



2022 Member Handbook

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Welcome to the Renton Rowing Center

Created in 2014, RRC is Renton's community boathouse. Whether you prefer to get involved with a new outdoor activity, be a recreational rower, or want to develop your skills to row with a competitive rowing team, we are here for the Renton community! The Renton Rowing Center develops and supports rowing opportunities on South Lake Washington for all levels of ability and for all ages from 12 to 90+. Racing shell builder and Northwest rowing godfather 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 help remove the barriers to rowing by providing a host of support, including mentoring, transportation, nutrition, and financial assistance. RRC provides a welcoming place to learn, strengthen your fitness, and forge life-long friendships through the beautiful sport of rowing, while also honing your teamwork and leadership skills.

Our Mission

At RRC, we believe that everyone should have access to participate in the great sport of rowing at the level that is most beneficial to them. We strive to offer programs that range in goals and intensity, from the purely recreational athlete to the gold medalist. The information in this handbook is designed to help our adult members, and our junior rowers along with their parents/guardians, prepare for the very best rowing experience possible.

We strive for every member of our community to develop a love of rowing, lifelong physical activity, and commitment to health. We believe that rowing offers an experience in which people can develop fundamental life skills in teamwork, communication, problem-solving, and self-discipline.

RRC is committed to creating a culture and learning environment in which individuals can pursue and develop excellence in the sport of rowing. As a member of the RRC community, athletes are encouraged and challenged to learn new skills, gain new strengths, and build a strong community.

Diversity, Equity, and Inclusion

Anyone who wants to row should be able to do so, regardless of background or economic status. RRC is committed to creating a safe space in which people of all backgrounds and identities have the opportunity to safely participate fully in all that rowing has to offer. We work with our participants, colleagues, and community partners to continue learning how we can best effect positive change within our boathouse and beyond into the greater Renton area. Partial and full scholarships are available to help cover the cost of registration and regatta fees, swimming instruction, and transportation for our youth athletes.

Code of Conduct

All RRC members are expected to adhere to the RRC Code of Conduct and to properly represent the mission and values of RRC. Failure to comply with these expectations will result in disciplinary action and possible dismissal from RRC. For more information on our Code of Conduct, refer to pages 7 and 14.



Our Leadership

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Athlete Health & Wellness

Rowers are among the fittest athletes on the planet. The sport's energy requirements are broken down into 80% aerobic and 20% anaerobic energy usage during 2,000 meter racing. It is a strength endurance sport, where the athletes perform 30 – 40 repetitions (strokes) per minute of a high-resistance exercise during racing. Training is rigorous, and varied based on the time of year the athletes are training.

Training includes a variety of distances and intensities. Core strength is a key component to our regimen. Proper technique for rowing, as well as all of our exercises is taught and refined on a daily basis. Our ultimate goal is to keep our rowers healthy by training in a safe manner and avoiding injury.

Illness

If you do not feel well and your health and teammates' health will be compromised by your presence at practice, please choose to stay home and pursue treatment.

We want to practice hygiene and self-care. Take care of your teammates by not attending practice if you are ill and contagious. Good time management is key to staying healthy. Choose to keep yourself and your teammates healthy by staying on top of your school work, eating well, washing your hands, treating your blisters, sanitizing your equipment, showering, and wearing clean clothes to practice.

Injury

One of the most important lessons athletes must learn is how to prevent and recover from injury. While minimizing injuries is one of our top coaching priorities, it is a risk inherent in our sport. Athletes must learn the difference between 'hurting' and 'being hurt'.

If you get hurt, or suspect your athlete may have an injury, please see a professional. If you tell us you are injured, or think you might be injured, we will adjust your level of activity as needed. Once you get a diagnosis, there is a protocol to follow before you are allowed back on the water.

Mental and Emotional Health

All coaches and staff at RRC strongly support caring for both mental and emotional health. We recognize the important role that rowing can play in an athlete's well-being, as well as the stress it can cause. We will always take these issues into consideration when working with athletes, just as we do physical injuries or illness. Any athletes experiencing mental health challenges are strongly encouraged to notify their coach and to seek professional help.

Nutrition

Youth rowers are prone to large appetites to fuel both their growth and their training. The long-term experience and success of any athlete is due in large part to how they keep themselves fueled. RRC coaches advise us to eat natural, high-quality food regularly and often.

Some tips include:

- Stay hydrated to help eliminate injury, maximize performance and speed up recovery.
- Eat a healthy, substantial breakfast every day.
- Eat a full lunch, as well as an easily digestible snack before practice.
- Have a post practice snack within 30 minutes of the end of practice with protein and carbs.
- Avoid processed food, if options are limited, pick the healthier option.
- Consume vegetables, lean proteins and whole grains for maximal performance.

Sleep and Recovery

The key component to development is recovery as sleep and nutrition between workouts. When athletes are properly recovered, their training is maximized. Without recovery, athletes will experience a high degree of fatigue, burnout, and stress. Sleeping well and long enough has the highest correlation with athletic success than any other recovery method that has been measured. It also has significant positive impacts on academic success. Sleep is often the first activity to suffer when faced with social, academic, and athletic pressure. It is very important to sleep as much as possible, with a minimum of 6 hours per night. National Team athletes sleep 9+ hours per night.

