



CCRA Independent Masters program policy for the 7th St facility

April, 2018

1. Requirements:
 - a. US Rowing membership must be current
 - b. US Rowing waiver must be current
 - c. CCRA member in good standing for the current season (online membership submitted with all supporting paperwork and payment submitted)
2. Scheduling:
 - a. When the above requirements have been met, send an email to Dina at cortlandrowing@gmail.com. You will receive instructions on how to get into the building, and how to get into the signup tool. This info is not to be shared with anyone else, including other members.
 - b. Use the signup tool to schedule the time(s) that you want to work out. Note that a **buddy system is STRONGLY ENCOURAGED**. However, since you have read and acknowledged the risks of the sport via your signature on the US Rowing and CCRA waivers, you may choose to erg/work out on your own.
3. While at 7th St:
 - a. Be a good neighbor: Don't park in front of the apartment building across the street. Don't blast loud music, especially early/late in the day.
 - b. Guests are not permitted, unless pre-approved by club staff.
 - c. Use the paper log book to sign in
 - d. For your own safety, please keep the door closed and locked while you work out
 - e. Have a fun workout!
 - f. Departure checkout:
 - i. Clean your erg/equipment
 - ii. Sign out of the log book. Include the erg # that you used.
 - iii. Turn off all lights, electronics, fans, etc. Turn down heat to 55 degrees, close windows. Leave the place better than you found it, and others will do the same!
 - iv. **Make sure the door is locked!!**
 - v. Note and report any damaged or missing equipment, building irregularities, injuries, etc.
4. Any violation of the above procedures can result in loss of CCRA membership privileges for the current season (or beyond).