



CCRA Masters Independent Program On-Water Policy

September, 2018

1. Requirements:

- US Rowing membership must be current
- US Rowing waiver must be current
- Must pass a CCRA swim test, or sign the CCRA swim waiver
- CCRA member in good standing for the current season (online membership submitted with all supporting paperwork and payment submitted)
- Rowing independently is a privilege that must be earned through mastery of rowing and safety skills; it is not a right of membership. You must be approved by Coach Steve to row in a single or double.
- If you are not approved to row singles/doubles, but would like to be, please ask Coach Steve about required safety and boating skills that you should work on.

2. Scheduling:

- 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 shed, and how to get into the signup tool. This info is not to be shared with anyone else, including other members.
- Use the signup tool to schedule the time(s) that you want to row. Note that time slots may be limited due to conflicts with other scheduled rowing activities.
- Rowing with a buddy is STRONGLY ENCOURAGED. It helps insure safety of rowers, and reduces chances of boat damage.
- Boats with a cox seat must have a coxswain.
- All boats must have at least one singles-approved rower ('captain') on board, who is responsible for the boat's safety, equipment and check in/out for that row.
- Independent rowing is limited to Lake Meahagh only - no river rowing!

3. While at Lake Meahagh:

- Sign in to the paper logbook and sign out when finished.
- Do not go out unless the wind, water, weather conditions will be favorable for the duration of your row.
- Complete a boat inspection prior to launch. Failure to do so means failure to row on your own.
- Do not attempt to fix a boat, unless it's a simple tightening of existing hardware. Do not scavenge parts from another boat. If the boat you want to row is not ready to row then your row is scrapped for the day. Fill out a repair form, and notify Coach Steve and Frank via text or mail. Do not ruin another boat because you are in a rush.
- Immediately head to the dock if the weather turns bad, especially in the case of lightning. You must wait at least 30 minutes after the last lightning strike before returning to the water.
- Never, ever leave your boat, even if you consider yourself a strong swimmer. If you can't climb back into the boat, use it as a flotation device, and swim it toward shore.
- Be a good neighbor: Keep the noise down, especially early in the morning.
- Guest rowers are not permitted, unless they have been pre-approved by the club.
- Know and be able to confidently execute all the skills and procedures outlined in the Skills Checklist.
- Departure checkout:

- i. Make sure all equipment is off the dock, and everything is securely stowed away and strapped down.
 - ii. Wipe and/or rinse down the boat after the row
 - iii. Sign out of the log book.
 - iv. Fill out a damage report if there is any damaged or missing equipment, and notify Coach Steve and/or Frank.
 - v. **Make sure the door to the shed is locked!!**
4. Any violation of the above procedures can result in loss of CCRA membership privileges for the current season (or beyond).