

# Club Rules and Responsibilities

12/5/14

## General

1. Members shall contribute to the common good of the Independence Rowing Club, cooperate with each other, and will keep equipment, storage areas and premises in good order.
2. Members are expected to attend club work parties such as the launching and hauling of docks and mowing of the lawn. Members may not opt to pay a surcharge in lieu of attending work parties. The club is small and everyone's assistance is depended upon.
3. The last member to either remove or return equipment to storage will ensure that all such containers are secure.
4. The last member to leave the club shall close the gates to the ramp and any perimeter fences.
5. Members shall exercise care at all times while handling club and/or private equipment
6. Members shall be familiar with the Constitution

## Accountability

1. **SAFETY:** Rowers are responsible for their own safe behavior and are expected to learn the safety procedures and rules while being alert to unsafe conduct and conditions.
2. **LOG BOOKS:** In an effort to both monitor equipment for maintenance and accountability, as well as establish a record for safety purposes, members shall make entries in one of the log books located in each of the storage areas, each time they get on and off the water. Each entry shall include the name, date, starting time and return time, as well as the boat used and an approximation of the miles/meters rowed.
3. **DAMAGE TO EQUIPMENT:** In the event that either club or private equipment is damaged, the involved member must report same by email to the Captain immediately. Should damage to equipment rise to a level that is recognized immediately as rendering it unsafe and/or unusable, the member will take immediate steps to identify it as such with a note or tag before leaving so others will not use it. Damaged equipment must be entered in the Log Book as well.

In the event of an accident, members are responsible for the cost of the insurance deductible and all other related expenses.

4. **CLUB LAUNCH:** Use of the club launch shall be restricted to coaches, instructors, or other person(s) specifically authorized by the Captain. At no time will the launch be used by members for recreational purposes.
5. **FIRST AID:** A First Aid kit is maintained within Trailer #1
6. **EQUIPMENT:** Club boats and oars may not be removed from the property without the consent of the boat captain or a board member. Club equipment can be taken off-site for the purposes of attending regattas or other sanctioned rowing activities only after such consent has been obtained.
7. **ROWING SEASON:** Once docks are hauled out for the winter, and before they are launched for the spring, the club is presumed closed and the river conditions deemed unsafe. All club-owned boats and oars may no longer be used.

## Administration

1. **MEMBERSHIP DUES:** Annual membership dues are set by the Board of Directors and due in full by March 1st of the current rowing season. Rowers may not use club facilities until such time that the annual dues have been paid.

**MEMBERSHIP CATEGORIES AND DEFINITIONS:** Club affiliation is offered through either an Adult or Youth Membership.

**Provisional Adult Member:** First year members are considered provisional and have all the rights and privileges of the club except voting during the first year.

**Senior Adult Member:** Members who have completed one year and have been voted to Senior member status by the Board of Directors at the Fall Annual Meeting, are then eligible to vote, as well as seek positions as a club officer, director or committee chair.

**Youth Membership:** Any person between the ages of 12 and 17 is eligible to join as a Youth Member. Youth members may row using Club equipment or their own, provided that they are accompanied by a coach in a launch, or row in a double with a qualified parent. In order to be qualified, the parent must be a member of the club, must have passed the Captain's test, and must have signed both the US rowing waiver and the IRC waiver in which they acknowledge the risks of rowing and attest to their ability to provide for the safety of the Youth Member

**Dues Proration:** Members may receive a prorated dues structure only under the following two circumstances;

- a. Rowers who have participated in the Adult Learn To Row (ALTR) program and wish to become members will have their (ALTR) instructional/coaching fees applied on a one-time basis toward the annual dues if joining in that same year.
- b. Adult rowers who have not participated in the (ALTR) and wish to become members will have their annual dues prorated if that membership begins as of August 1st of any given rowing season.

**Guests:** Individuals who are not members and who wish to row at the club may do so only when accompanied by an adult club member. Guest rowers shall be authorized to row a total of 6 times.

