



RENTON ROWING CENTER

A COMMUNITY BOATHOUSE OF THE
GEORGE POCOCK ROWING FOUNDATION

MEMBER HANDBOOK / JULY 2017

WELCOME TO RENTON ROWING CENTER!

Greetings! If you are reading this you are either a new, prospective, or current member of the Renton Rowing Center, and we're going rowing together.



ROW ~ PADDLE ~ PLAY



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www.rentonrowingcenter.org
www.facebook.com/rentonrowing
www.instagram.com/rentonrowing

WHO WE ARE

The Renton Rowing Center is a community boathouse of the George Pocock Rowing Foundation. Our rowing club formed in 2007. In 2014 we merged with the Foundation to open the Renton Rowing Center in the City of Renton's Cedar River Boathouse on South Lake Washington. We are a non-profit rowing center supported by an Executive Director who is overseen by the Foundation Board. We are a new and growing boathouse unique to this community. The boathouse is managed by a full-time Operations Manager. The RRC Management Committee (MC) sets Center and Member policies and oversees operations. The MC is comprised of Members voted into office for limited terms.

Our Mission

The Renton Rowing Center develops and supports rowing opportunities on South Lake Washington for all levels of ability. George Pocock believed anyone who had the desire to row and take part in the sport's life-changing benefits should have the opportunity to participate. We want to remove barriers to rowing by providing a host of supports, including mentoring, transportation, nutrition and financial assistance. We provide a place to learn, improve skills and fitness, and compete in rowing.

Renton Rowing Center promotes access to rowing, excellence in rowing, and uses rowing as a means to foster physical activity, health, leadership, and community engagement. We want to grow a sustaining rowing community in support of the Pocock Foundation's goals:

- Increase access to high-quality rowing facilities in the Northwest.
- Promote, support and develop innovative rowing and rowing-related programs.
- Provide leadership and educational support to develop rowing and the coaching of rowing.
- Provide governance and oversight to ensure the sustainability and operational success of Renton Rowing Center.

RRC Leadership

George Pocock Rowing Foundation Executive Director

Matt Lacey

Pocock Rowing Center Operations Manager

Briana Schulte

Renton Rowing Center Operations Manager

Kate Berni

RRC Management Committee Members

President	Al Mackenzie
Vice President	Mike Walsh
Secretary	Mary Kay Wegner
Member	Anne Bryant
Member	Kent McCleary
Member	Cheryl Eastberg
Member	Gerald Bielak

"I can speak on what we call the unseen values of rowing—the social, moral, spiritual values of the oldest of chronicled sports in the world."

~ GEORGE POCOCK

JOINING THE RRC

Welcome! We look forward to rowing with you for many years.

All new members of the RRC must:

1. Complete membership paperwork including GPRF and U.S. Rowing Association liability waivers.
2. Pay membership dues.
3. Complete and submit a float test document.
4. Schedule and complete a member orientation at the boathouse.
5. Read the RRC Member Handbook to learn procedures and safety guidelines.

MEMBERSHIP

All users of the RRC are Members or Guests. Participants in classes other than Learn to Row are Members.

The RRC offers the following membership options:

1. Annual Membership:

Annual Members use RRC club boats, take Program classes and use the RRC fitness facility from January through December.

Benefits:

- Access to the RRC, workout facilities, and locker room.
- Club boat access.
- Free use of rental equipment during non-rental hours.
- Access to RRC Programs, classes and special member events.
- The right to sponsor guests.
- Voting rights in RRC elections.
- Membership fee savings.



2. Quarterly Membership:

Quarterly Members use RRC club boats, take Program classes and use the RRC fitness facility during their registered season.

Benefits:

- Access to the RRC, workout facilities, and locker room.
- Club boat access.
- Free use of rental equipment during non-rental hours.
- Access to RRC Programs, classes and special member events.
- The right to sponsor guests.
- Voting rights in RRC elections.

3. Family Membership:

Family Membership is a discounted Membership for up to two adults members living at the same address.

Family Membership may be annually or quarterly, but offers no early registration discount.

Benefits:

- Same benefits as annual and quarterly membership. (Each adult gets a vote in RRC elections).

4. Fitness Membership (Annual or Quarterly):

Fitness Members only use the fitness facilities of the RRC. They have access to all workout equipment, the locker rooms, and club events. They do not have access to either club or private boats or rowing Programs. Fitness Membership may be annually or quarterly, but offers no early registration discount.

Benefits:

- Access to the RRC, land workout equipment and locker room.
- Access to special member events.
- Voting rights in RRC elections.

5. Reduced Fee Quarterly Membership:

Available to those between 18-25 years old, Quarterly Members use RRC club boats, take Program classes and use the RRC fitness facility during their registered season.

Benefits:

- Same benefits as quarterly membership.

6. Junior Team Membership:

Junior Team Membership is seasonal, based on paid registration in the current season of the RRC Junior Team (spring, summer, fall, winter). Junior Team members use boats and the fitness facility only during regular RRC Junior Team practice or when supervised by a RRC Junior Team coach. RRC Junior Team Alumni may receive a discounted Membership in the four years after their graduation from the RRC Junior Team.

MEMBERSHIP PRICING

Find current Membership and RRC program prices on the RRC website membership page or by contacting the office.

MEMBER COMMUNICATION

Informed, active members make a healthy RRC. Members stay current with the RRC by reading our emails, newsletters, postings, and checking the website. RRC adds new members to our mailing list, from which you'll receive our newsletters and updates. We will never share your contact information without your permission. We share RRC news in multiple ways to ensure all members are aware of events and issues.

SERVICE HOURS

As the RRC is run by and for its members, we require **10 hours** of service to the RRC from each member **per year**.

We offer many ways to contribute to RRC, including:

- Help out at work parties
- Serve on a committee
- Help with programs such as our adult Learn to Row events
- Volunteer at Open Row Days
- Help at the Round Renton Regatta or other RRC-hosted races
- Complete jobs on the RRC Operations Manager's to-do list

Record service hours by sending an e-mail to our Volunteer Coordinator with your hours and tasks before December 15.

If you choose, you may opt out of service hours at \$10/hour, by arrangement with the Volunteer Coordinator and Operations Manager. If you join the RRC mid-year, your hours will be prorated to 5 hours service per 6 months.

PAYMENT POLICIES

Membership dues and fees for programs and use fund the RRC's budget. Prompt payment keeps our organization economically healthy. RRC must receive your payment before you participate.

Dues, fees and other assessments are set by the RRC Management Committee, GPRF Executive Director and Board during budgeting before each fiscal year. Our fiscal year runs from January through December.

