

Rock City Rowing Participant Handbook

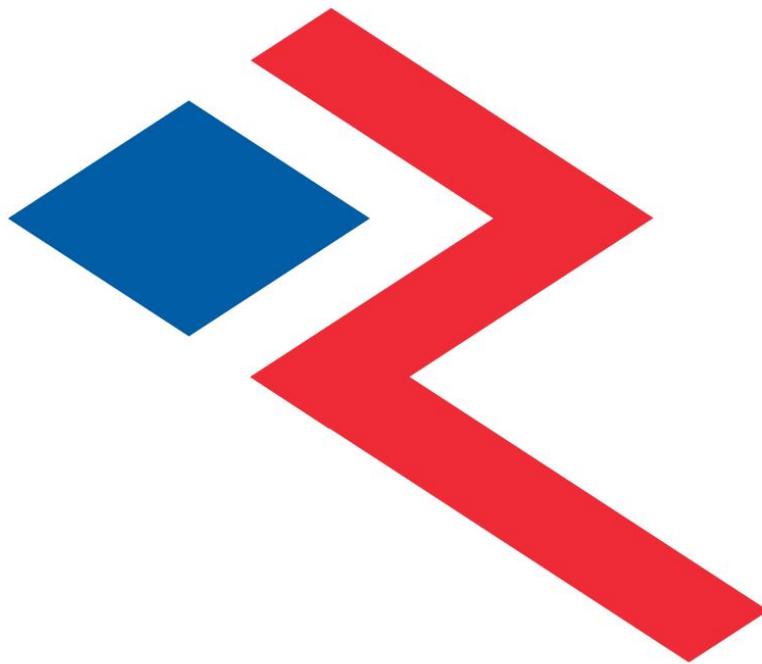




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1 PARTICIPANT SAFETY



Rock City Rowing's dedication to the sport of rowing begins with a comprehensive approach to safety, both on and off the water. This Handbook details procedures for safe use of all equipment and waterways. In addition to this handbook, other safety and equipment checklists will be at the facility.

Compliance with all aspects of this Handbook is mandatory.

Rowing requires constant contact with the elements, both by participants & coaching staff. A full understanding of proper water safety and emergency procedures is necessary to ensure the safety of all participants and staff.

Whether participants are new to the sport, rowing with an experienced group, or rowing independently in a privately owned boat, adherence to all aspects of Rock City Rowing's Safety Handbook is mandatory.

Proper training for all participants will be offered at the beginning of each session for those new to the sport and at a minimum of once per year at the beginning of the spring season for veteran rowers. The following requirements must be met before participating in Rock City Rowing program training, both on and off the water.

PARTICIPANT RESPONSIBILITIES

- Participants are required to wear **Hi-Visibility ("Hi-Viz")** clothing (shirts/tops mandatory, hats and other gear optional) at all times when rowing. If the weather is variable and may require a rower to shed/add layers of clothing during the workout, the outermost layer must be Hi-Viz.
- Participants are required to learn and understand all Rock City Rowing safety rules and regulations and conduct themselves in a safe manner at all times.
- Participants are responsible for knowing the Rock City Rowing's navigational rules and waterway markings, flow charts, and physical waterway obstacles (docks, rocks, jetties, etc).
- It is required that all Participants, on an annual basis, review the USRowing Safety video as a part of group training. The USRowing Safety video is available for online viewing at: https://www.youtube.com/watch?v=Rx5SUe_RdgQ
- Participants must pass a group swim test or provide documentation of their ability to swim a minimum of 50 meters, tread water for 10 minutes and put on a life jacket while treading water.. Swim certification from the American Red Cross, the YMCA or other accredited institution will be accepted.
- Participants must know and understand the following basic rowing terminology and commands:
 - Bow / Stern / Port / Starboard
 - Weigh Enough / Ready-to-Row / Hold Water
 - Stroke seat / Bow seat & seat numbers in-between



