



Sandy Run Regional Park
10450 Van Thompson Rd. Fairfax Station, VA 22039

Visiting Team Rowing Application

Team Name: _____

Coaches Name: _____

Cell Phone: _____ **E-mail:** _____

Dates Requested at Sandy Run: _____

Number of daily practices: _____ **Practice times:** _____

Number of rowers: _____

Trailer storage requested? _____ **Number of trailers:** _____

Temporary rack space requested? _____ **Number and size of boats:** _____

Additional Information

To enter you into our payment system, please provide the following additional information if your team has not previously visited Sandy Run or any information has changed.

Mailing Address: _____

City, State, and Zip Code: _____

Date of Birth: _____

Signature of coach: _____

Acceptance of park: _____

Kate Irwin - Park Manager - 703.966.3882 - kirwin@nvrpa.org

By signing this permit application, the visiting team agrees to abide by all rules, policies and procedures noted below and outlined in the Sandy Run Regional Park Operations and Management Plan. Visiting teams are required to notify all coaches, coxswains, rowers and visitors of the following guidelines:

PARK RULES

1. Rules and procedures relating to conducting rowing activities at the park serve as a minimum guideline for safety and responsible use of park property.
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. Conduct that endangers the welfare or safety of any person is prohibited.
4. Any individual or team using park property, facilities, boathouses, and outside rack space must register with the park management and pay the appropriate fees.
5. Scholastic team members are only permitted in the park under the supervision of their team coach.
6. No boats may launch before sunrise, and all boats must be off the water by sunset. All people and vehicles must vacate the park by dark, unless otherwise authorized by park management. Please check the sunrise and sunset times and plan accordingly. During the scholastic rowing season (mid-February through mid-May) all visiting teams must be off the water no later than 3pm.
7. 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.
8. Swimming is prohibited in the Occoquan Reservoir per Fairfax County Water Authority regulations.
9. Fishing is prohibited at Sandy Run Regional Park.
10. The park speed limit is 15 miles per hour. The speed limit on Van Thompson Rd. is 25 mph. Please drive carefully and respect our neighbors.
11. Pets must be on a leash and cleaned up after in accordance with Fairfax County leash law.
12. Virginia Law prohibits alcoholic beverages in the park.
13. All vehicles and trailers must park in designated parking lots. Vehicles are only permitted near the boathouses, docks, and boat ramp to load or unload equipment.
14. Boathouse aprons and aisles must remain clear of boats or other equipment, unless otherwise authorized by park management.
15. 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.
16. Pedestrian and bicycle traffic are prohibited on the grandstand access road at all times.
17. Bicycles and motorized vehicles are prohibited on natural surface trails
18. Jogging and warmups are restricted to within the park boundaries and only on trails and paved roads.
19. Open flames are not permitted. This includes Sterno-type fuel, grills, and/or open flame warmers.
20. Generator use is prohibited.

SAFETY RULES

1. All launch occupants must wear a PFD and be familiar with the operation of their equipment.
2. All motorboat drivers must keep their boat's wake to a minimum when passing other boats.
3. Launch capacities posted on the interior of the vessel must not be exceeded.
4. Individuals operating launches or other boats under 26 ft. are required to use and wear an engine kill switch.
5. Launches should carry emergency equipment and supplies that meet Virginia Department of Wildlife Resources, US Coast Guard, and US Rowing regulations and requirements.

6. Shells should have a whistle or horn aboard for emergency signaling.
7. 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.
8. 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.
9. Coaches should 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.
10. 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.
11. Visiting teams should monitor the weather and only allow rowing when it is safe to do so. All individuals should return to the docks at the first sign of lightning or thunder.
 - At Sandy Run Regional Park, a lightning alert system is installed on top of Boathouse #3. The system consists of a horn and flashing strobe lights.
 - When lightning 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 lightning or hear thunder, and the alert system does not sound, assume that there is the potential for unsafe weather and return to shore.
 - Live system status and weather conditions are accessible at <http://sandyrunpark.thormobile3.net/tv/>

INSURANCE REQUIREMENTS

Submit a Certificate of General Liability Insurance showing a minimum of \$2,000,000 in general liability with no less than \$1,000,000 per occurrence. The certificate must also additionally insure NVRPA's services hereunder or from or out of any negligent act or omission of its officers, directors, agents, subcontractors, or employees for the duration of your team's use of the park. Certificates must also reflect that the insurer will provide 30 days' notice to NVRPA of any cancellation of coverage.

FEES

- \$6 facility fee per rower per day
- \$2 VASRA racecourse fee per rower per day
- \$6 per temporary rack space per day
- \$5 per temporary trailer parking per day

TRAFFIC PATTERNS

Sandy Run has well established traffic patterns for the safety of all rowers. Visiting teams are required to understand and abide by all traffic patterns at all times. Coaches, coxswains, and rowers are all responsible for ensuring compliance with traffic patterns.

[Navigating the Occoquan](#)

The Occoquan Reservoir offers some of the longest and most pristine rowing waters on the East Coast, and like any waterway, careful navigation is of utmost importance. The following is some basic information to safely navigate the Occoquan:

TRAVELING UP/DOWN RIVER: Launching from the main dock, we have three directional options: upriver (right), down river (left), or into Sandy Run (the cove). Each direction has its own unique landmarks and stretches of water.

