

Sandy Run and Bull Run Marina Regional Parks



2025 Management and Operations Plan

Table of Contents

INTRODUCTION.....	3
COMPLIANCE WITH LAW.....	3
USER GROUP AND COMMUNITY INVOLVEMENT.....	3
GROUP ACTIVITIES.....	4
ACKNOWLEDGMENT OF REQUIREMENTS FOR PARTICIPATION IN SCHOLASTIC ROWING.....	4
HOURS OF OPERATION.....	4
PARK ENTRANCE.....	5
FEES AND CHARGES.....	5
INSURANCE AND INDEMNIFICATION.....	5
COLLECTION OF LITTER.....	6
TRAFFIC AND TRANSPORTATION.....	6
PARKING.....	7
REGATTAS.....	7
SCRIMMAGES.....	8
ROWING CAMPS AND PROGRAMS.....	8
BOAT STORAGE.....	8
TRAILER STORAGE.....	9
STORAGE GUIDELINES.....	10
BOAT MOTORS.....	11
RACECOURSE.....	11
GRANDSTAND AND FINISH LINE.....	11
CHANGES TO THE OPERATING PROCEDURES.....	11
SUMMARY OF PARK RULES.....	13
VIOLATION OF PARK RULES.....	16
ON-WATER PROCEDURES.....	16
Safety Procedures:.....	16
Launching:.....	18
Directional Procedures:.....	18
Recovery:.....	19
CONTACT INFORMATION.....	20
MAPS.....	21

INTRODUCTION

Sandy Run Regional Park was developed by NOVA Parks in response to public demand for greater and safer rowing opportunities. The popularity of competitive and recreational rowing in Northern Virginia has continued to expand since the concept of rowing on the Occoquan Reservoir was first considered in the late 1960s. Today, after years of planning and development, the park is recognized as a premier rowing facility and a unique recreational asset for the citizens of Northern Virginia.

Sandy Run and Bull Run Marina Regional Parks provide for rowing, sculling and related activities, including competitive events, and primarily serve local high school and college scholastic rowing programs. While the parks cannot begin to accommodate all scholastic rowing programs in the region, they are a heavily used resource for thousands of rowers.

The ever-growing attraction of the parks combined with limited capacity for boat storage, parking, and racing lanes produces significant management challenges. The *Sandy Run and Bull Run Marina Regional Parks Management and Operations Plan*, with appendices, is a guideline for addressing these challenges and limiting the impact of park visitors on the facility, environment, and surrounding community.

COMPLIANCE WITH LAW

NOVA Parks requires full compliance with all federal, state, and local laws and all regulations and orders of NOVA Parks affecting events and activities at Sandy Run and Bull Run Marina Regional Parks.

Accordingly, no one may be excluded from participating in, nor denied the benefits of those activities and opportunities afforded by the park, or otherwise be subjected to discrimination because of a race, color, religion, national origin, sex, pregnancy, childbirth or related medical conditions, age, marital status, or disability. All programs and facilities at the park will provide reasonable accommodation for persons with disabilities, in strict accordance with the Americans with Disabilities Act.

USER GROUP AND COMMUNITY INVOLVEMENT

Citizen involvement from both user groups and the surrounding community is vital to the operation and success of Sandy Run and Bull Run Marina Regional Parks. User groups are defined herein as organizations, schools, teams, clubs, camps, or programs conducting activities on park property. NOVA Parks will invite the surrounding community and each of the primary user groups to appoint a liaison to the park for the purpose of providing input at the time of annual review or upon special invitation.

In order to keep the community aware of activities at the park, NOVA Parks will forward a copy of the regatta schedule on or about February 1 of each year, to each resident of the Seven Hills Estates and Hampton Woods III neighborhoods.

GROUP ACTIVITIES

Permits, Memoranda of Understanding (MOUs), and Acknowledgements are intended to ensure compliance with the *Sandy Run and Bull Run Marina Regional Parks Management and Operations Plan* and to clearly identify responsibility for group member actions and safety. Permits, MOUs, or Acknowledgements are required by NOVA Parks for any and all groups using Sandy Run and Bull Run Marina Regional Parks for rowing or rowing-related activities, with the exception of schools, teams or clubs participating in, but not hosting, regattas or other authorized events. Activities that are deemed by NOVA Parks as fund raising or profit generating, such as camps, regattas, special events, or retail sales, may require a special use permit that addresses additional user fees and conditions.

Scholastic and collegiate rowing clubs, teams, or other organizations that do not have rack space on site and wish to utilize Sandy Run Regional Park for training purposes must submit a *Team Rowing Application*. If the application is accepted, the applicant will be given permission to temporarily store their shells and/or trailer on site for a fee. Training must comply with NOVA Parks' rules as well as Virginia Scholastic Rowing Association and the Virginia High School League rules regarding out of season practice, if applicable.

ACKNOWLEDGMENT OF REQUIREMENTS FOR PARTICIPATION IN SCHOLASTIC ROWING

Coaches and leaders of scholastic rowing teams or clubs assume responsibility for the safety and conduct of participants under their supervision on park property and on the Occoquan Reservoir. They are required to be fully aware of the policies and procedures identified in the *Sandy Run and Bull Run Marina Regional Parks Management and Operations Plan* and appendices. High school and college administrators, booster club presidents, and coaches must formally agree to comply with the policies and procedures before the team or club is permitted to use the rowing facilities, including storage areas, parking lots, grounds, or docks.

