



Parent & Athlete Handbook

2023-24

44 W. Broadway, STE 520
Eugene, OR 97401

www.eugenerowing.org

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I. Dates, Deadlines, Contact Information

Fall Season Dates

September 5 & 6 - Competitive Team Try-Outs
September 7 - First Day of Competitive Practice
September 11 - First Day of Development Practice
October 1 - Tail of the Lake @ Seattle, WA [COMP ONLY]
October 29 - Portland Fall Classic @ Vancouver, WA [COMP ONLY]
November 4 - Green Lake Frostbite Regatta @ Seattle, WA [DEV ONLY, COMP OPTIONAL]
November 5 - Head of the Lake @ Seattle, WA [COMP ONLY]
November 9-11 - No Practice (Veteran's Day)
November 22-25 - No Practice (Thanksgiving)
December 15 - Last Day of Fall Practice [Comp & Dev]

Spring Season Dates

January 8 - First Day of Competitive & Development Practice
SPRING RACING SCHEDULE TBD
May 17-19 - USRowing Northwest Youth Championships @ Vancouver, WA
June 6-9 - USRowing Youth National Championships @ Sarasota, FL

A waiver must be completed by a parent or guardian prior to attending any ERC practice.

Online Registration Deadline: One week after joining
ERC Payment Deadline: One week after joining

Contact Information

Name	Role	E-Mail
Josh Baker	Head Coach	headcoach@eugenerowing.org
Noah Parsons	President	boardpresident@eugenerowing.org

Practice Times

Competitive [COMP] Program

Practice Schedule: Mon-Fri, 4:30-6:30 PM, Sat 8-11 AM

Development [DEV] Program

Practice Schedule: Mon, Tues, Thurs, Fri, 4:30-6:30 PM

Changes to the schedule may be required to accommodate competitions, inclement weather, team needs or at the request of the coaches.

II. Organizational Overview

Welcome to Eugene Rowing Club! Please read the following important information.

About Eugene Rowing Club

Vision

Make rowing accessible to junior athletes of all abilities in the Eugene/Springfield area.

Mission

Eugene Rowing Club is dedicated to teaching the sport of rowing to athletes of all abilities in an inclusive, enriching, and safe community. We prepare athletes for life and help them become their best selves through lessons learned on and off the water.

We develop personal character, an ethic of cooperation, and physical fitness within the ultimate team culture of crew. Crew's success demands personal responsibility, goal setting and accountability to the greater whole – skills also essential to our community at large. ERC rowers learn the necessity of teammates pulling together to transcend their individual strengths and weaknesses. In rowing, more than any other sport, no one individual stands out. To succeed, everyone in the boat must work together. Through daily workouts and competition in regattas, the athletes build strong friendships, respect and bonds with each other.

History of ERC

Junior rowing in Eugene began in 1986 when Eugene High School student Elijah Marentette asked and found that there was interest in rowing at SEHS. Elijah, Carl and Fran Richart, Charles Spencer (a former Harvard rower), and school officials moved SEHS onto the water in the fall of 1987, leasing boats from the University of Oregon crew.

By 1988, the SEHS Yearbook included rowing as an official club sport. Roger Bailey was the first coach for Eugene Rowing Club. Bailey saw the expansion of the sport and wanted a youth rowing club for all high school students in Eugene. His support and devotion to the team accounted for much of its early success.

Over the years, the organization continued to grow and prosper. By the end of 2000, the club merged with the Oregon Association of Rowers (OAR), a masters/adult rowing program, and became OAR Jr. Crew. With this change, OAR expanded to include students from SEHS, as well as from other local area high schools, middle schools, and home-schools. This was followed in 2006 with a generous and substantial contribution which jump-started an expansion of the number and quality of boats the team owns.

In 2013, the OAR board decided that separate programs would best serve the needs of the masters and the juniors, so the junior program returned to its roots as a South Eugene High School club sport. In November 2015 the junior club became a separate entity, was renamed to Eugene Rowing Club (ERC) and qualified for 501(c)(3) non-profit organization status.

Club Organization/Board of Directors

The ERC Board of Directors has responsibility for the organizational and financial leadership of the club. The Board is composed of current and past parents of rowers, previous rowers, and community members with an interest and passion for the sport.

Parents are welcome to attend monthly meetings on topics such as policies, program growth, regatta preparation and scheduling, recruitment and support of volunteers and fundraising. As each year nears completion, the Board seeks volunteers to replace outgoing members.

The ERC Board of Directors works closely with the coaching staff in order to provide our rowers the best environment to learn and compete in the sport of rowing.

Parent Volunteers

Parent volunteers are vital to the success of our club! With no paid staff other than coaches, the job of maintaining and growing the program is the responsibility of parent volunteers. Simply put, the team could not exist without parent volunteers. Volunteers serve as administrative leaders, fundraise, coordinate publicity, special events, and recruitment activities, and organize, transport, and arrange food and lodging for athletes during regattas. While team rowing is a power-intensive sport, it is also one of strong community and friendships. Volunteering is a great way to become part of the team and share the experience of the sport with your student-athlete.

Parents are expected to commit a minimum of 15 volunteer hours per season in support of the team. Volunteer job descriptions and committee vacancies are announced as they occur; opportunities for special projects and regattas are circulated via email.

Coaches

Our coaches guide rowers in water practices to develop technique and skills across various boat types. Safety requires coaches in launches during water practices. Coaches assign practice and racing line-ups based on factors outlined under 'Boat Selection for Practices.' All coaches undergo interviews, background checks, and possess youth sports training experience or certifications. Performance evaluations are conducted each season.

Athlete Leadership Council

For the Fall 2023 season, the Athlete Leadership Council (ALC) will be made up of Junior and Senior athletes as nominated by their peers and as approved by the Head Coach.

The desired outcomes for student-athlete leaders in ALC include:

- To become more aware of their role and the responsibilities of the position of captain/leader
- To realize the positive impact they have in their school and community
- To understand the importance of always being a leader
- To create a "community" of leaders
- To encourage information sharing between athletes and coaches

Along with objectives and outcomes, expectations for student-athletes on the ALC are defined as:

- Attendance and participation in all ALC meetings are the baseline expectation. Meetings will be held roughly once per week or as needed immediately following a practice date as set by the Head Coach and Council.
- Respectful communication always and to all persons, and in reference to all programs, coaches, administrators, and opponents
- "Walk the walk" at all times
- Sharing information with teammates and coaches is greatly encouraged
- Speak "greatness" at all times
- Welcoming and leading new athletes on the team into the systems and culture.

III. Programs Overview

There are boats and performance levels for everyone! Depending on age, expertise and prior experience, the teams are as follows:

- Competitive [COMP] Team
- Development [DEV] Team

The Competitive Team is Try-Out/Selection based and requires coach approval. All athletes joining after the season has started and with no rowing experience will begin in the Development Program.

New athletes will be accepted until the end of September in the Fall and the end of January in the Spring.

All athletes interested in the junior programs will be asked to register for an initial one week try out period. During this time we will collect physical data (height, weight, arm span, etc.), conduct tests of basic strength, fitness and athleticism and ask general questions to elicit each athlete's reasons for wanting to row. Upon successful completion of the one-week try out period, the athlete will be invited to join the team.

Practice Locations

On-Water Training Facility: Lowell State Recreation Site: 850 Shore Line Dr, Lowell, OR 97452
Indoor-Training Facility: Ridgeline Rowing: 448 W 3rd Ave, Eugene OR 97401

Competitive Team [COMP]

The Competitive Team is the high performance and competition arm of the ERC programs. Training is rigorous and attendance is expected. All athletes seeking to participate in the Competitive Team for the Fall season will be required to participate in Competitive Team Try-Outs immediately prior to the season starting. Athletes will be designated to either the Competitive Team or Development Team.

Due to USRowing's age classifications, it is not expected that younger athletes be as strong, fit, or competitive as an older athlete, but we are primarily looking for athletes who are tall, strong, athletic, or tough enough to make up the difference for their age. A key factor in selection for the Competitive Team is ensuring that athletes can conduct themselves in a way that lends cohesion and smooth day-to-day practice operations both on land, but especially on the water. Due to this, some athletes may fluctuate between Competitive and Development program boats for practices depending on the team's intent and focus for that day and in order to keep practice efficient and safe.

The Competitive Team begins their Fall season at the beginning of September and includes several 'Head-race' style competitions (*See the Parent Guide to Racing for more parent-specific information*). While we will compete in the Fall, the primary focus is training, development, learning and building good habits in preparation for the Spring season.

The Spring racing season is the primary competitive season featuring 2,000m side-by-side racing. The racing season ends with the USRowing Northwest Regional Championships in May. Strong performances at Regionals could result in selected crews being invited to compete at the USRowing Youth National Championships in June. Exceptional athletes may then have the opportunity to try out for the US National teams that compete in the World Championships later in the summer. Competitive team athletes are required to participate in the Erg-a-thon and other team fundraisers.

