

GRRR Rules for Use of Equipment

1. You must be certified and a dues paying member of the GRRR to use Club equipment. GR Crew athletes must also be certified to row club equipment, and must row under adult supervision if under 18.

Prospective rowers must request a review by a duly qualified and appointed member of the Club's coaching staff to become certified. A list of coaches is available from the GRRR board of directors or on the GRRR website (www.growing.org).

2. All members and guests MUST annually sign a waiver and a copy of these rules before launching equipment.
3. Guests and non-certified rowers may only row with supervision and with the permission of a GRRR coach. Rowers in the high school and college programs MUST have their coach in attendance when at the boathouse and on the water.
4. Rowers may row only in shells in which they have been certified. An orange (Type I) PFD **must be kept in the shell when rowing**, unless a GRRR coach is on the water in a launch with enough PFDs available for all rowers.
5. Always sign out in the logbook and sign back in upon returning. Please note any obstacles in the river, damage/repair requests, or other problems.
6. All Club equipment must be handled with maximum care so as not to damage it, its user(s), or bystanders. Those using Club equipment are responsible for the cost of loss or repairs arising from usage, including but not limited to poor judgment in navigation or transport to/from the dock.

Inspect the boat before and after each use. Report in the damage log any damage or problems and report the issue to a coach or GRRR board member. Tag the oarlock of the boat needing attention with a written description of the problem.
7. Club boats are designated with GRRR or GRRR and/or a blue or green sticker on the bow. Use of any boat not so labeled is strictly forbidden except with the prior permission of the owner of the boat.
8. Rowers should know how to swim and sign a waiver indicating their swimming ability.
9. Be alert to changing weather conditions. **DO NOT** launch if a storm is approaching or if it is almost dark (refer to posted sunrise/sunset chart).
 - a. Do not row if a thunderstorm warning exists for the immediate area. If a watch or a warning is in the region but outside the immediate vicinity exits, stay close to the dock area and monitor conditions. Land all boats at the first sign of lightning!
 - b. If you are launching within two hours of sunset, you must have proper lighting on your shell. Do not launch if you will not be able to land before sunset. Members may not row before sunrise or after sunset, except with prior board approval, and if there is a coach accompanying them in a launch.
 - c. Do not row in fog unless visibility is at least 100 yards. If heavy fog sets in while on the water, keep a land reference on one side and return to the dock, moving slowly and prepared to stop. Make noise frequently with a sound device or by shouting to warn other boats. Ensure quiet when not signaling to listen for other boats.
10. Launch upstream and row for at least 50 yards to establish clearance from any traffic. You should generally dock in the same direction (approaching from downstream). Keep to the starboard side of the river - shoreline is on your left when rowing (see "Traffic Pattern on River" diagram, on next page).

Watch for river traffic and obstacles. If a passing motorboat leaves substantial wake, try to keep the shell **parallel** to the wake to avoid potential submersion or damage to the shell

11. Water quality varies and may be poor. Current tetanus and hepatitis shots are strongly recommended for all rowers. River water should be kept from any open wounds (blisters too) as much as possible. Wash any wounds with soap and water as soon as possible after rowing. Wet clothing should be washed prior to wearing again.
12. In cool or cold weather (when water temperature is 50°F or less), rowing with club equipment is generally forbidden. Experienced rowers may row club equipment in these conditions with prior board approval, and with a minimum of 4 oars (i.e. only in a double, four, quad, or eight).
13. Lock the boathouse if it is unattended.
14. Clean the boat after each use. Wipe down the hull. DO NOT use a harsh abrasive or cleanser.
15. Return all equipment to its proper storage location.
16. DO NOT make changes to the rigging of any boats. If adjustment is necessary, notify the club captain or one of the coaches.
17. Use of club equipment for regattas will be on a first come – first served sign-up basis with questions and final decision being made by the Board.
18. Respect fellow members and all equipment.

I understand the above rules and agree to follow them as a member of the Grand Rapids Rowing Association. I also understand that failure to adhere to these rules may result in termination of membership.

Member's Signature: _____ Date: _____

Traffic Pattern on River:

