta coordinators, and participating club members, are responsible to deconflict usage of club equipment, such as boats and oars, at regattas.

Members are responsible for ensuring all equipment is returned to the TRC boathouse, all boats are rigged, and all equipment is properly stored within 48 hours upon returning from a regatta. Notify the Equipment Manager of any damages or missing parts, to include hardware.

II. General Guidelines

Safety is everyone's responsibility, regardless of rowing or experience level.

All members are required to report all accidents, injuries, and boat turnovers to the Safety Coordinator. Additionally, report all accidents involving equipment (boats, shells, oars, slings, etc.) to the Equipment Manager.

Rowers may only use boats approved for their rowing level. Rowing levels (Novice, Intermediate, Advanced) for all club shells are documented in iCrew and iCrew will only allow members to reserve boats commensurate with the member's level. In other words, iCrew should not allow a Novice rower or an Intermediate rower to reserve an advanced-level boat.

Novice and Intermediate level rowers may only row when an Advanced or an Advanced Plus rower is either on the water or at the boathouse to assist these rowers. Novice and Intermediate level rowers must communicate directly (and receive confirmation) with Advanced or Advanced Plus rowers if they intend to row under their supervision.

All rowers must meet the following guidelines:

1. Member in good standing, has paid membership, has signed the appropriate forms, and has a current USRowing membership with a signed USRowing waiver.
2. Know and understand safe rowing conditions (when in doubt, do not row).
3. Row only in acceptable rowing traffic patterns.
4. Verify water levels and weather conditions prior to rowing on the water.
5. No music allowed in boats, to include ear buds for listening to music - this can cause unsafe conditions for anyone else trying to communicate with the rower.
6. Secure the boathouse (close doors, turn off lights and set the security alarm) whenever leaving the boathouse, including when leaving the boathouse to row.
7. Reserve the boat in iCrew. Sign out the boat in the logbook with an estimated time of arrival (ETA) before leaving the boathouse to row. Annotate the logbook upon return with the time of arrival and that all equipment has been properly stowed.
8. Annotate equipment damages in the logbook and notify the Equipment Manager.
9. Rowers are responsible for cleaning boats and equipment after each use.
10. Damage incurred to TRC boats is the responsibility of the member or members. Repairs will be billed to the member or members.
11. Ensure all equipment is properly stowed after rowing to include boats, oars and slings.
12. Know what to do in case of a boat rollover or flip:
 - a. Watch video(s) on remounting a flipped rowing shell or have practiced a rollover in water.
 - b. Stay with the boat. Never swim away unless you are in imminent danger.
 - c. Summon any other boats on the water and allow them to maneuver rower(s) and the boat to shore.
 - d. Try swimming the boat to shore or attempt to remount the boat.

Bikers and runners have the right of way on the jogging trail. Always look both ways before crossing.

The boathouse door combination shall only be given to fully paid members. Members are not allowed to share the combination with anyone.

TRC is not responsible for the loss or theft of personal items. Lock your personal items in your vehicle, preferably in the trunk or a location that is out of sight. From time to time, the club may discard unclaimed personal items.

No bike riding, skating, scootering, running, or horsing around in the boathouse, on the pad outside the boathouse, or around any of the boats.

Children under 14 years old must be under direct adult supervision in the boathouse or while on the grounds.

Use of the boathouse for anything other than rowing, exercising, or club sanctioned events requires Executive Board approval.

Members may provide on-water coaching to other members (e.g. private lessons) as long as both are in good standing and both are at least Intermediate rowing levels. TRC will not collect any additional fees or dues and is not responsible for any transactions, dues or agreements between the parties involved.

III. Guest Members

Non-member guests are allowed to use TRC facilities and equipment only under the direct supervision of a TRC member. The guest usage privilege is intended to be used a max of three times, after which the guest is expected to become a member of the club or take the Learn to Row class.

The TRC host member and the guest member must meet the following guidelines:

1. TRC host member must be a fully paid member and in good standing.
2. Guest members must sign the TRC Liability Form before using any equipment. Reference the [TRC website](#) for this form.
3. Guest members must sign one of the TRC swim forms (TRC Swim Declaration Form or TRC Swim Certification Form) before rowing. Reference the [TRC website](#) for these forms.
4. Guest members are not allowed to take out single shells and are not allowed to sit in the bow position of a boat.
5. It is the TRC host member's responsibility to ensure the guest follows all TRC rules, policies and guidelines.
6. Any equipment damage or loss by the guest will be the responsibility of the TRC host member.
7. The TRC Executive Board reserves the right to deny access to any guest for any reason.
8. Guest members shall not be given the door combination or security alarm code.