- Participants who are rowing unaccompanied by a Coach shall adhere to the following:
 - Use the buddy system – never row on your own
 - Sign out/in using the Boathouse Log Book and note your planned route where indicated
 - Carry an approved flotation device & Fox 40 long-range whistle
 - Obey Club regulations for rowing during cold weather periods – the “4-oar rule” will be instituted when prevailing weather conditions, combined with water temperatures, indicate an unsafe condition for rowing in 1x or 2- boats.
- Participants should review multiple simulated emergency scenarios with the coaching staff, including:
 - Swamped or flipped rowing shell
 - Man overboard
 - Injury or illness of a rower
 - Damaged or broken rowing shell
 - Quickly changing weather conditions: fog, thunder/lightning, high winds. Know where the closest points of safety are at all locations along the waterway.
 - Severe water conditions – rowing through wakes generated either by changing weather conditions or passing watercraft
 -
- Participants should review the signs of distress commonly associated with fitness and outdoor activity and learn how to avoid such scenarios.
 - **Hyperthermia:** Occurs with an increase in body temperature, usually when the athlete is exposed to sun and heat in combination with decreased fluid intake. Hyperthermia can result in Heat Exhaustion (headache, nausea, cool skin, chills, sweatiness and weak pulse) or lead to Heat Stroke (behavioral changes, unconsciousness, flushed skin, hot, dry skin, rapid pulse).

Action: Athletes should seek immediate medical assistance for those showing any of the above symptoms.

Prevention: Maintain a high fluid level by hydrating frequently. Carry water or other liquids at all times. Avoid sunburn and sun exposure by using sunscreen, wearing a hat that shades the face and neck and wearing light clothing. Remain in the shade when off the water.

- **Hypothermia:** Occurs when an athlete is exposed to cold temperatures or cold water/ice/snow. Hypothermia can occur even when the air temperature is above freezing. Wet, cold days can make athletes participating in outdoor activities particularly susceptible to developing hypothermia. Symptoms include: feeling cold or chills, turning bluish and shivering, numbness in extremities, lethargic behavior, and disorientation.

Action: Any athlete showing symptoms of hypothermia should be immediately removed from the water (if submerged) and moved to shelter immediately. If submerged due to capsize, the athlete should try to support himself on top of the overturned shell to maintain body heat – heat loss is 25 times greater when in the water. If shelter is



available, gently warm the athlete by removing wet clothing and covering with blankets, placing in a warm (not hot) shower or tub. Seek immediate medical attention.

Prevention: Dress in layers appropriate for the prevailing conditions. Use pogies or gloves to maintain heat in hands and fingers. Wear a warm hat and splash jacket to keep head and torso warm.

COXSWAIN, SINGLE SCULLERS AND BOW-PERSONS' RESPONSIBILITIES

Participants that have been identified as coxswains, single scullers, or a bowperson must also meet the following requirements:

- Coxswains, single scullers and bowpersons shall receive full instruction on the proper handling of rowing equipment and steering before going on the water, as well as reviewing safety and emergency procedures with the Coach.
- Inexperienced coxswains, single scullers or bowpersons shall only be allowed on the water if observed continuously by an experienced coach. Coxswains should be comfortable with issuing commands and controlling a shell in adverse conditions – flow changes, waves, wind and congested water traffic.
- Coxswains, single scullers and bowpersons are responsible for knowing the Club navigational rules and waterway markings, flow charts, and physical waterway obstacles (docks, rocks, jetties, etc.)

INDEPENDENT SCULLERS

Participants that would like to row out of Rock City Rowing facilities on their own (i.e. without a coach or a group program) must first pass the Proficiency Test as outlined below. The Proficiency Test includes all aspects of rowing, including boat handling, storage, dock care and rowing skills.

Tests are administered by the Director or Head Coach. Independent Scullers are also subject to all Rock City Rowing's rules and regulations for participants in coached groups.

PROFICIENCY TEST

- Enters name, course and boat into logbook before using equipment.
- Capable of independently carrying the boat in and out of the racks without touching the hull or riggers on anything. Places boat in the water without touching the dock.
- Carries oars appropriately down to the dock, blade first. Places oars into oarlocks correctly (dockside oar first, then water side oar).
- Checks all equipment for loose or moving parts.
- Able to sit in the boat safely and launch using correct traffic patterns.

- Able to complete flip test without assistance from coach, or, able to put on life jacket while treading water, allowing rower to safely swim boat closer to shore.



- Maintains correct course while rowing continuously over the full length of the active waterway.
- Demonstrates ability to stop & change direction while maintaining control of the boat at all times. Demonstrates knowledge of basic rowing terminology (Port, Starboard, Weigh Enough).
- Lands the boat unassisted without the hull touching the dock.
- Removes oars and equipment safely, removes boat from the water without touching the dock.
- Demonstrates ability to properly clean club equipment (boat, oars) before returning to the racks
- Returns boat and oars to the racks without touching.
- Logs back in on time.



