

# Station L Rowing Club

## Operating Rules

*Revised and Adopted April 19, 2009*

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## **1.0 Membership**

- 1.1 Age—Membership is open to all adults aged 18 and over.
- 1.2 Dues—Membership dues are set annually by the board of directors. Dues must be paid in full by March 1, or by arrangement with the Club Treasurer. Members joining during the year pay pro-rated fees.
- 1.3 Membership Categories—Membership is available in four categories: Regular, Student, Senior, and Spouse/Domestic Partner. An introductory three month membership is a one time option.
- 1.4 Coaching Fees—Coaching Fees are assessed quarterly and must be paid to participate in coached rowing programs.
- 1.5 Class Participants—Persons enrolled in a Station L Rowing Club class are considered members of the club for the duration of their class session.
- 1.6 Guest Rowing—Prospective members may row up to three times as guests prior to becoming paid members. Guests must sign a waiver.
- 1.7 Coxswains—Members who regularly cox a minimum of two days per week can pay dues in the coxswain category.
- 1.8 Waivers—Annual USRowing waivers must be signed by all members, either on paper or electronically at [www.usrowing.org](http://www.usrowing.org)
- 1.9 Volunteer Hours—Each member is required to complete ten hours of volunteer labor annually for the club. Volunteer opportunities are communicated regularly to club members.
- 1.10 Termination of Membership—Failure to abide by these rules, bylaws and policies established by the Board of Directors may result in termination of

membership. Any termination of membership must be made by a majority vote of the Board of Directors

## 2.0 Facility Use

2.1 Access—The Station L bay, showers and restrooms at the Portland Boathouse are accessible to all members 24 hours a day.

2.2 Security—Members are responsible for locking all doors and turning off lights upon departure. All interior doors must be closed. Security systems, if any, are to be activated as per posted instructions. Personal belongings are left in the boathouse at members' own risk.

2.3 Parking—Members must park in designated areas, and keep abreast of all changes in parking rules. Station L is not responsible for vehicle damage, theft or towing charges.

2.4 Other Users—Portland Boathouse is a shared facility. Members must cooperate with other tenants while using communal spaces, including docks and ramps.

## 3.0 Equipment Use

3.1 Cox boxes—Cox Boxes must be turned off and plugged in after each use. Do not carry boxes by the headset wire.

3.2 Sweep Boat Restrictions—The *Chambers*, *Blind Faith* [8+] and *Edwards* [4+] are to be used by members of the Competitive Sweep Program only.

3.3 Sculling Boat Restrictions – To row a club boat without a coach present

3.3.1 **Singles**—Club singles are to be rowed only by members who have passed the 1x Captain's test.

3.3.2 **Doubles** Club doubles may only be rowed by members who have passed the 2x/4x Captains' test. Both rowers must have passed the test.

3.3.3 **Quads**—At least 3 members of the crew must have passed the 2x/4x Captains' Test.

3.4 Captain's Test--To schedule a Captains' test, contact one of the coaches. Copies of the test are available on the Station L website.

3.5 Equipment Reservations—Reservation forms for club singles and doubles are posted at the boathouse. Follow instructions and restrictions on the form.

3.6 Equipment Adjustments—Members are not to adjust the rigging of club equipment without consulting a club coach or the equipment manager.

3.7 Equipment Damage—If equipment is damaged in a collision or other incident, file an incident report. If damage to equipment is discovered, alert the equipment manager by writing a note on the equipment board in the rear of the boathouse.

3.8 Repair of Equipment—Simple repairs can be made by members if parts are in stock. Keep the equipment manager informed.

3.9 Use of Equipment for Regattas—Any member or group of members can take club equipment to a regatta if the equipment manager is consulted. Please give advance notice.

3.10 Other Equipment in Boathouse—Many boats in the boathouse belong to the University of Portland or Portland State University. Members should not use these boats without express permission of their coaches and the Station L equipment manager. Ergs are owned by Portland State, Station L, and individual Station L members. PSU has priority use for their ergs. Clean after each use.