Membership Dues

Annual Memberships are one year, payable in one lump sum or quarterly. Pay in full at the beginning of the year for a 5% discount. Annual membership registration is available online in December, and must be paid by January 31.

Quarterly Memberships must be registered and paid for prior to the participation period.

Program Fees

Program fees apply to classes and other recurring coaching/training options. Program fees (other than Learn to Row classes) are paid in addition to membership dues: Members receive no discounts to program fees. Program fees are collected at the time of registration — specific details can be found online on the RRC website.

Pro-rating Policy

RRC prorates the cost of all levels of membership and any program or team fees to the nearest month for new members who join mid-year or mid-quarter. Past/current members can not be allocated prorates for programs or membership.

RRC Event Rental

The RRC may be rented for private events by arrangement with the RRC Operations Manager. Any Member renting the RRC pays a discounted rate equal to the regular weekday rate. Events are intentionally scheduled to not conflict with regular boathouse usage times.

Payment Methods

Payment for membership can be made through RegattaCentral.com, or by cash, check, or VISA/Mastercard; some programs may have online registration with an option to pay with PayPal. Make checks payable to Renton Rowing Center.

Alternative Payment Options

If you require alternate means for payment, please contact the Office Manager at info@pocockrowingcenter.org to discuss specific individual payment options. Charges outside RRC's online payment system will receive an invoice. Payment is due upon receipt of invoice and delinquent 30 days after the invoice date. Delinquent payments have an added late fee of \$10 or 5% of the invoice total, whichever is greater. Payment 60 days overdue adds another 5% to the invoice; membership and boat access will be suspended until payment is received.

Change of Membership Status

Members who choose to suspend or cancel their membership or change program participation must notify the RRC Operations Manager in writing, by letter or e-mail, for a timely and accurate hold on, or cancellation of, membership. A member who fails to notify the Operations Manager of a change in membership status and who doesn't pay invoices will be considered delinquent in payment and may owe the entire balance of their unpaid invoices.

To change your billing in program and/or usage fees or to drop or add rack space rental, the RRC must receive the request 10 days before the end of the fiscal quarter or you will be charged for half of the next fiscal quarter (based on annual membership fees).

Refunds of Dues and Fees

A Member changing status may request a refund of dues.

The amount of the refund will be based on the following guidelines:

- For members who paid **annual** dues or rack, locker, or boat usage fees by January 31st:
- 50% refund if the request is received before April 30th
- 25% refund if the request is received before May 31st
- 0% refund if the request is received after May 31st

For members who paid quarterly, trimester or prorated dues or rack, locker, or boat usage fees:

- 0% refund

Membership dues refunds will be granted with the understanding that the member is resigning from membership and will immediately vacate the assigned rack space(s) and empty locker(s). Anyone wishing to re-join the club who has resigned will be subject to all the procedures and fees applicable to any prospective new member, but membership for a returning member will not be pro-rated. Members suspended or expelled for Code of Conduct violations will receive no refunds (see Code of Conduct section).

Refunds of Program Fees

A member may request a refund of program fees, however because program costs are 'front-loaded', i.e. purchases and staffing commitments are made in advance, there may be no refund or a limited refund.

Programs run by the RRC such as the RRC Junior or Masters' programs, RRC-based fitness programs, RRC Rec League, RRC-based Camps, or RRC Learn to Row programs will observe the following guidelines:

- Program Fees are due and payable at the start of the program or season.
- Participants who commit to participation, but do not pay in advance, will be invoiced and expected to pay unless a written notice of cancellation and request for a refund are received at least 1 week prior to the start of the program;
- Cancellations and refund requests received at least one week prior to the start of the program will receive 100% refund unless stated otherwise in registration materials;
- Cancellations and refund requests received after the start of a program, but within one (1) week of the start of the program may receive a 50% refund unless a program specific cost policy that modifies the cancellation request period is included in the registration materials;
- Cancellations and refund requests received after the start of a program, but after one (1) week of the start of the program will receive no refund (0%) unless a program-specific cost policy that increases the cancellation request period is included in the registration materials.

GUESTS

We welcome three types of guests to the RRC:

1. Guests OF RRC Members

Members may want to bring a guest to the boathouse to build community among rowers or to introduce our boathouse to a prospective new member. The sponsoring RRC Member must accompany the Guest in all use of RRC facilities and equipment, (i.e. exercise or row with the guest). Members are responsible to advise their guests of pertinent boathouse, safety and conduct expectations, as laid out in this Member Handbook; and Members are ultimately responsible for any related fees or equipment damage. To thank our members for their continued support of the RRC, we waive the daily guest fee (\$5/day) for these occasional Member-sponsored guest visits, up to a maximum of two times in a three-month period, after which time the guest will be expected to join the RRC and pay for membership.

2. Race-training Guests

Members who wish to use RRC equipment and facilities to train for a race with a non-RRC member must receive permission from the Operations Manager before starting training. Members are responsible to advise their race-training guests of pertinent boathouse, safety and conduct expectations, as laid out in this Member Handbook; and Members are ultimately responsible for any related fees or equipment damage. Permission will generally be granted, provided

- a) the usage does not conflict with other RRC programs, Member use or enjoyment;
- b) the appropriate fees are paid; and
- c) the race entry is a composite entry, listing the Renton Rowing Center as an affiliation.

3. RRC Program Guests

Rowers visiting from other communities may want to use the RRC fitness center or equipment for short visits. We are happy to accommodate program guests as we are able. These arrangements must be coordinated and approved in advance by the RRC Operations Manager. Program guests are responsible for all associated fees and any damage that may result from their use.

In addition to what is described above, ALL Guests are subject to the following rules and guidelines:

- Permitted to use RRC Club boats ONLY with approval from the RRC Operations Manager; and may be asked to demonstrate appropriate rowing skill;
- Expected to follow RRC boathouse, safety and traffic guidelines, as outlined in this Member Handbook.
- May not reserve or operate launches.
- May not pre-reserve equipment in the logbook.

Prior to use of the facility or rowing equipment, all Guests must:

- Pay appropriate fees per visit: guest fee \$5/day (waived for member-sponsored guests); boat usage \$10/day; and launch fees \$15/day; and
- Submit a copy of their current float test certification; and
- Sign the George Pocock Rowing Foundation (GPRF) and US Rowing liability waiver.

RRC EQUIPMENT POLICIES

RRC defines four categories of our boats. Equipment Policies apply to all RRC-owned boats. Boat types are defined in the Reservation Book, Logbook and RRC Club Boat posters located by the cox box desk. Please refer to the Boat Rack Label guide on page 8 for additional information on the types of boats.

