



SANDY RUN ROWING FACILITY

RULES AND PROCEDURES

General Operating Rules and Procedures

The park is open to the public for the purpose of education, training, practice, and racing for competitive and recreational sculling and rowing. Only shells and other boats authorized by the Northern Virginia Regional Park Authority (NVRPA) may be launched from the docks or shoreline of Sandy Run. The park manager can be contacted at 703/690-4392 or sandyrun-fhd@erols.com.

1. Coaches and leaders must assume full responsibility for the safety and conduct of rowers and others under their supervision while on park property or the Occoquan Reservoir.
2. All persons using park storage and launch facilities must register with the park management and pay the appropriate fee.
3. Any activities outside of team practices and regattas must be scheduled in advance with the park manager. Such activities may include scrimmages, workdays, training camps, picnics, team recognition events and meetings.
4. Scholastic team members are only permitted in the park under the supervision of the team coach.
5. No boats may launch before first light at sunrise and all boats must be off the water by sunset. All persons and vehicles must vacate the park by dark, unless otherwise authorized by NVRPA park management.
6. No person shall launch a boat with a motor larger than 10 horsepower from Sandy Run Regional Park as required by Fairfax County Water Authority regulations.
7. NVRPA park management will determine when and where rowers are permitted on the water, based on current water and weather conditions.
8. All launch occupants must wear a U.S. Coast Guard approved personal flotation device. Any launch occupant who fails to wear an approved personal flotation device will be prohibited from entering the park for one week for the first violation. If there is a second violation, the person will not be allowed to enter Sandy Run for one year.
9. Swimming is prohibited in the Occoquan Reservoir as required by Fairfax County Water Authority regulations.
10. Fishing is prohibited from park property.
11. Littering is prohibited. All individuals, teams and organizations are responsible for cleaning up their group's area and disposing of litter and debris in appropriate receptacles on a daily basis.
12. The park speed limit is 15 miles per hour.
13. Excessive speed warning to coaches, parents and rowers:
 - a. First Violation: Rowers and coaches in a vehicle detected exceeding the posted speed limit will be recorded and will miss that day of practice
 - b. Second Violation: Rowers and coaches in a vehicle detected exceeding the posted speed limit will be recorded and will miss a week of practice and that week's regatta.
 - c. Third Violation: Rowers and coaches in a vehicle detected exceeding the posted speed limit will be recorded and will not be permitted to row at the Sandy Run Regional Park Rowing facility for the rest of the respective regatta season or camp.

14. Pets are not allowed in the park on regatta days. At other times, all pets must be on a leash.
15. Virginia State Law prohibits alcoholic beverages in the park.
16. Conduct that endangers the welfare of any person is prohibited.
17. The park entrance gate must remain closed before 2 p.m. and after dark on weekdays during the high school rowing season and at all times on weekends except during special events, activities and times approved by NVRPA park management.
18. The park is closed December and January, and reopens February, weather permitting. Access to the park when closed is by appointment only. Call Sandy Run at (703) 690-4392 or e-mail sandyrun-fhd@erols.com.
19. Misconduct of individuals may be considered action of the group and the group therefore subject to dismissal.
20. A complete list of *Park Authority Regulations* and *NVRPA Rules* is posted at the park office.
21. Front gate and building keys will be issued by the park management to authorized persons upon receipt of a key deposit fee. Keys may not be loaned or copied without the park management's consent.
22. The last person to leave the park is responsible for locking all buildings and the front gate.
23. All vehicles and trailers must park in designated parking areas. Vehicles are only permitted in the vicinity of the boathouses, docks and ramp to load or unload equipment or when supporting substantial maintenance during scheduled work days.
24. Only vehicles authorized by NVRPA park management are permitted on the access road to the judges' stand and the grandstand. Pedestrian and bicycle traffic are prohibited on the access road at all times.
25. Bicycles and motorized vehicles are prohibited on park trails.
26. Jogging is restricted to the confines of the park and only to trails and paved roads (except the access road).
27. All rowers under the age of sixteen must row escorted by an adult.
28. Equipment stored at Sandy Run is considered private property and may only be used with the expressed consent of the owner(s). Owners assume sole liability for any damage to or loss of their property.
29. Physical training equipment, such as weights, jump ropes, ergo meters, etc., shall only be used in designated training areas.
30. Gasoline shall be stored in the designated fuel room, in designated safety cabinets, and in vented containers approved and labeled for gasoline only. Engines shall be stored in the designated engine room only. Any flammable materials such as paints, stains, epoxies and fiberglass materials must be stored in a metal flame-resistant storage cabinet. All other storage areas are to be used as assigned by the park management.
31. Smoking is not permitted in or near boathouses or on the docks. Open flames are not permitted in the park.
32. Vandalism or theft must be reported to the park management immediately.
33. Boathouse aisles must remain clear of boats or other equipment, unless otherwise authorized by park management.
34. NVRPA park management shall coordinate appropriate police, fire and medical services to ensure adequate safety control and emergency response during park activities and regattas. Expenses associated with these services during regattas shall be the responsibility of the regatta sponsor.