**PRIVATE BOAT STORAGE:** The club makes available, limited boat storage racks for members who own their boats and who wish to pay an additional "Boat Storage Fee" set by the Board of Directors. Because the number of spaces is small, the following are the criteria and considerations used by the Board of Directors when approving such storage requests;

- a. Members requesting such storage must be up to date with their annual dues for that current rowing season,
- b. Members will be awarded boat storage consideration based upon seniority as a club member,
- c. Because boat storage at the club is minimal, the Board reserves the right to award, modify or rescind storage access based upon factors to include but are not limited to the frequency with which a member's boat gets used.

## **Rules of the River**

1. **BOW DIRECTION:** Launching and landing must be done with the bow facing upstream. Upon launching from the club dock and intending to row upstream, members shall cross the river to the east side (Hudson) without delay after first determining that it is safe to do so, and pass under the east arch of the Veteran's Bridge.

All rowers, whenever traveling in an upstream direction, will maintain a course that favors the east (Hudson) side of the river and pass under all bridges using the east arch.

2. **DOWNSTREAM:** Upon launching from the dock and intending to row downstream, members will reverse direction after first determining that it is safe to do so, and will

maintain a course that favors the west (Nashua) side of the river. All rowers, whenever traveling in a downstream direction, will maintain a course that favors the west (Nashua) side of the river and pass under all bridges using the west arch.

3. **PASSING:** Overtaking boats must keep clear of the boat they are passing. However, rowers about to be overtaken must indicate their presence and keep closer to shore before being over taken.
4. **LOW WATER:** On occasion, the level of the river will be intentionally lowered by as much as 5 to 7 feet. When this is to occur, a determination will be made as to whether the rowing of club boats can safely continue, and members will be notified by email.

Members owning their own boats can continue to row at their own discretion and risk.

5. **HAZARDS:** The river is relatively free of hazards. The only exceptions are as follows;
  - a. Rowing too close to either shore is strictly forbidden as certain areas have outcroppings of rocks just below the surface.
  - b. The area approximately 75 yards upstream from the Nashua Boat Ramp and just before the metal corrugated wall begins, is littered with large rocks that extend across the entire river. They are either exposed or just below the surface depending upon how low the river level becomes.
  - c. A general rule of thumb for anticipating when these rocks are a hazard and require an alternate course is:
    1. When the water at the club dock is low enough to be exposing portions of the sand or beach under the ramp, .
    2. **WHEN THIS CONDITION EXISTS, YOU MUST TRAVEL BOTH UP AND DOWN STREAM WITHIN APPROXIMATELY 30 TO 40 FEET OF THE NASHUA SHORE FOR THE LENGTH OF THE METAL WALL.** Then the river opens back up to a normal traffic pattern
  - d. During these conditions, rowers traveling upstream on the Hudson side must cross over to the Nashua shore upon passing the boat ramp, after first determining that it is safe to do so. Before entering the actual travel lane along the metal wall, rowers must again look to determine that it is safe to row upstream on this side, as any boat returning downstream has the natural right of way on the shore side.
  - e. **HIGH FLOW AND DEBRIS:** Following significant precipitation, the river will both rise and flow at a rate that can make it extremely hazardous to navigate. It also brings large debris (wood, fallen limbs and trees) that can be difficult to see.

These circumstances can flip a rower quickly and the fast current can result in being in the water for an extended period of time. When these conditions exist, the ability to row will be determined by either the Boat Captain or a Board Member and members will be notified by email.