HOURS OF OPERATION

Sandy Run and Bull Run Marina Regional Parks are open from February 1st until November 30th each year (weather permitting) for activities related to rowing, sculling, sprint kayak, and sprint canoe. The daily hours of operation are from one-half hour before sunrise to one-half hour after sunset for persons or groups who have been issued a gate key. **Boats are not allowed on the water before sunrise and must be off the water by sunset.** Persons or groups who have a legitimate need to be in the park at times other than the hours of operation must first obtain permission from the Park Manager.

From February 1st through March 31st of each year, adult rowers may take out 2x, 4x, 4, 8x, or 8's in pairs. No singles may be taken out during this period unless accompanied by a launch; even in unseasonably warm weather. Collegiate and scholastic rowers must follow the guidelines in the *Sandy Run and Bull Run Marina Regional Parks Management and Operations Plan*, provided to each team every year.

PARK ENTRANCE

Parking is prohibited outside the yellow gates in the vicinity of the park entrance, as well as in front of or on private property.

Sandy Run Regional Park:

The park entrance gate will be unlocked and open for scholastic practices Mondays through Fridays from 2pm-sunset and Saturdays from 8am-12pm. As a general guideline, if the gate is closed and locked upon your arrival, please close and lock it behind you unless it is during a time designated above. Gate and boathouse keys are available to rack space renters, coaches, and other authorized users upon completion of a Gate Key Application and payment of fees. Gate Key Applications are available from the Park Manager.

Bull Run Marina Regional Park:

The entrance gate must remain closed and locked at all times. During practices or special events, a representative from the team or club must stay at the gate to let their participants into the park. The gate may not be left open and unattended as it is common for unauthorized users to enter the open gate and subsequently become locked in the park. When park staff must drive to Bull Run Marina and let out locked in vehicles, it is a drain on staff time and resources.

FEES AND CHARGES

It is the policy of NOVA Parks to collect fees and assess charges to defray operational expenses of the park. Boat storage, daily user and regatta fees are adjusted annually by the NOVA Parks Board and reflect rates of similar operations in the area. Other fees and charges may apply in certain situations and are at the discretion of the park manager. These include, but are not limited to:

- Permit fees for sale of food, beverage or souvenirs
- Parking fees during regattas
- Charges for employment of police, additional park personnel or rescue squads
- Charges for damages incurred to park property
- Charges for rental of park equipment during regattas, such as radios, tents, temporary toilets, etc.

INSURANCE AND INDEMNIFICATION

All organizations and individuals using the Facility will indemnify, protect and hold harmless NOVA Parks from all claims, demands, actions, causes of action, injury to persons and liability of every kind and nature for their respective activities at and use of the Facility, unless attributable solely to the negligence or willful misconduct of NOVA Parks, its employees, contractors or representatives to the extent allowable by law.

Without limiting its liability, sponsors of regattas, camps, programs, or other activities shall secure and maintain a minimum of \$2 million in general liability insurance covering on-water and on-land activities and product liability insurance, naming NOVA Parks as additional insured. Self-insured state agencies do need to meet this requirement. NOVA Parks shall be provided with certificates of insurance verifying coverage on an annual basis prior to any activity occurring on park property.

NOVA Parks shall insure its buildings and other property at the Facility as it deems necessary and appropriate but assumes no responsibility for the care and safety of private property stored or used at the Facility, belonging to teams, clubs, individuals, regatta sponsors and participants, or others.

COLLECTION OF LITTER

NOVA Parks recognizes an obligation to the community to patrol park property, parking lots, adjacent roads, and other event areas for litter or debris generated by regattas or other rowing activities. Such patrolling will occur within 24 hours following a large event, and the park proper will be patrolled daily for ground trash. All individuals, teams and organizations are responsible for cleaning up their group's area and disposing of litter and debris in appropriate receptacles daily.

Resident teams must keep boathouse and storage areas neat and orderly. Old, outdated, or unused equipment and items should not be stored in boathouses. Periodically, Sandy Run Regional Park will provide additional dumpsters for teams to conveniently dispose of larger items.

TRAFFIC AND TRANSPORTATION

Vehicular traffic within the park, and on roads leading to the park, is a serious concern in respect to the safety of both visitors and community residents. NOVA Parks supports efforts to curtail the amount and speed of traffic on Van Thompson Road and will continue to pursue measures that will resolve traffic and transportation problems related to park activities. These measures will include:

- Request the Fairfax County Police Department to increase surveillance of Van Thompson Road and to periodically provide radar enforcement of the speed limit.
- Continue to encourage user groups to establish car-pooling and busing for teams and shuttle busing for regatta spectators.

- Work cooperatively with user groups to restrict the size of regattas or limit the number of spectator vehicles.
- Require regatta sponsors to hire local law enforcement to provide traffic control at critical road intersections during large events or times of high visitation.
- Require regatta sponsors to provide road monitors on Van Thompson Road during large events to minimize traffic congestion and damage to private property.
- Provide residents with identification passes that will expedite travel to their homes during regattas.