Competitive Team Try-Outs

All athletes seeking to participate on the Competitive Team are invited to attend Competitive Team Try-Outs on September 5th and 6th, 4:30-6:30 PM.

On the first day, all athletes will undergo a basic warm-up and land workout, cool-down and stretch. On this day, the coaches will be evaluating the athletes ability to take instruction through the introduction of a warm-up routine and bodyweight workout, as well as fundamental movement and athletic ability.

On the second day, we will take to the water to evaluate the athletes ability to comprehend and execute basic drilling, effort, and overall technical ability on the water.

While the Try-Out will be very fundamental, it is just as much an opportunity for the coaches to be introduced to the athletes and run through a basic structure of a practice as it is for the athletes to show off their current ability. At the completion of try-outs, athletes will either be selected into the Competitive Team or designated for the Development Team. Please note the Program Descriptions above for additional criteria for selection onto the Competitive or Development teams.

Development Team [DEV]

The Development Program is our introductory and recreational arm of the ERC programs.

All new athletes with no experience will begin in the Development Team, as well as athletes who are younger or otherwise less developed and unfit for the training regiment and expectations of the Competitive Team. Development Athletes may be moved up into Competitive Team boats for practices and/or races, depending on the lineup needs of the Competitive Team. Athletes may move up to the Competitive Team permanently either mid-season or between the Fall and Spring seasons per the Head Coach's discretion to include discussion and approval with athletes and parents.

The Development Team begins their Fall season one week after the Competitive Team in the Fall and will include one competition at the Green Lake Frostbite Regatta in Seattle, WA which will feature 1,000m side-by-side racing.

Spring competition for the Development Team will be announced in December and will typically include 2-3 racing opportunities.

Free Trial Week

ERC offers a Free Trial Week during the first month of every season. Registration is required in order to complete the waiver online prior to attending the first practice. Contact headcoach@eugenerowing.org to schedule your trial.

Registration

All athletes must register for Try-Outs and their respective seasonal programs (Competitive or Development) on the SportsConnect platform via our website. This **includes prospective athletes utilizing the Free Trial week.**

How to Register

1. Go to www.eugenerowing.org
2. Under 'Programs & Registration', click 'Account Login'.
3. Complete the account setup steps
4. Prior to the first competition, all athletes are required to have a USRowing 'Basic' membership. Athletes competing at the USRowing Northwest Championship and the USRowing Youth National Championship are required to upgrade to a 'Championship' membership.

Program Fees

Program fees cover much, but not all, of the team's operating expenses. Fees for Fall and Spring Seasons are determined by the team's budgetary requirements, are approved by the Board of Directors and are announced as soon as they are approved. Program Fee information is available on our website.

Additional Costs

In addition to the Program Fees, athletes and families will incur additional costs:

- Regatta Fees include but are not limited to entry fees, truck rental/trailering equipment, athlete snacks/meals and coach travel costs. The total costs for any regatta will be combined and then divided evenly amongst participants. Entry fees will be divided amongst those competing in each event.
- A USRowing 'Basic' membership is required as part of the club's liability insurance and all regular season competitions. Some Fall races, as well as the USRowing Northwest Championship and the USRowing Youth National Championship require an upgraded 'Championship' membership.
- Uniform for racing. The typical uniform cost is approximately \$80. Further information can be found below in the Clothing and Uniforms section.
- Regatta expenses for families traveling to the event. These include travel, lodging and meals for the family members.
- Travel costs of carpooling. Rowers may travel to regattas in a carpool.
- Athletes need to provide their own money for meals while traveling to and from regattas.

Scholarships/Financial Aid

Thanks to our generous club supporters, ERC has a Financial Aid Fund to assist families with the costs of participation. The number and value of scholarships provided varies from season to season depending upon the availability of funds. Any student is eligible to apply.

Details:

- ERC will set a specific minimum amount available for scholarships at the start of each budget year.
- Scholarships will be need based.
- Scholarships will be granted for one season at a time – Summer Camp, Fall, or Spring. This allows for rowers to participate season by season and for changes in the financial status of parents/guardians.
- ERC cannot guarantee availability of funds for any individual rower for future seasons.
- Scholarships DO NOT include USRowing membership, fees that are billed outside of regular dues (including regattas or uniforms), Nationals, training camps, etc..
- Financial aid funds will be released after the rower's portion of dues has been paid or a payment plan has been established. Payment plans may be set up with ERC administration.
- Scholarship recipients are expected to participate fully in all ERC activities, including practices and fundraising events.
- ERC will protect the confidentiality of all applicants. A committee from The George Pocock Rowing Foundation will review applicants and will forward final decisions to the ERC financial aid manager. ERC parents, Board Members, and Coaches will not be part of the decision making process.
- Financial Aid/Scholarship recipients are expected to maintain an appropriate attendance record.

How to Apply:

Please complete the application form via our website. Once notified, families will have two days to accept or decline the scholarship offer.

QUESTIONS: boardpresident@eugenerowing.org

Payment Plans

Monthly payment plans are available for selection during the registration/payment process.

Fundraising

There are a lot of costs associated with operating a rowing club. Keeping program fees as reasonable as possible requires the success of several fundraising activities throughout the year. Fundraising activities change depending on the needs of the program and the skills and interest of our parent volunteers.

Fundraising activities require participation and support from athletes AND their families to be successful. All Competitive and Development team athletes are required to participate in fundraisers.

Tax deductible donations can be made to ERC through the website www.eugenerowing.org.

Transportation to/from Practice

A 15 passenger van is available to drive student athletes to practice from Eugene. The van leaves the parking lot of South Eugene HS at 4pm and returns at 7pm. **The van will be driven by an assistant coach or parent volunteer.** All athletes riding the bus must use appropriate language and use headphones if listening to music.

Seat availability is on a lottery basis with signups being sent out by email at the beginning of each season.

Competition Uniform

Regattas require all team members to wear matching uniforms (team unisuit). Uniforms are purchased separately through an online store (coordinated by a parent volunteer) prior to the Fall, and Spring seasons for new rowers, and are NOT included in Program Fees.

Communication

ERC requires good communication to function smoothly. Parents and athletes are required to review all correspondence distributed by ERC and it's affiliates, and both are encouraged to regularly share relevant information.

Team GroupMe's

All athletes should be in their teams respective GroupMe groups (Competitive Men, Competitive Women) as well as either the Competitive or Development GroupMe's. This will be the primary communication platform for Coaches to Athletes, as well as team related questions from Athletes to Coaches.

Remind

ALL athletes and parents are required to join the ERC Remind group. This will enable direct text notifications for important or time sensitive announcements. Notifications about important e-mail correspondence will also be shared.

Join the Remind group by texting 'ERC2324' to 81010

E-mail

E-mail will be used for all information dense communications. Parents are responsible for reading all e-mail correspondence distributed by ERC and its affiliates, and are encouraged to share important or relevant information with their athletes. The Head Coach will also distribute a bi-monthly newsletter to include significant or upcoming events and announcements.

Most communication from the ERC Board of Directors or its affiliates will be distributed via email.

Texts/Phone Calls

The Head Coach is generally available by text or call during normal business hours Mon-Fri.

- **1-on-1 Interactions Between Coaches and Athletes**

ERC observes all Safesport guidelines including policies surrounding 1-on-1 interactions between Coaches and Athletes.

ALL 1-on-1 interactions between an Adult Participant and a Minor Athlete must be:

- *Observable*
- *Interruptible*

This includes before, during or after practices, as well as all digital communications which include but are not limited to direct messaging and social media. **Therefore, athletes and coaches are required to include a parent or teammate on ALL communication threads.**

Athletes AND Parents - *Please do not call or text members of the coaching staff after 7 PM. E-mail is the preferred method of communication for non-emergency items to members of the coaching staff.*

Meetings

When necessary, Athlete/Parent and Coach meetings can be arranged within or outside of office hours. Please email the Head Coach if you need to arrange a meeting.