- f. **HYPOTHERMIA:** Hypothermia can occur when the body temperature is lowered to a dangerous level due to exposure to cold and/or wet conditions. A rower's physical condition can deteriorate quickly within minutes leading to breathing difficulty and poor muscle coordination.
  - 1. In the early spring and again in the fall, determinations will be made as to when the water temperature has dropped to a level that would rapidly subject a rower to the dangers of hypothermia if they capsized. When the decision is made, members will be notified by email.
  - 2. When that decision is made, rowing club equipment will cease.
- g. **PROCEDURES AFTER CAPSIZING:** All rowers must be familiar with the proper safety procedures if a capsizing occurs;
  - 1. **Rowers must stay with the over turned boat at all times or remain with the boat and swim to the closest shore**
  - 2. Attempt to right the boat and re-enter pursuant to US Rowing Safety Video and/or [www.Calmwatersrowing.com](http://www.Calmwatersrowing.com)

## **Boat Use**

The right to use club boats must be obtained from the Captain. Familiarization with the "Club Rules and Responsibilities" and "Rules of the River" is a prerequisite.

### **CAPTAIN'S TEST**

All new members must demonstrate an ability to both properly and safely handle and operate club equipment before being entrusted with its use by way of a two-prong process called The Captain's Test.

The first part consists of acknowledgement and/or understanding of;

- 1. The travel/traffic patterns when on the river
- 2. Having viewed and understands the US Rowing Safety video
- 3. Has read and agrees to the IRC Boat Use Policy
- 4. How to use the log book

The second part of the test is specifically for scullers, and involves demonstrating the ability to handle a boat on the water by performing the following fundamental tasks;

1. Removal and return of a boat to its rack, either alone or with a partner
2. Launching upstream: Toes over the edge of the dock before placing boat into the water. Steady, graceful entry into the boat and onto the seat before pushing off.
3. Firm rowing with blades feathered during the recovery
4. Pivot turn: Turning 180 degrees in a reasonably tight area by backing with one oar, pulling with the other
5. Stopping: Perform a complete stop while moving forward (“holding water”)
6. Rowing backwards
7. Docking: Approach and dock while heading upstream, or backing to the dock, exiting the boat and removing it from the water
8. Boat maintenance duties: Wiping the hull down upon returning to remove any water film or scum and securing gates of oar locks before carrying.

### **Boat Descriptions and Weight Capacities**

Scullers should row boats appropriate to their weight when possible. The following are generally recognized weight classifications for the club singles;

Lightweight:	Approximately	115 lbs. - 140 lbs.
Midweight:	Approximately	140 lbs. - 185 lbs.
Heavyweight:	Approximately	190 lbs. - <b>220 lbs.</b>

### **Club Singles**

1.	Peinert	Green	Light and midweight
2.	Peinert	Green	Light and midweight
3.	Peinert	Blue	Light and midweight
4.	Peinert	Blue	Light and midweight
5.	Peinert	Yellow	Heavyweight
6.	Maas	White	Recreational (Weight capacity 230 lbs.)

### **Club Doubles**

1.	“Calypso”	Sikes	Blue	Lightweight	(Capt’s permission needed)
2.	“Therese”	Vespoli	White	Midweight	
3.	“Muriel Law”	Kaschper	White	Heavyweight	(Capt’s permission needed)

### **Club Quad**

1.	Vespoli	White
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### **Club Four**

1. Vespoli White

### **Boat Schedule**

The ability to reserve a boat online is being discussed and contemplated. However as of the writing of this document, such a procedure has not been settled.

### **Conduct**

The club requires all of its members to conduct themselves appropriately and respectfully towards each other, guests and employees of the club while using the facilities, attending regattas, events, or in public forums or discussions relating to the club or the rowing community. Acts or conduct which, in the opinion of the Board, are either detrimental to the good order, welfare, character of the club, or in violation of its Constitution, Bylaws or Rules and Regulations will not be tolerated.

Examples of such misconduct include but are not limited to the following;

- a. Bullying, hazing, harassment, verbal abuse, and physical or emotional misconduct directed at members, members of other clubs, regatta officials, coaches or staff.
- b. Theft, fraud, or any violation of the Club Harassment/Sexual Harassment Policy **(refer to Article IV of the Constitution for details)**

Allegations of violations of any rule of conduct should be made in writing to the Board of Directors.