## 4.0 Rowing Protocols

4.1 River Navigation/Traffic pattern—All club members should be familiar with the traffic pattern map posted in the boathouse. Members should familiarize themselves with local landmarks, especially the names of bridges. Important components of river navigation include:

- 4.1.1—Row on the Right--Stay to the right of all main bridge spans. Avoid the center of the channel. If you need to cross the channel, do so quickly.
- 4.1.2 Launching—Walk boats down the ramp bow first. Use either side of the dock. Store oars at the top of the dock to keep the dock clear. Dock time should be kept to a maximum of three minutes. Once launched, clear the area so that other crews can use the dock.
- 4.1.3 Downstream issues—Do not row near bridge abutments. Note current strength. Take care near the grain elevators. Watch for commercial traffic.
- 4.1.4 Upstream issues—Use caution near the following locations: Main channel under the Ross Island Bridge, entrance to Riverplace Marina, Commercial tour boats moored south of OMSI.
- 4.1.5 Ross Island Back Channel Procedures—
  - 4.1.5.1 Stay to the right at all times

4.1.5.2 Do not enter the Ross Island Lagoon

4.1.5.3 Watch for deadheads and logs extending from the shore

4.1.5.4 Tug/Barge combinations use the west side of the channel when traveling from the Ross Island Bridge to the lagoon. Use caution and move either within 15 feet of the island, or if there is ample time and space, move to the east side of the channel.

4.1.5.5 Do not row in the Ross Island Back Channel in the dark

4.1.5.6 On the south side of Ross Island, row ONLY within 100 feet of the houseboat moorage, making room for two way traffic.

4.2 Logbook—All boat use must be logged out and in using the logbook in the boathouse. Log out should include planned route and anticipated return time.

4.3 Winter Rules—All club boats must be accompanied by a coaching launch from November 15 to March 1. These dates may be altered due to river conditions.

4.4 Darkness—When rowing in pre-dawn darkness, shells must be lit on both ends. **A lighted coaching launch must be supervising.** Darkness is defined as more than 30 minutes prior to sunrise. After sunset, the same rules apply. Boats may not be on the water more than 30 minutes after sunset.

4.5 Fog—No rowing in dense fog conditions. Dense fog is when the Morrison Bridge is not visible from the launching dock. If on the water when fog develops, return to the dock along the shoreline.

4.6 Lightning—Do not launch during a lightning storm. If on the water when lightning starts, return to the dock immediately, or take cover on shore.

4.7 Water Conditions—Rowers should not launch in the following situations: Visible whitecaps, River Gauge above 10 feet, Excessive debris flow.

4.8 Single (1x) Safety—The club singles may NOT be rowed without a coach present under the following conditions:

4.8.1 Water Temp under 10C or 50F.

4.8.2 Water Gauge Height over 10 feet.

4.8.3 Stream Discharge over 50,000 cubic feet per second

4.9 Dock Use—Boats coming up the ramp have the right of way. Minimize time on the dock by pre-positioning oars and gear.

4.10 Lifejackets—Coxswains are encouraged to wear life jackets in cold weather months.

4.11 Maintenance—Boats should be wiped down inside and out, especially the tracks, after each row.

## **5.0 Emergency and Incident Protocol**

5.1 Incident Reports—All accidents involving injury or equipment damage must be reported on an incident form. Follow all instructions on the form. The coach supervising during the incident should initiate the report. If no coach was present, a member can complete the report.

5.1.1 Safety Officer—All incident reports should be filed with the club safety officer within 48 hours of the incident.

5.2 Emergency Procedures—The following procedures must be followed if 911 is called for an incident involving a club member or club equipment:

5.2.1 Contacting Club Officials--After all urgent needs of the emergency have been attended to, the supervising coach or a member should make contact with the first available club officer, as listed: a. President, b. Vice-President, c. Safety Officer d. Secretary e. Treasurer Phone #'s are posted at the boathouse.

5.2.2 Incident Report—File an incident report as outlined in 5.1

5.3 Emergency Phone—A 911 capable cell phone is available next to the logbook.

## **6.0 Modification of Operating Rules**

6.1 These rules may be modified by majority vote at any meeting of the Board of Directors. Updated rules will be posted and published for the membership.