Blisters

Blisters and calluses are a part of rowing. Blisters are caused by friction between the oar handle and the soft skin of the rowers' unconditioned hands. Here are some tips on how to care for your hands:

1. The blister is still raised and filled with fluid: Use a sterilized needle to pierce the blister and drain the fluid. Press the blister flat and apply some antiseptic cream. Cover with a band-aid that will protect it but allow air to get in.
2. The top layer of skin on your blister has torn or been rubbed away leaving raw skin. Hold your hands in hot soapy water, as hot as you can stand, for as long as you can stand. This will clean the wound and also gently dry out the skin. Cover with a band-aid if necessary.
3. The skin surrounding the blister looks red and inflamed. Treat as above, repeating several times during the day. If it still looks angry after a couple of days, get treatment from a doctor.
4. The raw skin is cracked. Apply antiseptic cream (Vaseline also works) and a band-aid to keep the skin moist and to help it heal.
5. The new skin has formed but the old skin is torn, ragged and hardening around the edge. Trim with sharp scissors or a razor blade until there are no flaps and the surface of your skin is uniformly smooth.
6. The blister is healed but has left a hard and raised callus. Use pumice, a file or sandpaper to reduce the thickness of the skin until the surface of your skin is uniformly smooth; this is easier after a few minutes soaking in hot water.

For Practice: Use a base layer of medical self-adhesive wrap (the kind used after blood donations) with an outer layer of athletic tape. Applying athletic tape to raw skin will further inflame the skin. Use only as much as necessary. Overwrapping can cause blisters to form at the edges or fold points of the tape.



Pandemic Safety Policy 12/2021

RRC's top priority is keeping our athletes safe and healthy. We take responsibility to avoid contagion in our boathouse and community. Our advisors: a team of medical doctors, COVID researchers and public health specialists support the following updated RRC COVID protocols, effective 9/1/21:

Indoor Training: Indoor training in the boat bays is permissible, on the condition that all front doors, main bay doors, and side bay doors are open fully for maximum airflow. Athletes must remain socially distanced by the recommended 10 feet or more. Indoor training in any of the upstairs rooms or back storage areas is not permitted.

Masks: Masks are required for staff and all athletes in the offices, boat bays, and docks. Masks may be removed by athletes once out on the water per participants' comfort level.

Health Monitoring: Each athlete must answer a set of health questions daily upon arrival at the boathouse. If a coach determines that the athlete is displaying symptoms based on their answers, the athlete will not be permitted to participate in practice.

Contact Tracing: Athletes must also fill out a virtual sign-in form when they arrive at the boathouse with their full name, date, arrival and departure time.

Vaccinations: Vaccinated athletes may row in team boats with other vaccinated athletes. Unvaccinated athletes may only row in singles, or in doubles with one other person to form a "Double Bubble." Unvaccinated youth athletes who wish to form a Double Bubble must express written approval from the parent or guardian of each athlete.

Vaccinated athletes may opt out of team boats, or choose to form a Double Bubble if this is more suited to their comfort level. If you are not currently vaccinated but plan to be in the future, you may only row in singles or in a Double Bubble until 2 weeks after receiving your final vaccination shot. After this period, you will be permitted to row in team boats.

We offer two ways to record your vaccination status with the RRC. You can submit a signed waiver / attestation form or provide a copy of your vaccine card. Either of those documents can be returned to the office via paper copy in the mailbox upstairs, given to a staff member, or emailed to the Program Director. Many of you have already submitted this documentation to the office or coaching staff. You do not need to resubmit.

We ask that all families and members continue to mitigate their own personal risks:

- Monitor your own health daily.
- Know the symptoms of COVID and the Delta Variant.
- Do not come to the boathouse if you are showing symptoms of COVID or other illness.

If you have traveled to an area with a high spread of COVID, please follow CDC recommendations about testing and quarantining. The health and safety of our athletes and staff is our top priority at RRC, and these policies are designed with the health and protection of our entire community in mind. We will continue to monitor the data and guidelines as the situation continues to evolve. We are prepared to take additional precautions if necessary.

Code of Conduct



Please refer to page 13 for the Code of Conduct policies specific to our youth rowers.

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 codifies 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 applies to all people involved with RRC. You are required to comply with the terms of the Code of Conduct as a condition of your continued Membership at the RRC. 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 Program Director or staff, the GPRF Executive Director, or GPRF Director of Rowing Operations. The Code of Conduct serves as a reference for decisions in a variety of circumstances involving the RRC. No rulebook can anticipate every situation. Members should:

- Participate positively with good sportsmanship and fair play.
- Contribute to creating a safe, inclusive, and welcoming environment for all members and staff.
- 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 email, only for the conduct of RRC business and in a manner that reflects positively on the RRC and its members.
- Respect and care for our equipment and boathouse environment.
- 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 funds. Reimbursements shall be no more than the value indicated on purchase receipt.
- Members shall take no actions that will compromise the RRC and its affiliated organizations and programs.

