

Fall 2017

Syosset Rowing Club

STUDENT AND PARENT

HANDBOOK

ELEVEN INSIGHTS INTO THE SPORT OF ROWING

1. **ROWING** is a *total body workout*. Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the *legs*. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a year-round, full-body conditioning activity and is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.
2. **ROWING** looks graceful, elegant and sometimes effortless when it is done well. Don't be fooled. Rowers haven't been called the world's most physically fit athletes for nothing. *The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop*. A seasoned rower has the leg power of a speed skater, the back strength of a weight lifter, the endurance of a marathon runner, the reflexes of a sprinter, and the balance of a snowboarder.
3. **SWEEP** (like a broom) and Sculling (with a "c"). There are two basic types of rowing: sweep rowing and sculling. In sweep rowing, the kind of rowing that the SRC athletes do, athletes use both hands to hold a single oar about 12.5 feet long to propel the boat. In sculling, the athletes use two oars, each about 9.5 feet long, one in each hand.
4. **THE BOAT**. Although spectators see many different races at a regatta, there are only six basic boat configurations. Sweep rowers come in pairs (2s), fours (4s) and eights (8s). Scullers row in singles (1x), doubles (2x) and quads (4x). Sweep rowers may or may not carry a coxswain (cox-n), the person who steers the boat and serves as the on-the-water coach. All eights have coxswains, but pairs and fours may or may not. In all sculling boats and sweep boats without coxswains, a rower steers the boat by using a rudder moved with the foot.
5. **THE CATEGORIES**. Rowers are categorized by sex, age and weight. There are two weight categories: lightweight and open weight.
6. **THE EQUIPMENT**. Today's rowing boats are called shells as they are made of lightweight carbon fiber and are only about 1/8" to 1/4" thick, in order to make the boat as light as possible. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide and approximately 30 pounds. Eights are the largest boats at 60 feet and a little over 200 pounds. Rowers use oars to propel their shells.
7. **THE CREW**. Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.
8. **SPM not MPH**. Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high – 38 to 45, even into the 50s for an eight – and then "settles" to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. Crews may call for a "Power 10" during the race – a demand for the crew's most intense 10 strokes.
9. **RACE WATCHING**. The crew that's making it look easy is most likely working the hardest and doing the best job. When watching a race, look for the following: a continuous, fluid motion from the rowers; synchronization in the boat and the bodies of the crew, good timing, all moving in unison; clean catches, *i.e.* oars entering the water with little splash; and the boat with the most consistent speed. An excellent "run" (the distance that a shell is propelled by one stroke cycle) is the effect sought by all crew coaches.
10. **TEAMWORK IS NUMBER ONE**. Rowing isn't a great sport for athletes looking for MVP status - There are no stars in rowing. It is, however, teamwork's best teacher as *to achieve victory, rowers must work together in total unison as a team, making crew the ultimate team sport*. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and bladework with one another. Crew teaches the importance of teamwork, perseverance and discipline which are invaluable life lessons.
11. **ROWING IS THE ULTIMATE WALK ON SPORT**. It's easier to get started than you think.

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Welcome to Syosset Rowing Club!

INTRODUCTION

The purpose of the **Syosset Rowing Club – Student and Parent Handbook** (the “Handbook”) is to communicate the operating policies and procedures for the Crew Team to the student athletes and to their parents, including the Coaches’ expectations and the requirements for an athlete to participate. While this Handbook will be especially helpful to introduce key concepts and rowing resources to freshmen and Novice rowers and coxswains and their parents during their first season of Crew, the Handbook is also an important guide to reinforce this information for seasoned rowers and coxswains and their parents.

PARTICIPATION

1. Syosset Rowing Club is open to male and female students enrolled in Grades 7-12.
2. All rowers must complete the swim test and the middle school athletes will undergo the proper evaluations, as well as must submit all requisite forms to the Syosset Rowing Club prior to participating on the Crew Team.

CREW SEASONS

1. The Crew Team operates both in the Fall and in the Spring, in conjunction with the Fall and Spring athletic seasons at Syosset High School. In addition the Crew Team operates an indoor training season in Winter to train athletes for Indoor Regatta competitions and prepare for the Spring season.

