



# Shasta Rowing Association



## Shasta Rowing Association Policies

Updated 2025/11/03

Below are the current, on the water policies for SRA in no particular order.

- Rowers may not be on the water between evening civil twilight and morning civil twilight. The easier determination, rather than looking up astronomical charts, is rowers may not be on the water when it is too dark to distinguish between colors.
- Rowers may not practice when the air quality averages above 100 parts/million between the two air quality sensors at Whiskeytown, or when one sensor reads over 150 parts/million. The air quality sensors can be found here: <https://map.purpleair.com/air-quality-standards-us-epa-aqi?opt=%2F1%2F1p%2Fa10%2Fp604800%2Fc0#12.44/40.62478/-122.5316>
- Rowers may not be out on the lake, or not under cover, during a thunder storm following NOAA's 30-30 rule. If the thunder arrives within 30 seconds of the lightning flash (7 miles away) or within 30 minutes of the last lightning strike.
- If the air temperature is below 40 degrees, rowers must be either in a 4 person boat or bigger, have pontons on their boat, or be in a Maas. Rowing life jackets (without straps or pockets on the front) are recommended.
- Rowers are not allowed out on the lake if the temperature is below 34 degrees. Rowing in the snow is excepted, as long as the below 40 degree rule is followed and all rowers have life jackets on.
- Rowers are advised to check the wind and row with the capabilities of themselves and their boat. Usually, 5mph is too windy for racing singles, 8mph is too windy for doubles, and 10mph or whitecaps is too windy for any boat to be on the water.
- Light rain is not a concern, however steady rain when the air temperature is below 50 degrees might cancel practice.
- Except during summer, it is not recommended to wear cotton as it will continue to decrease your core temperature when wet. Wear either wool or technical material that will continue to be warm, even when wet.
- All rowers must demonstrate getting into, or onto, the boat successfully before being allowed out on the water without a safety launch. All rowers must pass an annual flip test.