2 COMMONLY ASKED QUESTIONS

What is “crew”?	Crew is competitive rowing. At Rock City Rowing, we compete in sweep rowing (one oar) and sculling (two oars).
Who may participate?	Any area student, 6th through 12th grade.
I don’t know how to row.	Crew will take you from where you are now and help get you in shape to be a successful competitor.
I know nothing about rowing.	That is why you are considered a novice. Unlike most high school sports, previous experience isn’t necessary.
How much time is involved?	The competitive team practices 5-6 times a week depending on the season. Novice and junior/middle school development teams practice 2-4 times a week.
Can I do other sports?	Rowing is an excellent cross training sport for other activities as it is low impact and works your entire body. We do row all year, however our main competitive season is spring. Racing occurs in the fall season as well.
When can Novices start racing?	Novices usually begin training as soon as possible in the fall to prepare for the spring season. The learning curve in muscle memory and vocabulary is steep, how quickly individuals learn varies. The Head Coach will observe your progress and let you know when you are ready to safely race.
Where do we row?	Two Rivers Park, at the base of River Mountain Road (just west of I-430 off Cantrell Road.
What equipment do I need?	Good running shoes, wool socks (for cold weather days), “boat” shoes (slip-on water shoes, or cheap Teva-style are fine), stretch fabric shorts (spandex – no long baggies!). No backless shoes or flip-flops are permitted..
Do I have to be “big”?	Depending on individual regatta rules “Lightweight Rowers” (boys under 150 -155 lbs. and girls under 125 - 130 lbs.) have their own categories. Coxswains generally weigh less than 115 lbs. “Freshman” and “Novice” categories also allow rowers to compete against rowers with similar experience.



QUESTIONS COMMONLY ASKED BY PARENTS OF NOVICE ROWERS

What is a Novice?	Any rower in the first year of competition.
What are the benefits of crew?	<p>Crew is the <i>original</i> intercollegiate sport. Colleges recognize the required commitment, which gives rowers an ‘edge’ in college admissions. A number of colleges offer scholarships to rowers who excel in the sport.</p> <p>Crew provides a total body workout and a total team sport – there is no MVP when 9 rowers are working TOGETHER as one crew. Crew helps students learn to manage their time, promoting healthy minds in healthy bodies. The team building skills and discipline the rowers learn are life-long lessons that will set them apart.</p>
What do the fees cover?	The fees primarily cover coaching, equipment use/expense, and insurance. Rowers will be billed additional fees for competitions (regattas).
Is Crew a Year-‘Round Sport?	Crew has seasons like track and field or cross country. The Spring Sprint Season is the main season, and <u>all</u> rowers participate in races..no benchwarmers. Usually, only rowers with some experience compete in the Fall Head Races. Experienced rowers interested in Varsity competition and/or collegiate rowing are strongly encouraged to participate in the Fall Head Race Season. Rowers are expected to finish the season once the commitment to join crew has been made. A summer sculling camp is also available and winter training with the crew is encouraged, and mandatory for varsity team members.
What is an erg?	Formerly nicknamed “The ERG” now is the Concept2 Indoor Rowing Machine, which is used on land to help perfect technique and improve fitness.
Can parents go to races?	Of course! Your rower needs your support!
Whom do I email with questions?	Novice parents and rowers should contact Head Coach Riedeberg (rowcoachjax@gmail.com) with any questions.



How do I get involved?	There are numerous ways to help. You can supervise the practice site and/or assist with training. You can chaperone at races. In the future we plan on hosting events at Two Rivers Park as well. To check out what is available, contact the coaches or the Arkansas Boathouse Club board youth parent liaison.
When & where are the races?	Races are held on weekends, typically Saturdays only, however some are both Saturday and Sunday. The race schedule will be sent out once finalized for the upcoming season.

3 EQUIPMENT

DAILY EQUIPMENT CHECKS

Before going on the water, a full equipment and participant check shall be performed to ensure the safety of all rowing participants.