*a. **Fall season** is traditionally a "training" season when rowers concentrate on technique and stamina. Races in the fall are typically called "Head" races and are longer distances than races in the Spring. **Head races are approximately 2.5 to 3.5 miles long and boat starts are staggered so that crews race against the clock.** Crews do not know the results of the race until some time after the race ends. Fall is also the season when college coaches show up at regattas to do recruiting.*

*b. **Winter Season (I and II)** is probably the most influential season of the year, with athletes getting one on one coaching with regard to rowing technique, race strategy and overall fitness training. Athletes will develop team camaraderie and the program will maintain individual athlete’s scores so that each athlete may track their overall progression throughout the season. Winter training will be spent predominantly on ergometers (indoor rowing machines) and will also consist of weight and body circuit training. Athletes will be able to improve times across all workouts and become fully prepared to race at the highest level over the Spring season. Athletes will participate in Indoor Regattas events in which they compete against their peers on multiple ergometers which are tracked on large projectors.*

*c. **Spring season** leverages off the preparation done in the Fall. Spring races are referred to as "**Sprint**" races, usually 1,500 meters long (approximately 1 mile). Boats start off at the same time and race directly against each other in lanes on a marked straight (or nearly straight) course. The Spring Season is also the time when the team typically competes, if qualified, in more prestigious and competitive regattas such as the Stotesbury Cup Regatta, the New York State Scholastic Rowing Championship, the National Scholastic Rowing Championship and the US Rowing National Youth Rowing Championship.*

2. Serious Crew athletes are encouraged to participate in all three (3) seasons, but that is not required, as it is understood that some athletes may want to compete in other interscholastic sports.

NOVICE, JV AND VARSITY DESIGNATIONS

1. The categorization of Novices is unique to the sport of Crew, and is important because racing in a regatta is by category (*e.g.*, Middle School, Novice, Freshman, Light-weight, Junior Varsity, Varsity).
2. ***Novices.*** Athletes who have not previously participated in Crew, regardless of their age, grade level in school or skill, are designated by the sport of Crew as “Novices” during their first year of rowing.
3. Athletes may be deemed a Novice ***for one (1) calendar year from their first regatta.*** Because Crew is offered as a two-season sport, the participation category in the second season can vary for an athlete, based on whether or not they are rowing for two consecutive seasons.
 - a. If the athlete rows in both the Fall and Spring seasons, they would row as a Novice for the first two (2) seasons (*e.g.*, for one full school year) that they are on the Crew Team.
 - b. If an athlete participates in Crew for the first time during the Spring season and then participates in Crew the following Fall season, at the Coaches’ discretion based on skill level, team needs and boat assignments, they may row either as a Novice or as a Varsity rower.
4. A Novice rower may be “moved up” by a Coach to compete in a Junior Varsity or Varsity event, however, athletes who have had one year or more Crew experience cannot row as a Novice and must row as Junior Varsity/Varsity.

TEAM EVALUATION

1. Evaluations will be made by the Coaches who will be observing the athletes as they erg and row:
 - a. ***Erging*** – 2000m tests (2k) will be given periodically during the course of the fall, winter, and spring seasons. This will demonstrate the physical power of each athlete individually, while also testing their emotional and mental capacity.
 - b. ***Technique*** – Erging and, if possible, rowing on the water in small rowing “pieces” which closely resemble training for an actual race situation and provide the Coaches with the best opportunity to observe an individual’s rowing skills
2. The following criteria will be used to assess the athletes:
 - a. ***Physical*** – The physical portion of the evaluation is based on times, strength, speed, quickness and stamina. Time to weight will be considered using a weight adjustment calculation, if necessary.
 - b. ***Technical*** – This includes technique in the boats as well as on the erg. Coaches will be looking for the most basic components of rowing skills.
 - c. ***Personality*** – Elements include Commitment, Respect, Dedication, and Attendance.
3. **Swim Test.** In addition to the evaluation period, any Novice or Middle School athlete must pass the Swim Test prior to going out on the water in a boat. To pass the Swim Test, the athlete must be able to swim eight (8) consecutive laps and then tread water for ten (10) minutes.

