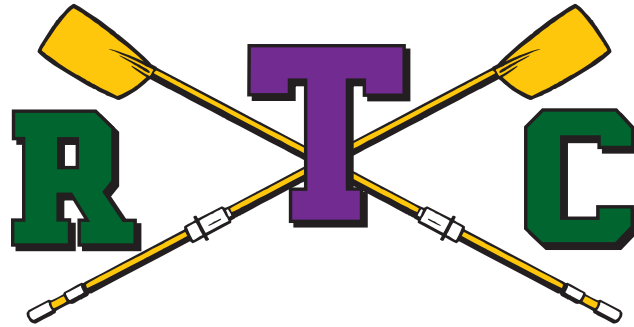


Tallahassee Rowing Club

Equipment Usage Guidelines 8/2008



This document lists guidelines for the use of the equipment owned by TRC. The safety and proper handling of the equipment on the racks, carrying to and from the water, at the dock, and on the water should be covered during the orientation and training of new rowers. At this time, TRC owns two 4+s that are typically rowed by women (Rickrows and JAM), three 4+s that are typically rowed by men (Vespoli DM recently purchased from CCR, heavyweight Vespoli, and Checcio), one 8+ for a heavyweight crew (Vespoli Belle), one 8+ for a mixed crew (Kaschper Nebraska), and one double for sculling. From time to time and only with special arrangements, other equipment might be available for TRC use. Contact a TRC board member for information on the availability of other rowing equipment.

Use of the TRC equipment is only permitted at times allowed in the TRC agreement with Maclay Gardens State Park. The allowed days and times are the following:

Saturday and Sunday: before 11:00am
Monday through Friday: 6:00-8:30pm

Rowing before 8:00am or in the evening after the park closes is permitted but crews must have proper lights for the shell, after hour permits, and understand the procedures for opening and closing the gate at the park entrance. If a crew is interested in rowing at these times, they should contact a member of the TRC board.

Use of the TRC equipment by new rower crews must be approved by the TRC Coaching Committee. In addition, the RickRows and the Belle are TRC's most expensive shells and all crews must be cleared by the Coaching Committee to row in these shells.

Use of the TRC equipment must appear on the shell schedule maintained by a member of the TRC board assigned that responsibility. The schedule will be updated weekly and posted for all TRC members to review.

No equipment should be left on the dock or at the beach during a rowing session or after a rowing session.

If any rowing equipment is damaged, it should be reported to the equipment coordinator assigned the responsibility to repair or replace equipment.

After use, shells and oars should be returned to the location on the racks where they are retrieved.

All 4+s should be locked. Check with a TRC board member to obtain the lock combinations. If there are locks and cables available, doubles and singles should also be locked.

Never step over a shell on a lower rack.

Never slide a shell across the racks—lift in order to reposition.

Do not damage the skegs or empellers (if needed, ask other rowers to identify these items on the hull).

Do not move rigging components on a shell without consulting with experienced rowers in the crew or those assigned to handle repairs and ordering equipment.

Adjustments to foot plates may be necessary for rowers but all hardware should be secured after the adjustment.

When bungy cords are available, seats should be secured after a row.

When carrying the shells to and from the lake, it is recommended that the bow (end with bow ball) be first.

When carrying shells to and from the lake, it is recommended that rowers with similar heights be located on the same end of the shell.

Lights are required for the shells when rowing at times when the lighting is low (early morning or late evening). Lights can be purchase from vendors such as www.Arcnav.com (red/green bow and white stern)

Cox boxes should be used by coxswains for all 4+s and 8+s. Proper recharging and use of cox boxes should be covered with all coxswains.

After use, oars should be returned to the racks on the outside of the shed. Plastic black tubing should be placed over the handles.

Shells are fragile and must not touch anything but the water and the rack (do not let shells touch the beach or dock).

When launching or lifting a shell out of the water, lower and raise the boat gently into and out of the water and hold it away from the dock.

Make sure the rigging is not resting on the dock when launching and docking.

Learn how crews lift and carry rowing shells BEFORE you try it. This is particularly important with singles.

Check your assigned rowing station (top bolt, stretcher tie downs, etc.).

All shells must have bow balls.

When rowing a single, it can be helpful to have Velcro straps available to use to secure both oars together so you can adjust shoes or otherwise use your hands for tasks. Never let go of either oar in a single!