PARKING

NOVA Parks will not permit general daily use at Sandy Run and Bull Run Marina Regional Parks to exceed the parks capacity for parking vehicles and equipment. While adequate parking is available within park boundaries for daily use and practices, parking lots within the park cannot always accommodate the volume of spectators who visit during weekend regattas. NOVA Parks offers a satellite parking area for larger events at Sandy Run and requires regatta sponsors to arrange additional off-site parking when anticipated spectator crowds would exceed the capacity of the on-site lots. A complete description of satellite parking is provided in the *Regatta Guidelines and Permit Application*.

REGATTAS

Regattas present the heaviest impact to park property, community roads, and other resources. Challenges related to regattas usually involve parking and shuttling of large numbers of spectators. To mitigate the strain on the park and surrounding communities, regattas are limited to a maximum of 2,000 individual competitors (rowers and coxswains) per day. If regattas allow double (or more) rowing by an individual, the regatta is limited to 1,750 individual competitors with a maximum of 2,400 total entries or competitors (rowers and coxswains).

The length of the scholastic rowing season currently restricts the number of scholastic regattas that may be conducted at Sandy Run Regional Park. Approximately ten scholastic regattas and five collegiate regattas are conducted in the spring season (March-May). Three open regattas are conducted in the fall season (October-November). No regattas are held in the winter season (December-February). Even with a limited number of weekends available for regattas the requests to host regattas continues to increase.

Requirements for the conduct of regattas are detailed in the *Regatta Guidelines and Permit Application*.

Most regattas involve rowers from the Northern Virginia region or those who are invited to compete with Northern Virginia teams. From time to time, NOVA Parks may permit events that

involve regatta sponsors and groups from outside NOVA Parks' jurisdictions. Such events will be considered on an individual basis.

SCRIMMAGES

Scrimmages between two or three organized teams are permitted under the following conditions:

- All scrimmages must be held in accordance with VASRA Rules.
- All scrimmages must be organized by a team currently housed at Sandy Run Regional Park, Bull Run Marina Regional Park, or by a team located within a NOVA Parks member jurisdiction (Cities of Alexandria, Fairfax and Falls Church and Counties of Arlington, Fairfax and Loudoun).
- All scrimmages must be scheduled at least two weeks in advance with the Park Manager and VASRA if the racecourse will be used during the scrimmage.
- Only one scrimmage will be permitted per day.
- Scrimmages cannot interfere with regular scholastic or collegiate practice times.
- In the event scrimmages are conducted as fund raising activities, they are subject to special permit restrictions and fees. (See "Group Activities" above)

ROWING CAMPS AND PROGRAMS

Camps for the purpose of teaching rowing and sculling are held during the summer and fall at Sandy Run Regional Park. NOVA Parks does not create, run, or manage these events. These programs require written permission by NOVA Parks and must comply with the Virginia Scholastic Rowing Association rules regarding out-of-season practice (when applicable). Camps and programs must be scheduled at least sixty days in advance with the Park Manager. Requirements for the conduct of camps are detailed in the *Rowing Camp Guidelines and Permit Application*.

All camps and programs must comply with the *Sandy Run and Bull Run Marina Regional Park Operating Procedures* (including appendices).

BOAT STORAGE

Boat storage in boathouses and on designated outside racks is at capacity. It is the intention of NOVA Parks to provide storage space to boats that are rowed on a regular and continual basis. Individual rack space renters at Sandy Run Regional Park are required to row their boat a minimum of twenty times per year (February 1 through November 30) in order to meet requirements for renting of rack space by an individual rower. These individuals must notify the park of the dates when he/she rowed by filling out a logbook located near the entrance to each boathouse.

When boathouse rack space is vacated by a school or club, it shall be a priority to fill the space with boats from a school or club program based within a NOVA Parks supporting jurisdiction. Consideration should be given to allocating the space to a scholastic rowing program new to Sandy Run Regional Park. In the event a new program is not selected by NOVA Parks, the rack space will be offered for rent to a current team at Sandy Run Regional Park with the fewest number of racks. Should that group decline, the rack will be offered to the team with the next smallest number of boats, then existing high school programs at Sandy Run, then collegiate teams or clubs at Sandy Run, then community non-profit clubs at Sandy Run, and finally individual rowers.

At the Facility, boats may be stored only in spaces designated by NOVA Parks. If more than one boat is stored in a rack the organization renting the rack will pay rack storage fee for the equivalent number of seats (rounded up). For example, a single and pair would be charged as a four, a four and pair would be charged as an eight.

If a shell is not actively used for more than one (1) year the NOVA Parks will end the rental agreement for that rack space and allocate the space to another team.

Boat storage for scholastic/collegiate rowing clubs and teams is only available to those clubs and teams that practice at Sandy Run Regional Park during their respective rowing season. A club or team is required to practice a minimum of four days a week, on the water and/or on land depending on weather and water conditions. A club or team that does not continuously utilize the facility will be asked to permanently vacate all of their boat storage spaces. Spaces that become available will be offered in accordance with the guidelines above.

Temporary outside racks are located near the launch area for the purpose of supporting camps and programs run by organizations that do not have boat storage at Sandy Run Regional Park. Use of the temporary storage racks is by permit only and associated fees will be charged for the duration of use. For use of temporary racks please contact the Park Manager.

Individual renters of boat storage space must pay a fee to receive a key to the entrance gate and boathouse and fill out the *Boat Storage Agreement* and the *Gate Key Agreement*.