Harassment and Mistreatment of Others

RRC commits to creating a safe, supportive, and inclusive environment for all community members. Therefore, we will not tolerate the mistreatment of, or aiding the mistreatment of others, including, but not limited to, the language and behaviors of racism, homophobia, anti-semitism, misogyny, sexism, transphobia, xenophobia, and all other forms of discrimination, retaliation, bullying, cyberbullying, harassment, intimidation, and sexual harassment. All staff, coaches, volunteers, adult participants and youth athletes are required to abide by our Athlete Protection Policies prohibiting misconduct of all types: bullying, harassment, hazing, emotional misconduct, physical misconduct and sexual misconduct, including child abuse.

Harassment can be a single serious incident or a pattern of unwelcome behavior, speech, writing (electronic or otherwise), or any other contact directed at a person because of their race, color, national origin, gender identity, religion or creed, sexual orientation, or any behavior that demeans or stereotypes individuals in a harmful way, and creates, from the perspective of the recipient(s) and a reasonable person, an intimidating, hostile, demeaning or otherwise offensive environment that is sufficiently severe and/or pervasive to have the effect of unreasonably interfering with an individual's free participation in the RRC community. Unlawful harassment is conduct directed at a person because of their race, color, national origin, gender, religion or creed, or sexual orientation, and includes behaviors such as malicious spreading of gossip (via any means), hazing; ostracizing, ridicule, unwelcome touching of another person, name-calling, bullying, and destruction or damage of personal property.



Making Our Boathouse an Inclusive and Safe Space for All

While rowing historically adheres to a gender binary, we recognize that our community includes trans, gender non-conforming, and non-binary individuals. In our boathouse we use gender-neutral language as often as possible and respect others' identities and their pronouns.

When addressing a group use words rather than 'men/boys' or 'women/girls', use words such as:

- Athletes
- Rowers
- People
- Folks
- Team

When addressing a specific boat rather than 'men's/boys' or 'women's/girls', use terms such as:

- Boat name
- Rowers' names
- Bow seat/coxswain name

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 supervisory or disciplinary action may be warranted. Failure to follow Safety and other boathouse rules, boat and launch lighting rules, and other policies and rules can be grounds for discipline. Depending on the severity of an infraction, the RRC Program Director, the MC, and the GPRF staff have a variety of disciplinary avenues. Each case will be treated individually. In general, we will follow a progressive system ranging from warnings to termination of membership and/or affiliation with RRC.

- RRC Members, coaches, staff members, elected leadership, including elected Junior leadership, or parent chaperones may issue verbal guidance 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 the RRC Program Director and the GPRF Director of Rowing Operations. If those parties concur, 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/guardians.
- **A first documented offense** will be a verbal warning, including explanation of the documentation.
- **A second documented offense** or, at the Program Director'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 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 Program Director will be the primary agent of discipline. A member may appeal the Director of Rowing Operation's decision to the RRC Management Committee. Decisions of the RRC MC are final.



Youth Rowing

Team Structure

The RRC Youth Team consists of three main squads: middle school, novice, and varsity.

- **Middle School** - athletes in 6th, 7th and 8th grade, either new to rowing or experienced
- **Novice** - athletes who are new to the sport.

Novice athletes have one academic year of eligibility to race in novice events at regattas.

- **Varsity** - high school athletes who are experienced rowers

Practices

Practices are held at the Renton Rowing Center or at a public and accessible off-site location predetermined by the coaches. Most practices will take place after school on weekdays; weekend practice times may be utilized when needed. Specific practice schedules will vary by season and squad. This information will be available on MindBody Online during registration as well as on Teamsnap.

Fall Rowing: Fall rowing is when many are introduced to the sport, and when we start to build the team designed to develop aerobic endurance and improve rowing technique. Varsity racing is typically performed over 4-6,000 meter distances. Called "Head Races", these events are raced against the clock, with each boat looking to post their best time over a given course. Times are then sorted and winners determined. Novices compete in head races and 1,000 meter sprint races, where six boats race side by side.

Winter Training: Winter training is designed to continue to push training horizons. Strength and endurance training are the main components of these sessions. These sessions are designed for the athlete serious about improving their fitness and performance in spring rowing.

Spring Rowing: The heart of the rowing season takes place in the spring. Rowers race a variety of sprint distances (based on training plans and venue limitations) between 1,000 and 2,000 meters. All spring races are raced "sprint" style, where boats start at one command and race 6 across. Dual meets are scheduled to improve fitness and racing acumen. Regattas are longer events with multiple teams. Athletes race at higher stroke cadences. Spring holds regional and national championship races.

Summer Rowing: Summer rowing is a fun season designed to keep the rowers active if they choose. The focus is to try out new boats and line-ups and have some fun in the sport. Summer is our chance to host rowing camps, competitions and really open up our boathouse to the community.

Registration

RRC uses the online platform Teamsnap for all team registrations and payments. Information on specific program registration dates will be shared via the newsletter and program details will be included on the registration platform. Parents and athletes can access the Teamsnap registration through the RRC website using the 'Register' button located in the top right-hand corner.

Both parents and athletes will need to create an account on Teamsnap but should be sure to register the athlete's account when signing up for a particular program.

