

Rogue Rowing

NEW MEMBERS HANDBOOK

WELCOME!! We look forward to getting to know you and hope that this manual helps you know more about us. We love having people join our group and share in our passion for rowing. We are a nonprofit 501c organization.

Rogue Rowing Mission Statement

Rogue Rowing is a community-based organization that inspires and supports a passion for the sport of rowing, promoting a welcoming, inclusive and supportive environment where every athlete can discover the powerful connection between self, boat, teammates, and water.

GENERAL MEMBERSHIP INFO:

Executive Director: Rick Brown

Cell phone: 412-735-0295

Email: rick@roguerowing.org

Website: www.roguerowing.org

Contact Rogue Rowing for Members Only Access Password

On the website you will find the names of our board members, Board Meeting minutes, a link to TeamSnap for turnout sign ups, and a boat reservation system. There are also key documents on the website on the “Links” drop down list that you can review. Please be sure to read the Code of Conduct and the SafeSport/Misconduct policy.

Fees: On the website, select “Rowing at Rogue”, then Membership, then Dues and Fees for the most current information.

Contact Louis Plummer (louis@photoassist.com) to schedule having your photo taken for posting on the club "Thank You Board" in the boathouse so that we can all get to know you more quickly.

Membership Communication:

Please make sure Rogue Rowing staff (Rick Brown’s contact is above) has your current email address(es) so we can be sure you are on the membership email distribution list.

MEMBERSHIP REQUIREMENTS:

- Pay Rogue Rowing dues for the current year
- Complete a swim test
- Complete required waiver forms
- Donate volunteer hours during the current year
- Watch the USRowing Safety Video yearly
- Follow "Code of Conduct" and "Safe Sport"

VOLUNTEER DUTIES: We have several volunteer events each year that include boat maintenance, grounds and weed management, boathouse cleaning and dock repairing. E-mails will be sent out prior to these events once these volunteer activities are scheduled. All members are expected to participate in 20 volunteer hours a year.

PARKING: Parking for rowers, guests, and all users of the boathouse facilities is in the small lot on the right hand side of Emigrant Lake Road, just before the boathouse. Please park as close to other cars as possible. There can be 3 rows in the parking lot. In the past, cars parked on the side of the road have been ticketed.

Log Book: All rowers not participating in a scheduled turnout should sign out in the log book before they go out on the water and sign back in when they return from their row. Name(s), date, and boat identification should be logged. This allows us to know both who is still out on the water and about boat usage.

Sculling Certification:

Contact Rogue Rowing staff to become certified to take boats out on your own. The certification not only checks that you can row, but makes sure you know the following: how to handle the equipment on and off the water, where to find club equipment, how to sign in/out boats yourself, traffic patterns to follow, emergency takeout spots, and verifies that you can get back into a boat if you were to capsize it (flip) and more. Certification is needed even for the most experienced rowers who are new to Rogue Rowing.

TEAM PRACTICE INFO:

Coached turnouts and club events take priority for boat use. Events are announced to the membership by email. The turnout schedule includes all masters turnouts (the Development Team, Performance Team, Adaptive or A-Team and the Novice Green Team when in session) as well as turnouts for the SOU team and the Juniors team.

There is also a winter training evening erg group. Announcements about this opportunity are made prior to the beginning of winter training.

Turnout Procedure:

Signing up for Turnouts: Select TeamSnap on the website or download the app to your phone and notify your coach that you would like to receive the “invitation” to join/use it. Log in, click on Rogue Rowing, then Schedule. Select the day you plan on attending and a green check mark will appear. To take yourself off of a turnout click on the checkmark and your options will appear. The phone app is much faster than the computer pathway.

It helps the coaches to have us sign up as much in advance as possible and at least one week ahead. If you sign up less than 24 hours ahead you may not be assigned to a boat, but come to the Boathouse anyway because a seat may open up that you could then be assigned to. If you sign up less than 24 hours ahead or take yourself off of a turnout less than 24 hours ahead, also text or email coaches to let them know.