ROWING EQUIPMENT SAFETY CHECK

- Every boat must be equipped with a firmly attached bow ball of not less than 4cm in diameter.
- Heel restraints and quick-release shoe straps must be in proper and effective working order in all boats equipped with fitted shoes.
- All boats shall be equipped with a Fox 40 high-decibel whistle, attached with a quick-release strap.
- For rowing in reduced daylight conditions, boats shall be fitted with lights as required by the local and waterway authorities. Rock City Rowing adds that at a MINIMUM each boat shall have a WHITE stern light and a RED (portside)/GREEN (starboard side) bow light, clearly visible to a minimum of 500 meters.
- Rigging nuts and bolts shall be tightened down and properly attached. Rigger washers shall be properly adjusted.
- Foot Stretcher nuts and bolts shall be properly aligned and tightened down. An improperly adjusted foot stretcher can result in injury to the rower.
- Oar collars and inboard adjustments shall be firmly tightened and properly adjusted. Injury to the rower can result from an unadjusted oar that places a disproportionate load on one or more rowers.
- The track slides shall be properly adjusted and tightened down. The front end of the tracks shall have a protective cover to prevent injury to rowers' lower legs.
- Coxbox connections and speakers shall be checked. If no coxbox is available, a megaphone or other amplification device shall be offered to the coxswain.
- Single sculls shall carry flotation devices as required by their local waterway authority. In addition, larger boats that are unaccompanied by a safety launch shall carry flotation devices.



- All boats, both club and private, shall carry a Fox-40 high-decibel whistle with quick-release strap for emergency beacon scenarios. The whistle shall remain attached to the boat and considered as standard equipment.

PARTICIPANT SAFETY CHECK

- All Rock City Rowing participants shall wear **Hi-Visibility** (“Hi-Viz”) tops (jacket, t-shirt, tank top) at all times on the water. If weather requires multiple layers of clothing, the outermost layer must ALWAYS be Hi-Viz.
- Proper clothing for the weather and water conditions should be worn at all times.
- Clothing should be tucked in to prevent tangling in seat wheels.
- Water or other hydration shall be carried by each rower.
- Coxswains shall carry an approved flotation device at all times.
- All participants must pass the required Rock City Rowing swim test or provide documentation certifying their ability to swim 50 yards and tread water for 10 minutes before training on the water.
- All participants must sign the Little Rock Athletic Club, Rock City Rowing, and USRowing waivers before training on or off the water.

LAUNCH SAFETY CHECK

- Launches must be equipped with all equipment required by the US Coast Guard. Launches must also carry life jackets, horn/whistle/siren, flares, anchor, tow line, paddle, emergency blankets and a first aid kit. A “Kippy Liddle” bag contains all of these items, and should be routinely inventoried for completion. Each Kippy Liddle bag contains 11 life jackets – if the coach is with more than 11 people on the water, including those traveling in the launch, additional life jackets covering all rowers on the water must be carried on the launch.
- Rock City Rowing requires that all safety items kept on board the launch that could be damaged by submersion in water (horn/siren, flares, medical kit and space blankets) must be kept in a dry bag/box which is securely attached to the launch.
- All motor boats must have 360 degree visibility. A launch with only a driver must have the bow weighed down to ensure complete visibility.
- Communication: All launches shall carry at a minimum a hand-held radio or cell-phone, carried in a waterproof case and preferably strapped around the coach’s neck. If the local club is on a navigable waterway, the launch shall be equipped with a marine radio.
- Launches may only be driven by persons familiar with the equipment and those who carry an active boating license.



PERIODIC EQUIPMENT CHECKS

On a periodic basis, all rowing equipment (boats, oars, cox-boxes and other accessories) shall be inspected for loose or missing parts, damage and functionality. Any damage or missing parts shall be reported immediately to the Club Director and the equipment shall not be used until repaired.

Launches shall be inspected on a regular basis (monthly inspection of safety equipment; semi-annual professional inspection by local waterway authority) to ensure compliance with RowAmerica and local waterway rules.

A logbook shall be kept to record equipment and launch inspections and equipment damage reports.

4 DOCK AND WATER SAFETY

Accidents and injury can occur at time during a rowing practice session. Coaches and participants should take extra care to review procedures for safe use of land facilities, handling of all equipment and proper launching & landing techniques. The following rules shall be in effect at all times:

DOCK AND BOATHOUSE USE

- Unsupervised or individual usage of any equipment, either inside the boathouse or on the water, is strictly prohibited without the express approval of the Head Coach.
- Horseplay, running, reckless behavior and other distracting and dangerous conduct are strictly prohibited when using Rock City Rowing facilities.
- Athletes who are not launching or landing a boat, or assisting with launching or landing, should not be on or around the dock area.
- Athletes are personally responsible for abiding by Club rules and regulations.
- Coaching staff is directly responsible for all assigned athletes. Athletes are required to follow their Coach's commands. If a Coach has designated a team captain, that team captain may take responsibility for the group.

