



Vero Beach Rowing Boathouse Rules

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Part One: General Boathouse Rules

1. Rowing site and Boathouse users must be either:
 - a. Members in good standing of Vero Beach Rowing.
 - b. Members of crews and individuals authorized by Vero Beach Rowing Board of Directors to use the site.
 - c. Participants in a program authorized by Vero Beach Rowing.
 - d. Invited guests of a Vero Beach Rowing member. Note: Guests must complete an Vero Beach Rowing Release of Liability Form and Swim Attestation prior to using Vero Beach Rowing equipment. They must also complete the Online US Rowing Waiver.
2. Coaches shall be responsible for the conduct of their crews. They shall be familiar with the boathouse rules and procedures.
3. Coaches and Members (including visitors and guest) will use Sign-Up Genius for all boats.
4. Members and accompanied guests using the facilities and equipment of the Club do so at their own risk.
5. The Club is not responsible for the loss of money or property from any part of the club premises.
6. Pets are not permitted in the Boathouse.
7. Smoking is prohibited in the Boathouse.
8. Alcoholic beverages are not permitted without prior permission of the Board of Directors. No persons shall be permitted to use Club equipment while under the influence of any intoxicant.
9. Parking is permitted in only approved areas, no parking on boat ramp or blocking boats.

10. Inappropriate language and behavior, loud music and horseplay will not be tolerated in and around the boathouse and on the dock.
11. All Vero Beach Rowing Adult members are expected to spend at least 12 hours per year helping in the repair and maintenance of Club facilities and equipment and /or volunteering in events and programs. Vero Beach Rowing Adult members will be charged \$10 for each deficit hour up to \$120.
12. Boathouse access will be according to policies established by the Board of Directors. This policy shall be reviewed at the time of the General Membership Meeting, and may be revised during the membership year. Coaches and other Vero Beach Rowing Board Members shall have free access as required. Other members shall be granted access after payment of any membership fees and understanding of membership rules.
13. Failure to comply with Membership Guidelines/Boathouse Rules may result in complete or partial loss of membership privileges, or the restriction or suspension of use of the facilities and equipment, without refund of dues or the like, or any part thereof. Ultimate authority for rules enforcement resides with the IRRC Board of Directors.

Part Two: Safety/Security

1. The protection of personal health and well-being is of primary importance and should never, under any circumstances, be sacrificed or jeopardized in any way. Equipment should only be used for its intended purpose, not abused or mistreated, and site users should always strive to protect equipment from damage and neglect.
2. When the dock is open, it does not necessarily mean that it is safe to row. It is the responsibility of every site user and coach to assess all conditions, including, but not limited to weather, water conditions, and lighting conditions.
3. Dock Launching/Landing:
 - a. All boats will launch with their bows pointed north or south.
 - b. Launching boats have the right of way over landing boats.
 - c. When other crews are waiting to launch, crews should tie in on the water.
 - d. Scholastic rowers will be given priority for launching and recovering during scheduled practice times.
4. Program rowers shall always be accompanied by a chase launch. A coach or adult will always remain at the boathouse to supervise land workouts and training when applicable.
5. Vero Beach Rowing program coaches are responsible for completing Boathouse Log & recording attendance.
6. Vero Beach Rowing Members and guest will sign in and out in the Boathouse Log indicating time out and returned and condition of equipment used.
7. All occurrences of personal injury, property or equipment damage however slight and regardless of whether it occurred before or during the member's use, must be reported immediately on an "Incident Form" and to an Vero Beach Rowing Coach, Equipment Manager or Board Member. If the

property/equipment damage is severe or of a questionable nature that further use of the equipment will compound the damage, clearly label the equipment so it will not be used until repaired. This form may be found in the boathouse.

8. The use of alcoholic beverages and legally controlled non- prescription drugs is strictly prohibited. Anyone appearing to be under the influence of alcohol or drugs will not be allowed on the rowing site, and repeated offenses will result in revocation of membership and forfeiture of current dues.
9. Vero Beach Rowing boats should be wiped down after use and secured in its designated storage rack.
10. Each day, all trash, water bottles, socks, etc., will be picked up around the Boathouse, the dock and placed in appropriate trash receptacles.
11. All Vero Beach Rowing members will insure no equipment is left outside the Boathouse after practice and rowing. All equipment will be returned and secured in the designated storage area in the boathouse.
12. Vero Beach Rowing members insure the boathouse is secured when leaving the boathouse with fan and lights off; all doors will be closed and locked and outside gate chained and locked
13. Important: Gas tanks, gas containers and oil will always be stored inside the flammable storage locker at the end of each day.

Part Three: Equipment Access/Usage Rules

1. Rowing hours and Boathouse hours shall be set and posted by the Vero Beach Rowing Board of Directors, and may be revised from time to time.
2. Boats and equipment not owned by the Club may be stored in the boathouse upon application to and approval of the Board of Directors Membership. Privately owned equipment over which the owner(s) maintain control as to use shall not be insured by the Club and will be subject to storage fees.
3. All rowers using Club equipment are responsible for the safe use and care of the equipment while they are using it. Careless or negligent use of Club equipment by a member may result in suspension of rowing privileges at the discretion of the Vero Beach Rowing Board of Directors. At the discretion of the Board of Directors members may be liable for damage to Club equipment.
4. Vero Beach Rowing Members will only use equipment identified for their membership category. The Vero Beach Rowing Board of Directors will determine equipment that will be used by each membership category and a list will be posted in the boathouse.
5. Coached programs will be established by the Board. Coached programs will have priority access to approved equipment; however, a coached program may not use all the equipment. The Board will resolve any disputes.
6. All four and eight person shells will be rowed with a coxswain from the Vero Beach Rowing approved coxswain listing. This listing will be posted in the boathouse

