

Fort Collins Rowing Association

POLICIES, GUIDELINES and CODE OF CONDUCT Last modified: April 15, 2021

MEMBERSHIP REQUIREMENTS

Annual FCRA membership term is January 1 through December 31 of the fiscal year.

1. In order to access FCRA dock and have independent usage of club rowing equipment:
 - a. annual membership dues must be paid. Dues are set by the Board, target payment by January 31.
 - b. the USRowing liability waiver must be signed through US Rowing membership www.usrowing.org.
 - c. USR Safety video must be viewed. https://usrowing.org/sports/2016/6/19/1138_132107067295656159.aspx
2. Must be able to swim and sign a statement that you can swim 100 yards, tread water for 10 minutes, don a personal flotation device (PFD) and carry 25lbs overhead. If not able to swim, a PFD must be worn in the boat.
3. Must have completed a Learn to Row program from FCRA or other rowing club or had prior rowing experience. Private instruction by FCRA will qualify.
4. All rowers row at own risk and assume personal liability.
5. If you have any concern with these policies, lets discuss, we want you to access rowing.

FAMILY MEMBERSHIPS

For membership purposes, a family consists of up to 2 adult members living at the same address and any children less than 25 years of age that live at home or are enrolled in college. USRowing liability waivers must be completed by all adult family members.

JUNIORS

1. Juniors are defined as any rower less than 18 years of age.
2. Juniors may row outside of the Junior Class only by approval of the coach and parent.

GUESTS

1. Members may allow a guest to row with them. A donation is appreciated.
2. Guests must sign a liability waiver and a statement of their ability to swim 100 yards, tread water for 10 min.

(LINK FCRA Club Waiver for Guests and LTR)
3. A guest may not row more than 7days in a calendar year without joining the club.

VOLUNTEER

Members are required to volunteer a minimum of 10 hours each year to promote the sport of rowing with our community. Opportunities exist to volunteer on committees, fundraising, maintenance, Learn to Row, The ACHE regatta, etc.

BOAT USAGE

1. Different rowing boats require competence in skills e.g. recreational vs racing boats.
2. Different seats in boats require competence in skills. e.g. Single scull = Bow Trained; Bow seat in a Quad = has command of people and navigation skills.
3. Members must be able to identify the level of boat they are qualified to row. e.g. recreational to racing.
4. Members must be qualified by a coach before taking out a non-recreational boat.
5. Members must be accompanied by a coach or an experienced master rower to advance to the next level boat.
6. Members must be qualified to Bow a team boat or be accompanied by a coach, coached launch or qualified bow rower.
7. Individual rowers in a single scull or double scull must be able to manage a flipped boat. Rowers must demonstrate either the ability to get back into a capsized boat or straddle the overturned boat and paddle it to shore. Completing an annual Flip Test is recommended for all members.
8. Members taking out club boats must sign out boats online www.fcrowing.org. Reservation must include date/time boat will be taken out/returned. Member may reserve the same boat no more than two times a week during peak morning hours, to share use of resources. Reservations can be made no more than 7 days in advance. Special requests may be negotiated. If a reserved boat has a no-show after 15 minutes from start time, boat can be used on a first come first served basis, ensuring the boat is returned before the next reservation.
9. If a coaching program is taking place, first priority for boat usage is given to any boats required by that program while it is on the water. If a reservation is made by other members for a boat required by the coaching program, that reservation is considered void.
10. Use caution when docking/launching the boat, avoid the bow, riggers and oar blades touching the dock.
11. The most common reason boats are damaged is because they are not efficiently tied down. Therefore, the Bow seat rower **assigns one person responsible** for that boat to ensure the boat is securely tied down on both ends, hatches open and any needed maintenance is reported to the person responsible for the boats.

BEFORE LEAVING THE DOCK

Verify every boat on the dock is securely tied down – even if you did NOT row that boat. Fierce winds will blow a boat off the rack if only buckled and not tied appropriately. Ensure oars are secured and deck tidy.

SAFETY

All rowing activity is at the rower's risk. No matter how specific the rules, there will always be situations that are not covered. If a situation doesn't feel right, either do not row or if you are rowing, get off the water ASAP. Safety is everyone's responsibility. If you see a fellow FCRA member doing something that doesn't look safe, speak up. First Aid supplies are located on the top shelf of the dock cabinet and in the launch.