1. RRC Club Boats: RRC Members have access to all RRC club 1x, 2x, 2- and 4x boats. Reserve these boats in the Club Reservation Book and sign them out in the Logbook prior to use; both the Reservation Book and the Logbook are on the counter to the right of the drinking fountain. RRC Members also have access to the rental equipment during non-rental hours.

2. RRC Restricted Boats: Only RRC members registered for a RRC Program (RRC Masters Team or RRC Junior Team) may use RRC Restricted Boats. Restricted Boats may only be used during the course of that program's practice and under the supervision of a RRC Program Coach. Restricted 1x, 2x or 2- are identified in the Logbook and a separate Reservation Book section. RRC Masters Team Members preparing to race a 1x, 2x or 2- at an upcoming regatta may get permission from the Operations Manager to row a Restricted 1x, 2x or 2- outside their normal practice time.

3. RRC Limited-Use Boats: The purpose of the Limited-Use Boat policy is to preserve the quality and racing lifespan of select boats in the RRC fleet. The use of these boats is limited to only those who can demonstrate safe use and handling of these racing boats. Members may use Limited-Use boats after demonstrating necessary skills, including safe removal from the rack, safe launch and docking, safe return to the rack, and a firm understanding of the hull's weight capacity and limitations. Limited-Use boats have red tags and are only used with permission from the Operations Manager.

4. Privately owned shells: These boats have a blue tag and are only to be used by their owners who pay a storage fee.

Launches & Eights

No eight- or four- oared shell may row at any time from RRC without a launch. This includes 8+, 4x, but also 4+, 4-.

Junior Supervision

No RRC Junior Team member may row from RRC at any time unless they are accompanied by either a) a launch or b) an adult RRC Member in a boat of comparable speed. All persons in direct supervision of or having direct contact with rowers under 18 years of age participating in RRC sanctioned activities are required to have successfully completed "SafeSport Training" as provided by USRowing, and have a background check performed.

Use and Care of RRC Equipment

In order to maintain our fleet as high-quality equipment, observe the following rules:

- Obey boat sizes. Boat crew weights are on the boat's label, in the Reservation Book or the Logbook. Overweighting a boat can cause serious damage to the boat and be dangerous on the water.
- Prior to taking a boat from the rack, observe how it is racked so you can return it properly. Some boats are placed bow first, some stern first. Save yourself time and protect the equipment by noting a boat's position on the rack.
- Do not change rigging of boats or oars—you may adjust foot stretches, check with coach on oarlock spacers.
- Leave shoes on the dock. Shoes carry dirt and grit into tracks, which wears down both tracks and wheels.
- Wrap hard-sided water bottles in a sock or t-shirt so they don't rub against the hull and wear away carbon fiber.
- Report all equipment damage to the Operations Manager, write it on the Equipment Maintenance white board and affix a "Do Not Row" tag to the boat.
- Clean and dry boat, wipe down oar handles.

RACK LABEL GUIDE

Shell Name — **Prima Lux**

Shell Type — **4X** — MAKE: **POCOCK** — Manufacturer & Weight limit
WEIGHT CLASS: **Open**

Skill Level:

-  Beginner
-  Intermediate
-  Advanced
-  Private Boat/
Do not use

Bob

2X — MAKE: **POCOCK**
WEIGHT CLASS: **Open**

DeMarco

1X — MAKE: **POCOCK**
WEIGHT CLASS: **200 max**

Use and Care of RRC Equipment

Each boat in the RRC boathouse has a label that indicates the skill level needed to row that boat safely. If you are unsure which skill level you are, please ask one of our coaches and refer to the Skills Checklist on pages 22-23 for criteria. Rowing an entry level shell builds your skills until you are proficient enough to move to more demanding shells.

Logbook

All boats launching from the RRC must be signed out and in again in the logbook with the name of the hull, time out/in and name of rower or bow seat in the boat. The Logbook is on the counter to the right of the drinking fountain. Check the reservation book to make sure it is available.

RRC Club Boat Reservations

Members can reserve RRC Club boats by writing their name in the Reservation Book at the corresponding time, date, and boat you wish to use. The Reservation Book is on the counter to the right of the drinking fountain. The following rules must be followed to reserve boats:

- Reservations can be made up to two weeks in advance;
- Boats may be reserved for up to two hours at a time on weekdays and up to an hour and a half on weekends;
- If a reserved boat is still on the rack 15 minutes after its reserved time, the reservation is null and the boat may be used by a different member;
- Selected boats may be blacked out at times for specific RRC program use. Please use other club boats at these times;
- A Member can only reserve the same boat three days a week, though if it's available, he or she may use the same boat 7 days a week;
- Remember to sign all boats in and out in the Logbook;
- Contact the RRC Operations Manager for concerns about reserving boats or scheduling conflicts;
- Contact the Operations Manager to reserve any RRC-owned boat (including club boats, restricted boats, or limited use boats) for travel to or competition at a regatta (see "Regattas: Equipment and Trailer Use" section for more information).

Regattas: Equipment and Trailer Use

We encourage Members to represent RRC in regattas. All members who would like to use RRC-owned equipment for competition in local, regional, national or international regattas must:

1. Contact the RRC Operations Manager and Racing Captain to check availability of the equipment and to get permission.
2. Reserve the approved equipment in the Reservation Book.
3. Coordinate equipment transportation with the RRC Operations Manager; for example, reserve trailer space.
4. Pay trailer fees before departing. Invoices for all trailer fees will be created and sent at least one week prior to the regatta. Members have the right to transport racing shells on the GPRF trailer, but must share in all costs of transportation.
5. De-rig/load and unload/re-rig equipment from the trailer on the schedule established by the RRC Operations Manager or designated coaches.

RRC BOATHOUSE

Hours of Operation and Access

- RRC Boathouse access generally follows seasonal Cedar River Trail Park sunrise/sunset operating hours. The park gate, at North 6th Street and Nishiwaki Lane, is managed by the Renton Parks Department.
- RRC Boathouse staffing hours change seasonally—please check the RRC website for details. The RRC Boathouse is otherwise available to all members using individually assigned key code access codes. It may take up to 10 business days for a Member to receive a personalized code; in the interim, the new member may be given a temporary access code to use. The last Members to leave the boathouse should close the bay door, turn off lights, and ensure that the front door closes securely.

Fitness Room

The RRC Fitness Room is for the convenience and use of all RRC members. Adherence to the following policies will ensure a pleasant and safe experience:

- Return all equipment to its original position: re-rack weights, hang jump ropes and stretching bands on their hooks.
- Wipe off equipment with the provided cleaning solution, including erg handles and rails and mats.
- Please keep music volume to a reasonable level. Turn off the radio after completing your workout.
- Close all windows, turn off heaters after you have completed your workout.
- Take all your belongings, including empty water bottles.

