

# Boathouse/Training Room Rules

-This sheet is to inform members of their duties at the boathouse.

After rowing on the water please be sure to:

1. wipe down boats
2. help other rowers put away their boats
3. bring up all equipment from the docks (including launch supplies)
4. check boats and equipment for damage
5. close and lock the doors that lead to the dock (after making sure that there isn't anyone still on the water)
6. turn out the lights and lock the front door
7. inform Dori or Laci of any damage to equipment
8. pick up trash that you see, even if it is not yours. Please take pride in our new boathouse.

After rowing on the ergs please be sure to:

1. clean off erg with paper towel and spray (tracks, chain, etc.)
2. place workout log and pens back on shelf
3. lock the erg-room door
4. return any weight-lifting equipment to racks after lifting. Keep the clutter down.  
\* while training indoors please keep all your bags and other supplies in the lockers and or the back of the erg-room to avoid clutter
5. pick up trash that you see, even if it is not yours. Please take pride in our new boathouse.

Miscellaneous:

1. if damage does occur to equipment while you are using it, you are expected to assist repairs, ask Laci what will need to be done to get the boat in working order.
- 2. in preparation for a race, all rowers will receive a sheet that lists the requirements of that race; this always includes de-rigging the night before we leave and rigging after we come back from the race. If no sheet is distributed, it is the rowers responsibility to find out when the loading and unloading of the trailer will occur.**
3. occasionally, dates will be made for helping-out around the boathouse after practice (cleaning, repairs, building) all members are asked to attend these sessions as often as possible

Thank you for your cooperation!

Having read all of the above, I do hereby agree to review and adhere to the policies and procedures set forth herein and elsewhere.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