USRowing safety video https://usrowing.org/sports/2016/6/19/1138_132107067295656159.aspx

BEFORE LAUNCHING

Do not assume the boats/oars are row ready. Always inspect and maintain rowing equipment before you row. e.g. riggers frequently become loose by prior use. If any equipment is deemed unsafe, label it as "out of service" and report it to the equipment manager.

Pre-Launch Checklist: PLACE THE BOAT ON SLINGS TO PROPERLY INSPECT INSIDE AND OUT FOR DAMAGE OR MALFUNCTION

1. Bow Ball must be in place.

2. Foot stretcher heel ties must be secured no more than two inches from the keel.
3. Rigger nuts and bolts secure, oarlock swivels and bales operable, foot stretchers secure, seat operable.
4. Hatches/Bungs must be closed before launching and opened when boat is racked.
5. Oar collars must be secured, oar blades free from fraying, oar shafts free from cracks.
6. Lights must be in place during low light conditions. White – Stern; Red - Bow.
7. Boat hull is free from compromising cracks or punctures. The skeg is straight and secure.
8. Wear clothing appropriate for the weather. High-visibility clothing is recommended. Avoid clothing with pockets or straps to prevent oar handles from entanglement.
9. A sound device (whistle and/or cell phone) is recommended in the boat for safety communication.

WATER SAFETY:

1. Unforeseen hazards may exist. Row at your own risk.
2. Stay at least 50ft away from the marina and rocky shorelines.
3. Rowing with a buddy is highly recommended. Experienced rowers may row solo at their own risk.
4. Adhere to specified Horsetooth Reservoir boat traffic patterns. Row **Counter-Clockwise** in the Inlet – Channel – Main Reservoir. Keep the shoreline on your Starboard side. Avoid entering a blind corner. e.g. returning from the channel to the dock.
5. Rowing workouts may be conducted in sections of the reservoir. Within the sections, rowers must maintain a Counter Clockwise pattern. Keep oncoming boats on your PORT side (boats passing you, port to port).
6. Recognize that other boaters may not adhere to the traffic policy. Give way to other watercraft.
7. Be aware of every buoy location. Avoid hitting buoys with an oar or boat, which may cause you to flip.
8. Personal Flotation Devices (PFD's) are not required in a rowing boat according to the US Coast Guard. However, a PFD is recommended, for beginners or when rowing small boats. The club provides a stowable PFD upon request. Rowers are encouraged to purchase a personally owned inflatable PFD.
9. If your boat capsizes, stay with your boat and use it for flotation until you get back in or help arrives. You may straddle the overturned boat and paddle to shore until help arrives. **DO NOT LEAVE A FLOATING BOAT.** Rowers are encouraged to have a PFD, use the buddy system and keep a warm change of clothes in your car.
Video <https://www.youtube.com/watch?v=nhtv53MOrqA>
10. If you have a collision with another boat, stop and assess for injuries and equipment damage, before separating the boats. Follow emergency procedures. If the boats are safe to row, return to the dock. (see Incident Reporting).
11. Carry a whistle and/or cell phone for emergency help. If a safety launch is present, stay within whistle distance.
12. In the event of an **EMERGENCY, CALL 911** immediately. Direct EMS to the site. If injured, administer First Aid/CPR, if you can. Activate emergency contacts for the individual. Notify Horsetooth Park Rangers if needed 970-498-5610. (see Incident Reporting)