7. Any member or members wishing to use club equipment for racing must apply to the Board at least three weeks prior to the race date. Coached programs will have priority access to equipment for the race.
8. All members and crews using any equipment in the Boathouse, including private equipment, shall record such in the equipment use logbook. Boats may be moved to less desirable racks to make room for those who are active.
9. Members shall inspect equipment before and after each use. Do not use anything in damaged or questionable condition. If the damage has not been previously noted in the logbook, notify the Equipment Chairman.
10. Members shall assume responsibility for their own safety while on the water.
11. Wash and wipe down the outside hull of all boats and oars after each use. Wash the inside of boats after use and wipe down seat tracks. Wash the oars.
12. Close oarlocks before putting boats back in their racks.
13. Crews/scullers removing boats from the Boathouse have the right of way over crews bringing boats back to the boathouse.
14. When a crew is moving a boat, one individual needs to take responsibility for coxing the boat to/from the Boathouse.

Part Four: Sculling Equipment Procedures

1. Boat Handling and Checkout:

- a. Check that slings are in stable condition before using them. Broken ones can collapse / be blown over.
- b. When handling a boat, never allow the hull or riggers to bump or touch anything. All hulls and riggers are fragile and easily damaged.
- c. Before launching, check that the following are in good working order:
 - Oar blades and tips have no splits or other breaks.
 - Sliding seats move freely on tracks.
 - Foot stretchers are firmly attached on both sides and in the middle.
 - Note: Damage to the foot stretcher will occur if all three bolts do not tighten firmly and the foot stretcher can move. If you cannot use your normal or an alternative position, do not row the boat.

2. Singles

- a. Whenever there are others around, have someone help you take out and put away a single, because there is a much lesser chance for damage. If no one else is available it is permissible to do so alone, but only if you can comfortably handle the boat alone; otherwise wait.
- b. If you are handling a boat alone, always place the boat in slings and roll it over. Do so by lifting the bow or stern with the other end in the sling. Otherwise there is a chance of damaging the rigging.

- c. Inside the Boathouse, replace singles the way you found them: bow out towards the water and upside down. Place the stern end of the gunwales, or splash boards, on the rack and the seat on the other. The seat and tracks can better support the weight.

3. Launching:

- a. Step into the boat only on the frame structure beneath the seat tracks. Put your foot in the center at the end nearest the foot stretcher. Never put any weight on the hull, or any part of the frame structure beneath the seat or it will break. Learn to get in and out of the boat primarily on one leg, balancing yourself with your hands on the oar handles and dock or gunwales.
- b. Place oar blades tip up while on the dock. If someone steps on them they will be less likely to break.
- c. Push off or walk yourself off the dock with your hands, not the oar.

4. Handling boats on the water:

- a. Never hit anything with the boat or oars. Damage will result and you will probably tip over.
- b. Stay well away, 50 feet or more, from all shores.
- c. Look over both shoulders frequently, every 10 strokes, to avoid hitting anything. Be especially on the lookout for other boats.

5. Docking:

- a. Row slowly around the docks coming in, and look over your shoulders constantly. Other sculler and sweep crews will be around the docks. A frequent cause of boat damage is hitting the bow on the dock coming in too fast or not aimed properly
- b. Step out of the boat as you step in, one foot on only the center of the frame structure beneath the seat and towards the foot stretchers.
- c. Place the oars tip up and out of the way of foot traffic.
- d. Be sure the seat will not fall out of the tracks when the boat is picked up and turned over. If it will not stay in the tracks, take it out before you roll the boat and replace it when the boat is in the racks.
- e. Put boats & oars away carefully; don't rush. Carry oars one in each hand, blades forward, hit nothing.

Part Five: Sweep Equipment Procedures

1. Coaches and coxswains are responsible for the proper and safe handling of sweep boats on and off the water. This includes moving the boats in and out of the boathouse, on the docks and while rowing. Whenever a boat is being handled, all rowers must be quiet and attentive to the task.
2. Check that slings are in stable condition before you use them. Do not use weakened or broken slings; place them in the boathouse for repair.
3. Each rower must check that the condition of the seat and tracks are in good working condition. Do not use seats that don't slide freely; ask the cox or coach to get one that does. If the seat will not stay in the tracks when the boat is upside down, take it out before turning the boat over so it will not fall out and break.
4. Each rower must check that the foot stretchers are in good condition. All three fastening pins must tighten firmly; if the stretcher moves on the pins or if one pin is missing, it will rapidly wear and

break. If all three pins will not fasten in the position you like, use a position where they will; do not row with a pin loose or unfastened.

5. Coaches and coxswains must notify the equipment chairman promptly of needed repairs, especially seats and foot stretchers, so that damage will not become worse. Leave broken parts on the workbench with a note identifying the boat and the problem.
6. When getting in a boat at the dock, move the boat out and away from the dock a foot or more so that when rowers step in, the riggers are not pressing down hard on the dock. They are not meant to take weight this way and it strains the hull.
7. Do not wear shoes in the foot stretchers if your feet are small. This quickly wears and breaks the rowing shoe. Wear as many socks as you need to.
8. Always hold the oars tip up when on, leaving or approaching the docks. This minimizes the chance of blade breakage.
9. Be constantly alert for other boats, pilings and buoys on the water.
10. Stay well away - 50 feet or more - from all shores at all times.
11. Wash and wipe down boats and oars after each use.