Lightning Prediction System

A lightning prediction system has been installed at Sandy Run Regional Park for the protection of participants and visitors. The system has been calibrated to predict a lightning storm within 20 minutes of the Sandy Run area; it operates 7 days per week during daylight hours only. A horn and a flashing strobe light, installed on top of Boathouse #3 and at the grandstand area, provide audible and visual warnings of the storm's approach.

Procedures

When the storm is within 20 minutes of Sandy Run, the horn will sound one 15-second blast and the strobe light will flash. If this occurs, all park users must:

1. Clear the water. Rowers and launch operators must proceed as quickly as possible to the docks at Sandy Run, get out of the boats and clear the docks for other boats to return.
2. Clear all open spaces. People in the boathouse area should seek shelter in the buildings or in their vehicles. People at the grandstand area should seek shelter in the bathrooms or in dense woods. Avoid the water, elevated areas, areas under overhead wires and power lines, small shelters and isolated trees.
3. Do not move out of shelter until the ALL CLEAR is sounded which consists of three 5-second blasts of the horn and the strobe light stops flashing.
4. If the weather is threatening (you see lightning or hear thunder) and the warning horn does not sound, clear the water and seek proper shelter.

On-Water Operating Procedures

DIRECTIONAL PROCEDURES

1. Shells and launches must keep to the right shore at all times, except when the racecourse is in place:
 - a) On practice days **without** Solar Bees shells and launches may use lanes one and two (Prince William County side) to power stroke downstream, and lanes five and six (Fairfax County side) to power stroke upstream. Lanes three and four are closed to all traffic. Coaches may use the lanes outside the course, or may follow their crews.
CAUTION: Traffic going into and out of Sandy Run and the docking area creates a crossover pattern immediately downstream of Sandy Run.

On practice days **with** Solar Bees shells and launches may use lanes two and three (Prince William County side) to power stroke downstream, and lanes five and six (Fairfax County side) to power stroke upstream. Lane four is closed to all traffic. Coaches may use lane one, or may follow their crews.
CAUTION: Traffic going into and out of Sandy Run and the docking area creates a crossover pattern immediately downstream of Sandy Run.
 - b) On regatta days, the water traffic pattern will be determined by the Regatta Director
2. Shells or launches overtaking other boats must keep clear. The boat being overtaken has the right of way, but has the responsibility to maintain course and speed. The overtaking

boat shall keep the slower boat on its right, passing only on the left. Slower traffic must keep close to shore.

3. Coach launches passing shells in either direction should fall behind their own shells, or keep their own shells between the launch and the passing traffic. Launches should be careful not to wake passing shells. Use of the racecourse during practice is restricted to racing type pieces.
4. Stopping on the racecourse is prohibited when other crews are waiting to use the course.
5. Launches and shells must move well past the finish line of the racecourse when completing a practice race.
6. Shells and launches may not switch lanes on the racecourse during practice races.
7. Stopping or turning shells in areas where upstream or downstream visibility is less than 200 meters is prohibited.

SHELLS AND LAUNCHES

1. Every scholastic shell must be accompanied by a motor launch. No motor launch shall supervise more than three shells, and each of those shells shall be within one hundred meters of the launch at all times. The only exception is for shells headed to or from the racecourse during a regatta.
2. Coach launches shall be launched from the docks designated for chase boats only.
3. All motorboat drivers must keep their boat's wake to a minimum when passing other boats.
4. All motor boat operators must have three hundred and sixty degrees of visibility of the water at all times. Coach launches with only one passenger must weigh down the bow of boat so that vision is not impaired.
5. Operators must be familiar with their equipment and the On-Water Operating Procedures.
6. Shells must have bow balls at all times if designed for such bow balls.
7. All launches must have the organization's name, registration numbers, and current year decals on the bow or stern, and a maximum capacity rating displayed clearly on the inside of the transom. Boat capacities may not be exceeded.

SAFETY PROCEDURES

1. Coaches and leaders must assume full responsibility for the safety and conduct of rowers and others under their supervision, while on park property or the Occoquan Reservoir.
2. Coaches and leaders shall be prohibited from supervising shells launching from the Sandy Run facility until they receive training in operating and safety procedures. Sandy

Run coaches, and other leaders as may be designated by the park management, must attend a safety meeting providing such training at the beginning of each rowing season. Any exceptions must be approved by the park management.

3. Boats launching from Sandy Run Park are permitted to row during daylight hours only, and must dock by sunset.
4. Oars are not approved personal flotation devices for rowers. In the event of an accident, rowers and coxswains must stay with their shell and wait for a launch to rescue.
5. All launch occupants are required to wear PFDs. Launch drivers must use a “dead man’s switch.”
6. Coaches should know basic first aid, CPR, drowning resuscitation techniques, and the location of all available telephones near the water. Telephones are located at the Sandy Run Boathouse #1, bathhouse, and grandstand, and at Fountainhead Regional Park and Lake Ridge Marina. Coaches should carry a cellular phone that is operable within the park and on the water when accompanying rowers on the water.
7. Rowing is discouraged when air and/or water temperatures are below thirty-five degrees Fahrenheit, or when conditions exist that present a probable hazard to the personal safety of boaters.