TURNOUT TIMES

Masters (Performance and Development)

*Development Team-for those rowers primarily interested in having fun and pursuing fitness and technique by finding the keys to the rowing stroke

*Performance Team-for those interested in competition or continuing to improve fitness and skills to make their boats move faster

*In rowing, masters are defined as age 21 or older

Tuesday 5:30-7:30am

Wednesday 6:45-8:30am

Friday 6:45-8:30am

Saturday 6:45-8:30am

Sunday 6:45-8:30am

Green Team – adult beginner team

*following practice schedule is May-August

Tuesday 6:30-8:00pm

Sunday 9:00-11:00am

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A-team – specifically for adaptive athletes

Tuesday 9:30-11:00am

Sunday 9:30-11:00am

Juniors – high school aged rowers

*Varies by season, but during the school year practices are generally as follows:

Tuesday 4:15-6:45pm

Wednesday 4:15-6:45pm

Thursday 4:15-6:45pm

Friday 4:15-6:45pm

Saturday 8:00-10:30am

SOU – Southern Oregon University Club Team

*Varies by season, but during school year practices are generally as follows:

Monday-Friday 6:00-8:00am

Saturday 10:30am-12:30pm

WATER SAFETY:

Traffic Patterns:

Rowers will row in a counter clockwise direction leading off from the dock. Stay as close to the shore as is safe. Watch for buoys and know where shallows may be as water levels in the lake change. There are different hazards during different times of the year depending on the water level. These will be addressed by the coaches as needed.

Emergency takeout:

Find any shoreline where you can safely take the boat out of the water and walk out for help. The following areas that are specifically good to remove a boat are: the Meadows,

the Cemetery, Green Springs boat launch road, Hang Glide hill shore line, Songer Wayside, the RV Park beach. These areas are noted on lake maps posted in the boathouse.

Known Hazards:

Several rocky points between Hang Glide hill and Songer Point. Double tree island on the south east shore. Rock shoreline near the Water Slide. Submerged point at north entrance to our cove. Submerged island in front of the Meadows. Ends of the lake at low water levels. These sites are also shown on the map at the boathouse.

Incident Reports

All occurrences of personal injury, property or equipment damage, and collision with other boats must be reported to the Executive Director or a coach. An incident report form is available on the website: roguerowing.org and should be completed within 24 hours.

Inclement Weather

Do not row in whitecaps or winds of 10-12 MPH under any circumstances.

Do not row in fog, unless your visibility is at least 100 yards. Be sure to have land reference points in front and at least one shore in sight. If fog sets in while you are on the water, move slowly and be prepared to stop quickly. In situations of poor visibility, use your sound-making device (horn, whistle) to advise other boats of your location. Follow the shore back to the boathouse, as far as possible.

Do not row in an electrical storm. If you are on the water and see lightning, hear thunder, or notice your hair standing on end with static electricity, head for the nearest shore. If the storm is not yet upon you, stay close to the shore and quickly return to the boathouse. If the storm is upon you, take the boat ashore and wait for the storm to pass. Wait 15 minutes or more after hearing thunder before launching boats. Follow the same procedures for high winds.

If approaching wakes are higher than the gunwales, the shell should be turned parallel to the wake to avoid having parts of the shell unsupported by the water (shells can split under these conditions). Rowers should stop rowing and lean away from the approaching wake, lifting the gunwale on the wake side slightly.

If wakes are lower than the gunwale and widely spaced, continue to row without course

adjustment. Deep and closely spaced wakes that are lower than the gunwale may be taken at a 90 degree angle.

When turning in waves, take particular care. Spend as little time as possible perpendicular to the current or wind direction, since the boat is very vulnerable in this position. Keep the boat absolutely level through the turn. If need be, use half the crew to set the boat level and the rest to turn.

BOATHOUSE LAYOUT & EQUIPMENT

First Aid:

Supplies are under the shelf with cox boxes, across from the club sweep oars.

Club Equipment:

Please make sure you know which boats and oars are club equipment and which ones are private. Please only use club equipment. Coaches and other members can easily point out which equipment is open for club members to use.

Equipment Care:

Equipment repair forms are in a red binder directly below where lineups are normally posted in the boathouse. These forms will help us keep track of equipment issues and repairs, so we can have as much of our equipment in service as possible. If there is an issue or need with a piece of equipment be it an oar, boat, cox box, or something else, please fill out one of these new forms as completely as possible and leave it in the red binder. The binder is checked almost daily by the person in charge of equipment repair. If the need is for something straightforward, like replacing lock washers, wing nuts, spacers, heel ties, etc. please do that yourself.