Lockers

- A limited number of lockers are available to members during their facility visit.
- Members must bring their own locks, and all contents must be collected/removed when they leave the facility.

Boeing Private Property

Access to RRC is a short walkway across Boeing Company property. Please adhere to signs and remain clear of Boeing equipment and designated Boeing property when walking to and from the boathouse.

Parking

Parking is free and available in designated spaces in Cedar River Trail Park. Time limits and guidelines are posted.

Private Shell Storage

Limited rack space is available to members for private shell storage. The rate is \$99/quarater (three months).

Renton Rowing Center Pen

The “Pen” is an outdoor fenced area in Cedar River Trail Park used to store additional RRC boats and equipment. Access to the Pen is limited to the Operations Manager, RRC staff, and the Management Committee.

Merchandise and Uniforms

Official RRC merchandise, clothing and uniforms are available by order or in the office. For more information, please contact the Operations Manager.

COMMITTEES

RRC Management Committee (MC)

The Renton Rowing Center Management Committee (the “MC”) oversees operations and finances of the Renton Rowing Center, a division of The George Pocock Rowing Foundation (the “GPRF”). Specifically, and subject to the limitations set forth in the RRC Charter, the MC shall have delegated authority to act on behalf of the GPRF’s Board of Directors (the “Board”) with respect to managing RRC operations. The RRC MC is established by the Foundation’s Bylaws as a standing committee of the Board.

Events Committee

This committee plans, organizes, executes, and follows up RRC events including fundraisers. The Events Committee will work with Members including the Junior Stewards to create sub-committees for the management of each event. Events shall include, but not be limited to:

- Competitive events such as Round Renton or other RRC-hosted regattas;
- Social events such as seasonal parties, fund raising banquets, season ending parties, awards ceremonies, or other events that may occur from time to time.

Junior Stewards

The Junior Stewards Committee is made up of Junior Parents and RRC Junior Coaches. It organizes and supports the Junior Program (to which all Juniors belong) including travel to and logistical support at regattas and annual Junior team events.



Safety Committee

This committee supports the safety of RRC members and equipment.

Maintenance Committee

This committee maintains RRC equipment.

Facility Committee

This committee organizes cleaning and maintenance of the RRC building and docks.

Operations Manager

The Operation Manager stays in contact with and supports the committees by providing needed resources, such as purchasing needed supplies.

Get your volunteer hours by joining any of the committees. **Contact the Operations Manager at 425-902-4858, kate@rentonrowingcenter.org, or in person.**

CONTACT US

We are always happy to answer your questions and hear your ideas and opinions.

For General Information, Program, Staffing, Facility, Membership, or Volunteer, please contact RRC Operations Manager Kate Berni by email: **kate@rentonrowingcenter.org** or phone: **425-902-4858**.

For Billing, please contact Office Manager Patty Finney at **info@pocockrowingcenter.org**

For Equipment Use or Maintenance issues or questions, please send a message to: RRC Management Committee President Al Mackenzie at **prc@seanet.com**.

For George Pocock Rowing Foundation information please contact: GPRF Executive Director Matt Lacey at **director@pocockfoundation.org** or visit the GPRF website: **www.pocockfoundation.org**.

For Outreach Programs information, including Rainier Valley Rowing and Erg Ed, please contact: **director@rowtothefuture.org**

For RRC information check our website: **www.rentonrowingcenter.org**.

The Renton Rowing Center is located at: **1060 Nishiwaki Lane, Renton, WA 98058**

COMMON SENSE

RRC policies cover many safety and house rules. These RRC policies are to help Members, Coaches and Staff make informed decisions and better ensure the safe practice of our sport and the use of our building. Beyond policy, the MC expects everyone — Members, Coaches, Staff, Guests, Juniors and Adults, Rowers, Scullers, and Coxswains alike — to use Common Sense in applying safety procedures to situations not listed; and if needed, to apply safer and better solutions.

- Always remember your actions reflect upon the Renton Rowing Center.
- Know yourself, those with whom you row, and the conditions;
- Follow **WWETT** safety protocol: Be observant of Wind and Weather, Equipment, Time and Traffic;
- Be aware of the risks at all times, be observant of changing conditions, consider the state of the equipment and know your and your crew's ability;
- Follow the rules about lighting and safety on the water and in the boathouse;
- Know necessary phone numbers (911), the RRC's address and identifying landmarks covered in safety training.
- Follow safety rules and proper procedures to increase the chances that if anything does go wrong, it will be more of an inconvenience than a disaster.
- All persons in direct supervision of or having direct contact with rowers under 18 years of age participating in RRC sanctioned activities are required to have successfully completed "SafeSport Training" as provided by USRowing, and have a background check performed.

Code of Conduct

The Renton Rowing Center's reputation depends on Members' ability to do the right thing, even when it isn't easy. This Code of Conduct is a collection of rules and policy statements intended to assist Members of RRC in making decisions about their conduct while using or representing the Center or its programs. The Code is based on understanding that no one should ever sacrifice integrity, or give the impression they have, even if they believe it would help the RRC. The Code applies to all members of the RRC. You are required to comply with the terms of the Code of Conduct as a condition of your continued Membership at the RRC. Some provisions of the Code continue to apply after a relationship here has ended.

Violating the Code of Conduct may subject you to disciplinary action, including termination of membership. The RRC prohibits retaliation of any kind against members or employees who have made good faith reports of Code of Conduct violations. Report violations to any member of the RRC Management Committee, The RRC Operations Manager, the GPRF Executive Director, or GPRF Board.

The Code of Conduct serves as a reference for decisions in a variety of circumstances involving the RRC and the GPRF. No rulebook can anticipate every situation. Members should:

- Participate positively with good sportsmanship and fair play.
- Make decisions which will benefit the next generation of rowers.
- Obtain, use, and share confidential information about RRC members and staff only as needed.
- Use RRC assets including voicemail and e-mail, only for the conduct of RRC business and in a manner that does not reflect negatively on the RRC or its members.
- Conduct your personal business and other activities in such a way as to ensure that your interests do not conflict with the interests of the RRC or GPRF.

- Members and employees shall have no direct or indirect financial interest, except a remote interest, in any contract, purchase of materials, or activity financed from RRC or GPRF funds.
- Should a transaction give the appearance of a conflict, the member or employee shall provide a complete and transparent accounting of the transaction to the RRC MC, the Executive Director or GPRF Board upon request.
- Members shall take no private actions that will compromise the RRC, GPRF Board, Management Committee, or Executive Director.
- It is considered a gross violation of this Code of Conduct for any member or employee to request or receive, directly or indirectly, anything of value for or because of his or her vote or influence with respect to any act or proceeding of the RRC or GPRF.
- Gifts and entertainment provided for employees and management by members, parents, and others doing business with the RRC are generally discouraged.