- Upriver: Traveling upriver offers the most water to row. To travel upriver, launch the boat and follow the river to the right.
- Downriver: Traveling down river offers a short, straight stretch of water that is used as a 2000-meter racecourse. The navigable Occoquan ends near the start of this racecourse, where there is an impassable, man-made dam. To travel down river, launch, cross to the opposite shoreline, and follow the river to the left.
- Sandy Run (the cove): Traveling away from the main dock toward the smaller, shorter dock will lead you to a short stretch of water known as Sandy Run or sometimes called the cove. More information on the cove will be covered later.

Traffic Pattern

Just like a city street or a major highway, the Occoquan has a traffic pattern to direct shells up and down the river. On any given day, especially during peak use times, there can be a large amount of boat traffic. The following patterns should be observed by all visiting teams:

- Traffic Flow: All traffic moving up and down river travels on the right-hand side of the river, staying about 50-100 feet away from shore at all times. This means when traveling upriver, all traffic stays on the Fairfax County Shore (Sandy Run shore), and when traveling down river, all traffic stays to the Prince William County shore (opposite shore to Sandy Run).
- Launching/Docking: Close to the main dock is a large, orange buoy floating in the water to guide launching or docking. Stay to the right-hand side of the buoy at all times leaving or approaching the dock. The buoy will be floating off the port oar (right). When docking from upriver, stay on the Prince William (opposite) shore until directly across from the orange buoy. Then, checking for safety, cross the river, keeping to the right of the orange buoy.

REMEMBER: Obeying the traffic pattern will prevent the possibility of collisions and possible emergency situations. Stay aware of your position on the Occoquan.

Landmarks Along the River

These landmarks aid rowers to determine location and communicate that information to others. The following is a list of landmarks, starting with the furthest downriver and ending with the furthest upriver:

- The Dam: At the furthest rowable point downriver is a large, man-made dam. This structure is highly visible and has a long string of orange safety buoys to keep boaters from getting too close. Never attempt to row beyond the safety buoy line.
- The Racecourse: Between the dam and Sandy Run Park, lies a short, straight stretch of water that is used as a 2000-meter racecourse in the spring season. Between the months of March and July, buoyed lane lines are installed.
- The Painted Rocks: About 1/4 mile upriver from Sandy Run Park is a rocky shoreline on the Prince William shore that has been painted in vibrant, high school team colors.
- Oxford House: Upriver from the painted rocks is a small inlet on the Prince Williams shore that leads to a boathouse known as Oxford house used by Prince William County schools and clubs.
- Jacob's Rock/Monitoring Buoy: About 2 miles upriver from Sandy Run is a large rocky outcropping on the Fairfax shore, with "Jacob's Rock" prominently displayed in white paint. Mid-river is a large, yellow environmental monitoring buoy with a bright, flashing beacon. Stay to the right-hand side of this buoy.

- Fountainhead Regional Park: About 3 miles upriver from Sandy Run is a boat launch area on the Fairfax shore that is part of NOVA Parks.
- Ryan's Dam: About 4 miles upriver from Sandy Run, the remains of a destroyed dam are visible on the Prince William shore. This dam is passable by all boats. Be careful around this structure, as there are still submerged remains that may become exposed when water levels are low. There is a bright red metal stake on top of this portion that will become exposed as the water level drops, warning when the hazard is closer to the surface.
- The Red House/Monitoring Buoy: A short distance past Ryan's Dam, a small red cottage can be seen on a narrow peninsula on the Fairfax shore. Opposite this house is another environmental monitoring buoy, which can also be used to direct the flow of traffic on this section of the river.
- The Picket Fence: About 7 miles upriver from Sandy Run is a large house on the Prince William shore with a long, white picket fence that is highly visible.
- Bull Run Marina: About 9 miles upriver from Sandy Run, the docks and boat launching area of Bull Run Marina mark the end of the navigable waters of the Occoquan. It is recommended that no rowing be done beyond this point.

Other Boat Traffic on the Water

Although much of the traffic on the Occoquan is rowing and sculling shells, the reservoir is a public waterway and is used by a multitude of different boaters.

- Fishermen: The Occoquan has an active fishing community using its waters. Fishermen generally stay close to the shorelines and, at times, can be hard to spot. Stay alert and keep a watch for these boaters.
- Kayakers: Kayaking is a popular activity on the Occoquan, and, like fishing boats, are quiet and sometimes hard to spot.
- Pleasure boaters: An assortment of powered and unpowered pleasure craft can be found on the Occoquan as well.

REMEMBER: Don't assume that other boaters can see you or that you automatically have the right of way. It is your job to always be diligent in staying alert, sharing the waterway and respecting other boaters' rights to use the Occoquan.

The 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 (VASRA). The traffic pattern on the racecourse on practice days is NOT the same as when the course is used during a regatta. Please observe the following rules and traffic patterns regarding the racecourse:

- On practice days 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 3 and 4 are closed to all traffic.
- Coaches may follow behind their crews in the racecourse lanes or follow beside their crews alongside the course lanes.
- Use of the racecourse during practice is restricted to racing type pieces.
- Stopping on the racecourse is prohibited when other crews are waiting to use the course.
- Launches and shell must move well past the finish line of the racecourse after completing a practice race.
- The 1500m high school start does not mark the beginning or end of the racecourse. Crews turning at the 1500m start need to be aware that they are crossing the racecourse and look both ways for crews who may be rowing a 2000m coming down the course. Crews already on the course have the right of way.

TRAFFIC PATTERN MAPS