Additional Communication Platforms

Website: www.eugenerowing.org

Parents Facebook Group: TBA

Instagram: [@eugenerowingclub_official](https://www.instagram.com/eugenerowingclub_official)

IV. Practices

Practice/Training Gear

- Weather appropriate clothing - the best clothing for rowing is tight fitting and usually made from synthetic materials, able to be layered in the winter for warmth, and wicking for cooling in the summer. Do not wear anything that would be ruined by stains, grease, or dirt. Oversized clothing is a safety hazard as it can catch in the moving seats or handles and should not be worn. Athletes are required to wear clothing that is appropriate for rowing and is not overtly offensive or provocative.
 - Men: socks, rowing shorts, uni-suits, or other tight-fitting bottoms, shell shorts, tank tops or t-shirts. Men must wear either a tank top, t-shirt or unisuit when not actively training.
 - Women: socks, sports bras (or equivalent), rowing shorts, uni-suits, or other tight-fitting bottoms, tank tops or t-shirts. Sports bras are to be covered at all times by either a tank top, t-shirt or unisuit when not actively training.
 - Athletes not adequately dressed for the weather may not be permitted to participate in on-the-water practices due to the inherent safety risks.
- Athletes are REQUIRED to wear appropriate and comfortable running shoes EVERY DAY. Quality running shoes are an important investment in promoting your athletes health and well-being including replacing worn-out shoes when needed.
- Socks -rowing shoes are attached to the boat and not cleaned regularly. Athletes should wear socks every time they are in a boat to promote hygiene and prevent infection.
- Reusable water bottle - no metal water bottles as they damage the inside of boats
- Change of clothes when necessary.

Attendance Expectations and Absence Requirements - Competitive Team

Athletes on the Competitive Team are expected to attend every practice. Unexcused absences, defined as non-emergency and with no prior notification to the coach are unacceptable.

Participating on the Competitive Team requires commitment, sacrifice, and communication. It is important for all athletes and parents to understand that while attendance at practices certainly has an impact on individual performance, attendance has an even greater impact on the overall team performance. For example, prior to practice every day, the Head Coach will build lineups which seek to achieve certain training benchmarks based on the roster of available athletes. Unexcused absences creating voids in lineups has a massive trickle down effect leading to diminished returns on the boat they were projected to be in, and/or other boats due to required lineup switches between boats.

That said, absences are unavoidable due to illness, participation in other sports or extracurriculars, appointments, etc. Communicating absences in a reasonable amount of time is paramount to avoiding conflict.

Attendance Expectations and Absence Requirements - Development Team

Athletes on the Development Team are expected to attend as many practices as possible, however, unexcused absences, defined as non-emergency and with no prior notification to the coach are unacceptable.

The best way to improve each day is to attend practice, however, the intent behind the Development Team is to grow into the commitment and sacrifice needed on the Competitive Team. This program allows for tremendous flexibility in attendance but good communication between athletes, parents and coaches is required in order to ensure productive and efficient practices for athletes in attendance.

Reporting Absences (Both Teams):

- Athletes aware of a future absence should put their name and reason for their absence on the Team Absence Calendar posted at the boathouse.
- Absences that need to be reported the day-of should be texted to the coach by the athlete, with a parent included, at least 2 hours prior to the start of practice.

Parents: Please do your best to schedule doctors' appointments, tutors, physical therapy, etc. on your rower's days off and please communicate with them when they will need to miss practice so that they can report it on the Team Absence Calendars prior to their absence.

Consequences for Unexcused/Excessive Absences

Competitive and Development Team athletes are expected to follow all Absence Protocols to ensure efficient and productive practices and competitions. Athletes who do not follow the protocols including reporting absences, having unexcused absences and/or excessive absences, may be held out of practices or competitions, or be suspended or expelled from team activities.

Illness

In the event of an athlete illness, the athlete should stay home and avoid the boathouse and physical contact with teammates until the illness subsides.

Injury

Athletes should report ALL injuries to the coach immediately, whether they occur at practice or away from practice. If an athlete is unable to complete workouts as prescribed due to pain or injury, they will NOT be permitted to return to practice until they have received clearance to return from a doctor.

Safety/Swim Test

All rowers should be competent in swimming in the water to include being able to tread water for at least 10 minutes and swim at least 200 meters. Any rower unable to meet these minimum standards should notify the coach before participating in any practices.

Rowers will be required to complete a swim test at the beginning of the season or after joining to demonstrate these minimum requirements. Athletes who fail to complete these standards will be required to wear a personal flotation device while on the water pending swim instructions and completion of the swim test.

Please see Section VIII. for additional Safety Policies and Procedures

Inclement Weather

Inclement weather may keep us from rowing on the water but by itself will not cancel a practice. In the event of severe weather or other special conditions, practice may be impacted. With as much lead time as is practical, coaches will handle these situations in one of two ways:

1. If weather will impact practice or travel to practice, attendance may become optional, practice may be relocated, or will be canceled. Notification will be by Team Remind and the respective team GroupMe's.
2. Weather in the region can be very localized. Contact your coach as instructed if weather between you and the boathouse prevents attendance.

Transportation to/from Practices

Participants are responsible for their own transportation, to and from the boathouse, and Ridgeline Rowing, for practices. **ERC is in no way liable for any members or guests before, during or after once they leave the boathouse or training facility.** When traveling with a driver outside of their immediate family, the club does not verify the safety of drivers, fitness of their vehicles or their insurance coverage. It is a parent/guardian's responsibility to ascertain vehicle and driver reliability.

Practice Progression and Expectations

- Rowing is a very vigorous team sport. All athletes are expected to support their teammates by working hard, caring for equipment and maintaining a positive, team attitude.
- Athletes should arrive at practice prepared with the appropriate clothing, gear and/or equipment necessary to complete training for that day.
- We understand that school commitments and travel time can create tardiness potential; this **MUST** be communicated to your respective coach in advance of practices.
- Boatings are posted on the white board before practice. When first arriving at the boathouse athletes should prepare for practice by noting their lineup, equipment, and preparing all equipment for practice to include getting boats in slings, setting foot stretchers, and getting oars out and prepared. In some cases, the coaches will note boats that can be put on the dock with oars pulled across to facilitate efficient launching.
- Athletes are to complete a full team warm-up at the start of practice. Upon completion, athletes will line up with their respective teams for team announcements and training discussion.
- Practice is officially dismissed at 6:30 pm. Coaches expect a best effort to arrive on time and will make it a priority to end practice on time.
- Often, further exercises may be prescribed to be completed independently.

- If an athlete or parent wishes to speak with a coach, this is to occur outside of the practice window and preferably arranged previously by contacting the coach via phone or email.
- While practices should primarily be exclusively for athletes and coaches, the coaches will maintain an 'Open Launch' policy which allows for parents to ride along for any practices with prior arrangement with a member of the coaching staff within reason.

Boat Selection for Practices

It is important to note that boat selection for practices is a very fluid and ever-changing process and will follow different criteria at various points throughout the season per the training plan and team goals. Practice lineups are not always a referendum on competition lineups and it is not the goal of the coach to put athletes in lineups with their friends or athletes they "like", but rather, to make the most of limited practice time together. In some cases, more experienced athletes will be put in lineups with less experienced athletes in order to be examples and elevate less experienced athletes. Athletes are expected to give their best effort and attitude no matter the lineup they are selected to practice in and to keep the focus "team-first".

V. Competitions

Regattas are unlike any other sport competition. They are generally full day and often multi-day events that require participation and cooperation of all rowers, complemented by the volunteer efforts of parents. Regattas provide both a measurement of an athlete's hard work and an opportunity to demonstrate their competitive spirit. We encourage all families to attend the regattas as it is a great way to observe the hard work your athletes put in, learn about the sport, meet other families and support the team. More information is available in Section XII - Parents Guide to Racing.

Please note that the terms *regattas*, *races* and *competitions* will be used interchangeably.

Athlete Classifications

In general, most regattas have different classifications of athletes for racing which include, but are not limited to, Novice, Under 19 (U19), Under 17 (17), Under 16 (U16) and Under 15 (U15). The definition of Novice may change depending on the race but generally means any rower in their first year of training or competition. 'Under' classifications are dependent on birth year and are based on the age the athlete is turning that year. Therefore, U17 athletes include athletes that are 16 years old that year or under. Athletes turning 17 that calendar year are NOT eligible for U17 events.

Athlete Expectations for Regattas

Coaches discuss expectations with athletes prior to regattas and enforce these expectations at all regattas. ERC athletes are expected to:

- Demonstrate good sportsmanship and respect for other crews, officials, coaches, and regatta organizers
- Adhere to all ERC and USRowing guidelines.
- Assist in unloading, rigging, de-rigging and loading of the trailer leading up to competitions, at away competitions, and upon returning from away competitions.
- Assist parents with packing and unpacking any support equipment.
- Support all ERC boats by assisting in launching/recovering and supporting all ERC crews on the water.
- Any behavior that violates the Athlete Conduct Code will result in disciplinary action or removal from the team.

Waivers

In addition to waivers required by ERC for participation, some competitions require their own waiver. These will be communicated and parents and athletes should aim to complete these as soon as possible. Additionally, an updated USRowing membership and waiver is required for all ERC participants.

Not Attending a Regatta

All Competitive Team athletes are required to attend all competitions, regardless of participation in the event unless otherwise noted. If an athlete will not be able to attend a regatta – they should notify their coach at least 3 weeks prior to the competition or as soon as possible.

