

Steel City Rowing Club Boathouse/Training Room Policies

To participate in any program or row as a member, all forms and payment must be complete. Danielle Kurkjian, our office manager, will confirm your compliance. steelcityrowingdanielle@gmail.com

ROWING ON THE WATER:

1. Coached Program Rows: Sign in on attendance clipboard in single's bay. Coach will inform you of your crew and line-up. Line-ups are based on safety, skill, experience and the number of people. We cannot guarantee a particular seat in a coached program. If you would like to have specific training in a particular boat, private lessons are available.
2. Non-coached Sculler One and Two Rowers. Please verify with Laci if you are indeed a Sculler One or Two. Sign out AND in on "Water Sign Out/In" located in sculler's bay. If you are a sculler two and going out alone, you must file a float plan. If you do not return by the anticipated time and contact the person who is aware of your plan, the one informed must contact 911 for rescue. This is a requirement for your safety and for the liability of the club. Additionally, coached programs have priority for equipment use. Please make sure you are aware of program times so that you do not use equipment that will be needed. Lastly, if you are rowing alone, please verify with Laci the equipment available for club use. The list of equipment is posted by the Water Sign Out/in clipboard. Finally for your safety, before rowing at a non-coached time, check with a coach to verify water conditions, or follow the SCRC safety matrix. <http://steelcityrowing.org/>
3. Follow traffic patterns
 - a. Stay on your starboard shore. Do not row in the middle of the river.
 - b. When crossing the river, cross perpendicular to the river to minimize time spent in the middle of the river. Never cross in front of a barge. They cannot stop if you flip!
 - c. Cross buoys and larger objects downstream. Higher water flows move you more quickly to objects!
 - d. Do not pass under the railroad bridge downstream (to avoid downstream dam).
 - e. Do not pass the end of the lock entrance upstream (to avoid upstream dam).
 - f. Be wary and polite to boats entering and leaving marinas. You are in their territory.
 - g. Do not row between the water ski island and the Verona shore going downstream.

After rowing on the water please be sure to:

1. Wipe down boats, Clorox handles and help other rowers put away their boats.
2. Bring up all equipment from the docks (including launches and launch supplies).
3. Check boats and equipment for damage.
4. If you are in a coached program, do not leave until coach gives clearance to do so.

USE OF INDOOR FACILITY:

After rowing on the ergs please be sure to:

1. Clean off erg with paper towel and spray (tracks, seat, handle, etc.) and place workout log and pens back on shelf
2. Return any weight-lifting equipment to racks after lifting. Keep the clutter down. * While training indoors please keep all your bags and other supplies in the lockers and or the back of the erg-room to avoid clutter.

EVERYONE:

1. The last person leaving the boathouse, please lock and make sure all lights are turned off. Do not lock anyone out. Make sure you check the Water Sign Out/In to be sure.
2. Inform Laci of any damage to equipment and indicate damage on the Equipment Damage Clipboard that is located in the eight's bay. If damage does occur to equipment while you are using it, you are expected to assist and/or cover the cost of the deductible for repairs. Ask Laci what will need to be done to get the equipment in working order.
3. **In preparation for a race, all rowers will receive an e-mail that lists the requirements of that race; this always includes de-rigging the night before we leave and rigging after we come back from the race. If no sheet is distributed, it is the rower's responsibility to find out when the loading and unloading of the trailer will occur.**
4. Occasionally, dates are scheduled for helping-out around the boathouse after practice (cleaning, repairs, building) all members are asked to attend these sessions as often as possible. Additionally, Learn to Rows are also other dates where we need your help. A strong membership base helps to ensure that all programs continue successfully!

Thank you for your cooperation!

Having read all of the above, I do hereby agree to review and adhere to the policies and procedures set forth herein and elsewhere.

Printed Name: _____ Signature: _____ Date: _____