Required Paperwork



All RRC youth program participants are required to have the following paperwork on file:

- GPRF Waiver
- Code of Conduct
- Medical Release
- Float Test

Transportation: Parking and Pick Up

Athletes must arrange their own transportation to/from practice, local scrimmages and regattas. Long distance travel is coordinated by the Renton Rowing Center for all participating athletes. RRC parents may help coordinate carpool arrangements. Transportation assistance may be available for Youth Athletes through the GPRF, and any athletes requiring assistance to and/or from practice should reach out directly to the Program Director.

Communication:

Email - is our main form of communication for the Junior rowing program. Important program information, registration dates, competition updates and announcements, and more will be communicated first and foremost to Junior athletes and parents via email.

Teamsnap - is our secondary form of communication for the Junior rowing program. It allows the user to have preferred methods of communication (ie; email, text). One parent per rower must add a contact to the account. Any important notifications sent through TeamSnap will also be sent via email.

GroupMe - is the app we use to communicate directly with our High School athletes. This application allows our Youth coaches to communicate directly with our High School athletes regarding practice and competition updates. Youth athletes should utilize this app to notify their team of any absences or late arrivals whenever possible.

Coach's phone numbers - Are given out at the discretion of each coach. We ask you to not text, or call after practice hours. Athletes should not communicate privately with staff members or adult volunteers, per SafeSport policy. At least one family member or other staff member should always be included in any direct communications with individual athletes.

Some discussions may require a meeting of the student-athlete, coach and parent to reach a consensus and make sure communication is clear. Coaches will meet with parents to discuss their athlete **with the athlete present**, unless there are significant extenuating circumstances.

Safety

For serious safety concerns, please contact us promptly including all relevant details. Safety is our number one priority and if there is any concern, it will be addressed immediately.

Medical/Health Concerns

For serious medical concerns, please contact us promptly including all relevant details. We are happy to hear from both parents and athletes when athlete health is concerned. We respect our families right to privacy.

Academics

Academics are the top priority for our student-athletes and RRC will support students' academics. If there are pressing academic concerns that are not being communicated or other extenuating circumstances that might require an intervention, it would be appropriate to reach out to a coach directly. If it is a message that the athlete is able to send, we expect to hear from the athlete.



Parent/Guardian Expectations & Roles

Volunteering

The success of the RRC youth teams has been thanks in large part to the efforts of our parent volunteers. Volunteering not only supports a quality athlete experience but also provides community and connection for parents. Volunteer roles range from regatta food tents to event organization to merchandise orders and many other needs. Our parent group meets regularly to coordinate projects and ideas for the continued development of the RRC youth team experience. Parents volunteering helps lower the cost of rowing for all athletes. Parents are required to volunteer a minimum of five hours service to RRC each year.

Communication with Coaches

Parents are an integral part of the youth athlete experience, but our goal is to keep the work centered on the athlete. Parents are encouraged to help their athletes communicate directly with coaches. Any concerns regarding an athlete's health and safety should be raised by parents directly with coaches. We ask that parents use email for these communications. Coaches will work with the youth team coordinator and directors as appropriate.

Supporting Athletes

Parents often ask us how they can best support their student-athletes through the ups and downs of rowing. It is important to understand that athletes will experience the full range of emotions throughout any given part of their rowing career. Here are some tips to help support your athlete:

Give them space to talk about their experiences without judgement of their efforts or outcomes.

- Ask questions about what they have learned and how it could help them in any given situation.
- Encourage athletes to speak to teammates and/or coaches when they need help.
- Let your athlete choose their rowing participation and competition goals.
- Reach out to coaches if you are concerned about your athlete's health and well-being.

College Recruitment

One of our top priorities at Renton is to develop a student-athlete who loves the sport of rowing. We strive to offer support to our Youth athletes at all stages of the research, recruitment, and application process.

Whether it's helping athletes research the different programs available, assisting the athlete in creating and sending video content of their rowing, or establishing a point of connection with a coach, RRC will assist to find the best fit for their goals as both an athlete and student.

Practice Expectations

We understand that conflicts with athlete obligations exist and we are happy to work with you and them on resolutions, including but not limited to:

- Family needs
- Regular conflicts (e.g. orchestra rehearsal, debate club meets, etc) are okay – please talk to a coach
- Vacations are encouraged, just let us know at least 1 week in advance
- Please provide at least a 4-hour advance notice if your athlete will not be present on a given day (medical & family emergencies are exceptions)
- To maximize our use of practice time, we try to make lineups before practice begins
- Knowing ahead of time who will and will not be available will help with that
- Please make every effort to get your athlete to practice on time (15 or greater minutes early is preferred)
- Traffic happens, meetings run long – just give one of the coaches a text or call saying that you will be late with an expected arrival time
- As long as we know you are coming, we can include your athlete in practice.
- It's the "we don't know if you're coming" that makes things difficult for your teammates and coaches



Scholarship: The George Pocock Rowing Foundation provides need-based youth rowing scholarships at multiple boathouses throughout Seattle and Renton. Scholarship funds are awarded based on financial need AND the participant's ability to meet attendance and participation expectations. If awarded a scholarship, athletes must:

- Attend 75% of practices
- Volunteer 5 hours per season
- Attend one community event per year

Partial and full scholarships are available. The information you provide will be treated confidentially, and will be used only for eligibility determination. Funding is limited and awarded on a case by case basis.