TRAILER STORAGE

Empty boat trailers belonging to teams or organizations that rent boat storage space at Sandy Run or Bull Run Marina Regional Parks may be stored at the facility at the discretion of the Park Manager, provided that:

- The trailer owner must waive in writing all claims against NOVA Parks and its agents and employees for damage to and loss of the trailer including but not limited to damage or loss by theft, pilferage, fire, flood, vandalism or acts of God.
- The trailer owner must agree in writing that NOVA Parks, in the event of non-compliance with storage policies, has the right to relocate the trailer, that the trailer owner

will pay all expenses for such relocation, and that the trailer owner will assume all liability for the trailer while it is moved and stored at another location.

- The trailer has valid, unexpired DMV tags.
- Trailers may not be kept in the park on regatta days and must be removed at least 24 hours in advance of the regatta in order to provide parking space for trailers, buses and vans from incoming teams.
- Trailers must be removed within a 48-hour notification by the Park Manager.
- Boat trailers from organizations or teams without boat storage space at Sandy Run may be stored in the gravel trailer lot in the off season with written permission from the Park Manager. Fees will be assessed for temporary trailer storage.
- Resident teams at Bull Run Marina may store their trailers in the parking area next to the boathouse. Trailers must not be stored in the parking lots at Bull Run Marina.

STORAGE GUIDELINES

1. Allocation and use of storage spaces is subject to review and modification by park management at any time.
2. Owners assume sole liability for any damage or loss of stored property.
3. Personal, team, or organization equipment is considered private property and may only be used with the expressed consent of the owner.
4. Physical training equipment (such as weights, jump ropes, ergo meters, etc.) may only be used in designated training areas.
5. Gasoline shall be stored in the designated fuel storage areas. All containers must be approved and labeled for gasoline only.
6. Any flammable materials such as paints, stains, and epoxies must be stored in locking metal flame-resistant storage cabinets.
7. Any physical modification or addition to storage areas, oar racks, or boat racks in the boathouses or other adjoining facilities is not allowed without prior approval from the Park Manager.
8. Teams and organizations are responsible for cleaning up their group's area on a **daily basis**.
9. Teams and organizations will keep the boathouses and storage areas neat and orderly, and remove or dispose of equipment or materials not being used on a regular basis.
10. Equipment shall not be stored in any way which impedes access to boathouse aisles, doors, or emergency exits.
11. Shell cleaning and repairs must not block traffic to and from the launch areas and the boathouse entrances.
12. All shells must be cleaned of excess water before returning to the boathouse.

13. All shells and oars must be stored in assigned racks only.
14. Shells should be stored in the boathouse stern first unless rigging dictates bow first storage.
15. Park Management may secure improperly stored items. Owners must contact the Park Manager to reclaim equipment stored by Park Management and its representatives.
16. Sub-leasing, trading, sharing, or loaning of any and all rack space or storage areas must be approved in writing by the Park Manager.

BOAT MOTORS

No boats with a motor larger than 10 horsepower may be launched from Sandy Run or Bull Run Marina Regional Parks in accordance with Fairfax County Water Authority regulations and Virginia Law. The Environmental Protection Agency (EPA) prohibited the production of 2-cycle boat motors after 2006. To comply with the spirit of the EPA regulations and to improve the environmental quality of the Occoquan Reservoir, 2-cycle boat motors are not permitted at Sandy Run and Bull Run Marina Regional Parks and only 4-cycle motors by have been permitted since 2006.

RACECOURSE

The racecourse at Sandy Run Regional Park is a straight 1500 and 2000-meter course with six racing lanes. The course is designed, constructed, and maintained by the Virginia Scholastic Rowing Association. Use of the course is subject to permission from the Virginia Scholastic Rowing Association and must be in accordance with guidelines and requirements stated in the *Sandy Run and Bull Run Marina Regional Parks Management and Operations Plan*. Other temporary courses may be established for individual events.

GRANDSTAND AND FINISH LINE

Because of steep grades and narrow width of the pavement, the paved access road to the grandstand and finish line is restricted. Only vendors, event officials, public shuttles and other vehicles expressly approved by the park manager are allowed to use the road and the limited parking at the grandstand.

In the interest of public safety, event participants and spectators are not permitted to walk on the paved access road to the finish line. NOVA Parks maintains a pedestrian trail from the parking lot to the judges' stand at the finish line.

CHANGES TO THE OPERATING PROCEDURES

The *Sandy Run and Bull Run Marina Regional Parks Management and Operations Plan* is subject to review as park conditions and needs change with time and use. NOVA Parks will continue to review and amend the plan as needed to better serve public and community interests.