ESSENTIAL ITEMS FOR CREW ATHLETES

1. Essential items to wear or bring to practice and regattas include:

- a. **Water** – Athletes must be sure to drink plenty of water. Plastic water bottles cannot be used at the boathouse and all athletes must bring a reusable water bottle.
- b. **Racing attire** - For regattas, a team issued race uniform/unisuit is required. For practices, athletes should wear appropriate practice attire - no baggy shorts, no good t-shirts - as clothing may get soiled. If an athlete does not have the required uniform on race day they will not be permitted to race.
- c. **Footwear** - Each athlete is required to bring good running sneakers to each practice for land workouts and warming up, and to each regatta for land practice and warm-ups. Sandals are needed for going into the boats.
- d. **Extra clothing** - Athletes should bring extra clothing and extra socks in case they get wet, especially at the end of the Fall season and the beginning of the Spring season.
- e. **Dry towel**
- f. **Money** for food (*e.g.*, when at a regatta)

2. Remember to write your name - with permanent marker - on the tags of all your gear and all of your clothing. In rowing, your uniform does not have a number to help you identify your gear. Each season, countless items become lost and unclaimed and everyone has the same unisuits, JL tech shirts, sweatshirts, etc., **it is impossible to know to whom the items belong unless they are labeled.**

ATTENDANCE POLICY FOR PRACTICES

1. As with any SRC JV or Varsity Sport, all scheduled practices are mandatory.

- a. Rowing is a team sport and the absence of even a single athlete impacts the entire boat – this may mean that a boat will not be able to go out on the water for practice at all that day if even one athlete is absent.
- b. All students are required to attend every scheduled practice except if they are legally absent from school or absent for mandatory after school requirements or special events. Practice dates are run in conjunction with Syosset High School policies.
- c. Practice is held even if the athletes cannot go out on the water – if the weather is not conducive to going out on the water, a land workout will be held either at the school or at Centre Island Beach.

2. There will be a limit of 3 unexcused absences per season and 1 excused college visit absence.

- a. Unexcused absences are defined as absences that are not reported to both the Director and the athlete’s coach by email, text or phone call before noon on the day of practice. For each unexcused absence by an athlete, the following four steps will be taken.

1st unexcused absence: Director and coach will meet with the athlete regarding the absence.

2nd unexcused absence: Director and coach will meet with the athlete and the athlete’s parent(s) regarding the absence.

3rd unexcused absence: The athlete will be put under suspension from the team for one month. This includes practices as well as regattas.

4th unexcused absence: The athlete will be dismissed from the team.

- b. Only absences due to illness, school field trips, school academic contests, and personal matters (*i.e.*, funerals and weddings) are excused absences. Athletes must be excused from practice with no penalty for religious reasons or for “extra help” sessions with classroom teachers. Coaches have the discretion on

whether or not to excuse athletes from practices or games for all other reasons. Attendance is extremely important throughout each season because of the team dynamic involved in the sport of rowing, where one absence can hinder the efficiency of practice and boat lineups.

c. Any student who visits a college while in season must hand in a note from the admissions office of the college to the head coach in order for the absence to be "excused." They also must notify the coach two weeks in advance of any official college visit. During any season the coaching staff recommends keeping all official visits to a minimum during the season since repeated absences, even for valid reasons, disrupts boat line-ups and practices. Given the unique dynamics of the sport of rowing, athletes are encouraged to attend college visits during the off season or on their scheduled day off from practice. If the coaches are given two weeks notice and they receive a signed permission slip from the school saying the athlete is going on an official at their institution, then the official visit is excused. If the coaches do not get notices or if the official visit causes an athlete to miss a regatta, then the official visit absence will be unexcused.

d. Missed practices that are unexcused may affect seat/boat assignments and participation in regattas. Athletes not in compliance with the Attendance Policy or who have excessive absenteeism (whether excused or unexcused) will lose their position in a boat and will be subject to suspension from participating in regattas.

e. Parents are expected to ensure that students attend all practices and are requested to schedule doctor and other appointments on days off and outside of practice hours. Parents are encouraged to schedule appointments Wednesday and the Mondays after Sunday regattas since those are our off days at SRC.

f. The athlete (and not the parent) must provide an acceptable excuse in writing or (email) to the Coaches prior to missing practice. If the reason for absence is not an emergency or sickness, coaches must be notified at least 24 hours in advance of practice so they can have adequate time to adjust their practice lineups. If not notified at least 24 hours in advance, the absence will count as an unexcused absence.