Transportation to/from Regattas

Per USRowing policy, athletes are not permitted to drive themselves to, or from any away races. Athletes are not allowed to drive other athletes to or from away races. Rowers are required to stay with the team at all times during regattas.

Team Travel

In some situations, and communicated early in the season, the team will arrange transportation and lodging for an away competition. Transportation may include organizing parent drivers or a team bus. For team organized travel, rowers are required to travel with and stay with the team. Rowers may not leave the hotel/lodging or rowing venue with their parents, unless specifically authorized in advance by the Head Coach. In the event participants have been authorized to travel separately from the team, they will still be liable for the full trip fees (including group travel). While traveling to or from regattas, the athletes will be expected to wear ERC shirts or jackets.

When parents are driving other athletes to an away regatta, they are responsible for:

- Transporting the athletes to and from the regatta site and lodging.
- Transporting sleeping bags and personal gear.
- Notifying the coach if delayed.
- Ensuring that meal opportunities are available to the athletes during travel to and from the regatta, and when the team kitchen is not available.
- Chaperoning athletes during any free time.
- Being accessible to the athletes and coaches during the regatta.
- Transporting athletes to and from Dexter Lake after regattas to help unload boats as needed.

Parents sending athletes with another family are responsible for:

- Knowing the driver and vehicle that your child travels with (the club does not verify the safety of drivers, fitness of their vehicles or their insurance coverage. It is a parent/guardian's responsibility to ascertain vehicle and driver reliability.).
- Coordinating pickup and drop-off times and locations.
- Providing a donation to the gas costs (roughly \$25 depending on distance)
- Providing meal money and travel snacks as appropriate for their athlete.

Overnight Trip Policy

- Food or drinks brought on the trip can be confiscated or disposed of at the discretion of any coach or chaperone.
- All bags and rooms are subject to inspection at any time.
- Trip curfews will be set by the coaches and enforced by the chaperones. No one is allowed out of his or her room after curfew. Violation of curfew may result in instant dismissal of the offender from the competition, at the participant's cost.
- Rowers or coxswains may only be in the hotel room of a member of the opposite sex if a coach or chaperone is present. Violation of this rule will result in the removal from

competition, at the participant's cost, of both the offender **and everyone present in the room with him or her.**

- At no time may participants leave the immediate competition site without express permission from their coach. Violation can result in instant dismissal from the competition, at the participant's cost.
- Participants may not leave the competition site at the completion of racing until released by the Head Coach.
- Hotel rooms, regatta sites, buses, and vans will be cleaned and returned to their original condition. Individuals will be held responsible for any damage to any equipment, rooms, buses, etc.
- Any inappropriate behavior, including use or possession of drugs, alcohol, tobacco, e-cigarettes or inappropriate sexual behavior will result in immediate dismissal from the regatta at the participant's cost, dismissal from the program, **and can jeopardize college eligibility in rowing and other sports.**
- Destruction, vandalism, or theft of property as well as access in unauthorized areas will result in dismissal from the team and parents being responsible for damages caused by actions.
- NCAA rules do not allow you to talk to College coaches or recruiters until you have been released to do so by the Head Coach.
- All members are required to remain to load and unload the boat trailers before and after they travel to races until released by the coaching staff.

Race Schedules

Coaches distribute race schedules as soon as they become available. Often specific race schedules are not known until the evening before the regatta after the team has already begun its travels and are often subject to change. Prior to the race, coaches will inform athletes when they should be at the regatta site. The day of the race, the coaches will post an up-to-date schedule at the trailer and the Nutrition Tent.

School Absences

Due to travel distances and event lengths, some regattas may require athletes to miss a partial or complete day of school. While the ERC team attempts to notify schools of required absences (the team can have athletes from eight or more schools), parents and athletes are ultimately responsible for communicating with school and teachers about missed classes and assignments.

Meals and Nutrition at Regattas

ERC takes pride in providing healthy snacks and meals at regattas. The Nutrition Tent, staffed by parent volunteers, provides food to team members and their families. Parent volunteers spend many hours planning, shopping, and preparing food the week before a regatta. The Nutrition Tent Coordinators send emails, prior to each regatta, requesting parent volunteers to: 1) assist in advance food preparation, 2) send along healthy fresh or homemade snacks/baked goods (such as banana or zucchini bread), and 3) help out in the tent setting up, preparing food,

washing dishes, or doing other tasks during the regatta. Working in the Nutrition Tent is a great way to meet the athletes and the parents on the team.

Coaches at Regattas

Please remember that coaches have many responsibilities on regatta days. They have multiple boats to race and are responsible for many rowers, equipment, schedules, etc. Please allow them to focus on the rowers and equipment at these events. The boat trailer serves as the locker room and is for coaches and rowers only. If you would like to meet with your child's coach please email them to set a meeting time outside of practice or competition.

VI. Athlete Expectations and Code of Conduct

Rowers have a tradition of excellence on and off the water. At ERC, we expect all our athletes to uphold this tradition, not only at the boathouse, but also in school and at home. As a student-athlete, you are responsible for conducting yourself in a manner representative of pride in our club, and the pursuit of excellence as a student, athlete, and healthy young adult. If you choose to accept this responsibility, you and your guardian will sign this contract, and agree to abide by the standards and repercussions set forth below. Every member of our community has a duty to represent themselves and the team in the best manner possible. This applies to your conduct during/outside of team activities, in school, and out of school while you are on the ERC roster throughout the year.

It is not the staff and Board's intention, nor responsibility, to 'police' athlete conduct inside or outside of team activity. As the majority of athletes are minors, they are their parent or guardian's legal responsibility. The coaching staff will take disciplinary action if they witness, or are presented with notice or substantiated claims of infractions. The athletes must recognize that any kind of misconduct negatively impacts not only themselves, but the entire team. Rowing relies heavily on intra-team accountability, which misconduct breaks down. The guiding principle is that ERC operates on the philosophy that all rowers and coxswains have the right to learn and participate in the sport of rowing safely and productively. To do so, each athlete needs a climate that is satisfying and productive and is not filled with disruptive behavior by other athletes. Misconduct that may result in discipline, suspension or dismissal from ERC at the discretion of the Head Coach includes, but is not limited to, the following:

1. All athletes intending to represent Eugene RC and use ERC equipment at regattas must be registered members in good-standing with the Club. All rowers intending to enter United States Rowing Association (USRA) sanctioned events must meet USRA standards of eligibility.
2. Unsportsmanlike conduct, conduct detrimental to the reputation of the Club, abuse or irresponsible use of equipment, disrespect or disregard of other rowers, or obscene and/or belligerent language toward other rowers, rowing officials, or Club members will not be tolerated.
3. Rowers and coxswains will act in a mature and responsible manner and treat each other, coaches, parents, competitors, and chaperons with respect. An athlete with a negative impact on the team may be suspended or removed from the team. This includes but is not limited to physical harassment, sexual harassment, bullying, emotional harassment, promiscuous behavior, disobedience of authority, disruptive conduct, and profanity.
 - a. The definition of 'Bullying' will be expanded to include, but is not limited to:
 - i. 'Clique-ish' behavior or non-inclusive behavior or speech
 - ii. Rude comments or actions directed towards a teammate
 - iii. Rumor-milling, gossiping, or negative comments about teammates, coaches, parents, volunteers, workouts, or results
4. When using social media, rowers and coxswains should be aware that their actions are a reflection of their own image, as well as a reflection of Eugene Rowing Club. The information that rowers post or publish may be public information for a long time.

Dishonorable content on social media such as racial, ethnic, sexual, religious, and physical disability slurs will not be tolerated. In addition:

- a. For personal social media accounts, athletes may not use social media to “block”, bully or otherwise exclude their teammates.
- b. Athletes may not use social media to put ERC or its affiliates in a negative light.
5. Junior members under the age of 18 are not allowed in the Boathouse without adult supervision. Juniors arriving early should wait outside or under the breezeway until a designated coach or parent is on site.
6. No controlled substances, alcohol, or tobacco will be allowed at practice or at rowing related functions. Not only are these substances illegal, they are also highly detrimental to positive training and development. Food or drinks brought on trips can be confiscated or removed at the discretion of a coach or chaperone. All bags are subject to inspection.
7. No weapons are permitted at the ERC boathouse or at rowing-related functions.
8. Theft of private property will not be tolerated.
9. Intentional destruction or vandalism of ERC property as well as unauthorized access will not be tolerated and may be prosecuted to the full extent of the law.
10. Riding bicycles, skating, running, and other horseplay is not permitted in the boathouse or around ERC equipment at any time.
11. Curfew will be set by the Coach and enforced by the chaperones on away trips. No one is allowed out after curfew.
12. All participants should remain ‘Hands-Off’ at the ERC boathouse and at rowing-related functions meaning that all athletes are expected to refrain from inappropriate physical contact of any kind. This includes, but is not limited to:
 - a. Public displays of affection
 - b. Massaging
 - c. Fighting
 - d. Any physical contact deemed inappropriate by the coaching staff.
13. All athletes are expected to keep their torso and midriff covered at all times when not actively training and at all times when middle schoolers and summer campers are present. Athletes are expected to immediately cover their torso and midriff when requested by a coach, chaperone, parent, other adult, another athlete or any other person. Excessive modification of clothing to shorten or be more revealing is prohibited.
14. While at away regattas, juniors are not permitted in hotel rooms of members of the opposite gender unless a coach is conducting a team or boat meeting. Conduct in and around the hotel will be considerate of other guests and noise will be kept to a minimum.
15. The basic rules of rowing safety must be followed at all times. Rowers and coaches will be attentive to, and obey the safety rules and guidelines provided by USRA and posted in the ERC boathouse. Site and season specific rules may also be posted.