ENVIRONMENTAL

1. Monitor Inlet Bay weather. **Ensure your rowing skills match the water conditions.** Use caution if frost or wet surfaces are on the dock. Horsetooth weather <https://www.wunderground.com/dashboard/pws/KCOFORTC543>
2. Cold Water Precautions – follow the 90 Degree Rule. Rowing on Horsetooth Reservoir in early spring or late fall can be dangerous and the risk of hypothermia to an immersed rower is significant. FCRA SMALL BOAT policy is NO rowing if the water is less than 50 degrees F or the total air temperature plus water temperature is below 90 degrees F. http://www.navesinkriverrowing.shuttlepod.org/Resources/Documents/cold_weather_rowing.pdf
3. **Wind** is unpredictable through the inlet, channel and main lake. We generally do not row in winds above 15mph, producing white caps. Generally, it is safer to row into the wind. Avoid getting caught in heavier waves, get to shore, wait it out.
4. **Lightening:** Do not launch or row if lightening is potential. Get to shore immediately, return to the dock when it is safe. Your health and safety is more important than the rowing equipment. Get off the water.
5. **Fog:** Do not row if visibility is less than 100 yards. If fog sets in while rowing, Have at least one shore in sight. Use sound device to alert boats of your location.
6. **Wakes:** Deep wakes higher than gunwales may be taken with shell parallel to the wake. Avoid parts of shell unsupported by the water, shells can split under these conditions.
7. **Heat:** Be cautious of your level of exertion. Hyperthermia resulting in heat stroke is life threatening, maintain a high fluid level. A water bottle, sunscreen, sunglasses and hat are recommended.

INCIDENT REPORTING

1. Call 911 immediately if an emergency. Direct the EMS team to the location. Administer First Aid/CPR if qualified. Activate emergency contacts for the individual. If needed contact Horsetooth Park Rangers 970-498-5610
2. Report incidents, injuries, or damaged equipment within 24 hrs to FCRA Board of Directors via www.fcrabod@googlegroups.com

EQUIPMENT DAMAGE

1. Label the damaged equipment to prevent use until it is repaired and deemed safe to row. Equipment damage must be reported within 24 hours to the Board of Directors. www.fcrabod@googlegroups.com
2. Repair to damaged equipment should NOT be attempted without the supervision of Mark Berkner.

USE OF CLUB MOTORBOATS

1. Club motorboats (launches) may only be operated by licensed adult coaches or club members who hold a "Boating Safety Certificate".
2. Club motorboats are used for coaching functions or club maintenance operations. They are not available for private recreational use.
3. Club motorboats adhere to State and local license regulations, and stocked with required safety equipment.

PRIVATE BOAT STORAGE

FCRA makes private boat racks available to member owned single or double boats as space allows.

1. All boat storage decisions and fees are set each year by the Board.
2. Prior to storage, boat owners must have a paid membership, signed a waiver and paid a boat storage fee.
3. Consideration of private boat storage location is based on:
 - a. Rower's physical ability / limitations.
 - b. High frequency usage.
 - c. Whether the private boat is made available for general club use.
4. Club boats have storage priority, rack location will change throughout the season.
5. Location of boat storage is subject to the operations of the club, determined by the equipment manager.
6. A wait list will be established for other members who desire rack space. Priority will be given to previous year members who stored a boat, followed by new members.
7. Multiple seat boat requests will be considered on a case-by-case basis.

CODE OF CONDUCT

As FCRA members, we:

1. Embrace our community by eliminating barriers to foster growth in the sport of rowing.
2. Treat each other with Dignity, Respect and Fairness.
3. Value Diversity by embracing all people and their unique abilities, strengths and differences.
4. Take an active role to volunteer in fundraising, maintenance or administrative activities.
5. Ensure all forms and fees are delivered timely.
6. Adhere to FCRA Club Policies including Safety, Membership, Equipment, Code of Conduct and Safe Sport. Safe Sport <https://usrowing.org/sports/2016/6/1/safesport.aspx?id=10>
7. Comply with all State, County and local laws.
8. Are committed to be Good Neighbors with Horsetooth Park Rangers, Marina Staff and the neighboring community. As a representative of FCRA, please be courteous, display a current park pass and obey all traffic signs including: 15 mph speed limit and two stop signs entering Inlet Bay Marina lot.
9. Are obligated to protect our members, youth, and guests from forms of misconduct including:
 - Harassment, Bullying and Discrimination.
 - Unwelcome physical contact.
 - Display of offensive, derogatory or sexually explicit, comments, jokes, photos on social media, etc.
 - Abusive gestures, verbal abuse or threats.
10. Report violations of FCRA Policies, Code of Conduct or Safe Sport in writing. LINK Reporting Form

11. Understand that disciplinary action may result from a violation of FCRA Code of Conduct or Safe Sport, ranging from warning to termination of membership.
12. Understand that rowing is a privilege and not a right.

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