When air temperature is below 40 degrees and/or water temperature below 50 degrees, launches must be within 35 meters of all shells, with no more than two shells per launch. Singles and double shells not accompanied by a launch must row in pairs.

Launches should carry the following minimum emergency supplies:

- Cable to secure engine to launch
- Six foot bow or stern line
- First aid kit
- PFD's for launch personnel
- Blanket for each rower and launch personnel (cold weather)
- Warning/signaling device
- Paddles
- Anchor
- Tool kit for emergency repairs
- Up to nine PFD's, or enough for each occupant of one shell, is required

8. Shells are recommended to have a whistle or horn aboard for emergency signaling.
9. The air and water temperature, weather conditions, and flow of water over the dam should be posted daily at the weather station. Coaches and rowers must check this information before launching.

Coaches and rowers must also notice the water safety signal flags and adhere to the warnings and restrictions. Flags will be flown at the discretion of the park management:

Yellow - High winds/rough

White - Air/water temperature below 35 degrees

Orange - Approaching storms

Blue - Obstruction on water (i.e., ice, logs)

Red - Launching prohibited

Purple - Water flowing over dam

No Flag - Coaches and rowers monitor conditions

In the absence of this information, coaches and rowers are required to monitor the safety conditions of current air and water temperature, wind velocity, weather forecasts, and obstructions on the water surface. At all times, coaches and rowers must adhere to rules and operating procedures for Sandy Run Regional Park.

10. Rowing within 1,000 meters of the dam or beyond the starting line of the 1,500 meter course is prohibited, except during NVRPA approved 2,000 meter races and practices.

Two thousand meter practices and races will be permitted when water is not flowing over dam, or only under the following conditions:

- a. A pre-regatta or pre-practice safety meeting must be held with coaches, coxswains, and rowers.
 - b. A temporary string of buoys must be placed near the 2,000 meter starting point.
 - c. Two safety boats are to be assigned to the starting area.
 - d. Boaters must comply with traffic patterns established for regatta days and practice days.
11. Shells and launches must return to Sandy Run docks at the first sound of thunder. If the storm is upon you, take the boats ashore and wait for the storm to pass.

LAUNCHING

1.
 - A. To Row Upstream: (toward Fountainhead Regional Park)
Stay to the right.
 - B. To Row Downstream: (toward the race course)
Pass the blue marker on the upstream side moving towards the Prince William County shore, and proceed downstream.
2. Shells shall be launched bow first on the dock.
3. The dock master shall determine the launching and recovery sides of the dock. In the dock master's absence, coaches or coxswains will determine launch and recovery according to prevailing winds. Shells shall launch from the lee side of the dock, and recover from the weather side. If there are no prevailing winds, launch on the Sandy Run side and recover on the reservoir side.

4. Outside oar racks are to be used during launching and recovering only.
5. Launching order is directed by the dock master. In the dock master's absence, launch as soon as a space is available, and at the farthest end of the dock.
6. Once the shells are in the water, immediately obtain oars, and vacate the launch area as quickly as possible.
7. Minor and emergency adjustments or repairs shall be made on the water, clear of the launch area. Extensive adjustments or repairs shall be done on slings away from the launch area.
8. Spectators or loiterers may be prohibited by the dock master from the docks during launches and recoveries, and during regattas.
9. No gear, including shoes, may be left on the docks.
10. No racing or high stroking of shells is permitted in the launch area.

RECOVERY

1. Upon returning to the Sandy Run docks:
 - A. When moving downstream: (toward the racecourse)
Shells and launches must move past the blue marker before turning into the dock area.
 - B. When moving upstream: (toward Fountainhead Regional Park)
Stay to the right.
2. Upon returning to the dock, the dock master will direct returning shells to appropriate docking points. In the event that there is no dock master, the rowers shall approach from the weather side as far toward the land end of the dock as possible.
3. Recovery and clearing of the dock area must be done as quickly as possible.
4. Shells are stored in the boathouse stern first, unless rigging dictates bow first storage.
5. All shells must be stored in the racks assigned by the park management.
6. Cleaning and repairs must take place away from the launch areas and boathouse entrances.
7. All shells must be cleaned of excess water and filth before entering the boathouse.
8. Oars must be replaced in assigned oar racks.

CANCELLATION AND SUSPENSION OF REGATTAS

1. The park management, after consultation with the regatta director and chief referee, will determine if a regatta should be canceled or suspended. Resumption of the regatta requires the approval of park management, regatta director and chief referee.
2. Considerations for canceling include:
 - Weather conditions
 - Racecourse course and reservoir conditions
 - Projected weather forecast
 - Projected conditions of the racecourse and reservoir
 - Travel conditions

Violation of the Sandy Run Regional Park rules, regulations, and operating procedures will subject the violator to ejection from the park, fine, or restriction from the use of park facilities.