When in doubt about a situation, discuss it with the Executive Director, the GPRF Board, or a member of the RRC Management Committee.

Infractions and Discipline

The RRC is a Membership organization run on the basis of trust and individual responsibility for one's actions. Coaches, RRC staff, elected leadership (including elected Junior team leadership), or parent chaperones are not 'looking' for behavioral problems. However if a Member's behavior calls attention to themselves, then advisory or disciplinary action may be warranted. Failure to follow Safety and other House Rules, boat and launch lighting rules, and other policies and rules can be grounds for discipline.

Depending on the severity of an infraction, the Executive Director and the GPRF Board have a variety of disciplinary avenues. Each case will be treated individually. In general, management will follow a progressive system ranging from warnings to termination.

- RRC Members, coaches, professional staff, elected leadership, including elected Junior leadership, or parent chaperones may issue numerous verbal warnings that will not initiate progressive discipline.
- If a coach, staff member, parent chaperone, or elected leader determines that an act is worthy of a higher level of discipline, they will write a report about the behavior and submit it to Operations Manager Kate Berni. If Executive Director Matt Lacey concurs, the report will be logged and placed in the Member's file as a Documented Offense, and in the case of a Junior Member, notification of the action to the Member's parents.
- A first documented offense will be a verbal warning, including explanation of the documentation.
- A second documented offense or, at the Operation Manager's discretion, the first of a material nature, may lead to a suspension of membership privileges for a period of up to two weeks. Suspension may extend to practice and/or regattas.
- A third documented offense may cause suspension of all RRC membership privileges for a period not less than one month. In the case of a member of the Junior Program, a third offense may lead to removal from the team and expulsion from the RRC.
- A fourth documented offense may be grounds for termination of membership and privileges including coaching privileges and forfeiture of rack space. A suspension or expulsion will not generate any refund of dues or fees paid or suspension of any amount due.
- If a Junior athlete is suspended or expelled while at an away event and directed to return home, such travel will be at the expense and responsibility of the athlete or the athlete's parents.
- The RRC Operations Manager will be the primary agent of discipline. A member may appeal the Executive Director's decision to the Management Committee or GPRF Board. Decisions of the RRC MC or GPRF Board are final.

RRC SAFETY GUIDE

The **first priority** of all Members is the safety of all people on the water and on land.

The **second priority** of all Members is the safety and maintenance of all rowing equipment.

The **third priority** of all Members is the safety and maintenance of the RRC building and its equipment.

All Members, Guests and rental clients will participate in safety training to the instructor's satisfaction and the standards of RRC. Infractions of RRC Safety policies can be grounds for discipline.

Safety training

Rowing safety training is required of all members and students. Safety training shall include:

- Viewing the U.S. Rowing safety video
- Safety training integrated into rowing instruction
- Passing a float test once every three years. The test is 10 minutes treading water followed by putting on a PFD in the water. This test shall be supervised by a certified lifeguard.
- RRC strongly encourages anyone who rows singles, or wants to row a single, to take the RRC 1x recovery and rescue class. RRC will host this controlled safety training at least once each year.

All Members will:

- Learn and apply the RRC safety guide: the Positive mental model and WWETT.
- Pass the RRC Skills checklist.

Personal Flotation Devices

Everyone who leaves RRC by water will wear a personal flotation device unless accompanied by a launch. RRC will provide PFDs but we encourage Members to buy their own inflatable PFD. PFDs should be equipped with whistles.

Equipment

The RRC Operations Manager and coaches are responsible for identifying equipment not in working order and removing it from use until fixed. Rowers and members are

responsible for reporting damaged or inoperative equipment to your coach or the RRC Operations Manager. The Maintenance Committee is responsible for repairs.

Rental

RRC safety principles, especially PFD use, apply equally to rental equipment and clients.

A. Start with safety

Positive mental model: Rescue yourself

- "Yes, I know how to get back."
- "Yes, I can correct that mistake."
- Wear a U.S. Coast Guard-approved Personal Flotation Device with a whistle.

Avoid dangerous situations

- Row within a short surf's distance back to shore; stay near speed buoy line (100m from shore)
- Row with another boat - "Four oars."
- Stay with other rowers

In these conditions, do not launch, or get quickly to shore:

- Wind is above 7 knots. Airport windsocks align with the wind at 3 knots/3.5 mph, start to fill at 6 kts/7 mph, fully extend at about 15 kts/17 mph;
- Whitecaps. Wavelets start to break/whitecap at 7-10 kts/8-12 mph wind;
- Heavy rain;
- Fog is on the lake. The minimum visual distance is to clearly see Coulon Park from the RRC boathouse;
- Approaching storm: Watch the clouds (Wind & Weather);
- Thunder and or lightning;
- Air temperature is below 40°F;
- Powerboat traffic and wakes are heavy;
- 737 is on runway or floatplanes are on the lake.

In emergencies, land on the nearest dock or the shore.

Take care of the boat as best you can, but rowers are more important than equipment. Get a house address from Rainier Avenue or Lake Washington Boulevard to give the coaches or 911.

B. Should you fall out of your 1x, 2x or 2+

1. Stay with your boat: A boat is a flotation device.

- First option: Surfboard your shell to shore.
- Second option: Get back in the boat.
- Third option: Inflate on your PFD and whistle for help.

2. Surfboard skills checklist:

- Hold on to boat and pull yourself around to bow or stern
- If easy, turn oars parallel to boat
- Hold on to stern or bow
- Push torso onto deck with leg kick and arms
- Crawl up deck until torso is out of water
- Using crawl stroke motion, swim the boat to shore or a dock

3. Emergency entry from water skills checklist:

- Relax if you're going over to reduce injury and damage
- Close your mouth before you hit the water
- Swim to side of cockpit, next to rigger
- Slosh water from boat if you can
- Oar handles in sternmost hand; keep hold of the handles so blades stay on the water
- Other forearm on deck
- Push torso out with leg kick and arms
- Swing near leg over hull
- Straddle hull and lift up on oar handles
- Bring feet into boat
- Place one hand on deck behind you, lift up your body to get into seat
- Tuck oars under arms, between torso and thighs, bail boat
- Take off wet shirts, get to shore and dry off..