Team Gear: Team gear is ordered once in the fall and once in the spring. Order forms will be distributed via email or handed out at parent meetings when possible.

Program and Travel Fees: Program fees are expected to be paid by the beginning of the first practice for that particular program. Installment payments are available upon registration via TeamSnap. Travel Fees need to be paid or arrangements made before the event or participant will not be able to attend.

Selection Process and Protocols: Coaches will select athletes for specific crews for each competition. This process involves direct athlete comparisons based on training data, technical proficiency, attendance history, and coaches' observations of commitment level, positive attitude, teamwork, and so forth. Athletes will be notified of their boat selection prior to race day. Any questions regarding selection decisions or processes should be asked by the athlete to the coach no sooner than twenty-four hours after selection announcements.

Regatta Preparedness for Parents and Athletes Scheduling: Prior to the season, descriptions of the regattas and scrimmages, and any available detail will be sent via email and posted online. This will include anticipated timeframe, regatta location and transportation details. More specific instructions, including drop-off location and specific race times will be sent on both Monday and Thursday before a regatta.

Before you attend a regatta, be prepared for anything and everything. The weather can change suddenly, and it's not uncommon to need warm rain gear followed by sunscreen later in the day. Plan on being at the race site for a while. Once your rower gets to the designated meeting place in the morning, you may not be finished until late in the afternoon. Athletes remain at the regatta site until their equipment is loaded on the trailer, or they are formally dismissed by their coach.

Some things to pack to make your regatta day more comfortable:

- Portable chair
- Binoculars
- Warm clothes (including gloves/caps)
- Rain gear
- Light-weight clothing
- Sunglasses and sunscreen
- Blankets or sleeping bag for you or your rower to stretch out on
- Water and healthy snacks (food tent provided for rowers at most races)

Race-day schedules and results are posted at a central location at the regatta, and often online. Coaches will tell you where.



RRC Youth Rowers Code of Conduct:

The Renton Rowing Center is first and foremost a community, and we wish to respect everyone's race, religion, gender, sexual orientation, political views inside and outside of the boathouse. All staff, coaches, volunteers, adult participants and youth athletes are required to abide by our Athlete Protection Policies prohibiting misconduct of all types: bullying, harassment, hazing, emotional misconduct, physical misconduct and sexual misconduct, including child abuse.

1. I will be respectful of coaches, adult volunteers, and other participants, realizing that my behavior affects others and the success of RRC.
2. I agree to accept and carry out instructions of the RRC staff, coaches and chaperones.
3. I agree to attend and take part in all scheduled practices and activities unless excused by a coach.
4. I will discuss any problems that may arise with RRC staff, trip/overnight leaders, or chaperones.
5. At overnight events, I will remain quietly in my own bed at the established bed time.
6. I understand that ANY of the following acts will lead to discipline, suspension or expulsion from RRC-sponsored activities:
 - Commission of a crime.
 - Possession or use of any dangerous weapon or object.
 - Assault, aggressive behavior or intimidation of another person.
 - Improper possession of athletic equipment belonging to the Renton Rowing Center, another member of the RRC or another team or theft.
 - Destruction or defacing of property.
 - Immoral conduct.
 - Disruptive conduct.
 - Disobedience of reasonable instructions of crew authorities.
7. I understand that use, consumption, possession, buying, selling, or giving away of alcohol, tobacco, marijuana, or any controlled substance will mean immediate disciplinary action and possible dismissal from the team.
8. I understand that any general misbehavior or disrespect shown to coaches or parent chaperones is not allowed. First offense: warning. Second offense: non-participation and attendance at the next regatta. Third offense: removal from the team. If I am sent home from an event, it will be at mine/my parents' expense.
9. I will be respectful of other peoples' possessions and property and will refrain from activities that cause damage to either.
10. I understand that I am financially responsible for any damage I may cause when disobeying rules.
11. I understand that **any** individual's failure to abide by these rules can jeopardize the entire group's participation at the time of the failure and in the future.



Adult Rowing

Our goal is to provide a space for all of our adult members to become better rowers at their own pace, and to provide competitive opportunities for those who want to take their rowing to the next level. If you are interested in rowing with a team, we offer several programs that range in skill and experience level from recreational to competitive. If you are an experienced rower and want to row independently in your own rowing shell, we have (limited) rack space available for rent. Membership and Coached Programming fees are required for participation in any and all programs beyond our Learn to Row Course.

Classes

Learn to Row

Adult Learn to Row (LTR) is a class series designed for adults of all ages who have less than three months of rowing experience. In order to join our Adult League you must have completed at least one LTR class or obtained permission from the RRC Program Director. This class will focus primarily on the sculling discipline of rowing. Rowers will have the opportunity to learn to sweep row in our Adult League after finishing a LTR class.

Intermediate Adult League

This league is a co-ed, recreational team for intermediate adult rowers, ages 19+. This group is tech-focused with a curriculum that is centered around improving comfort on the water and fine tuning each athlete's stroke in a fun and social environment. Athletes who wish to compete will have the opportunity to learn the basics of race preparation and execution in this class. This program is for rowers with at least one full Learn to Row class completed or prior consent from the Program Director.