EQUIPMENT HANDLING

- Before removing equipment from the storage racks, all rowing shells should be signed out in the Club Logbook which records the date, launch time, estimated return time, and rower name and boat ID for each piece of equipment that leaves the boathouse.
- Assign one individual to be responsible for directing the crew when carrying equipment. This may be the coxswain, bow-person or Coach.
- When carrying oars to and from the racks, keep the blades of the oars forward. Do not allow oar grips or handles to touch the water, and place blades face down on the dock.
- Lift boats properly at designated areas (gunnels for large boats, bow and stern for 2x/1x). DO NOT lift a boat by the rigging, seat, tracks or footplates.
- Boats should never rest of the ground. Boats should be placed carefully in stretchers or on low boys, directly into the water, or back on the storage rack when not being transported. When



resting on a rack the rigging should be clear of all supports. When placed in the water, rigging should not be resting on the dock.

LAUNCHING & LANDING

- Check weather reports frequently before launching.
- Rowers may not leave the dock without permission from their assigned Coach.
- Coaching staff should be aware of the current traffic on the waterway and plan accordingly. Practices during peak boating hours on public waterways should be limited to mitigate potential for accidents.
- When launching, coaching staff **MUST** make verbal contact (radio/phone) with another member of the staff to confirm their departure from the dock. The coach should confirm their approximate route and estimated return time. If no other coach can be reached, the group **MUST** restrict their planned route to a distance predetermined by the Head Coach or Club Director.
- All rowers must abide by the designated launching and landing pattern.
- When launching, check up- and down-river for oncoming traffic. Merge safely into designated channel. If your boat needs to stop, continue to row away from the dock until you have reached a sheltered location that is outside of the regular traffic pattern.
- When landing, check up- and down-river for oncoming traffic. Check current boat traffic on the dock, and confirm that there is an open space for you to land your boat or crew. Coaching staff should land their launch in advance of the crew landing. Coaches should be on the dock to assist with safe landing procedures.

5 SAFETY AND TRAVEL

Travel to and from regattas is a large part of any competitive rowing program and should be considered in the Club Safety Manual.

All Clubs are required to comply with the following basic travel safety operations:

- When traveling with junior athletes, a folder containing emergency medical forms and emergency contact information for each athlete must be carried by the Head Coach on each trip.
- If athletes are traveling as a group, the Head Coach or designated Chaperone must confirm that all athletes are accounted for before departing from the practice or race venue.
- On and off the water Club safety procedures and rules will remain in effect regardless of rowing location. For any and all incidents that occur while traveling, a complete incident report must be submitted by the Head Coach to the Club Director within 24 hours of the incident.



6 HISTORY OF ROWING & GLOSSARY OF ROWING TERMINOLOGY

A BRIEF HISTORY OF ROWING

From the development of the concept of an oar working against a fulcrum (about 1000 B.C.) until the present, rowing has been an efficient means of transportation. In the past 500 years, whale boats, captains' gigs, surf rescue boats, ferrymen, fishermen, and many others have turned to oar-propelled boats. And from the beginning, anytime there were two or more boats, sooner or later there was a race, whether for business, for honor, or purely for the sport of it.

Rowing began to develop as a sport in the early 19th century. In England, boys at Eton were racing in eights by 1811, and the first Boat Race between Oxford and Cambridge was held in 1829. In the United States, the first boat club appeared in New York Harbor in 1834, while a Yale student began intramural college rowing in 1843. The Detroit Boat Club has the honor of being the oldest club in the country still active in the sport (1939-present). The Schuylkill Navy was organized in 1858 by the Philadelphia boat clubs, and is the oldest sporting organization still in existence.

As the country's population began to move to the cities following the Civil War, they soon seized upon sports and outdoor activities to fill their free time. Regattas increased in number from 10 or 12 prior to the war to over 150 in 1872 all over the country. By 1873, there were 289 rowing clubs.

In 1872, the National Association of Amateur Oarsmen (renamed the United States Rowing Association in 1982) was the first national sports governing body in this country, and also the first to establish a definition of an amateur. This early schism between amateurs and professionals is unique to the sport of rowing, and has continued to this day.

The first intercollegiate race was in 1852 on Lake Winnepesaukee, New Hampshire, between Harvard and Yale. What soon became an annual race between the two schools changed location several times before settling in New London, CT, in 1878. Other colleges were soon rowing and, in 1875, 13 eastern schools raced before 25,000 people at Saratoga, NY. The ancestor of the present-day Intercollegiate Rowing Association was established in 1875 in Poughkeepsie, NY. Initially made up of eastern colleges, west coast schools soon joined.