4. If you must float until rescued:

- Inflate your PFD
- Keep torso out of water — climb up on boat
- Trust only wooden oars to float; composite oars can fill with water
- Attract attention with whistle or shouts

5. Inflate vest skills checklist

- Keep your hold on the boat
- Pull inflatable belt around to the front
- Pull inflation cord handle down with a sharp motion to activate compressed air cylinder
- Duck head through collar
- Blow on whistle in sets of three blasts
- Swim toward shore with boat
- Keep vest inflated even after another boat has helped you

C. To rescue another rower with your 1x, 2x or 2+

Make sure you are safe to rescue the person.

Don't make yourself a victim.

Support their 1x recovery

1. Back your boat to the dumped boat
2. Slide your stern under the dumped boat's rigger
3. Provide stability as they recover their boat

Ferry rower to shore

1. Talk to the person in the water. Tell them what you are going to do. Tell them what they are going to do: "You are going to slide the life vest belt around to in front of you. Pull the inflation handle down with your left hand. Put your head through the hole. You're going to let go of your boat, grab the end of my boat and I am going to row you to shore."
2. Back your boat to the rower
3. Allow them to climb up, laying torso down on the stern deck if they don't have a PFD on or hold on to the bow/stern if they do
4. Row them to safety. Expect to arm row or to back — a person hanging on your boat slows it considerably, and makes your boat less stable. Make sure you are safe.

D. Rescue a rower crabbed out of the boat

Rescue a rower who crabbed out of the boat.

1. "Crab" means the oar blade stuck in the water at the release, pulling the oar out of the rower's control. "Crab out" means the sweep oar handle, pulled around by the crabbed blade, caught the rower hard enough to throw him or her out of the boat.

2. Procedure:

- a. Ejected rower closes mouth before hitting the water. After surfacing, rower waves to show their location.
- b. The boat comes to an emergency stop, on command of coxswain or bow in a blind boat (“Way enough and check it down”)
- c. Boat backs up to rower in the water. All rowers sit ready, setting the boat. Rower in the water grabs the hull for support.
- d. Coaching launch comes to the rower in the water. Coach readies a floatation device for the ejected rower.
- e. If uninjured, rower may climb back in the shell. If injured, the rower will get into the coaching launch.
- f. The coach will inspect the shell, rigger, oarlock and seat of the ejected rower for damage. If no damage has been done, the shell may continue rowing. If damaged, the coach will remove the oar from the oarlock and the boat will row back to the boathouse.

E. Procedure for a swamped or damaged boat

1. These procedures are specific to 8+, 4+ or 4x, boats which must be accompanied by a launch. In general, however, these procedures would apply to smaller boats, while another small boat ferries the rowers to safety on shore.

- a. “Swamped” is when the water level on the inside of the shell approaches the gunwale. Swamping could be caused by waves or wakes, which will enter the cockpit of the boat more rapidly as the boat sinks lower in the water. The boat won’t sink as long as the bow and stern airtight compartments have not been breached. However, keeping a swamped boat loaded with rowers could damage the boat.
- b. Damage may make a boat unrowable. Hitting a buoy, piling or another boat can breach the hull of the boat, causing it to flood, or make further damage probable if rowing continues.

2. Procedure

- Cox or bow calls “Way Enough.”
- Rowers and or cox signal the coaching launch by waving arms.
- Decision. The coach needs to decide:

- a. If the hull of the boat is breached or in danger of breaking, rowers need to evacuate into the water. This could happen in a boat with flotation chambers only in bow and stern and much weight of bodies and water in the middle. A broken boat wouldn’t serve as a safety float.
- b. If the boat is merely swamped but still rowable, depending on conditions rowers could be removed from the boat to lighten it and remaining rowers, i.e, bow and stern pair, could row the boat to shore.
- c. The coach must act decisively and swiftly to get rowers out of the shell and water. Factors in the decision include wind and weather, water and air temperature and proximity to shore. In any case, rowers evacuated from a swamped or damaged boat should be ferried to the nearest point on shore, private or public.

3. Evacuation

- a. Cox orders rowers to untie from clogs. Leave oars in oarlocks until the coach is ready to remove them.
 - b. At Cox’s orders, start in the middle of the boat and evacuate by pairs, i.e. 5+6, 3+4, 1+2, 7+8+cox. Rowers still in the boat hold the boat stable. Leave your oar in the oarlock, perpendicular to the hull to prevent rollover. Rowers slip over the side quickly and gently, holding on to the gunwale and oar handle.
- Close your mouth before you hit the water. Cold water causes a gasp reflex and hyperventilation, which could draw water into your lungs.
 - Stabilize your breathing as you tread water. Stay with the boat, hold the gunwhale. You may be in the water for ten minutes or more, so be patient and focus on your breathing and partner.
 - Rowers buddy up with their pair partner. Face your partner from across the boat and check in with him or her. Hypothermia begins within an hour. Check your pair partner for signs of hypothermia, both on the water and once out of the water.
 - The coaching launch carefully nears the boat on the downwind side if possible. The coach distributes PFDs to each person. The motor must be turned off to avoid injuring rowers with the propeller, so rowers and the

coach will have to fend the launch off the shell.

The coach may use the launch tie-down rope to keep the boats close.

- The launch picks up as many people as can safely be carried and motors them to the nearest landable point on shore. Remaining rowers stay with the boat and their pair partner until the launch returns or another launch rescues them.
- Once rowers are out of the water, coaches will rescue the shell by righting it if necessary and towing it to shore or the dock.
- Once on shore, pair partners and the coxswain should check for injuries, hypothermia, get dry and look for assistance in retrieving the shell.

F. Using a damaged or swamped boat as a floatation device for an extended time.

If the coaching launch is not near, attending to another boat, or shuttling rowers to shore, the boat may be turned upside-down as a floatation device. The coach, coxswain or boat captain needs to be aware it will be extremely difficult to recover a shell turtled this way. This maneuver should be reserved for when lives are at stake, such as in very cold water.

1. Remove your oar from the oarlock. Let it float freely of the boat. Composite oars are not considered floatation devices because they can leak.
 2. As a team, slowly roll the boat over. Rowers maintain hold on the boat or riggers. Air trapped in the rowing cockpit of the inverted boat plus the bow and stern will support the rowers.
 3. Find your pair partner across the boat. Reach across with both hands to hold each other up from the water and stay in contact. Get out of the water on the hull to minimize heat loss.
- The coaching launch nears the boat. The coach distributes PFDs to each person.
 - Launch picks up as many people as can safely be carried and motors them to shore. Remaining rowers stay with the boat and their pair partner until the launch returns or another launch rescues them.