Management, administrative activities, and disciplinary measures not specifically addressed in these guidelines are the full responsibility of the coaches and the Head Coach retains all rights to assess disciplinary action to include, but not limited to, assessment of disciplinary actions within boatings/practice/competition, suspension or expulsion from the team, with or without enacting the Code of Conduct Violation Protocols outlined below.

In addition, ERC requires all coaches and board members to be SafeSport trained and to follow all SafeSport guidelines. SafeSport rules and guidelines apply to all members of ERC and SafeSport violations will be reported to SafeSport. In addition, athletes that are over 18 and athletes that are participating in certain USRA sanctioned events may be required to complete SafeSport training in order to participate in club and USRA events. If there is any conflict between the guidelines listed in this Code of Conduct and SafeSport guidelines, the SafeSport guidelines shall take precedence.

Code of Conduct Violation Protocols

It is the responsibility of the Head Coach to determine which acts constitute Code of Conduct Violations as noted above. Code of Conduct Violations will also include any conduct considered detrimental to the team, as deemed by the Head Coach. When actions are deemed as Code of Conduct Violations, the following steps will be taken:

1. The coach will speak with the athlete, explain the violation or how the conduct is detrimental to the team, and establish required action steps as well as a date for the required changes to be made. In some cases, the parent will be contacted and a meeting may be requested between any combination of coaches, parent(s), or athlete(s).
2. If the violation is not resolved, additional violations occur, or a violation is deemed egregious enough, the coach will move towards a suspension of the athlete from practices, competitions, and/or other team activities or events for a length of time deemed appropriate by the Head Coach and/or Program Director.
3. If additional violations continue to occur, or a violation is deemed egregious enough, the Head Coach has full discretion and authority to dismiss an athlete from the team permanently without refund of programming fees.
4. All SafeSport violations will be reported to SafeSport for investigation. SafeSport and USRA may, at their sole discretion, implement disciplinary actions.

Please note that, excluding SafeSport violations, the Head Coach retains all rights to assess disciplinary action to include, but not limited to, assessment of disciplinary actions within boatings/practice/competition, suspension or expulsion from the team, with or without enacting the Code of Conduct Violation Protocols outlined above.

VII. Parent Expectations and Code of Conduct

We have an incredible group of parents on this team who support and encourage their kids to be the very best they can be. We also have a strong core of coaches who are prepared to handle the day-to-day operations and the necessary training required to provide your children with the safest and most rewarding experience on and off the water. Our partnership, then, is imperative for their success.

It is vital that we trust each other's ability to help these student-athletes become their best selves. This year's training may be an adjustment for some of them. They will have tough days now and again. They may even have a tough week or two during championships or selections. It is our collective responsibility to support them, listen to their concerns, but also to remind them that not every rower gets every seat or every medal every day, no matter their seniority. The primary responsibility of each athlete is to try their best and to support their teammates, so we ask that you help support that mindset first and foremost.

Parents/Guardians are expected to:

- Complete the registration information on time.
- Pay club dues on time.
- Support the athletes during regattas, including transporting, helping in the Nutrition Tent, packing, loading, unloading, etc.
- Support the activities of the club through participation by volunteering, attending parent meetings, fundraising, etc.
- Communicate concerns about coaching, athlete management, and club operations to the Head Coach, Steering Committee President or President of the Board.

Parents/Guardians have the right to:

- Accurate information from the coaches and Board.
- Respect and cooperation from coaches and athletes when volunteering.

Parent Code of Conduct

Communication:

- a. Initial concerns should be brought up with your athlete's direct coach*
- b. Concerns regarding the conduct or safety of your athlete's direct coach should be brought up with the Board President.
- c. All parent/coach communication should occur via email. This includes but is not limited to chaperoning, fundraising, event planning, recruitment questions, etc.
- d. In the event of an emergency, ALWAYS feel free to contact your athlete's coach via personal phone.

Positivity

- a. As role models, it is important that we all must model positive behavior for our athletes and children. As a result, please adhere to the following guidelines at practice and/or regattas.

- b. Rumor-milling, gossiping, or negative comments about teammates, coaches, other parents, volunteers, workouts, or results will not be tolerated.
- c. In the event that we need to address these concerns, the coach will ask any involved parties to sit down to discuss their concerns.

Parents at Practice/Regattas

Please think of our practices and regattas like any other athletic practice or competition. Please let the kids practice, play, and learn how to develop communication skills and healthy peer-peer relationships. This is their time to be an athlete. Parents may not negatively affect athlete performance by sequestering, prioritizing, or isolating their athlete during a practice or competition. The boat trailer serves as the locker room and is for coaches and rowers only.

- a. Parents are asked to stay clear of the boat bays, dock and fitness areas during practice time.
- b. No parents are permitted within the “athlete section” at regattas, unless help is requested by a coach.
- c. Parents may not negatively affect athlete performance by sequestering, prioritizing, or isolating their athlete during a practice or competition.
- d. Do not try to engage the coach in a meaningful conversation during a regatta. A little small talk is okay if the coach is temporarily not occupied, but a regatta is not the time to register complaints about boat seating, committee reports, travel arrangements, etc.

Volunteering

Our club works best with lots of volunteer labor. Ask what needs to be done, and offer to help. We need help in a variety of areas, including food preparation for regattas, boat and trailer maintenance & repairs, boathouse repairs, bookkeeping, travel arrangements, fundraising, banquet organization, newsletters, website maintenance, etc. You will find that many “problems” in the club are often resolved by volunteer labor.

Parent Responsibilities

Being an ERC parent entails certain responsibilities, including:

- a. Read the article: “Parent Interaction with Coaches”;
- b. Ensure that all forms and fees are delivered on time;
- c. Take an active role in the ERC Volunteer Program;
- d. Respect that the coaches have full responsibility for training the participants;
- e. Respect the coaches as the final authority on boat selection and rowing matters;
- f. Remember that coaches seek to create a positive experience for as many athletes as possible and that while decisions may be somewhat subjective, they are not personal;
- g. Not distract the coaches before, or during, practice or races;
- h. Attend all Mandatory Parent Meetings;
- i. Refrain from making disruptive or negative comments about any participants, coaches, the program, officials, or opponents. Lack of cooperation with this may result in my child and me being asked to leave the program.

- j. Participate in all fundraising activities and in service activities;

Review and Warning

If we encounter problems with conduct from a parent or group of parents, we will request a meeting between all coaches and parents involved. If the situation persists, the parent and athlete may be suspended from training or competition.

Parent Interaction with Coaches

Many rowing coaches at the high school or club level coach rowing for the love of the sport. It certainly isn't for the money. After all, how much would someone have to pay you to spend your early mornings and late afternoons during the winter and spring in a boat on a cold river or lake, usually in the rain, trying to get eight or more high-school aged kids to do the same thing at the same time?

With that in mind, here is some advice for keeping good relations with the rowing coach.