SUMMARY OF PARK RULES

1. Rules and procedures relating to conducting rowing activities at the park serve as a minimum guideline for safety and responsible use by all.
2. Coaches and leaders must assume full responsibility for the safety and conduct of rowers and others under their supervision while on NOVA Parks' property or the Occoquan Reservoir.
3. Individual adult rowers are fully responsible for personal safety and conduct; and must abide by all safety rules and conditions set by NOVA Parks and Sandy Run Regional Park.
4. Conduct that endangers the safety of any person is prohibited.
5. All persons using park property, facilities, boathouses, and outside rack space must register with the park management and pay the appropriate fees.
6. Any group activities other than team practices must be scheduled in advance with the park manager. Such activities may include regattas, scrimmages, workdays, training camps, picnics, team recognition events, and meetings.
7. Crews and rowers shall monitor the weather and only row when it is safe to do so. All individuals should return to the docks at the first sign of lightening or thunder.
 - At Sandy Run Regional Park the lightening alert system is installed on top of Boathouse #3. The system consists of a horn and flashing strobe light.
 - When lightening is detected, the system will sound one 15 second blast on the horn and the strobe light will flash. When an alert has sounded, rowers should:
 - CLEAR THE WATER. Proceed as quickly as possible to land, get out of boats and clear the docks.
 - CLEAR ALL OPEN SPACES. Seek shelter in buildings or vehicles. Avoid the water, elevated areas, overhanging wires or power lines, small shelters and isolated trees.
 - WAIT FOR ALL CLEAR SIGNAL. Do not move from sheltered area until horn has sounded three 5-second blasts and the strobe light stops flashing
 - If you see lightening or hear thunder, and the alert system does not sound, assume that there is the potential for unsafe weather and return to shore.
8. Scholastic team members are only permitted in the park under the supervision of their team's coach.

9. No boats may launch before 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 park management. Please check sunrise and sunset times and plan accordingly.
10. No person shall launch a boat with a motor larger than 10 horsepower from Sandy Run or Bull Run Marina Regional Parks per Fairfax County Water Authority and Virginia Department of Wildlife Resources regulations.
11. All boats with motors at Sandy Run Regional Park must be properly registered in accordance with Virginia Department of Wildlife Resources Boating Regulations, or their home state if travelling to Sandy Run or Bull Run Marina Regional Parks. Boats not displaying current and valid registration decals and numbers must be removed from Sandy Run or Bull Run Marina Regional Parks.
12. Swimming is prohibited in the Occoquan Reservoir per Fairfax County Water Authority regulations.
13. Fishing is prohibited at Sandy Run Regional Park.
14. Launching of kayaks, canoes, and standup paddleboards without prior written permission from the Park Manager is prohibited at Sandy Run Regional Park.
15. 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. Items left overnight may be considered litter and disposed of at NOVA Park's discretion.
16. The park speed limit is 15 miles per hour – this includes Loivale Pl. and the Loivale parking lot.
17. Pets are not allowed in the park on regatta days. At other times, all pets must be on a leash and cleaned up after in accordance with Fairfax County leash law.
18. Virginia Law prohibits alcoholic beverages in the park.
19. The park entrance gate must remain closed and locked at all times except from 2pm-sunset Mondays through Fridays and 8am-12pm on Saturdays during scholastic practice season. Opening the gate for special events, activities, and other times must be approved by park management.
20. Sandy Run and Bull Run Marina Regional Parks are closed December and January for rowing and rowing related activities. The parks reopen for rowing and rowing related activities in February, weather permitting. Access to the parks when closed is by appointment only.
21. Front gate and building keys will be issued by the park management to authorized persons upon receipt of a Gate Key Application and appropriate fees. Keys may not be loaned or copied.

22. Misconduct of individuals (this includes team members, trainers, coaches, parents, volunteers, fans, and other team associated persons) may be considered an action of their group and their group could be subject to dismissal or other action.
23. The last person to leave Sandy Run Regional Park is responsible for locking all buildings and both gates.
24. All vehicles and trailers must park in designated parking lots. Vehicles are only permitted near the boathouses, docks, and ramp to load or unload equipment, or when supporting substantial maintenance during scheduled workdays.
25. Only vehicles authorized by park management are permitted on the access road to the judges' stand and the grandstand at Sandy Run Regional Park. Pedestrian and bicycle traffic are prohibited on the access road at all times.
26. Bicycles and motorized vehicles prohibited on park trails at Sandy Run Regional Park. Motorized vehicles are prohibited on the trails at Bull Run Marina Regional Park, and bicycles are prohibited on the trails past the marina in the direction of Hemlock Overlook Regional Park. Bicycles are permitted on the trails from the marina in the direction of Fountainhead Regional Park.
27. Jogging is restricted to within the park boundaries and only on trails and paved roads.
28. All rowers under the age of sixteen must row accompanied by an adult.
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 storage area, 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. Storing linseed oil at Sandy Run Regional Park and Bull Run Marina is prohibited.
31. Smoking is not permitted in or near boathouses or on the docks.
32. Open flames are not permitted in the parks. This includes Sterno-type fuel, grills, and/or open flame warmers.
33. Generator use is prohibited at Sandy Run and Bull Run Marina Regional Parks.
34. Vandalism or theft must be reported to the park management immediately.
35. Boathouse aisles must remain clear of boats or other equipment, unless otherwise authorized by park management.
36. Rowing shells must be stored in assigned rack space. Storing shells in

temporary racks, slings, in boathouse aisles or on the ground is prohibited.

37. 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.
38. Coach launches shall be launched only from the docks dedicated for such boats.
39. All launch occupants must wear a PFD and be familiar with operation of their equipment.
40. All motorboat drivers must keep their boat's wake to a minimum when passing other boats.
41. All launch drivers who are residents of Virginia should have a Certificate of Completion for a Virginia Safe Boating Course. Launch drivers from other states should have a Safe Boating Certificate of Completion from their state of residency.
42. Shells must have bow balls at all times if designed for such bow balls.
43. All shells must have the team/organization name clearly visible on the port and starboard sides.
44. Boat capacities must not be exceeded.