Experienced Adult League

This league is a co-ed, semi-competitive team for experienced adult rowers, ages 19+. The primary focus of the league is on improving fitness and technique in a fun, focused environment with skill-appropriate opportunities to race at local and regional regattas. This league is for rowers with at least 3 months of experience or prior consent from the Program Director.

Independent Rower

Membership required and rack fee applies for owners of private boats. Must receive written approval from the Program Director.



2022 Membership Options

Memberships are required for all Adult participants (with the exception of current Learn to Row participants) in order to access the boathouse. Members receive access to indoor workout equipment, complimentary use of our stock of kayaks and paddleboards outside of rentals hours, and private use of club boats and oars upon approval from the Program Director. Memberships are required in order to store your private rowing shell or other equipment at our facility.

We have two Membership Fee options available to members at RRC:

- **Flexible Annual Membership:** \$45/month, or \$540/annually. Can be paid in 12 monthly installments, or upfront upon registration. This membership can be cancelled any time at no additional cost. Most flexible option for members with variable schedules.
- **Discount Annual Membership:** \$40.5/month, or \$486/annually. Can be paid in 12 monthly installments, or upfront upon registration. This membership is a one-year commitment and cannot be cancelled until paid in full. Best value for consistent members or private boat owners.

2022 Coached Programming Fee Options

In addition to a Membership fee, any Adult members who wish to participate in coached programs must purchase a class pass or pay a drop-in fee. These fees help us cover costs such as staff wages, launch fuel and maintenance, boat repairs and upkeep, and other operational costs.

We have several coached programming fee options available for our members:

- **Seasonal Class Pass (Prices Vary):** Provides unlimited access to all coached classes on a seasonal basis. Prices vary based on the level of programming offered.
 - Winter (January & February): \$65/month, or \$130 total.
 - Spring (March - May): \$80/month, or \$240 total.
 - Summer (June - August): \$80/month, or \$240 total.
 - Fall (September - mid December): \$70/month, or \$280 total.
- **Punch Card (\$150):** Provides access to any 10 coached classes with no expiration date from the time of purchase. Cost is \$150 for a 10-class Punch Card. Available for purchase on TeamSnap, then pick up your card at the boathouse!
- **Drop-In Fee (\$15/class):** Not sure how many classes you will attend? Members without a Class Pass or Punch Card can drop in to any class for a \$15 fee per class attended. Available for easy purchase on-site with the assistance of a coach or staff member

Service Hours

The RRC is run by and for its members, we require 10 hours of service from each member annually.

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 on the Volunteer sheet in the boathouse 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. We document our hours and report them at the end of year.

Guests of Adult 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.

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:

- Submit a copy of their current float test certification; and
- Sign the George Pocock Rowing Foundation (GPRF) and USRowing liability waiver.

Members' Guests and Rentals

- Members may bring Guests before rental hours to use rental equipment with no fee
- Sign the George Pocock Rowing Foundation (GPRF) and USRowing liability waivers.
- Guests must stay with RRC members and may not use equipment alone.



Safety Guidelines

The first priority of all Members is physical and emotional 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.

SafeSport Training

Effective Jan 1, 2022, USRowing requires that participants 18 years of age or older are required to take SafeSport training. If SafeSport training is not completed prior to attending a regatta, an adult participant will not be allowed to participate. The training is free for all members of USRowing. This training is required by law and supported by the USOPC. You will need your own USRowing member number and your own email address to access the training. All SafeSport training will be one at <http://safesporttrained.org>. More information can be found on the USRowing website.

Personal Flotation Devices We strongly encourage everyone to wear a personal flotation device (PFD) when they are rowing. Anyone who has not submitted a valid Float Test is **required** to wear a personal PFD. RRC has a limited supply of PFDs so we encourage Members to buy their own. PFDs should be equipped with whistles.

Equipment

The RRC Program Director, Equipment 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.

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 and oarlock spacers.
- Leave shoes on the dock. Shoes carry dirt and grit into tracks, which wears down both tracks and wheels.
- Wrap 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. Equipment damage may be reported with a QR code posted in the boathouse.

- Clean, sanitize and dry boat, sanitize wipe down oar handles.

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 and choke you
- Stabilize your breathing as you tread water. Stay with the boat, hold the gunwale. You may be in the water for ten minutes or more, so be patient and focus on your breathing and pair 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 flotation 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 flotation 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 flotation 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 rowing 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.

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: If going out on the water is unsafe, RRC programs may take place indoors if pandemic restrictions allow. 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. Lights and the chargers are kept on the front desk.

- RRC encourages members to purchase their own lights to use. Bike shops in Renton sell inexpensive, waterproof bike lights you can clip on. Headlamps 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.



- **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. 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. Check hatch covers and drain plugs before rowing.

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 25.*
 - 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; buoys; stumps and bridges).
 - Head check on drive of stroke: What hazards are ahead of me?
2. **Other boats**
 - Are there: Oncoming rowers? Skiers? Jet skis? 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 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 their landing or take-off zones. Approaching floatplanes are



rarely audible until past 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.

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 follow 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.

FOLLOW TRAFFIC PATTERN & ALWAYS STAY INSIDE BUOYS UNLESS YOU ARE WITH A LAUNCH



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

Wind & Weather / Equipment / Time / Traffic

Glossary of Rowing Terms



Rowing can be a daunting sport to learn. This glossary can help increase your knowledge of the technique and equipment used in the sport.