1. Volunteer to help. We need lots of volunteer labor. Just ask what needs to be done, and offer to help. We need help in a variety of areas, including food preparation for regattas, boat and trailer maintenance & repairs, boathouse repairs, bookkeeping, travel arrangements, fundraising, banquet organization, newsletters, website maintenance, etc. You will find that many rowing club "problems" in the club are often resolved by volunteer labor.
2. Find out who does what in our club, and direct inquiries accordingly. Avoid asking the coach about everything, eventually he or she gets overloaded with such inquiries and this contributes to coaching "burn-out". Check with the club's officers, assigned mentors, and other parents.
3. Listen to your rower's complaints, but be prepared to put them in perspective. Rowing is a physically demanding sport, but it is unlikely that the coach is trying to "kill" the rowers.
4. Coaches have complete charge of their crews. Avoid getting involved in "seating" disputes. The coach has the absolute prerogative to assign seats in the various boats. The coach may assign seats based on strength, endurance, height, weight, skill, experience, or simply to give someone else some more experience. On top of that, different combinations of rowers will cause different results – it is all geared toward finding the right combination that will cause the boat to move like a finely crafted Swiss watch. When your rower complains about how he or she is being seated in a boat, listen sympathetically, but then encourage him/her to stick with it and try harder over the next few weeks. It may not sound fair, but seat selection cannot be democratic. Someone has to make the decisions. Rowers and parents are expected to respect the coaches' decisions and requests.
5. Problems that arise should be dealt with in the following order:
 - a. Rower–Coach
 - b. Parent–Coach
 - c. Parent–Rowing Committee/Board President
6. Rowers and parents should request to meet with the coach to discuss sensitive issues. Before and after practice may be appropriate for brief unemotional discussions, but

difficult or emotional situations require that separate meetings be requested. Dealing with difficult problems immediately before practice usually does not result in resolution and can disrupt practice for the rower, coach and entire team. A coach cannot be expected to give up practice time to meet with parents or a rower.

7. Do not try to engage the coach in a meaningful conversation during a regatta. A little small talk is okay if the coach is temporarily not occupied, but a regatta is not the time to register complaints about boat seating, committee reports, travel arrangements, etc. Since the coach's mind is generally preoccupied, he or she won't be likely to remember anything you say anyway.

Races – A Guide for Parents

(adapted from www.rownw.com)

Advice for race day:

- Plan to go early, stay all day, and bring everything you need with you.
- Check your emails the night before the regatta for any last minute changes that may have been posted.
- Get a map to find your way to the regatta. Most racecourses are listed in the locations section of the website. When possible, these maps have both driving directions and where to park, and often, where to find the best viewing.
- Be there on time. Most regattas start at 7 or 7:30 AM. Schedules of events are often not available ahead of time, so it may be difficult to plan your arrival around when your rower will be racing. Last minute boating changes do occur, so the best bet is to be at the regatta from the start, unless you are sure that you won't miss anything by arriving later! At some regattas, schedules are posted, some copies are available, at others (especially ones with just a few teams), nothing is printed or posted and you just need to ask someone who looks knowledgeable when your rower may be approaching the finish line. The coaches will make every effort to provide relevant information to parents.
- Rowers will need to be at the regatta for the entire event. Even when not racing or preparing to race, they are expected to be available to unload and rig boats, help cheer for their teammates, fill in for other injured or missing teammates in unexpected races, help de-rig, load trailers, and assist in unloading the boats from the trailer and returning them to the boathouse.
- Interacting with your Rower. Depending upon the regatta, your rower may be racing in one or many events. Your rower will seek you out when (s)he needs or wants something (food, clothes, money). It is best if you are not the one responsible for required equipment for your rower, there will be a time when (s)he needs it and you are not in sight. Prior to your rower's boat launching, the coach will meet with the entire boat and go over final pre-race information. Stay clear of your rower from the time of the pre-race boat meeting until your rower has been released from the post race debrief. Your rower needs to be focused at this time, and unfortunately family and friends are a distraction.
- Dress appropriately. Dress in layers that you can discard if the sun makes an appearance. Some suggested clothing items: comfortable shoes which don't get wet in the rain, wool socks, a tee-shirt covered by a long-sleeve shirt, covered by a sweatshirt,

which is covered by a Gortex or similar waterproof jacket. Make sure you have a hat or cap of some sort that keeps the rain off your head, even a baseball style hat helps. Finally, bring a good pair of polarized sunglasses – it always seems that when the sun does appear, it is directly across from where you are watching the races.

- Personal Items. Remember that there may not be a store nearby, and you might not want to give up your parking place to go search for one. The restroom facilities are usually port-a-potties. Therefore a roll of toilet paper and some tampons/sanitary napkins sealed in a plastic bag can be lifesavers when needed.
- Tools for Watching Races. You will want to keep track of your rower's races; so get a race schedule as soon as they are available (they run out at many regattas). Bring a yellow highlighter and a pen to mark your rower's races and make notes. You will also find that it is nearly impossible to tell which boat is which without binoculars – invest in a good set as soon as possible.
- Taking Pictures. You will soon learn that pictures of crew races are disappointing. Unless you have an extra-long telephoto lens, you won't be able to tell which boat is which, even at its closest point. Your best chance to take pictures is when the boats are being prepared for a race, moving the boat to the water, loading the boat in the water, and taking a “team picture” after the boat has been returned to the stretchers. Even for those shots a telephoto lens helps considerably.
- Socializing. Regattas are hours of boredom punctuated by a few minutes of excitement as your rower races. Most regattas have areas where teams can set up tents and supply food for their rowers. Find out where most of the other parents will be watching the races, and set up your folding camp chairs. You may not be sitting in the chairs all the time, but it reserves a spot for you to call home and where you can store your gear. One of the more pleasant activities at regattas is having hours of time to talk with other parents – you will become good friends with many of them. Visit with the parents running the food tables, and you will learn more about how the rowing program works than from any other source. Bring along a book to read, just in case.
- Food. Different clubs make different arrangements regarding feeding the rowers. Some have food tents and provide food for the rowers, but not the parents. Others feed everyone as long as there is food available. Some require rowers and parents to bring their own food. A few regattas have food that can be purchased, although the quality varies greatly. Regardless, plan on bringing plenty of food for both yourself and your rower. Basic picnic food is sufficient, including sandwiches and snacks.
- Rower's Clothes. Bring a bag of extra clothes for your rower. At some regattas during the season, they will be in dire need of an extra pair of socks, sweatpants, or sweatshirt. A warm blanket might also be handy.

VIII. ERC Safety Policies

- I. Inclement Weather
- II. Boathouse Rules & Safety
- III. Communication
- IV. Non-Weather Emergency Situations and Drills
- V. Emergency Equipment & Training
- VI. Equipment Use Policy
- VII. Accident Log/Incident Report

I. Inclement Weather

The coaching staff will use the following guidelines when determining whether to cancel or modify practices:

A. Heat/Humidity

- o Using the National Weather Service's Heat Index chart (below), Cancel when heat index reaches Zone 4 (Red) any time during practice. Otherwise, use the National Weather Service Heat Index Chart to determine proper safety protocols.
- o Zone 1 (yellow): Normal activities; Water breaks every 30 minutes minimum
- o Zone 2 (yellow-orange): Use caution; No runs over 2 miles; Water breaks every 20 minutes minimum
- o Zone 3 (orange): Use extreme caution; No unsupervised activities (i.e., running); All land work must be done in shade; Water breaks every 10 minutes minimum

NOAA's National Weather Service

Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger

B. Cold/Wind Chill

- Air temperature must remain over 32 degrees in order to hold practice.
- Air and water temperatures combined must remain over 90 degrees in order to get on the water.
 - i. Wind chill must also remain above 25 degrees for the duration of the practice in order to get on or remain on the water.

C. Lightning

- Coaches must monitor the storm radar before every practice.
- Rowers are not to launch if lightning is within 20 miles AND moving towards the boathouse or practice path.
- When lightning is within 20 miles and moving towards the boathouse, all boats should remain within 1000 meters of the boathouse.
- All boats should return to the boathouse when lightning is within 15 miles of the boathouse, regardless if it is moving away.
- Boats can launch once lightning has passed and exceeded 20 miles and projects to continue moving away.

D. Wind

- Practice activities should remain on land if wind exceeds 25 mph.
- If white caps are present, boats should head back to the boathouse unless a protected area can safely be reached.
- If a safe path can be made from the boathouse to a protected area of water within 1000 meters, water activities may resume in 4 person boats or larger and all boats must be escorted by a coach in a safety launch.

E. Air Quality

- ERC follows OSAA air quality guidelines: <https://www.osaa.org/health-safety>
- Outdoor practice (land or water) will be canceled if the current AQI is 151+ at the boathouse.
- Practice can occur indoors if AQI is higher than 151, but all facility doors and windows must remain closed and the HVAC fan/filter system must be running

F. Tornado

- Watch: All practice activities must remain land-based and nearby the boathouse. Option to cancel practice remains with the coaching staff.
- Warning: All practice activities canceled. If boats are already on the water, boats should reach the nearest and safest shelter possible until the warning has passed.

G. Fog/Visibility

- In the event of severe fog, all practice activities must remain on land.
- Boats may launch once visibility reaches 200 meters and/or opposite of the river from the boathouse.
- All boats launching in fog, within 30 minutes of dusk, or before sunrise, must launch with BOTH stern and bow lights provided in the coxswain cabinet.

H. Rain

- Boats may launch in rain conditions given that there is no lightning present.
- Coaches should monitor the volume of rain, especially the volume of water in the boat.