g. If known in advance, athletes must notify Coaches of future absences, especially if an athlete will be unable to attend a regatta (*i.e.*, SAT exams). Although academic excellence is strongly encouraged among our athletes, missing a practice to study for a test or be tutored for a test will be treated as an unexcused absence.

h. If an emergency arises and a practice must be missed, the Coaches should be promptly advised by email before 12 PM the day of practice as to ensure they do not receive an unexcused absence.

i. If an athlete is sick due to illness, that athlete should immediately email the head coach to let her know of the absence and the reason before 12 PM the day of practice. When the athlete returns to practice, he must return with a note from his /her parent, his doctor or the school nurse explaining why the child was absent.

3. **Come to practice ready to practice.**

a. **Do not arrive late** – Students are expected to arrive at the boathouse on time, ready to practice at the beginning of practice! If you are late to practice, you may jeopardize the ability of your entire boat to row that day.

b. **Be organized** – Show up at practice ready to get to work - do not socialize for the first 20 minutes you are there. With a large number of athletes, it takes clockwork precision to get boats on and off water for meaningful rowing time during practices.

4. **Practice is not over until all the boats, launches and oars are all put away.**

a. All boats must be washed and all equipment must be stowed before any students can leave practice. **Parents** - please do not ask your son/daughter to leave before they have finished storing their boat and oars.

b. Be aware that practices occasionally run a bit late, roughly 15-20 minutes over the end of practice time. It is the athlete's responsibility to work efficiently during practice to ensure that practice ends on time. Due to the nature of the sport and the juggling of so many teenagers by the coaches, we ask that parents are flexible with their post-rowing practice schedules. We encourage parents to not schedule other activities, if possible, within an hour of the expected dismissal time so as to leave enough time to get to the next activity.

- c. Parents are expected to arrive at the boathouse promptly at the end of practice to pick up students.
 - i. If for some reason you are unable to pick up your child after practice, please make alternative arrangements in advance to have your child picked up.
 - ii. While it is Crew Team policy that at least one Coach will stay behind until all students are picked up, Coaches should not be expected to wait unreasonable amounts of time waiting for parents to arrive.

BOAT AND SEAT ASSIGNMENTS

1. The Coaches determine the selection of rowers for a particular boat line-up for each regatta. Their selection is based on their assessment of many factors including a rower's ability - rowing technique, physical ability, attitude, and work ethic - and his or her overall contribution to the team.
2. Boys and girls may cox boats for either gender. Decisions regarding coxswain assignments will be based on the Coaches' evaluations of the coxswains.
3. In determining boat assignments, factors may include:
 - a. The team that works best together, and has the best chance of medaling at a regatta.
 - b. Physical ability which may be measured and demonstrated by performance on rowing simulators ("Erg machines"). Erg scores provide a guideline of a rower's strength and endurance, but are not the sole determinant.
 - c. Coaches also look at a rower's ability to "pull" on the water and for good rowing technique in the boat, which is developed over time and with concentration at practice.
 - d. A student's attitude, commitment, and reliability also factor into boat assignments.
 - e. Crew Coaches often look for tall athletes, as taller rowers can apply additional leverage and get a longer reach. However, size is not everything, especially in the absence of other prerequisites such as timing, form, power and condition.
 - f. Line-ups may not remain the same throughout the season. Seat racing (switching rowers between boats to assess the impact on boat performance) may be used to determine which rower moves a boat faster.
4. All athletes and parents are required to abide by the Coaches' decisions regarding boat and seat assignments and are not permitted to question the Coaches' decisions on these matters. At times the Coaches' decisions may be unpopular for one reason or another, but please understand that Coaches do their best to make choices for the good of the overall team and the rowing program.
5. No athlete is entitled to a seat on a boat, no matter how long that athlete may have practiced in a particular boat, and a coach may switch seat assignments up to and including just before a boat launches at a regatta. Parents and athletes are expected to abide by the decisions of the coaches. Poor parent or athlete behavior with regard to seat assignments, seat changes and boat line ups will not be tolerated. Poor sportsman like behavior by an athlete or improper behavior or outbursts by parents will not be tolerated and will result in the athlete being barred from competing in the next regatta.
6. **Coxswains.** Throughout the season, the Coaches will let the athletes know which position they think would suit them for the future with the team. The Coaches may ask certain rowers to become coxswains, and vice versa, so as to create the strongest team possible.
7. **Lightweights.** The Coaches will record the weights of rowers to determine the possibility of a lightweight boat. The maximum weight for *each individual rower* in a lightweight boat is determined by the individual regatta host and/or organization, which may change at the determination of the regatta host and/or organization from time to time. The typical weight for high school competition is 150 lbs. for boys and 130 lbs. for girls. This weight