Blade: The end of the oar which is placed in the water.

Boathouse: A building used for storing boats. Often used to refer to the entire facility.

Buoy: A floating marker that is sometimes used to lay out a course.

Bow: The forward section of the boat. The first part of the boat to cross the finish line. The person in the seat closest to the bow, who crosses the finish line first.

Bow coxed boat: A shell in which the coxswain is near the bow instead of the stern. It's hard to see the coxswain in this type of boat, because only their head is visible. Having the coxswain virtually lying down in the bow reduces wind resistance, and the weight distribution is better.

Bowball: A rubber ball that protects the boat against damage in case of a collision.

Button: Or collar. A wide collar on the oar that keeps it from slipping through the oarlock.

Catch: The moment the blade first enters the water, the beginning of the power phase of the stroke.

Check: When the boat changes direction between the recovery and power phase of the stroke.

Good Check: A unified coordinated movement which quickly returns the boat to speed from the recovery phase of the stroke.

Bad Check: If the crew is not in unison, or if there are technical issues, then the boat down significantly or stops entirely.

CLAM: Clip-on Load Adjusting Mechanism (C.L.A.M.) - A device that slides on and off the shaft of an oar to quickly adjust the inboard of an oar or scull. Adding one C.L.A.M. increases the inboard by 1 cm, increasing the load you feel on the oar(s).

Cox Box: A battery powered, small amplifier that allows the coxswain to communicate with the crew and also gives the coxswain stroke rate information.

Coxswain (kök'sUn): Person who steers the shell and is the on-the-water coach and tactician for the crew.

Collar: Or button. A plastic ring that keeps the oar from slipping through the oarlock.

Crab: A stroke that goes bad. The oar blade slices the water at an angle and gets caught under the surface. The blade is not fully feathered before leaving the water. This results in the blade being stuck in the water, severely slowing the boat down and throwing off the balance. This term is from the claim that "a crab grabbed the blade and wouldn't let go."

Crew: The term crew is used in American schools and colleges to designate the sport of rowing. When outside of the academic sphere, then the sport is known as rowing. The British and European universities and schools have rowing clubs, not crew clubs.



Deck: The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

Drive: The power phase of the rowing cycle where the rower applies pressure to the buried blade and levers the boat around the blade.

Double: A shell with two scullers. Shorthand is 2x.

Eight: A shell with eight rowers and a coxswain. Symbol is 8+.

Erg(ometer): Rowers call it an "erg." It's a rowing machine that approximates the actual rowing motion. RRC has Concept II ergometers, which utilize a flywheel and a digital readout so that the rower can measure their "strokes per minute" and the distance covered. Used for training and testing.

Feathering: Turning the oar blade flat during the recovery to lessen wind resistance.

Fin or Skeg: A small flat appendage located along the bottom stern section of the hull which helps stabilize the shell in holding a straight course.

Finish: The oar blade leaving the water at the end of the power phase of the stroke.

FISA: Short for Federation Internationale des Societes d'Aviron. The international governing body for the sport of rowing in the world, established in 1892.

Foot Stretcher: An adjustable plate to which a rower's feet are secured.

Four: A boat with four sweep rowers. Shorthand is 4- or 4+ (without or with coxswain).

Full pressure: the top level of exertion of which a rower is capable.

Gate: The bar across the oarlock that keeps the oar in place.

Bucket rigging: A different way of setting up which side of the boat the oars are on in a sweep boat. Instead of alternating from side to side all the way down, in a German rigged boat, two consecutive rowers have oars on the same side. Also called "tandem" or "German" rigging.

Gunwales: The top edges of the shell. Some riggers are bolted into them.

Keel: The centerline of the shell.

Launch: To put the racing shell into the water OR the boat which the coach uses to follow the crews.

Lightweight: Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

Oar: Used to drive the boat forward. Oars use a fixed lever to drive the shell. Paddles do not have a fixed lever in the boat.

Oarlock: The D- shaped device at the end of the rigger in which the oar rests. There is a locking gate at the top to keep the oar in place.



Outboard: The distance between the tip of the blade-side face of the collar or C.L.A.M.. The greater the outboard, the heavier the oar or scull will feel and the greater the load in the water will be.

Pair: A boat with two sweep rowers. Designated as a 2-.

Port: Left side of the boat, while facing forward, in the direction of the movement.

Port-rigged: A shell rigged so that the stroke oar (#8) is a port oar.

Power 10: A call for rowers to do 10 of their best, most powerful strokes. It's a strategy used to pull ahead of a competitor.

Puddle: The effect in the water caused by the movement of the oar, particularly at the end of the stroke.

Quad: A boat with four scullers. Sometimes designated as 4x.

Racks: Wood or metal structures in the boathouse used to hold the shells.

Ready-All, Row: Starting command for most races

Recovery: The time between drives, when the blade of the oar is traveling through the air.

Repechage: The second-chance race which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

Rig: The art/science of setting up a boat for an individual's physiology and biomechanical advantage.

Rigger: The triangular- or wing-shaped metal device that is bolted onto the boat and holds the oars.

