







Row The Prouty

Difficulty Level: 

Rowing Safety

1. **All boats must be off the water by 1:00pm!** SAGs begin closing in advance, plan accordingly.
2. **Safety** - Rowing routes may be collapsed and rowers turned back due to impending weather.
3. **Stay to the Right!** When going upstream, stay to the NH shore; when coming downstream, stay to the VT shore.
4. EMTs will patrol the course in safety launches.
5. **Overtaking boats** have the right of way, unless creating a dangerous situation.
6. **Be safe and courteous at all times!**
7. **Emergency: Dial 911 / The Prouty: 603-646-1593**

Map Legend

-  Row The Prouty Start/Finish
-  Emergency Pull-out Sites
-  Advisory Markers
-  SAG Aid Station
-  Prouty Safety Launches
-  Dock balloons

Vermont

New Hampshire

Emergency Pull-out

Kendal Riverfront Park
Start / Finish / SAG
7:00am - 1:00pm

Prouty Venue
Richmond Middle School
Hanover, NH

Dartmouth
Boathouse

Hanover, NH

Opening Ceremony

7:00am: for all rowers at Kendal Waterfront Park

Your Prouty will begin immediately following the Opening Ceremony.

Lyme SAG Docking & Launching Traffic Pattern

East Thetford, VT

Row north along NH shore. Nearing the bridge, stage along the Vermont shoreline. Wait for the Safety Launch to give you clearance to dock.

Lyme, NH

Dock (From the north)
Lyme Row SAG
Launch (From the south)

No rowing north of the Lyme Bridge

113

East Thetford, VT

7 Mile

Lyme SAG
Dock / toilets
9:00am - 11:00am

6 Mile

5 Mile

Stay RIGHT
at island

4 Mile

3 Mile

2 Mile

Stay LEFT
at island

1 Mile

Ompompanoosuc Landing
Emergency Pull-out
(shallow, use caution)

Emergency Pull-out

Emergency Pull-out
(Wilson's Landing)

View the
interactive
map





Row

Safety and Etiquette Protocols

The Prouty is not a race, so there's no reason to compromise your safety or the safety of others. Enjoy your row on the beautiful Connecticut River keeping the following protocols in mind:

Mandatory Dock Master Check-in: All rowers must check-in with the Kendal Dock Master prior to launching and upon your return, this includes all boats that depart from the Dartmouth College Boathouse. Please be prepared to provide your name(s) and bib number(s).

Wear Your Prouty Bib! In an emergency, your contact information is associated with your bib number and will be accessed by Prouty personal as needed. For emergencies contact the Prouty Emergency Operations Center (EOC) at (603) 646-1593.

Overtaking Boats Have The Right of Way: Unless this creates a dangerous situation.

Obey the River Traffic Pattern, and Stay to the Right: (stay to the NH shore going upstream to Lyme, and the VT shore when returning to Kendal Riverfront Park launch site). Review the course map and note the island at the 4-mile marker – make sure to stay to the NH side of the island going upstream and the VT side when returning. DO NOT ROW BEYOND THE BRIDGE IN LYME.

Carry Water and Snacks in the Boat With You: It's prudent to carry your own water, snacks, and sunscreen in the boat with you, particularly if it's hot. Water and snacks are available at each Prouty SAG stop, however, they are 7.5 miles apart. There will be three Prouty roving safety launches which can provide basic provisions to include medical support, however, they are not always close at hand, please plan accordingly.

Lyme SAG Docking and Launching Procedures: Row north along the NH shore passing the Lyme SAG, but do not row past the Lyme Bridge. Stage along the VT shoreline drifting southward toward the SAG. Take this time to gather your gear together prior to docking (we aim to get folks on and off the dock in 1-2 minutes). Wait for further instruction by the On-Water Safety Launch, once you have been given clearance to dock proceed to the upstream side of the dock. If you prefer to continue back to the start without stopping, inform the On-Water Safety Launch and proceed carefully until clear of the land queue.

Inclement Weather Planning and Lightning Safety:

Monitoring the Weather: The Prouty Emergency Operations Center (EOC) have partnered with the National Weather Service in Burlington, VT to closely monitor the weather throughout the day. When severe weather has been detected, the Prouty EOC will contact safety launches and SAG stations with weather updates. That being said, everyone should be monitoring the weather, as conditions can fluctuate greatly from town to town.

Delaying the Start / Collapsing Routes / Suspending Activities: Safety launches are prepared to collapse, or close rowing routes based on pending weather.

Emergency Pull-out Locations: Please refer to your rowing map for emergency pull-out sites. During severe weather, including thunder or lightning, get your boat off the river and shelter in place wherever you are.

Basic Lightning Safety:

- Immediately get off bodies of water and never shelter in open areas under tall isolated trees or objects.
- If weather comes on suddenly, and you are not near a designated pull-out location, get to shore wherever you are and shelter in place. Wait at least 30 minutes after the last thunder or lightning to resume activities, or until a safety launch advises you to begin your row again.
- Stay away from objects that conduct electricity (barbed wire fences, power lines, metal objects, etc.).
- National Weather Service – Lightning Safety: <https://weather.gov/safety/lightning-tips>

On-River Assistance and Docks Close at 1 P.M. Please plan your 1pm. return accordingly.