I. Other

- All coaches, support staff, club members, athletes and parents should use their best judgment in every situation. If additional clarification or guidance is needed, the Program Director should be contacted prior to pursuing any activity. If the

Program Director cannot be reached, then you should contact a member of the coaching staff.

II. Boathouse Rules & Safety

- All youth athletes participating in ERC programs are required to have a coach present at the boathouse at all times.

III. Communications and Personnel Responsibilities

Protocols for communication among coaches and other adults in an emergency situation (weather bulletin, injury, capsized, etc).

- **Chain of Communication:** If a weather bulletin is posted or if severe weather develops during practice, the Head Coach will determine the appropriate course of action according to procedures outlined above, and communicate this information to all coaches at practice. If a medical emergency or other emergency situation occurs during practice, the responsible coach is to notify EMS first (if applicable), then alert the Head Coach of the situation.
- **Coach Communication:** In the event of a situation or event that affects all teams, the Head Coach will disseminate necessary information to team coaches along with appropriate directives. Individual coaches are responsible for the safety of their rowers.
- **Communication to Parents:** Necessary communications regarding emergency situations will be posted through email, and the Remind text message notification service. In severe emergency situations, under the judgment of the Head Coach or designated ERC representative, the Calling Post may be utilized to communicate information quickly.

III. Boathouse Rules and Safety

- Rules to be posted in the boathouse in a conspicuous location.
 - Should include visual aids on the following:
 - a. Water safety
 - b. Lifesaving
 - c. Hypothermia
 - d. Hyperthermia
 - e. Resuscitation procedures
 - f. Emergency phone number(s) and landline location
 - Coach is to review rules with rowers at the beginning of each season including where to find important information in an emergency situation.

IV. Non-Weather Emergency Situations and Drills

- Capsized
 - Swimming ability
 - Rowers must complete a swim test within the first two weeks of the season to include swimming 100 meters and treading water for at least 10 minutes.
 - If weather prevents the swim test from being completed, a parent must sign the appropriate forms documenting their child's ability to swim.
 - **Life vests and Flotation devices**

- ERC follows the guidelines established by FISA/USRowing to maintain all boats and equipment.

VII. Accident Log

- All safety incidents are recorded via the Incident Report Log and maintained by the coaching staff.

From FISA Guidelines for Safe Practice of Rowing

Symptoms and Signs of Hypothermia

Hypothermia is a serious medical emergency. **Call 911** immediately if hypothermia is suspected. The following are the most usual symptoms and signs of hypothermia. Not all symptoms may be present:

- Unexpected and unreasonable behavior possibly accompanied by complaints of coldness and tiredness.
- Physical and mental lethargy with failure to understand a question or orders.
- Slurring of speech.
- Violent outburst of unexpected energy and violent language, becoming uncooperative.
- Failure of, or abnormality in, vision.
- Twitching.
- Lack of control of limbs, unsteadiness and complaining of numbness and cramp.
- General shock with pallor and blueness of lips and nails.
- Slow weak pulse, wheezing and coughing.

A very dangerous situation is still present when a person who has been in the water for some time is taken out of the water. Further heat loss must be prevented. The victim should be protected against wind and rain if possible. Re-warming can be carried out by:

- Wrapping the victim in a thermal/exposure blanket
- Others placing their warm bodies against the victim.
- Giving hot drinks (if conscious).

Symptoms and Signs of Hyperthermia (Heat Exhaustion and Heat Stroke) and Dehydration

Heat Exhaustion is a heat-related illness that can occur from exposure to high temperatures and dehydration. It is less serious than heat stroke, but left untreated, it can quickly progress to heat stroke, which is potentially lethal. Symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle cramps
- Nausea
- Pale skin

- Profuse sweating
- Rapid heartbeat

If symptoms of heat exhaustion are present, it is essential to immediately get the victim out of the heat, preferably into an air-conditioned room. If you can't get inside, find the nearest cool and shady place. Other recommendations include:

- Drink plenty of fluid (avoid caffeine).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 30 minutes, a physician should be contacted or EMS called.

Heat Stroke is the most serious heat injury and is a medical emergency. If heat stroke is suspected, **call 911** immediately and render first aid until paramedics arrive. Symptoms of heat stroke include:

- Throbbing headache
- Dizziness and light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness

While waiting for paramedics to arrive, move victim to a cool shady place, preferably an air-conditioned room. Remove any unnecessary clothing and apply ice packs to the patient's armpits, groin, neck, and back. Use the other cooling strategies mentioned above while you wait for emergency medical personnel to arrive.

Eugene Rowing Club Incident Report

Report prepared by:

Date:

Time:

Name of injured:

Location:

Date and time:

What was the injured person doing at time of the incident?

What part of the body was injured?

Fully describe the incident:

Were emergency personnel called_____?

Were parents/guardian of a minor called_____?

Was injured person disregarding boathouse regulations_____?

Was there any follow-up action?

IX. Glossary of Rowing Terms

Outside the Boat

The boats (or shells) are basically of two types and reflect the two forms of rowing: sweep rowing and sculling. In sweep rowing each rower handles a single oar (about 12.5 ft. or 3.9 m long), while in sculling a rower uses two oars or sculls (each about 9.5 ft. or 3 m long). Each rower has his or her back to the direction the boat is moving - and power is generated using a blended sequence of the rower's legs, back, and arms. The rower sits on a sliding seat with wheels on a track called the slide.

The boats are steered either by the coxswain or the bow seat (in boats without a coxswain - called "coxless" boats). Coxswains use a rudder to steer the boat, which they control using cables that are connected to it. To help keep the boat on course, all boats have a small fin in the stern.

Inside the Boat

Originally made of wood (some still are), rowing shells now are usually made with layers of carbon fiber, fiberglass and plastic. These boats are extremely lightweight and narrow, allowing the rowers to slice through the water. Each rower sits on a sliding seat that rolls on wheels along a fixed track called the slide. Feet are tied into shoes that are bolted onto footplates in the boat. The shoes have quick release Velcro straps, but should not be over tightened as you may need to release your feet in the event of a capsized.

Each oar is held in place by riggers, which extend from the hull. The rigger holds the gate in which the oar sits. The gate is carefully set up so that the oar is held in the water with a specific amount of pitch or tilt.

Footplate or Stretcher - fixture in boat that contains shoes screwed into a piece of wood. This contraption holds the rower's feet into the boat and is the only part of the boat where the rower is firmly attached.

Gate - the small plastic part at the end of the rigger that opens at the top. The rower opens the gate, places the oar into it, and then shuts the top metal bar, screwing it tightly shut. The gate holds the oar in place during the rowing stroke.

Rigger - The metal support attached to the hull that holds the gate.

Slide - the tracks underneath each seat which the wheels of the seat slide on, allowing the rower to move back and forth in the boat, utilizing their full leg power.

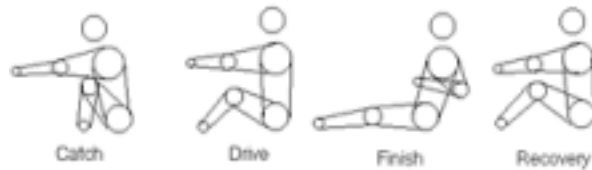
Cox Box - a device used by the cox, consisting of a microphone and speakers that amplifies the cox's voice throughout the boat.

The Rowers

Each person in the boat has a position, starting in the bow. The person closest to the bow is called bow seat. Every other seat is called by the number of the seat, except the lead rower, who is the stroke. For example, a crew in a four would be referred to as bow, 2, 3, stroke. In an eight it would be bow, 2, 3, 4, 5, 6, 7, stroke.



The Rowing Stroke



Catch - the point where the legs are compressed, the arms are stretched out, the body is angled forward, and the blade enters the water.

Drive - the part of the stroke where the legs are pressing down, then the back and arms swing backward, sending the body to the bow.

Finish - the point where the rower pushes down on the handle of the oar to pop the blade out of the water and begins to push the arms out of the bow.

Recovery - the time spent winding the body back up to the catch, it is like compressing a spring; first the arms extend, then the body angle is achieved, finally the legs are pulled up to the catch.

Square blades - keeping the blade perpendicular to the water on the recovery. Feathered blades - keeping the blade parallel to the water on the recovery.

Crab - an unfortunate incident when the blade gets caught in the water and the handle of the oar hits the midsection of the rower; can result in getting tossed out of the boat. It is caused by the blade not entering into the water fully square, when pressure is applied to the blade it will just go deeper and deeper in the water.

