

PRACTICE MANAGEMENT

ROWING TIMES

COMPETITIVE ROWERS (plan to arrive 15 minutes prior to launch)

MONDAY – 6:15 – 7:45 pm ... on water

SATURDAY 7:00 – 8:30 am ... on water

FIRST ROW FOR COMPETITIVE ROWERS – MONDAY APRIL 8

MASTERS ROWERS (plan to arrive 15 minutes prior to launch)

TUESDAY – 6:15 – 7:45 pm ... on water

SATURDAY – 8:45 – 10:15 am ... on water

FIRST ROW FOR MASTERS ROWERS – TUESDAY APRIL 9

NOVICE ROWERS (plan to arrive 15 minutes prior to launch)

WEDNESDAY – 6:15 – 7:45 pm ... on water

SATURDAY – 10:30 am – 12:00 pm ... on water

FIRST ROW FOR NOVICE ROWERS – WEDNESDAY MAY 1

To better manage our practices all rowers, volunteer launch drivers, and coxswains will be able to register online prior to all rows. Go to www.FitClub.me to sign up. This step is a very important piece of our practice management!

Masters will drive the launch and cox for the Competitive practices. Competitive rowers will drive the launch and cox for the Masters practices. Both Masters and Competitive rowers will drive the launch and cox for the Novice practices.

There will be a log sheet for both Masters and Competitive rowers placed on the central bulletin board in the boat house. Please enter your name and date that you completed your launch or coxswain obligations.

Our entire membership will take part in the practice management plan. It will work smoothly if we all assume responsibility.

LAUNCH DRIVERS

Upon arrival (15 minutes prior to row), LAUNCH DRIVERS will be asked to open lockers and gather their equipment – radio, life jacket (must be worn), towel (for drying off seats and boat surfaces), tool box, list of emergency info for PLRA members, your ID and personal cell phone (dry bag provided). At dockside, dry off seats, lower engine, stow equipment, check gas supply, start and warm up engine, test the ability of your radio to talk/listen to the cox's radio. Cast off. Launch should leave the dock just prior to the rowing shell(s) departure. SAFETY LAUNCH DRIVERS ARE RESPONSIBLE FOR THE

SAFETY OF ALL ROWERS AND COXSWAINS PARTICIPATING IN THE PRACTICE. BE AWARE OF OTHER BOATS OR HAZARDS IN THE AREA, AND ALSO THE WELL-BEING OF YOUR ROWERS. KEEP BOATS TOGETHER SO YOU CAN WATCH THEM. After the row is completed, make certain launch is secured to the dock, raise motor, return all equipment – radio (turned off and replaced on charger), life jacket, tool box, emergency info book, boat keys, dry bag, and towel to their proper place in the boat house. Date the member log-in by your name that you have fulfilled this voluntary role for PLRA.

COXSWAINS

Upon arrival (15 minutes prior to row), open lockers, gather equipment – cox box and matching head set, radio, seat cushion of preference, lifejacket, personal items. As soon as rowers have assembled and arrived at dock, cox selected boat off the rack and into the water. Ready your equipment in the boat. Test your radio communication with the safety launch radio. Begin countdown to row in a timely manner. Have starboards (or ports in some cases) run their oars to stabilize the shell, seat rowers, enter the boat and have a second countdown. Aim for a push-off on time! YOUR JOB AS COXSWAIN IS TO SAFELY STEER THE BOAT THROUGHOUT THE PRACTICE, GIVE EACH ROWER A “GOOD” OPPORTUNITY TO ROW SAFELY FOR BOTH SKILL AND FITNESS, AND (IF NECESSARY) FOLLOW A COACHING PLAN. After the boat is docked and the row is completed, exit the boat, cox rowers out of the boat in a timely manner. Remove your equipment from the boat. Cox boat out of the water and back to its proper position on the rack. Stow all of your equipment in its proper place in the boat house, life jacket, seat cushion, head set, charge cox box and radio (both turned off) and make certain all lockers are locked. Date the member log-in by your name that you have fulfilled this voluntary role for PLRA.

ROWERS

Upon arrival (15” prior to row) remove goose barriers on dock. Take oars off rack in boathouse and place them on dock by pairs ready to row. One rower should take down two towels for use in wiping down boats after the row. Make certain all your personal items are on the dock and ready to go in the boat. Following the cox’s commands, take the boat off the rack, carry it to the dock and place it in the water. As soon as you are sure of your seat assignment, adjust your foot stretchers and oar heights. Put your oar in the oarlock and be ready to take your seat upon cox’s command. The goal is to push off the dock by your starting time. YOUR GOAL AS A ROWER IS TO FOLLOW THE COX’S COMMANDS TO THE BEST OF YOUR ABILITY. CONCENTRATE ON YOUR PERSONAL SKILLS AND SYNCHRONIZE YOUR STROKE WITH THE STROKE SEAT IN YOUR BOAT. Following the row, on Cox’s command – exit the boat, remove oars and close oarlocks, place oars on the dock in pairs. Two rowers will be responsible for wiping the shell down. At least two rowers will be responsible for replacing all the goose barriers. Rowers will return the oars as well as their personal equipment to the boat house.

PLRA will be offering training for both coxing and launch driving for any member who wishes to participate in order to improve their skill level in these areas.

APRIL 7 – SUNDAY: 11:00am – LAUNCH DRIVING AND COX TRAINING

APRIL 11 – THURSDAY: 6:00pm – LAUNCH DRIVING AND COX TRAINING

All members are requested to watch the US ROWING SAFETY VIDEO prior to their first row. You can find this video at <https://www.youtube.com/watch?v=Rx5SueRdgQ>