IV. Safe Rowing Conditions

1. Thunderstorms: Do not row during electrical storms or any time lightning is seen. If lightning is visible, rowing is permissible only if televised weather radar and/or weather/lightning apps show the storms to be:
 - a. Ten or more miles away AND moving away from the area AND no other storms are projected to be moving into the area.
 - b. Be advised, ground to air lightning strikes occur more often on the edges of storm clouds.
 - c. FISA standards: Wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities on the water.
2. Fog: Do not row in foggy conditions. Rowing is not permitted if you cannot clearly see across the river or clearly see the 21st St bridge from the boathouse. Visibility must be greater than a quarter of a mile.
3. Darkness: Boats must have visible, navigational lights from 30 minutes after sunset to 30 minutes before sunrise or when overcast or fog conditions warrant the use of lights.
 - a. Rowing shells shall have red port and green starboard bow lights and a white stern facing light.
4. Novice and Intermediate rowers are allowed to row singles in the dark but Advanced rowers must be on the water as well.
5. **Water temperature must be above 50°F (10°C) to row a single or a pair.**
6. **No rowing when water is below 3 feet.**
7. Notify other rowers upon approach when passing or overtaking to avoid surprises (e.g. "On your starboard" or "On your port" or "Heads up double!")
8. Follow the traffic patterns. Know the physical areas on the river in which you can row for varying weather and water conditions.
9. The person with the highest level of advancement or experience is the person ultimately responsible for the boat, the crew and the equipment.
10. Water levels occasionally may vary and flows may cause below-surface items to shift. Continuously watch for rocks and sandbars which can destroy or damage boats.

IV. Zink Lake

Members shall verify Zink Lake water levels using this website: [Zink Lake Water Quality](#)

Members may google "Zink Lake Tulsa" and it will result in a link to the [City of Tulsa Zink Lake](#); click on the Water Quality Dashboard button to verify the lake levels.

Members shall comply with the City of Tulsa and River Park rules and regulations for Zink Lake. Zink Lake usage and rules may change periodically depending on activities, festivals, dam maintenance, or other unforeseen circumstances.

Zink Lake is open between 5 am and 11 pm. No rowing allowed outside Zink Lake hours of operation.

Members shall check email for advisories on lake conditions and look for any daily postings in the logbook regarding hazards.

Zink Lake rowing pattern is a clockwise rotation or **port to shore rowing pattern**, upstream along the west bank and downstream along the east bank.

Members shall launch and land upstream from the dock, with bow pointed north towards the 11st St bridge. Follow the traffic pattern unless special conditions warrant otherwise.

Dam warning signs are likely to shift locations due to river flows, weather conditions, or unforeseen circumstances. Do not assume they are always in the same location, especially when rowing during non-daylight hours.

Check the Zink Lake Rowing Pattern Map and the River Stage and Flow Rate Chart. Each member is responsible for knowing where to row and under what conditions they may row.

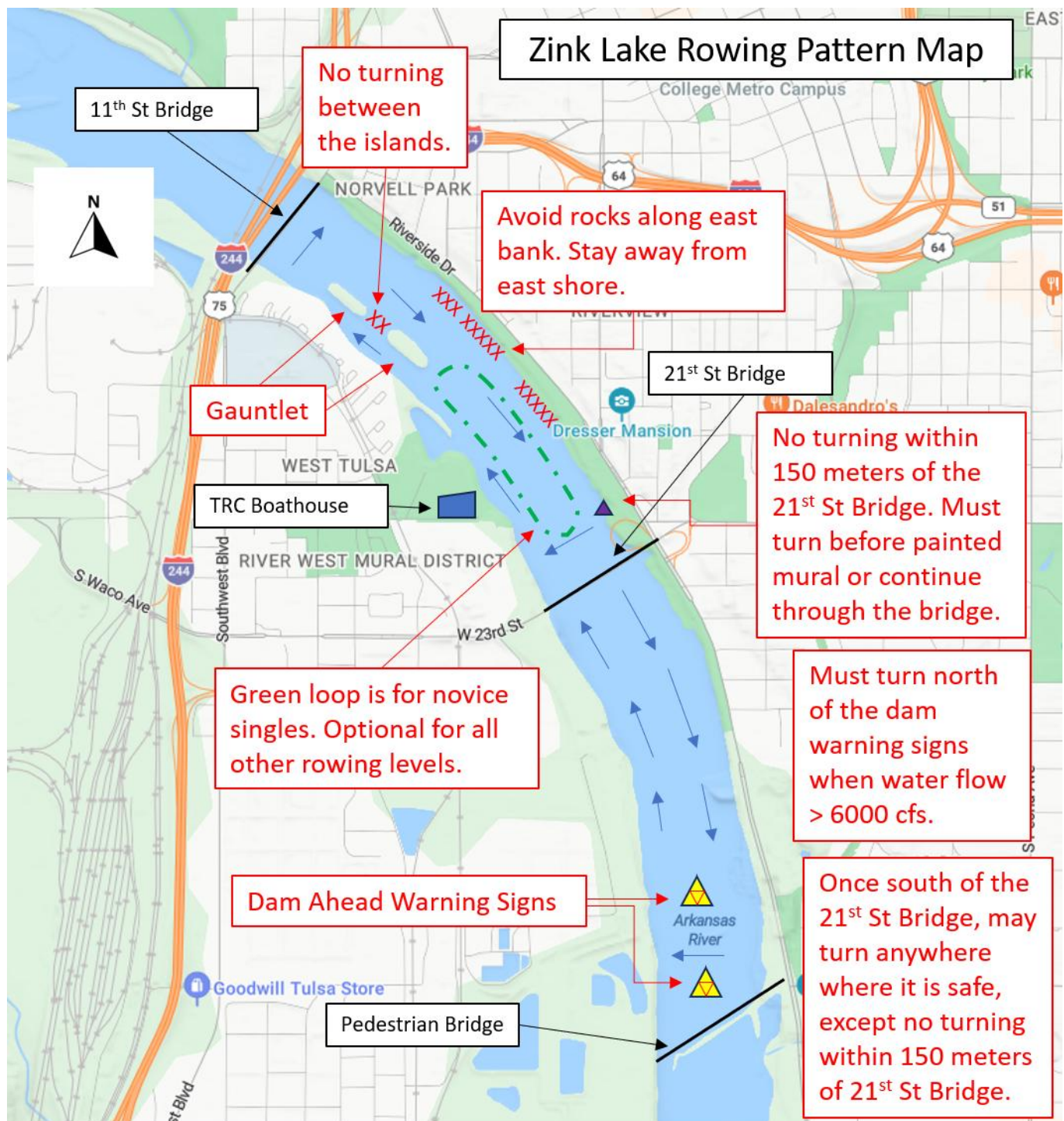
Never turn within 150 meters upstream or downstream of the 21st Street Bridge.