Beginning with The U.S. Naval Academy in 1920, American college eights won eight successive Olympic gold medals. American domination of the Olympic eight event ended in Rome in 1960. Changes in style, training methods, and rigging led to the emergence of other countries as major world rowing powers. The biggest changes have been in training; speed, endurance, and strength can be improved much more effectively and efficiently today.

Today the USRA has over 19,000 individual members, and is growing at more than 20% per year. Almost 400 clubs, colleges and high schools from around the country are member organizations. The sport is quietly becoming a phenomenon. Olympic athletes, homemakers, business people, youth, senior citizens, disabled individuals, athletes from other sports and those discovering sport for the first time, those who wish to race and those who row for fitness are finding that rowing can meet almost any need and interest.



ROWING - WHAT TO LOOK FOR

One of the most obvious signs of a good crew is the bodies, moving in perfect unison. A good rower is powerful but never rough, with no jerks in the stroke cycle. Most of the power comes from the legs, and the transition between the drive of the legs and the follow-through of the back should be smooth. Any extraneous motions waste energy, and rowers strive for efficiency and relaxation.

Look at the oars, both as they enter the water (the catch) and as they come out (the release). The blades should drop quickly and precisely into the water at the catch, without first “skying” up into the air before the catch. They must hook into the water at maximum reach instead of pulling several inches of air before locking in. The release must be clean, with none of the blades getting caught in the water. As the oars move back for the next catch, all the blades should clear the water surface, which gets progressively more difficult as the wind and waves pick up.

The shell itself doesn’t move at a constant speed, something easily observed when two boats are driving for the finish line in a dead heat. The lead will change with each stroke. A boat moves fastest at the release, slowest at the catch. Watch the bow of the boat as it surges with each stroke. A good crew will catch the boat just as it’s starting to slow down and give it a smooth, hard drive to accelerate it again.

The “stroke rate” of a boat is the number of strokes the rowers are taking per minute. Most boats sprint at the start of the race at 38 to 44 strokes per minute, “settle” during the body of the race at 32 to 36, and sprint again at the finish. A higher stroke rating usually results in a higher boat speed, but a cost is paid in efficiency. If two crews are rowing evenly, the one with the lower stroke rating usually is in the better position. There are special stopwatches for determining ratings, but you can make an estimate with your wrist watch. Simply count the number of strokes in 15 seconds, starting with the catch of one stroke, and multiply by four.

ROWING QUICK FACTS

- Rowing is one of the original sports in the modern Olympic Games.
- Baron Pierre de Coubertin, founder of the modern Olympic Games, was a rower.
- Eight-oared shells are about 60 feet long – that’s 20 yards on a football field.
- Rowing was the first intercollegiate sport contested in the United States. The first rowing race was between Harvard and Yale in 1852.
- Physiologically, rowers are superb examples of physical conditioning. Cross-country skiers and long distance speed skaters are comparable in terms of the physical demands the sport places on the athletes.
- An eight, which carries more than three-quarters of a ton (1,750 pounds), may weigh as little as 200 pounds. The boats are made of fiberglass composite material.



- Singles may be as narrow as 10 inches across, weigh only 23 pounds and stretch nearly 27 feet long.
- The first rowing club in the U.S. was the Detroit Boat Club, founded in 1839.
- The first amateur sport organization was a rowing club – Philadelphia’s Schuylkill Navy, founded in 1858.
- From 1920 through 1956, the USA won the gold medal in the men’s eight at every Olympic Games.
- Physiologists claim that rowing a 2,000 meter race – equivalent to 1.25 miles – is equal to playing back-to-back basketball games.

ROWING TERMINOLOGY

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

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

Coxswain – The person who steers the shell and is the on the water coach for the crew.

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

Ergometer – Rowers call it an “erg.” It’s a rowing machine that closely approximates the actual rowing motion. The rower’s choice is the Concept 2 Indoor Rower, which utilizes a flywheel and a digital readout so that the rower can measure their “strokes per minute” and the distance covered.

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

Oar – Used to drive the boat forward; rowers do not use paddles.

Port – The left side of the boat, while facing forward, in the direction of the movement.

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.

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.

Rigger – The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

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

Sculls – One of the two disciplines of rowing – the one where scullers use two oars or sculls.

Shell – Can be used interchangeably with boat.



Slide – The set of runners for the wheels of each seat in the boat.

Starboard – The 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.

Stretcher or Foot stretcher – Where the rower's feet go. The stretcher consists of two inclined footrests, which hold the rower's shoes. The rower's shoes are bolted into the footrests.