- Once on shore, pair partners and the coxswain should check for injuries, hypothermia, get dry and look for assistance in retrieving the shell.
- Coaches will rescue the shell by righting it if possible and towing it to shore or the dock. If rescuing the shell would put more people in danger, it may be left to float to shore and there attended to.
- To remove the shell from the water:
 1. Get as much water out of the shell as possible.
 2. Get extra help to lift the boat, make sure it stays level throughout being raised from the water. Check bow and stern compartments for water and drain.
 3. Put the boat on slings for coaches to inspect before returning it to the shellhouse racks.

G. Clothes

Wear close-fitting clothes with no hip or waist pockets — non-cotton T-shirt and bicycle shorts or something similar, or rowing trou. Wear layers of clothes that move moisture away from your skin to evaporate. Scullers and at least the bowman in team boats — should wear light-colored, highly visible tops to improve visibility. High-visibility yellow wind jackets or fluorescent cycling or safety vests are options for early morning or late evening rows.

- Wear clothes to protect you from cold and also from heat.
- Apply sunscreen.

H. Hydration

Carry water. Drink your water — rowing is dynamic, demanding exercise. Staying hydrated is even more important when it is cold because cold air is dry air and dry air dehydrates the body quickly.

Before launching,
be sure you have
checked each.

Wind
Weather
Equipment
Time
Traffic

I. On the Water

Safety acronym:

WWETT: Wind and Weather, Equipment, Time and Traffic

RRC uses the acronym **WWETT** to cue safety: **W**ind and **W**eather; **E**quipment; **T**ime and **T**raffic. Before launching, be sure you have checked each.

Wind direction: Where can I row in protected water with the wind in each quarter? Check the airport windsock by the floatplane docks as you walk to the RRC. Keep an eye on the sky: Watch waves, wakes. Will the wind change while I'm rowing?

Weather: What was the weather like yesterday?

Is it a steady pattern or changing?

Check the Renton Airport weather report before you leave home. Watch clouds.

Bad Weather Policy: All RRC programs will take place as scheduled (indoors if necessary) regardless of the weather conditions outside. Unsafe conditions may include wind, lightning storms, fog, or similar situations. Because weather patterns which may affect rowing safety are unpredictable and subject to sudden change, the decision to go on the water may not be made until the actual scheduled start time of the session.

Equipment

1. *Check nuts, bolts and moveable parts before launch.*

Have a coach fix it before launch, or return it to the rack. Fixed or not, report the boat on the Maintenance Board, above the drinking fountain on the main level between the locker rooms.

2. *Personal Flotation Device (Life vest):*

Everyone departing RRC by water wears a PFD. Make sure your inflatable PFD is on correctly; check the gauge that the inflatable cartridge is charged.

3. *Lights:* All RRC boats must have Coast Guard-approved lights when rowing before sunrise and one hour before sunset: red and green bow lights, a bright white light on the stern. The lights should be visible for one nautical mile, 360° around the boat.

- RRC encourages members to purchase their own lights to use. Bike shops in Renton sell inexpensive, waterproof bike lights you can clip on. Head lamps are handy, even in an 8+.
- If lighting fails, is lost or disabled during a practice, the boat must immediately return to RRC and replace or repair the lighting.
- Coaching launches operating in low- or no-light carry spotlights sufficient to illuminate hazards 80-100 yards in front of shells in a practice, with power supplies sufficient to last for the duration of a practice.

4. Boats

- **Bow Balls:** Every boat must have a firmly attached ball at least 4 cm (1.5 inches) diameter on its bow. Boats built so the bow is properly protected or its shape does not represent a hazard don't need bowballs (i.e. Pocock wherries). Check your boat's bowball before rowing; do not row boats with damaged or missing bowballs and please note the damage on our Equipment Maintenance board.
- **Heel Restraints:** Heel restraints and "quick-release" mechanisms must be in proper and effective working order in all boats equipped with fitted shoes. Restraints restrict heel lift to less than 5cm (2 inches).
- **Buoyancy:** Bow and stern compartments must function as individual buoyancy compartments and will be checked annually to ensure they function as intended. Minimum flotation requires a swamped boat and its crew to sit with seat tops no more than 5cm below the waterline.

Time

1. *Log book:* The RRC log book is kept on the counter to the right of the drinking fountain. What is your start time? Your estimated time of return? Route? Rowers? Record it before you launch.
2. *Safety:* Save enough energy to land and take out your boat. When is enough time on the water? When will you be too tired to be safe?
3. *Lights:* Will it be dark when I start or land? If so, I need lights.

Traffic

1. *Traffic Patterns:* Rowers closest to shore keep shoreline parallel to starboard (rower's left hand, paddler's right hand). Rowers going the other direction, with shoreline on port, stay in outside lanes. Stay within 200m of shore. The white speed buoys are about 100m from shore.

See map on page 24.

- Learn landmarks. Know: Where am I? Where am I going? How far is it?
- Regularly review the traffic diagrams posted in the RRC Boathouse and given during your safety orientation. Know the northbound/southbound traffic patterns of Lake Washington, Coulon Park, and the Cedar River, as well as known hazards or areas to avoid (e.g. airport jet blast area; shallow water; stumps and bridges).
- Head check on drive of stroke: What hazards are ahead of me?

2. Other boats

- Are there: Skiers? Jetskis? Fishermen: Salmon (in the lake) or bass (near shore)? Floatplanes?
- What is their course or destination?
- We follow United States Coast Guard right-of way rules: Vessels with the least maneuverability (typically the largest) have the right-of way, but always play it safe and take action to avoid all other types of boats by rowing inside the speed buoys. *See map on page 20.*

3. Aircraft

- Use caution when rowing around the Renton Airport just West of the RRC. The FAA considers the airport runway to extend 1/2 mile (800m) into Lake Washington. Cross in front of the runway safely and as quickly as possible.
- Boeing builds its 737 aircraft next to the RRC and flies brand-new jets out of Renton Airport. These large commercial aircraft produce a jet blast of tens of thousands of pounds of thrust in very hot air and burned gas from both jet engines.

- New 737s typically taxi to the north end of the runway, nearest the lake, turn around, open the throttle of the engines, and do an acceleration and braking test southward. The blast of this acceleration is an extreme danger to rowers and can be felt hundreds of meters from the runway. Typically the plane will then turn back around and take off northward over the lake. The process takes 10 minutes or more.
- If you see or hear a 737 on the runway while you are rowing on the west shore, head toward the shore and docks, wait there for takeoff. If you are in the middle of the lake, row with full pressure immediately to the east (toward Coulon Park) to avoid the jet blast. Do not exit or try to enter the Cedar River until the jet is airborne.
- Floatplanes take off in lanes in the middle of the lake Northeast toward Bellevue and Northwest toward Seattle. Be aware of floatplanes and stay out of float plane landing or take-off zones. Approaching floatplanes are rarely audible until airborne. Look for them within a mile of the runway, and row inside the white speed buoys on the West shore. Floatplanes have very little control on the water, especially in wind.