requirement is not set by the Syosset Crew Team or the coaching staff. Some regatta hosts allow entries of lightweight boats on an "honor system." In these regattas, the coaching staff will honor the lightweight requirement and only place a rower in the lightweight boat if he/she makes weight safely on the date of the regatta.

8. **Lightweight Certificates.** If during any season a lightweight certificate is required to be filed with an appropriate rowing organization, a certified trainer will conduct lightweight certifications for all athletes who are interested on a given day, preferably during a practice. If an athlete misses that certification, the athlete will not be considered lightweight for the remainder of the season of the length of time the certification is in effect.

REGATTAS

1. Before the Regatta.

Team dinners for athletes will occasionally be at an athlete's home 1 to 2 days before a regatta to enable the athletes to unwind and come together in a fraternal atmosphere.

2. At the Regatta.

- a. All team members are expected to remain on site at a regatta for the entire event.
 - i. If a boat advances to a semi-final and/or a final event on the second day of a regatta, everyone in that boat is required to stay through their final event.
- b. Students are responsible for rigging and de-rigging their own boats.
 - i. When arriving at the regatta site, the athletes must rig all boats. When leaving the regatta, all boats must be de-rigged and loaded back onto the trailer by the athletes.
 - ii. If more than one team uses a boat, the first team rowing is responsible to rig the boat and the last team rowing is responsible to de-rig the boat.
 - iii. Athletes should voluntarily assist each other with these tasks.
- c. Upon completion of each individual event, the rowers and coxswain should bring their boat back to the trailer and carefully place it on the boat slings.
 - i. The coxswain should check with the Coach to determine whether the boat will be raced again. If not, the crew should de-rig the boat and load it on the trailer. If it will be used again, the Coach may need it to be placed on the trailer fully rigged in order to free up the slings for other boats coming off the water.
 - ii. Boats should not be left on the slings while the crew runs back to the tent to eat and/or relax, unless the coaching staff allows them. The team has a limited number of slings - and often a very limited amount of space around the trailer.
- d. A regatta is an opportunity for you to test your boat's rowing skills against the competition, but it is equally important for you to be there to support the other boats, which make up your team.
 - i. When a Syosset boat is rowing, the rest of the team should be cheering them on.
 - ii. As your teammates' boat returns to the dock, there should be Syosset team members to meet them and help them with their oars so they can quickly remove their boat from the water.
- e. At the end of the regatta, athletes should help load items such as the tents, tables, chairs, and coolers onto the trailer.

3. Unloading the Boats.

- a. The races may have ended, but our regatta is not over until the boats are back at the boathouse at Centre Island Beach and unloaded from the trailer.

4. **Athletic Code of Behavior.**

- a. The students are traveling as the Syosset Crew Team and at all times are to exhibit appropriate behavior. At all times, and especially on all trips, the Crew Team is to abide by these rules
- b. Drugs, alcohol and/or tobacco or tobacco products are not tolerated in an athlete's hotel room or possession at any time. If an athlete is found with contraband, he/she will not be permitted to row and he/she will also be subject to disciplinary action by the Crew Coaches and board member of the Syosset Crew Team.
- c. An athlete is at all times expected to be respectful to every athlete, chaperone, parent, and regatta staff member. Profanity use or disrespect to any of these parties will result in the athlete's removal of a boat/line up and the parent being called to pick up the athlete and take him/her home.
- d. In most regattas, the Coaches are required to specify the names of the rowers in each boat. If a student is removed from a regatta for a code of conduct violation, this will also affect every athlete in that boat, as that boat will likely be unable to compete.