Other Terms

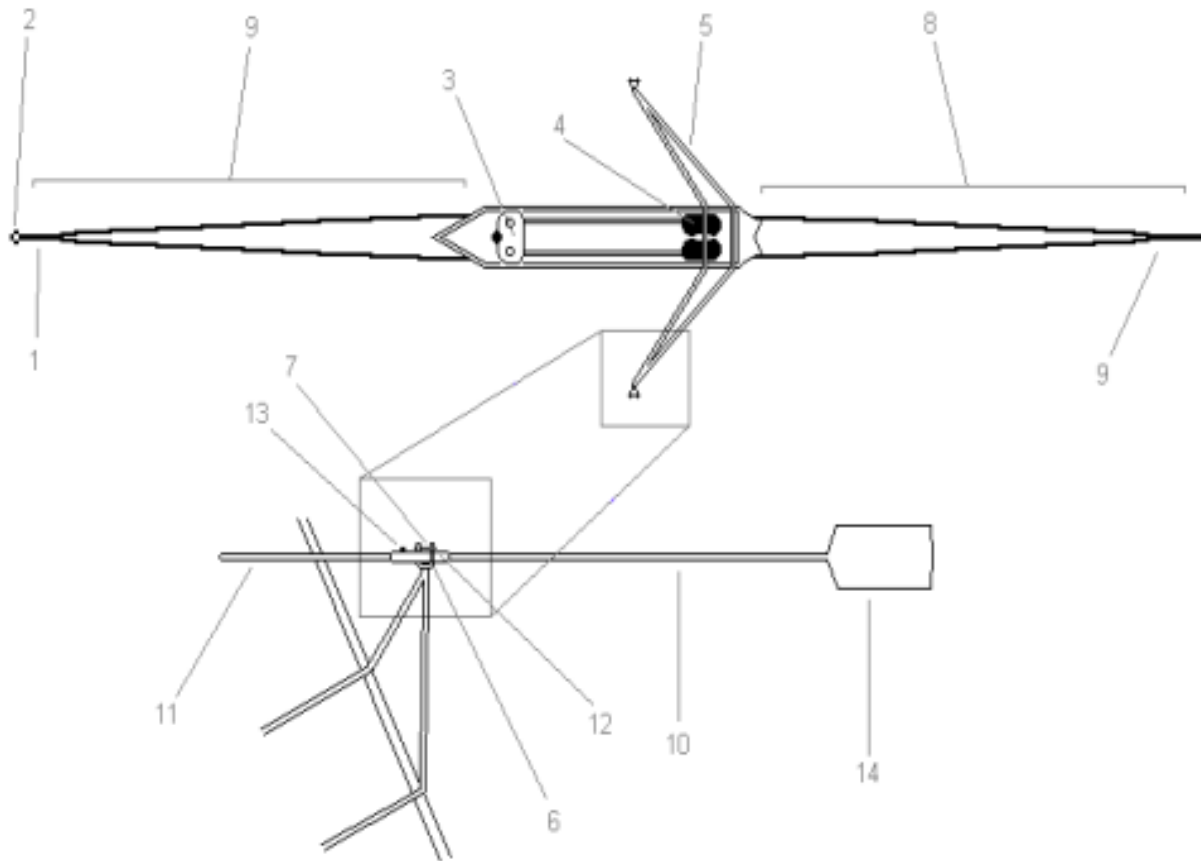
Stroke - the rower sitting nearest the stern (and the coxswain, if there is one). The stroke is responsible for setting the stroke length and cadence (with the coxswain's gentle advice).

Ratio or Contrast - the ratio of the recovery time to the drive time.

Rating - the number of strokes per minute, also known as stroke rating.

Ergometer (Erg) - an ergometer is an indoor rowing machine.

Appendix B – Diagrams of a Rowing Shell



1. **Bow** - the forward section of a boat.
2. **Bowball** - a rubber ball attached to the bow tip of a shell to protect against damage and injury in case of a collision.
3. **Seat** - the sliding seat that the rower sits on.
4. **Foot Stretcher** – the plate that holds the shoes
5. **Rigger** - a framework attached to the shell and used to support the oarlock; also called an "outrigger". 6. **Oarlock** – the D shaped device on a boat's rigger used to hold the oar
7. **Gate** - a bar across the oarlock to prevent the oar from popping out.
8. **Deck** - the areas of a shell at the bow and stern.
9. **Stern** - the back part of a boat.
10. **Oar** - a lever used to propel and steer a boat through water, consisting of a long shaft with a blade at one end.
11. **Handle** - the part of an oar held by an oarsman.
12. **Sleeve** - the plastic jacket on the shaft of the oar upon which is mounted a button, used to secure the blade to the oarlock.
13. **Button** - a collar around the shaft of the oar that keeps the oar from slipping through the oarlock and can be adjusted up and down the oar to increase or decrease leverage.

14. **Blade** - the flattened, or spoon-shaped, part of an oar that touches the water during rowing.

Appendix C - Rowing in College

Rowing in college can take multiple forms. Men's or women's program, athlete or school-funded, at a variety of competitive levels/divisions, in a variety of regions/conferences. The bottom line is a lot of schools have rowing in some form or another, and you can likely find a school that fits both your academic (primary) and athletic (secondary) needs and qualifications.

An in-depth review of rowing-specific recruiting:

https://usrowing.org/sports/2016/6/1/2146_132107063174190997 Long, but contains most of what you need to know.

Women's varsity (School-funded) rowing is overseen by the NCAA, divided into three divisions existing in various competitive regions/conferences. Women need to be registered through the organization to be on the recruiting radar, in addition to maintaining academic eligibility and graduating HS. Any women interested in rowing in college should create an NCAA profile as soon as possible in HS, as the initial steps of the recruiting process starts freshman year: <https://web3.ncaa.org/ecwr3/>

Men's varsity (school-funded) rowing follows NCAA guidelines in terms of practice, competition, recruiting, etc., but is not an NCAA sport in the same way as women's rowing. There are very few scholarships in men's rowing, and programs are increasingly looking outside the US for higher performing athletes. Unlike football, which is only really popular in the US, Rowing is a global sport. Ivy league programs do not have athletic scholarships through their institution. On the bright side: In some cases (read: higher tier teams), a coach's input can help with academic admission.

Most varsity programs have a 'walk-on' squad, comprised of athletes ranging from totally new rowers to experienced rowers who were accepted academically, but didn't meet the recruitment standards. Walk-ons have a shot at proving themselves, moving up into the varsity ranks, and for women, even earning scholarships (a fairly rare occurrence). Others are just happy to be on a team and rowing.

Another level is 'club', student-athlete funded and operated teams. This division varies perhaps most widely compared to the others in terms of competitive quality, team size, practice schedule/intensity, funding/equipment/facilities, coaching, etc. The highest-level club teams can (and do) outperform lower level DI/III/III programs. Varsity programs (and their coaches and athletic directors) got tired of getting beaten by top club teams, and clubs were excluded from Intercollegiate Rowing Association (IRA - varsity men championships) and NCAA championships. For this reason, 'a league of their own', the American Collegiate Rowing Association (ACRA), was formed about 12 years ago.

This website has a lot of information on which schools have men's and women's teams: roster size, division, annual tuition, and an idea of the scholarships available for top

recruits: <http://www.scholarshipstats.com/rowing.html>

The ACRA website lists all its member programs (club team schools) by region, here: <https://www.americancollegiaterowing.com/members.html>

REMEMBER: It is not at all easy to get a scholarship, but it is certainly possible. Be optimistic, but also realistic. Contact coaches/rowers you know to get a sense of average erg scores, research the school's academic requirements. Don't ask the coach questions you could've googled - they're busy and are less likely to show interest if you waste their time. From a recruiting perspective, your mindset/approach needs to be "what can I bring to this team/school". Coaches hear all the time about what their program can do for the athletes. Be professional, polite, and prompt in communication with them.

Interested HS athletes should create a free online profile through a third-party recruitment service such as BeRecruited. Coaches browse the profiles to check for athletes they may want to contact, check for coach contact info, etc. A few of our athletes already have profiles. The profiles contain biographical info, stats, and personal statements.

<https://www.berecruited.com/>

Many college teams run summer camps with the intent of scouting potential recruits. If there is a school you're interested in, they're definitely worth checking out. In addition to getting some first-hand experience of the school and program, you'll also get some college-level coaching. A list of some here: <http://www.row2k.com/camps/>

An even further step is contracting a recruitment consultant. someone you pay to do the figurative leg-work of researching schools/teams with the end goal of finding a good fit and hopefully some scholarship money. In rowing, the prominent example is Sparks. This company also hosts rowing camps in Seattle with the added component of recruitment education.

<http://sparksconsult.com/sports/rowing>

Here are some general recruiting tips:

http://devzone.positivecoach.org/browse/?f0=im_field_topics_in_sports%3A179

Or you can be like this guy- post a clever YouTube video and hope coaches take note: <https://www.youtube.com/watch?v=gl-w3tYR05U>

You will likely be able to row in college if you choose, there are just a lot of variables, some of which are covered here. Ultimately, the priority is choosing a school for its educational and associated qualities.