4. Row together

- RRC rowers follow the safety principle of 'Four Oars': Singles row with a "buddy" or row a boat with four oars.
- Buddies: We STRONGLY RECOMMEND that ALL boats not accompanied by launches row with "Buddies" — i.e. another boat of comparable speed. Boats should stay within 100m of their Buddy. If you are the faster boat, slow down.
- RRC 4+, 4-, 4x, or 8+ shells must row with a power launch alongside. Launches shall carry throw ropes, boarding ladders and enough solid PFDs to float nine rowers.

5. Boat Handling

- Prior to taking out a boat independently Members must demonstrate a thorough understanding of boat handling rules and boathouse etiquette to a coach or appropriate office staff member via successful completion of the RRC Skills Checklist. **See pages 22-23.**

**Before taking any club boat out independently,
a member or guest must:**

- Be qualified to take out or row in the boat in question.
The rower may be asked to demonstrate taking the boat off the rack, placing oars in, leaving and returning to the dock safely, demonstrating knowledge of the proper traffic patterns; properly returning the boat to the rack; and possibly a flip test.
- Make sure the boat and oars you take out is club equipment and not a private boat or oars (ask to make sure); and follows the RRC Equipment Policy below.
- Check the Reservation Log to make sure the boat is not reserved for that time and when the next reservation is so you return to the boathouse in time.
- Check the boat has no “No Row” tag;
- Visually inspect the boat for signs of damage or wear which need repair — don’t take a boat out if it may need repair, and if you find unreported damage, note it on the Equipment Maintenance whiteboard;
- Sign the boat out in the Boat Logbook. (Private boats must also log out and in).
- Verify your boat lights work if you will be on the water before sunrise or after sunset. The minimum is a red and green bow light and a white stern light;
- Put on a PFD with a safety whistle;
- Dress properly for the conditions;
- Loosen stretchers and prepare a quick, efficient launch so as not to impede others’ launch. Tie in on the water. Be considerate, and PLAN to get on and off the dock quickly.

Dock Protocol

- Dock protocol calls for rowers to get on and off the dock as quickly and efficiently as possible. Safety guidelines are outlined above; the following procedures ensure safety and consideration of others.
- To protect people and equipment, all rowers should contribute to moving the boat, and all related equipment, to and from the water.

Launches

- A launch is a motorboat used by rowing instructors, coaches or umpires. RRC launch drivers must have Washington Boater Education Program certificates and meet RRC standards. Club launches can only be used for RRC programs; the Operations Manager must give permission for private lessons to use a launch. All launch use outside of regularly scheduled programs must be approved by the Operations Manager.

Launching (boat entry and dock departure)

- Sign your boat “out” in the Boat Logbook at the RRC front desk.
- Take oars to the dock or rack before taking the boat.
- Cox boxes and other electronics should be tested and confirmed to be in good working order before embarking.
- Visually inspect the position of your oars in the riggers to ensure they are properly placed and the oarlocks securely fastened.
- If you discover breakage or missing equipment, take the boat out of the water and put it back on shore/dock in slings. If possible make the repair. If not, report the damage on the Equipment Maintenance board and place a “Do Not Row” sign on the shell.
- Shove off as quickly as possible, and row your boat away from the dock before you stop to tie-in.
- Crews and coxswains watch for obstacles to or from the dock: riggers, boat racks, slings, a slick dock, waiting crews, etc.
- Boats returning to the dock have priority over launching boats.

Docking (returning to the dock and disembarking)

- Land slowly. Protect equipment. All rowers should fend off the dock. Accept help.
- Get off the dock as quickly and safely as you can.
- Space permitting, place the boat first on slings upside down to drain it.
- Wipe the boat down with clean towels.
- Inspect the boat for signs of damage or wear needing repair. Note any damage, regardless of the cause, on the Equipment Maintenance white board by the Cox Box desk and affix a “Repair Needed” tag to the boat.
- Return the boat to its proper rack and position (wipe it down if not already done).
- Report any collisions with either boats or stationary objects to the office. You may need to complete an incident report.
- Put your oars on the proper rack.
- Sign the boat “in” in the Boat Logbook.



RENTON ROWING CENTER

SKILLS CHECKLIST 1/2

Name: _____

Teacher: _____

Class dates:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

6. _____ 7. _____ 8. _____ 9. _____ 10. _____

Rower Will Be Able To:

Safety	Practice	Pass	Comments
Put on a PFD in water	DATE: _____		_____
Pass float test	DATE: _____		_____
Recover, re-enter 1x	DATE: _____		_____
Surfboard 1x	DATE: _____		_____
Explain WWETT			_____
Recognize landmarks, hazards			_____
Head check safely at catch			_____
Perform emergency stop at speed			_____
Back away from hazard			_____
Vocabulary	Practice	Pass	
Name parts of the rowing shell,			_____
react to rowers port & starboard			_____
React to rowing commands			_____
Stroke	Practice	Pass	
Demonstrate proper hand hold on oar/sculls			
Demonstrate proper hand height			
Demonstrate proper posture			
Identify and demonstrate parts of stroke cycle			
<input type="checkbox"/> catch <input type="checkbox"/> drive <input type="checkbox"/> release <input type="checkbox"/> recovery			

RENTON ROWING CENTER SKILLS CHECKLIST 2/2

Rowers Will Be Able To:

Technique	Practice	Pass	Comments
Rowing arms only with proper posture			
- arms & body with proper posture & hand levels			
- quarter-slide with control			
- half-slide with control			
-full slide with control			
Identify and correct pauses in stroke			
Demonstrate controlled recovery on slide			
Demonstrate proper breathing cycle			
Use pause drills: arms away; body forward; half-slide			
Use stroke drills: swing into bow; feet out; slide; silent			
Use blade drills: open hands; square blade; catch; dip			
Oarsmanship	Practice	Pass	
Carry shells safely, alone and with others			
Check equipment is ready to use			
Put in oars correctly			
Launch quickly			
Tie in, properly, on the water			
Demonstrate river turn			
Demonstrate emergency stop and back away			
Back shell 100m in straight line			
Identify traffic patterns			
Land shell / handle boat at dock unassisted			
Exit boat			
Lift boat from water, alone and with others			
Rack boat, alone and with others			
Rack oars			
Sign in and sign out in rowing registry			



RENTON ROWING CENTER

A COMMUNITY BOATHOUSE OF THE
GEORGE POCKOCK ROWING FOUNDATION

Be safe on the water! Before you row, check:

- Wind & Weather
- Equipment
- Time
- Traffic