ATHLETES' COMMITMENT

1. All team members must abide by the **Syosset Crew Team Athletic Code of Behavior**. An athlete may be suspended or dismissed by a Coach for improper behavior.
2. Rowers and coxswains are expected to:
 - a. Give 110% of yourself to your sport and your team.
 - b. Be completely dedicated.
 - c. Load and unload the trailer before and after regattas.
 - d. Respect fellow teammates, coaches and parents.
 - e. Maintain and respect the team's equipment.
 - f. Attend all practices and regattas.
3. Attendance at regattas is mandatory. Parents are encouraged to resolve conflicts where possible to ensure attendance at regattas. Notwithstanding this, if you are unable to attend a particular regatta, you need to promptly give the Coach notice, *well in advance of the regatta*.
 - a. Be fair to your teammates! Your absence affects boat line-ups! Boats need to be registered for regattas well in advance of the regatta date.
 - b. Hotel and travel arrangements are responsibilities of each individual athlete.
4. Underage Drinking.
 - a. Underage drinking during the season will not be tolerated. If it is determined that any athlete has been drinking illegally or is in possession of alcohol during the season, that athlete will be banned from participation in the following regatta and will face a one (1) year suspension from the team. In order to return, the athlete will have to write a statement to the coaching staff describing what they have learned over their suspension, why they want to return to the team, and what they are going to do to avoid a similar situation in the future. Evidence of a violation of this rule shall include, but will not be limited to, a photograph or social media post. If a captain is discovered to have been drinking in season or in possession of alcohol, his/her captainship will be revoked, and another captain will be named for the remainder of the season.

BOATS

1. Boats should be washed down after EVERY practice.
2. Take pride in the boats; protect them from getting scratched and banged around.
3. When you load a boat on a trailer, be sure it is resting securely. Be careful that your riggers do not push against the riggers of the boat on the other side of the trailer, which can push that boat off.
4. These boats are very fragile - mishandling can cause holes, cracks and deep scratches (or worse) that cost thousands of dollars - which we do not have - to repair.
5. When loading before/after a regatta, be sure the boat is tied down securely.
6. If something is not working properly on your boat - seat, oarlock, cox box wiring, etc., let one of the Coaches know right away so it can be repaired.

HEALTH AND SAFETY

All coaches, coxswains, and rowers must be knowledgeable about the safety rules and their responsibilities.

1. **Safety is paramount.** Coaches are to carefully supervise all student activity, on and off the water.
2. **Safety Video.** It is mandatory that all athletes review the safety video at the beginning of each season. The video can be viewed on youtube : https://www.youtube.com/watch?v=Rx5SUe_RdgQ
3. ***All forms of misconduct are intolerable at SRC.*** Types of misconduct include bullying, harassment, hazing, emotional misconduct, physical misconduct, and sexual misconduct. If there is any evidence of any of the following the athlete at fault will immediately be suspended from the team. At SRC we are in compliance with the SafeSport guidelines, which can be found here : <http://archive.usrowing.org/safety/safesport>
4. **Boat Safety.** Prior to going out on the water in a boat, the Middle School, Novice, and Varsity athletes will receive a lesson on boat safety. This lesson will include, among other things, how to properly use the equipment, what to do in the event a boat flips over, and how to avoid dangerous situations.
5. Prior to each practice, the Coaches will make a decision on whether the conditions on the water are acceptable to row in. If the conditions are not safe, the team will do a land workout by or in the boathouse.
6. **Swim Test.** Rowers and coxswains do not wear life preservers while rowing. Incoming rowers and coxswains are required to show they can swim and tread water.
7. **Medicine.** If a student uses any medicine regularly (to treat asthma, diabetes, bee stings), it should be carried with him/her at all times: running and on the water. The coxswain can carry it while on the water.
8. Coaches are to ensure that all boats and equipment meet safety regulations

LEADERSHIP IS EXPECTED FROM COACHES, ROWERS AND COXSWAINS

COACHES

Coaches must ensure that:

