



## **Baboosic Lake Rowing Club Social Rowing Program Fall 2018**

### **Purpose**

The Baboosic Lake Rowing Club. (hereinafter referred to as "BLRC") was founded in 2013 to be a broad-based, nonprofit community organization, whose purpose is to establish and maintain a rowing club for educational and athletic purposes in the amateur sport of junior and masters rowing. BLRC is organized and is to be operated exclusively in accordance with section 501(c)(3) of the Internal Revenue code. Our goal is to promote and encourage the growth and development of rowing throughout the greater Amherst, New Hampshire area.

**This document provides an outline of the Fall 2018 Social Rowing program that will be offered to rowers participating as members of Baboosic Lake Rowing Club (masters/adults)**

### **Social Rowing Program**

By popular demand, BLRC is offering the social rowing program as an opportunity for adult rowers to participate in a fun, non-competitive manner. The addition of a (coxless) quad will make it possible for rowers to sign-up to participate for an evening of rowing. Groups may take out a coxed boat if the group has made arrangements for a coxswain. A coach will not be provided, nor will there be an accompanying launch. Participants will be required to sign a waiver indicating they accept the risks that accompany the program, and will not hold BLRC liable.

### **Membership**

The Fall 2018 Social Rowing program will be available to masters (adult rowers), typically over the age of 18.

To be eligible to join the Social Rowing program, rowers must adhere to the attendance policy outlined below, and be current on all dues and fees according to financial arrangements. This includes membership with the US Rowing Association, rowing's governing body.

The intent is to provide this program to experienced rowers (those with at least one prior season of rowing).

All Members agree they are subject to being required to reimburse BLRC for damages to any equipment or BLRC facilities due to gross negligence or willful misconduct as determined by the Board. BLRC is not required to provide insurance for personal property and/or equipment and will only provide limited liability insurance where provided by organizational coverage through the US Rowing Association.

### **Rowing Season**

The Social Rowing program will begin after Labor Day and run through approximately the end of October, weather permitting. The intent is to offer the program in sync with the juniors program.

Rowing opportunities will be available daily Monday through Thursday, and on Saturday mornings after the juniors practice. Rowers should plan on being at the Baboosic Lake Town Beach Monday through Thursday by 5:30, to 'catch and go' after the juniors practice has concluded.

## Membership Dues

Social Rowing dues will be \$125 for the season, with a 'captains discount' of \$25 provided to those who become a "crew captain" as described in the Safety Guidelines below. The discount will be provided as a refund to your dues (via check) after the participant completes the Captains test and contract. The BLRC family discount will not be available to Social Rowing participants

## Participant Obligations

Participating adults will be asked to organize their own sign-ups using a "doodle" (or equivalent) scheduling tool. Participation in a given rowing session is expected to be first come, first serve. Each participant is encouraged to become a "crew captain" (described in the Safety Guidelines), though it is not required to participate in the Social Rowing program. If a participant signs-up, s/he is expected to 'show up' or to find a replacement so their fellow boat-mates are not left stranded unable to row.

## Safety Guidelines

All Social Rowing program participants are expected to comply with BLRC's safety guidelines, which includes:

- **Medical Authorization:** each participant must have submitted medical authorization to participate (this is required only once)
- **Swim Test:** each participant must successfully complete a swim test prior to going out in the water. The swim test consists of swimming 100 yards, treading water for 10 minutes, and putting on a life jacket while treading water. This must only be passed once for each member
- **Right the Boat (the Tippy Test):** each participant must (as part of a group), demonstrate an ability to 'right the boat' in the event it becomes swamped or tips on the lake. A 'Tippy test' will be offered the week after Labor Day. If you have passed the 'tippy test' with another rowing organization and can provide written verification from that club, this will be accepted in lieu of BLRC's "tippy test".
- **Safety equipment:** each session, the participants must take required safety equipment in the boat and use it appropriately. At minimum, there should be one PDF on board per person. A minimum of two waterproof cell phone cases will be available to ensure a cell phone may be taken onboard in the event of an emergency. At least one whistle should also be on board.
- **Acknowledgement of safe rowing conditions due to inclement weather.** It will be unsafe to row if any of the following conditions exist:
  - High winds, above 20mph or higher
  - Water temperature <50 degrees F
  - Thunder and lightning expected within 30 minutes
  - Whitecap conditions: no rowing if wind, waves and chop are high and dangerous
  - Fog: visibility to shore must be at least 50 yards
- **Crew Captain:** at least one rower per session must be a Crew Captain. A crew captain will successfully complete both a written and practical test demonstrating knowledge of

applicable safety rules, and practical skills. A Crew Captain will be granted the ability to sign out equipment, and acknowledges the group's intent to adhere to safety practices. A simple written test will be made available via email. The Captains test will only need to be completed once. A small number of Crew Captains will be given a boathouse key.

## Expected Process