Rudder: The moveable fin device used to steer the shell.

Run: The run is the distance the shell moves during one stroke. You can figure it out by looking for the distance between the puddles made by the same oar.

Scull: One of the two disciplines of rowing -the one where each rower uses two oars or sculls.

Set: Balancing the boat as it is rowed. A boat is "set" when all the oars and gunnels are equidistant from the water.

Shell: Can be used interchangeably with boat. The racing boat.

Single: A one person shell. The symbol is 1x.

Skeg or Fin: A small flat appendage located along the stern section of the hull which helps stabilize the shell in holding a straight course.

Sky: The effect of lowering the hands too much and causing the oar to be too high off the water at the catch.

Slide: The set of runners for the wheels of each seat in the boat and the metal rails they roll in.



Slings: Collapsible / portable frames with straps upon which a shell can be placed.

Spacing: The actual distance between the puddles of all the rowers.

Split: The time a crew takes to complete a 500 meter segment of a race or ergometer workout.

Squaring: Term describing the turning of the oar from horizontal (feathered) to vertical (squared) blade position.

Stake-boat: The small, anchored boat that is used to hold the shells in place before the start of a race.

Starboard rigged: The stroke (#8) is rowing from the starboard side.

Starboard: Right side of the boat, while facing forward, in the direction of movement.

Stern: The rear of the boat; the direction the rowers are facing.

Straight: Refers to a shell without a coxswain i.e. a straight four (4-) or straight pair(2-).

Stretcher or Foot-stretcher: Where the rower's feet go. The stretcher consists of two inclined footrests that hold the rower's feet. The rower's shoes are bolted into the footrests.

Stroke: The #8 rower who sits closest to the stern. The stroke sets the rhythm or cadence for the boat; others behind him must follow their cadence.

Speed Coach: A small electronic display that rowers attach in the boat to show the important race information like stroke rate and elapsed time.

Stroke-rate: The number of strokes per minute. In a race, usually between 34 and 38 strokes per minute.

Sweep: One of the two disciplines of rowing -the one where rowers use only one oar. Pairs (for two people), fours (for four people) and the eights are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

Track: Metal grooves that keep the seat wheels on a straight line.

USRowing: The governing body for the sport of rowing in the U.S.

Wake: Turbulence caused by the motion of the boat through the water.

Weigh-Enough: A coxswain command to have all rowers stop rowing or to stop rowers from walking when carrying a boat.

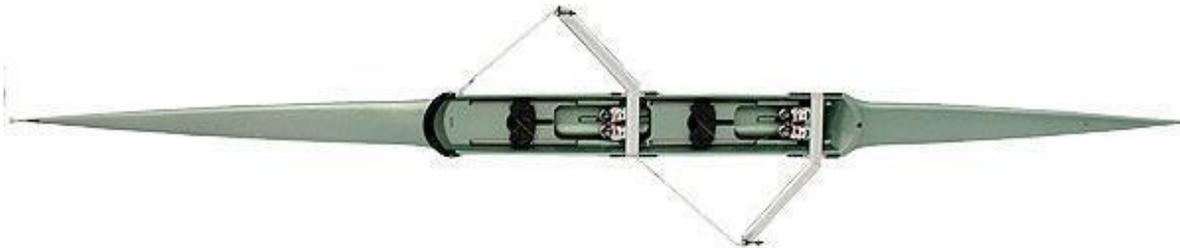
Sweep rowing - one oar

Coxless-pair	2-	two rowers with no coxswain
Coxed-pair	2+	two rowers with coxswain (rare)
Coxless-four	4- or IV-	four rowers with no coxswain

Coxed-four	4+ or IV+	four rowers with coxswain
Eight	8+ or VIII+	eight rowers always with coxswain

Boat Designations

Pair



Four (Top)



Four (Side)



Eight (Top)



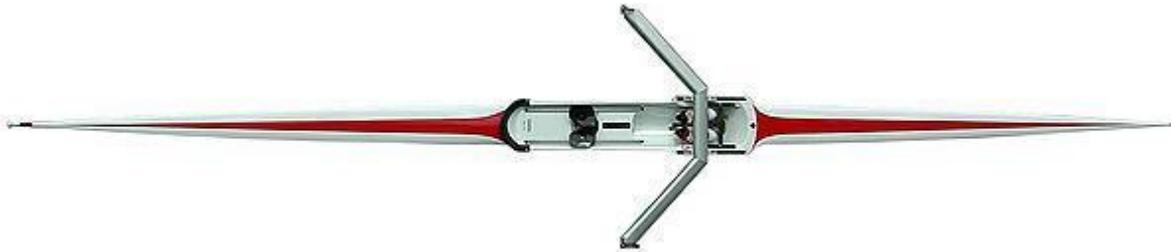
boats - two oars per rower

Sculling

Name	Designation	Explanation
Single-scull or single	1x	one person sculling (w/pair of sculls)

Double-scul or double	2x	two people sculling
Quadruple-scul or Straight quad	4x	four people sculling
Quadruple-scul or Coxed quad	4x+	four people sculling with coxswain
Octuple-scul or octapede w/Cox	8x+	eight scullers with coxswain (rare)

Single



Double