Stroke – The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him must follow his cadence.

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 eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

Swing – The hard-to-define feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

7 FORMS AND DOCUMENTS

PARTICIPANT WAIVERS

Before participating in any water or land activity, each participant must sign a Participant Waiver indicating their acceptance of responsibility for the inherent dangers of rowing and physical exercise. There are three waivers:

1. Little Rock Athletic Club waiver
2. Rock City Rowing Waiver/Media Release
3. USRowing Waiver, which is to be completed online once a year (resets yearly on the day you first sign one). Here are the instructions for signing the online waiver:

Go to: [USRowing Membership Portal](https://membership.usrowing.org/) <https://membership.usrowing.org/>

Existing USRowing Members go do the "Members" drop down and click on "Sign Waiver" and new members click "Join"

You do not have to be a "Championship" member in order to sign the waiver, however there is an admin fee to become a regular member.

Our club code, which you will need to enter, is: **F3B34**

IN ADDITION TO THE WAIVERS, THE FOLLOWING DOCUMENTS MUST BE COMPLETED:



CODE OF CONDUCT

Junior participants and their parents must review and sign the Code of Conduct each year.

STUDENT ATHLETIC PHYSICAL

All youth rowers must be cleared by a physician to participate on the team.

EMERGENCY CONTACT AND CONSENT TO TREAT FORM

A list of emergency contacts and any important medical information.

SUCCESSFUL COMPLETION OF SWIM TEST

Swim certification from the American Red Cross, the YMCA or other accredited institution will be accepted.

ACKNOWLEDGMENT OF WATCHING THE USROWING SAFETY VIDEO & RECEIPT OF THIS HANDBOOK



ROCK CITY ROWING CODE OF CONDUCT

ATHLETE NAME

DATE OF BIRTH

GENDER

Athletes and parents please initial on each line below and sign the bottom.

- ___ ___ All completed forms (registration, waivers, medical) and payment will be turned in no later than the 1st week of each season.
- ___ ___ Athletes and Parents must thoroughly read and at all times comply with Rock City Rowing's safety policies..
- ___ ___ Athletes and parents are expected to act with good sportsmanship towards both teammates and competitors.
- ___ ___ Inappropriate use of language at the Club, on the river, and at regattas will not be tolerated.
- ___ ___ Three unexcused absences will result in dismissal from the program for the remainder of the season. An athlete must inform a coach in person or by phone (text or call) or email of an absence 24 hours in advance. Athletes cannot expect their seat to be held due to tardiness, absence or having to leave early. We will not guarantee that an athlete needing to leave early will be off the water on time.
- ___ ___ Athletes will be on time to practices and regattas. Practice time is not social time. All athletes are expected to be in proper workout attire and ready to work at the start of practice. Practice is not completed and athletes cannot leave until a coach has dismissed them.
- ___ ___ Athletes and parents will follow all drop off/pick up policies. Traffic patterns and signs are to be followed at all times.
- ___ ___ All athletes and parents must respect that our club is simultaneously used by other adult club members and thus act responsibly and respectfully at all times.
- ___ ___ Athletes are not to use Club facilities outside of regularly scheduled practice times or posted Club hours.
- ___ ___ Athletes and parents will follow and respect all rules of the Club and river (as stated in the Rules of the River document).

General Code of Conduct

- All Rock City Rowing participants are expected to consistently demonstrate the highest levels of conduct, sportsmanship and behavior while representing the club. Parents and athletes are required to sign the Code of Conduct form each year. Participants recognize that they are acting representatives of Rock City Rowing at the Club, regattas and in the community and are expected to be a role model at all times and take responsibility for his/her actions.
- The use of alcohol, tobacco and illegal substances is prohibited at all times during the season. Use of such substances on club grounds or while representing Rock City Rowing at a regatta will result in immediate dismissal.
- Inappropriate behavior (such illegal acts, unsportsmanlike-like conduct, theft, fighting, and vandalism) is prohibited. Illegal acts while on club grounds or while representing Rock City Rowing at a regatta or while traveling will result in immediate dismissal, without refund.
- Athletes will at all times act with good sportsmanship towards both teammates and competitors as well as act responsibly and respectfully towards other club members, the boathouse and the equipment.
- When traveling for a regatta or seasonal training camps, athletes are expected to remain within the training center or hotel grounds at all times, unless express permission from a Coach is given and the athlete is accompanied by a Parent/Chaperone.