VIOLATION OF PARK RULES

1. First Violation: Violators will leave the park and not be allowed back in the park for 24 hours.
2. Second Violation: Violators will be banned from the park for seven days.
3. Third Violation: Violators will be banned from the park for one year.

ON-WATER PROCEDURES

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 other team leaders, as may be designated by park management, must attend a safety meeting at the beginning of each rowing season.
3. 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.

4. Individuals operating launches or other boats under 26 ft. are required to use and wear an engine kill switch.
5. Do not row in fog unless your visibility to shore is at least 100 yards. If fog sets in while on the water, proceed slowly toward the docks, and use a sound making device to advise other boats of your location as you proceed back to shore.
6. Coaches must be certified in basic first aid, CPR, and AED. The AED is located on the Weather Kiosk located near Boathouse 1 and across from Regatta HQ. Telephones are located at the Sandy Run Regional Park office, Fountainhead Regional Park marina building, and Lake Ridge Marina. Coaches should carry a cell phone when accompanying rowers on the water.
7. Rowing is discouraged when air temperature is below 40 degrees and/or water temperature is below 50 degrees, or when conditions exist such as high winds or storms that would present a probable hazard to the personal safety of boaters.
8. When air temperature is below 40 degrees and/or water temperature below 50 degrees, scholastic, collegiate, and club launches must be within 35 meters of the shells they are supervising, with no more than two shells per launch. Adult clubs and individuals not accompanied by a launch must row in pairs and be within 35 meters of one another. In February and March rowing in singles is prohibited unless accompanied by a launch.
9. Launches should carry emergency equipment and supplies that meet Virginia Department of Wildlife Resources, US Coast Guard, and US Rowing regulations and requirements.
10. Shells should have a whistle or horn aboard for emergency signaling.
11. Coaches and rowers must follow the water safety signal flags and adhere to warnings and restrictions. Flags will be flown at the discretion of the park management:
 - a. Red: Launching prohibited
 - b. Orange: Storms are approaching or forecast
 - c. Yellow: High winds and/or rough water
 - d. Blue: Obstructions on water such as ice or logs
 - e. Purple: Water flowing over the dam
 - f. White: Air temperature is below 40 degrees and/or water temperature is below 50 degrees
 - g. No flag: Coaches and rowers monitor conditions
12. Noting the few exceptions below, teams and clubs shall not row past the power lines. NOVA Parks may permit 2,000 meter practices and races under the following conditions:
 - A pre-regatta or pre-practice safety meeting must be held with coaches, coxswains, and rowers.
 - The Fairfax Water Authority safety buoys are in place and are in no way damaged or compromised.
 - Two safety boats are assigned to the starting area during regattas.

- For 2,000 meter practices, coaches can coach no more than two shells. Coaches stopping to give instructions to the coxswains and rowers or queuing before returning to the racecourse must use Hooes Run. Crews shall not loiter outside the buoyed dam area.
 - Boaters must know and comply with traffic patterns established for regatta and practice days.
 - 2,000 meter practices and races will be permitted for varsity or championship boats only when less than one foot of water is flowing over dam. The 2,000 meter course may be prohibited when winds are blowing towards the dam, winds are over 10 MPH, or the Fairfax Water Authority safety buoys are not in place, damaged, or compromised.
 - Under no circumstances will crews approach within 500 meters of the dam. Any launches witnessing a crew within 500 meters of the dam should recognize that the crew is in danger and respond. Typically, the safest and fastest way to bring a crew to safety is to have them immediately row away or pass a line and pull slowly away from the dam.
13. All rowers should have a physical and pass a swim test.

Launching:

1. To row upstream towards Fountainhead Regional Park, stay to the right after launching.
2. To row downstream towards the racecourse, after launching pass the orange marker on the upstream side moving towards the Prince William County shoreline, then proceed downstream.
3. Shells shall be launched bow first on the dock.
4. 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.
5. Outside oar racks are to be used during launching and recovering only. Oar racks must be used during launching and recovering.
6. 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.
7. Once the shells are in the water, immediately obtain oars, and vacate the launch area as quickly as possible.
8. 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.
9. Spectators or loiterers are prohibited on the docks during launches and recoveries, and during regattas.
10. No gear, including shoes, may be left on the docks.
11. No racing or high stroking of shells is permitted in the launch area.

Directional Procedures:

1. Shells and launches must always keep to the right shore, except when the racecourse is in place.

- On practice days, shells and launches may use lanes 1 and 2 (Prince William County side) to power stroke downstream, and lanes 5 and 6 (Fairfax County side) to power stroke upstream. Lanes 3 and 4 are closed to traffic on practice days.
 - Coaches may use the lanes outside the course or may follow their crews.
 - Be aware and alert that boat traffic going into and out of Sandy Run docks creates a crossover pattern immediately downstream of Sandy Run.
 - 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, toward the center of the channel. 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 the shells they are passing.
 4. Use of the racecourse during practice is restricted to racing type pieces.
 5. Stopping or turning early on the racecourse is prohibited when other crews are waiting to use the course.
 6. Launches and shells must move well past the finish line of the racecourse when completing a practice race; if stopping, pull far to the right to allow crews to pass.
 7. Shells and launches may not switch lanes on the racecourse during practice races.
 8. Stopping or turning shells in areas where upstream or downstream visibility is less than 200 meters is prohibited.