- a. The safety precautions are strictly followed.
- b. Before launching, each coach boat must be equipped with adequate gasoline; a paddle; a bailer; one personal flotation device (PFD) or lifejacket for each rower of the largest shell present and the coach boat crew; a safety kit which contains a wool and/or space blanket, an air horn or pea-less whistle, and a watertight flashlight.
- c. No more than five people ride in a coach boat at any time.
- d. The coach boat motor is started to ensure proper operation before the crew leaves the dock.
- e. Each rower and coxswain reviews the USRowing safety video before commencing rowing each year.
- f. Each rower is dressed properly for the weather conditions.
- g. Each crew receives special instructions in the event a shell capsizes or swamps, namely:
 1. Do not allow the rowers to leave the shell.
 2. Do not allow the oars to float away as they can be used for flotation.
 3. The rowers "pair up", i.e. 1 and 2, 3 and 4, etc., with the bow pair or stern pair, as applicable, responsible for the coxswain, when in the water.
 4. Do not thrash around and panic since excessive activity will lead to loss of body heat.
 5. His/her crew is never out of sight.
 6. There is no "horseplay" on the water.
- h. The equipment under his/her control is in a safe condition. This includes checking all shells prior to rowing to ensure there are no cracks, that all are equipped with bow balls and have easy release foot stretchers.
- i. Any damage or faulty equipment is reported to the coaching staff and if a shell is deemed not safe or "unrowable", a note is left on the shell to prevent its use.
- j. Never allow a crew or sculler to row unless a coach/coaching launch is present.

COXSWAINS

Coxswains must ensure that:

- a. They are familiar with the safety precautions.
- b. They know the traffic patterns at Centre Island Beach
- c. They remain calm and demonstrate leadership in the event of trouble.
- d. They always watch for changing weather conditions and proceed to the shoreline in the event of threatening weather (lightning, high winds, sudden change in wind or water conditions.)
- e. They exercise good seamanship (i.e. turning in windy or rough water, rowing into the wind at not less than a 45 degree angle [quartering] etc.)

f. They ensure the equipment under their control is in safe condition (i.e. ensure oarlocks properly fastened, there are no holes in the decking that may allow water in, that shoes are tied loosely with the heel tied down to allow for quick release, etc.)

g. Remember you may be required to assist your coach in the event of an accident involving the coach boat (i.e. coach falling overboard.)

ROWERS

Rowers must ensure that:

a. They are familiar with the safety precautions.

b. They know traffic patterns.

c. They remain calm in the event of trouble.

d. They always watch for changing weather conditions and proceed to the dock or to the shoreline in the event of threatening weather (lightning, high winds, sudden change in wind or water conditions.)

e. They exercise good seamanship (i.e. turning in windy or rough water, rowing into the wind at not less than a 45 degree angle [quartering] etc.)

f. They ensure the equipment under their control is in safe condition (i.e. ensure oarlocks properly fastened, there are no holes in the decking that may allow water in, that shoes are tied loosely with the heel tied down to allow for quick release, etc.)

g. Remember you may be required to assist your coach in the event of an accident involving the coach boat (i.e. coach falling overboard.)

1. FIRST AID

First aid kits are available in the container and on each of the coach launches. When travelling at regattas, a first aid kit is available in the club truck. Athletes are expected to provide their own supplies for routine first aid, including care of blisters

2. HYPOTHERMIA KITS

Each coach boat is equipped with a complete safety kit, which includes emergency reflective and wool blankets.

3. FIRE AND EMERGENCY

In case of fire or emergency, call 911 using a cell phone. The club is located at Centre Island Beach, 463 Bayville Ave, Bayville, NY 11709

Centre Island Police - (516) 922-6466

Bayville Fire Department - (516) 628-1922

COMMUNICATIONS PROTOCOL

1. Although parents volunteer in many ways, it is important to remember that interference by parents in Coaches' decisions regarding the nature of practices and/or rowing assignments at practice and/or regattas is considered to be disruptive and is not tolerated. Such interference may include pressuring, lobbying, or otherwise attempting to inappropriately influence the Coaches' decisions.
2. Similarly, parents are requested to refrain from contacting the media, other than local publications regarding team or individual performance or regatta results. The Coaches will be responsible for providing information to or interviews for the media. Parents should be aware that violation of this protocol may result in diminished participation at practices and/or regattas for your child.
3. Any issues related to practice should be brought to the attention of and discussed with the Coaches. Parents are encouraged to adhere to the following protocol:
 - a. Athletes should first address any issues directly with their Coaches. Team Captains may be helpful in this process.
 - b. If matters are not resolved, the parent of that child should email the Coach and schedule a meeting to speak directly with the Coach outside of practices or regattas.
 - c. If the issue still has not been resolved, athletes and parents should speak with the SRC Board Members.

