



COLD WEATHER ROWING POLICY

Organization of Adirondack Rowers and Scullers, Inc. d/b/a
Albany Rowing Center

Policy and Purpose:

It is the policy of Albany Rowing Center (ARC) that all rowing related activities, both on water and on land, be conducted with safety as the number one priority. All coaches, rowers and volunteers are expected to follow all ARC defined safety policies. The purpose of this Cold Weather Rowing Policy is to define the conditions under which on-water training is allowed during periods of cold weather.

Guidelines:

The following guidelines are based upon the recommendations of the [US Rowing Association \(USRA\)](#) and [Row2K](#).

<https://www.row2k.com/features/5649/winter-rowing-safety-the-fouroar-and-90degree-rules/>

Prior to launching any boats for practice or competition, the assigned coach or coaches must take these guidelines into consideration.

1. Up to date water temperatures in Albany can be found here:
<https://waterdata.usgs.gov/usa/nwis/uv?01359139> The minimum water temperature must be 39 degrees Fahrenheit (F) or above. <https://www.albanyrowingcenter.org/info.php#river> for current temperature and other weather conditions, e.g. wind.
2. Doubles, quads, fours and eights are permissible when water temps are 50 degrees or below. Singles and pairs may go on water once water temps are above 50 degrees and the combination of air and water temperature is a minimum of 90 degrees F.
3. Doubles must be within at least 100 yards of a safety launch when air temperature is below 40 degrees F and/or water temperature is below 50 degrees F.

Responsibility:

It is the responsibility of the coach to review the air and water temperature prior to launching and make appropriate shell assignments. No singles or pairs when water temps are below 50 degrees and combined water and air temp are 90 or below. Four or more oars when water temps are below 50 degrees.

Revised 15 August 2024

Pre-Launch Check (Coach Required):

Review current conditions:

- Water temp: [USGS Albany](#)
- Full weather: [Albany Rowing Center](#)

Boat Rules:

1. **Water $\geq 39^{\circ}\text{F}$:** Minimum to launch any boat.
2. **Water $\leq 50^{\circ}\text{F}$:** Only doubles, quads, fours, eights allowed.
Water $> 50^{\circ}\text{F}$ + Air+Water $\geq 90^{\circ}\text{F}$: Singles & pairs permitted.
3. **Air $< 40^{\circ}\text{F}$ and/or Water $< 50^{\circ}\text{F}$:** Doubles must stay within 100 yards of safety launch.

Coach Responsibility:

- Check air + water temps before launch.
- **No singles/pairs** if water $< 50^{\circ}\text{F}$ or air+water $< 90^{\circ}\text{F}$.
- **Four+ oars only** when water $\leq 50^{\circ}\text{F}$.