Recovery:

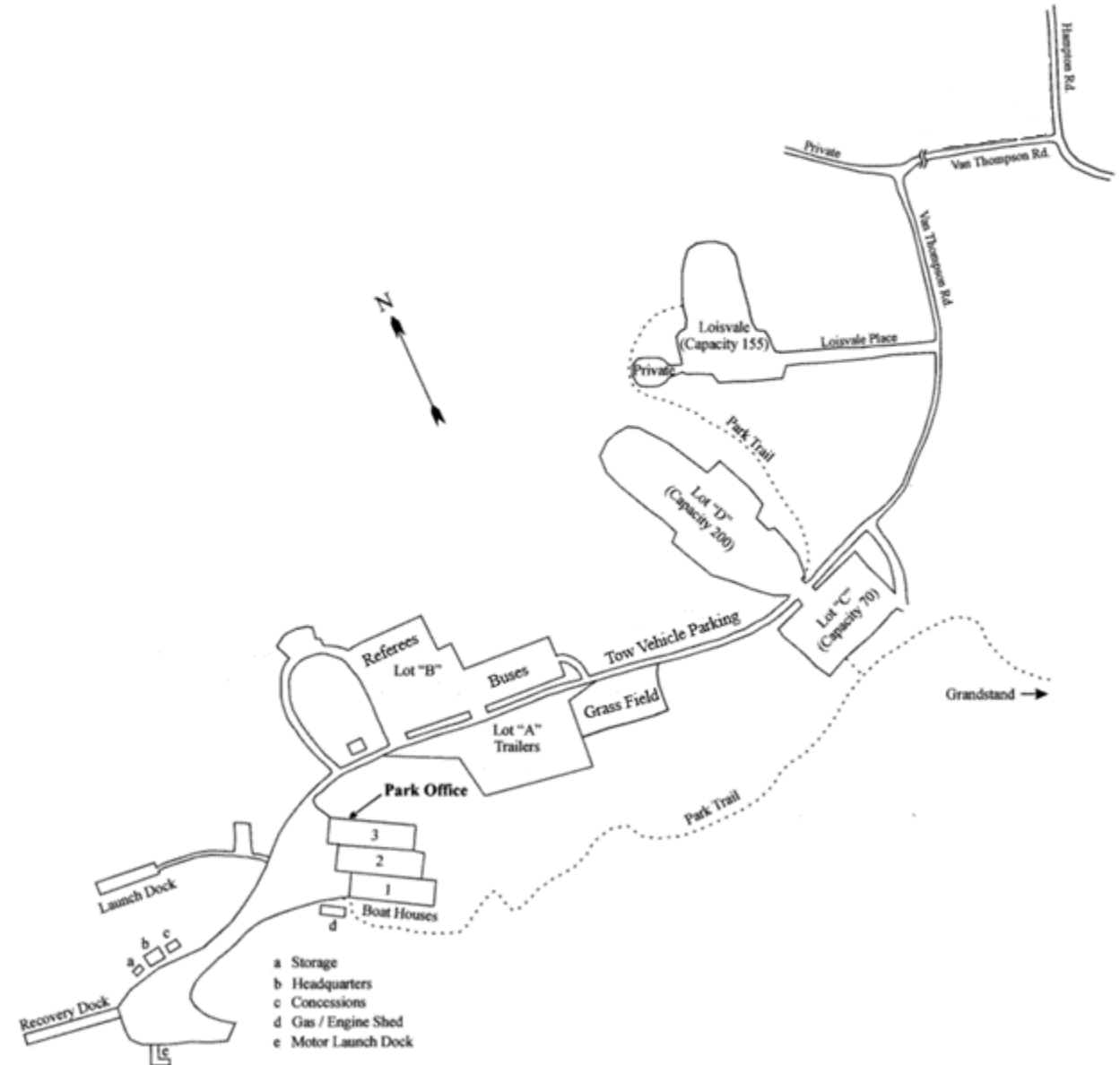
1. Upon returning to the Sandy Run Regional Park docks:
 - When moving downstream (toward the racecourse), shells and launches must move past the marker before turning into the dock area.
 - When moving upstream (toward Fountainhead Regional Park), stay to the right while approaching the docks.
2. Upon returning to the dock, the dock master will direct returning shells to appropriate docking points. If 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.

