

Membership Handbook



APRIL 2020

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Our Programs

- Try It Out Day (June)
- Learn to Row Clinic (June and July)
- Sweep Rowing
- Special Events

Qualifying as a Member

- New members must complete the annual clinic OR pass the captain's test.
- For dues and fees, see: <https://brattleborooutingclub.org/rowing/>.

Member Responsibilities

Participation in voluntary tasks as identified each season, for example:

- Docks-in and Docks-out days
- Try It Out Day
- Learn to Row Clinic coaching and support
- Cleaning boathouse
- Washing towels
- Dock repair
- Steering committee
- RowBOC Board representation

Guests

- Members may invite guests to row with them for a \$15 fee per outing per guest to be paid in the envelope by the logbook.
- Guests must sign a waiver form before going out on the water.
- Guests must sign in and out in the logbook.
- Regular guests who live locally should consider becoming members.
- Members are expected to use good judgement about their guests' safety and capabilities on the water.

Club Equipment Use

The club has both recreational boats and racing shells.

Rowers will use only those boats for which they are approved.

Members interested in advancing to racing shells should schedule a row with a coach or steering committee member.

Rowers must use the logbook every time they take out a boat, signing in and out, with intended river and direction.

Rowers must clean boats and put them away properly.

Rowers must open and close the boathouse properly, leaving lights out and the doors correctly chained and locked.

Each rower accepts the responsibility for their own safety and safety of others. Any damage done to a boat or to other equipment due to negligence or accident is the responsibility of the person or persons who used the equipment at the time of the damage, or who caused the damage to occur.

Rowers must report equipment that needs repair, and any damage that occurred while they were out, both in the logbook and directly to a steering committee member.

When equipment is damaged, the person responsible will debrief on navigation and safety with a coach or steering committee member **before** using club equipment again.

Anyone observed using RowBOC equipment recklessly or unsafely may lose the privilege to use club property.

Club oars are marked with orange tape; all others are private. Do not use private oars without express permission from the owner.

Club boats may not go out when the river flow is over 20,000 cfs.

See: https://waterdata.usgs.gov/nwis/uv?site_no=01154500

Rowers should always check weather conditions before going out.

Safety

By joining RowBOC, members guarantee that they (and any guests) are competent swimmers in challenging conditions.

All members must have watched the safety video:
https://www.youtube.com/watch?v=Rx5SUE_RdgQ

All members must understand US Rowing safety guidelines.

Members agree to use only boats for which they are approved.

Practicing self-rescue is required—at least once. We strongly urge competence!

DO NOT GO OUT when lightning is expected.

Before leaving home and before launching, check conditions: water level, wind, water, weather, and other safety considerations.

Check river flow (link on p.2). Do not go out if flow is over 20,000 cfs.

Beginners should seek guidance/support from veteran members about safe wind and water conditions.

Let others, especially those you are rowing with, know where you are headed and when you intend to return.

Do not get caught rowing in the dark. Take extra care in the hour after sunrise and the hour before sunset. Remember that there are no lights on these boats, and that you can be very hard for other boaters to see.

Politely move swimmers/spectators off dock before putting boats in the water or taking boats out.

Check the boat to make sure all parts of the boat are in good working order before launching.

Row upstream on the New Hampshire side of the river and downstream on the Vermont side of the river.

On the river, observe the established traffic pattern, and watch for swimmers and other recreational boaters.

Consider avoiding the Connecticut River during holiday weekends and Friday/Saturday evenings, when motorboat traffic is high.

The Fleet

Members may use club boats and oars/equipment. Members bear the financial responsibility for any damage incurred while using club boats/equipment.

Several members store their personal boats and oars in the boathouse. Please be respectful—do not use personal equipment without express permission from the owner.

Racing boats are designed for optimum performance for specific weight ranges; most recreational boats span all weight ranges.

Recreational Singles *Appropriate for all rowers*

- Zephyr—purple deck (Peinert)
- Alden—marine blue deck
- Alden Star—white
- Queen Bee—white (Maas 24)
- Adelaide—wooden (King Boat)
- Kingfisher—wooden (from a King Boat design)

Racing Singles *Designed for skilled rowers 150–210 lbs.*

- The Whit (red) (26' Peinert)
- Duchess (blue) (26' Peinert)
- P26 (white) (26' Peinert)
- Sara's (blue and white)
- Wally (wooden) Tim's dad's boat, used only by permission
- Curtis (wooden King Boat), used only by permission

Doubles *For two rowers, each with a pair of oars, uncoxed*

- Thelma and Louise for lightweight and midweight rowers
- Vespoli

Fours *For four rowers, each with a single oar, and a coxswain; these boats are 40+ feet long and weigh about 125 lbs.*

- Vespoli
- Schoenbrod

Requirements for Scullers/Captains Test

Captains tests are given by a coach or steering committee member.

To take boats out unsupervised, rowers must be able to:

- Remove the boat from the rack without damaging it or adjacent shells (either solo or with a partner).
- Carry the boat to the dock.
- Put the boat in the water without hitting the skeg on the dock.
- Place the oars in oarlocks correctly.
- Get into the boat.
- Launch the boat safely.
- Row 100 strokes.
- Demonstrate the ability to navigate and steer.
- Check the boat down (i.e., stop it quickly) without flipping.
- Turn the boat around.
- Back the boat down.
- Land the boat without a helper.
- Remove the oars and the return boat to assigned rack, facing in the correct direction.
- Describe the traffic pattern on the river, including our launching and landing pattern.
- Describe known water hazards.
- Describe unsafe weather conditions.
- Describe what to do if the boat flips.
- Describe boating rights-of-way and passing procedures.
- Describe how to handle powerboat wakes.