Athletes who violate the Code of Conduct will incur the following consequences:

- First Offense: The first violation will be a warning. Any Rock City Rowing coach or any Athletic Club staff member can issue warnings. Athletic Club Staff members issuing warnings must inform the head coach. A meeting with the athlete and their parents will be requested by the head coach.
- Second Offense: The second violation will result in an immediate dismissal from the program, without refund. If a coach or staff member judges that a violation is sufficiently dangerous or improper, they can dismiss an athlete from the program without a first warning and without refund.

PRINTED NAME OF PARTICIPANT
DATE

PARTICIPANT'S SIGNATURE

TODAY'S

PRINTED NAME OF PARENT/GUARDIAN
TODAY'S DATE

PARENT/GUARDIAN SIGNATURE



Rock City Rowing Handbook and Safety Video

___ **I have received a copy of the Rock City Rowing Handbook.**

___ **I have watched the USRowing Safety Video**

Rower's Name _____

Signature _____ Date _____

Parent's Name _____

Signature _____ Date _____

Parent's Email Address _____

Rower's Email Address _____

Parent Mailing Address _____

Parent Home Phone _____ Cell Phone _____



Arkansas Boathouse Club/Rock City Rowing Participant Release

ATHLETE NAME		DATE OF BIRTH	GENDER	
USROWING # (if applicable)		ORGANIZATION		
ADDRESS	CITY	STATE	ZIP	
EMAIL	CELL PHONE		HOME PHONE	

PLEASE READ THE FOLLOWING CAREFULLY, UNDER THIS AGREEMENT YOU ARE RELINQUISHING CERTAIN RIGHTS AND ACCEPTING CERTAIN OBLIGATIONS.

RELEASE OF LIABILITY, INDEMNITY, AND ASSUMPTION OF RISK

Arkansas Boathouse Club/Rock City Rowing undertakes the responsibility to provide you with a safe training environment, well-maintained equipment, expert coaching for rowing and other related training activities.

IN CONSIDERATION of being given the opportunity to participate in any Arkansas Boathouse Club/Rock City Rowing or USRowing activity, including scheduled, supervised club activities, and registered regattas, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of rowing activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such activity.
2. I FULLY UNDERSTAND that: (a.) Rowing activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the Release named below; (c.) there may be other risks, social, and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.
3. I AGREE AND WARRANT that I will examine and inspect each activity in which I take part as a participant of Arkansas Boathouse Club/Rock City Rowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, Arkansas Boathouse Club/Rock City Rowing, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the activity takes place, (each considered one of the releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise, including negligent rescue operations; and I FURTHER AGREE THAT IF, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

I HAVE READ THIS AGREEMENT, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

PRINTED NAME OF PARTICIPANT	PARTICIPANT'S SIGNATURE
TODAY'S DATE	

PARENTAL CONSENT (if participant is under the age of 18).

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above releasee, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

PRINTED NAME OF PARENT/GUARDIAN	PARENT/GUARDIAN SIGNATURE
TODAY'S DATE	



MEDIA RELEASE

I grant to Rock City Rowing, its representatives and employees the right to take photographs of me and my property while participating in any and all Arkansas Boathouse Club/Rock City Rowing activities. I authorize Arkansas Boathouse Club/Rock City Rowing, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that Rock City Rowing may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

PRINTED NAME OF PARENT/GUARDIAN
TODAY'S DATE

PARENT/GUARDIAN SIGNATURE



ROCK CITY ROWING EMERGENCY CONTACT & CONSENT TO TREAT FORM

Rower's Name: _____ Date of Birth: _____

Parent(s) Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Cell Number: _____

Email: _____

Emergency Contact Info

In an emergency, please contact: _____

Relationship: _____

Phone: _____ Work Phone: _____

Alternate Contact: _____

Relationship: _____

Phone: _____ Work Phone: _____

Personal Physician: _____ Office Phone Number: _____

Medical Insurance Carrier: _____

Any Allergies? _____ Are you taking any medications right now? _____

Any medical conditions Rock City Rowing should know about?

Other info you would like to disclose (use back if necessary)?

Consent to Treat: I, the parent/guardian of youth team member _____ of Rock City Rowing, consent to emergency medical treatment as recommended by a physician during his/her participation in Rock City Rowing's program. Additionally, I give my permission for Rock City Rowing's staff to authorize appropriate emergency medical treatment as recommended by a physician during my participation in the program. This authorization shall continue in force until the conclusion of my participation in Rock City Rowing's programs.

Parent/Guardian Signature

Date