CONTACT INFORMATION

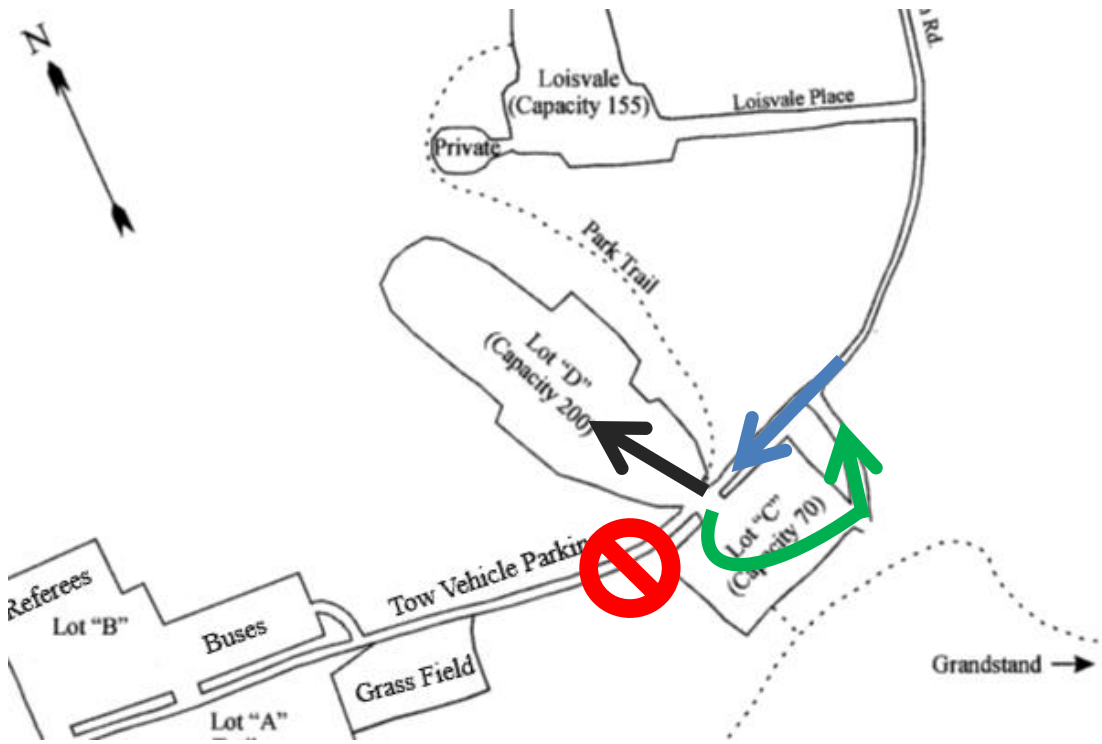
For additional information about Sandy Run and Bull Run Marina Regional Parks, please contact the Park Manager at 703-966-3882 or visit www.novaparks.com. Inquiries about camps, programs, regattas, seasonal use, and boat storage may all be directed to the Park Manager.

MAPS

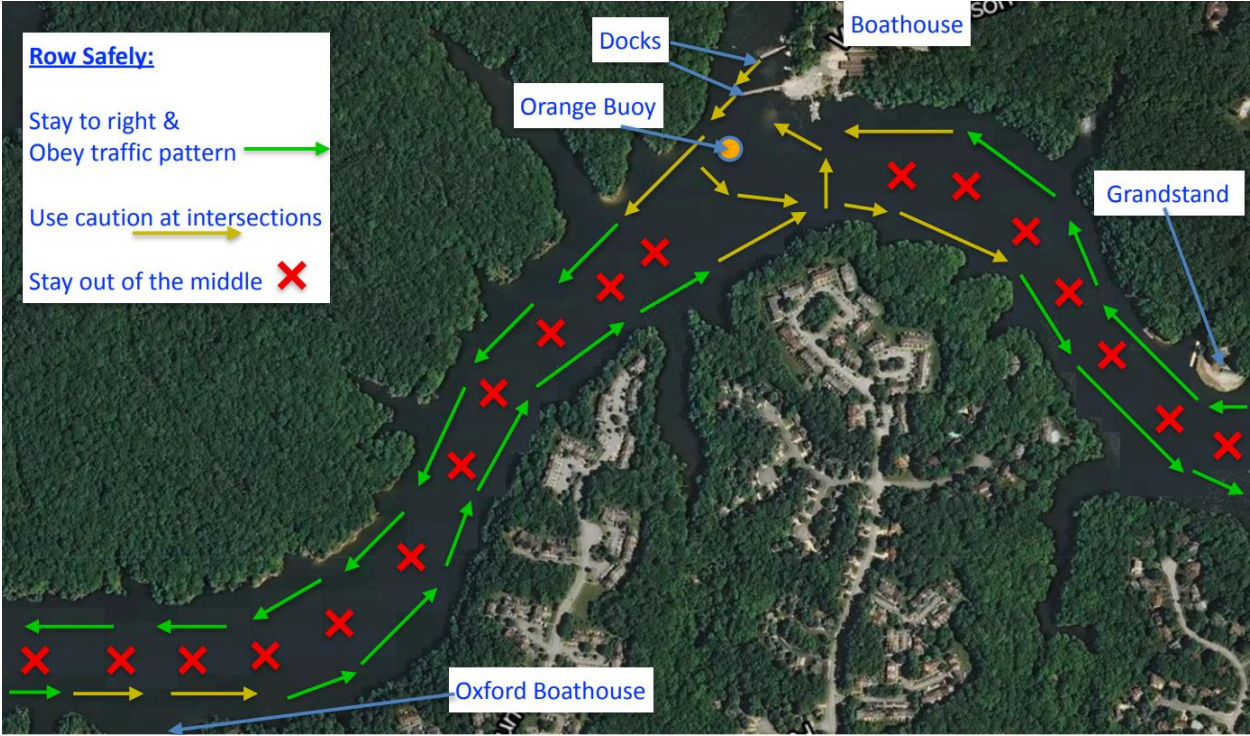
SANDY RUN REGIONAL PARK



PRACTICE DAY DROP-OFF AND PICK-UP TRAFFIC FLOW



For the safety of yourself and your team – the on-water traffic pattern must be followed at all times:





PRACTICE DAY TRAFFIC PATTERN

Launch and Recovery
Sandy Run Regional Park