Avoid rowing too close to the east bank where rocks are generally found.

No rowing is allowed when water levels exceed 8 feet. At 8 feet, it takes less than 5 minutes to drift downstream from the dock and over the low water dam. Going over the low water dam will most likely result in death.

Flows over 6000 cubic feet per second (cfs) can become treacherous quickly. Be very cautious of the river when you can visibly see eddy currents. Rowers must turn north of the dam warning signs when flows are above 6000 cfs.

River Stage and Flow Rate Chart				
River stage and flow is measured using this website: Zink Lake Water Quality				
River Stage	River Flow	Novice Bow	Intermediate Bow	Advanced Plus Bow
< 3 ft	N/A	No Rowing	No Rowing	No Rowing
> 3 ft	~ 6000 cfs	Green Loop (Islands to 21st St Bridge)	Between 11th St and Pedestrian Bridges	Between 11th St and Pedestrian Bridges
> 4.5 ft	N/A	No Rowing	No Rowing	Doubles and Quads: Requires one Advanced Plus qualified rower in bow. Between 11th St and Pedestrian Bridges ** Use caution based on crew member levels and skills.
> 6 ft	N/A	No Rowing	No Rowing	Doubles and Quads: Requires one Advanced Plus qualified rower in bow. Between 11th St and 21st St Bridges ** Use caution based on crew member levels and skills.
> 8 ft	N/A	No Rowing	No Rowing	No Rowing



VI. Rowing at Alternative Venues

Approved offsite alternative rowing venues are: Rogers Point (Catoosa, OK) and Shell Lake (Sand Springs, OK).

Members shall follow the guidelines below when rowing offsite or at approved alternative venues:

1. Adhere to all venue rules about when and where you can row.
2. Know and understand the traffic patterns and hazards of the venue before you row.
3. **Water temperature must be above 50°F (10°C) to row a single or a pair.**
4. Novice and Intermediate level rowers shall row only under the direct supervision of Advanced or Advanced Plus members.
5. For Rogers Point in Catoosa, OK: Novice rowers are not allowed to row singles on the main channel, the Verdigris River. Novice rowers may row singles in the cove area.
6. Consider using extra safety precautions such as wearing bright clothing and having a whistle or small inflatable vest with you in the boat.
7. Fishermen, kayakers, and paddleboarders are not used to seeing or navigating around rowing shells at alternative venues. Do not expect they will communicate with you or get out of your way. Non-rowers are not aware of the designated rowing traffic pattern; rowers are expected to navigate around other watercraft.
8. Recommend members watch videos and practice flipping a shell and remounting a shell.
9. Members should be extra cautious when rowing at Rogers Point as there is often unexpected debris, such as floating logs, which can cause rowers to flip.
10. **Do not row at Rogers Point after rainstorms. Logs and debris can damage boats.**
11. Traffic patterns at Shell Lake and Rogers Point are **starboard to shore**.
12. Confirm the traffic pattern and available times to row with the University of Tulsa Rowing Team coaches before rowing at Rogers Point.
13. When rowing at or before sunrise, confirm what color lights to use on stern and bow with the University of Tulsa Rowing Team coaches before rowing at Rogers Point. Do not row after sunset at Rogers Point.