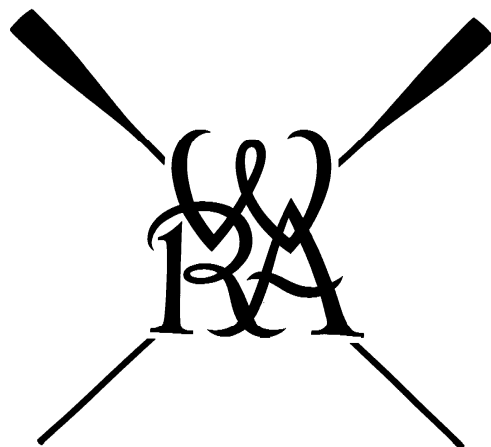




# The Wichita Rowing Association

## *MEMBERSHIP HANDBOOK*



Wichita Rowing Association Membership Handbook  
Document No.: WRA-HDBK-001 Revision 3.0  
Reviewed at WRA board meeting at June 16, 2011



# WICHITA ROWING ASSOCIATION MEMBERSHIP HANDBOOK

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## GENERAL INFORMATION

The Wichita Rowing Association (WRA) is a member of the United States Rowing Association. The club also has an affiliation with Wichita State Rowing (WSU). The WRA admits members of any race, color, sexual orientation, religion, general and national or ethnic origin.

### Location

Little Arkansas River – Shells stored in the enclosed Handball courts at West end of the Ralph Walz Tennis Center compound, 551 Nims, Wichita KS 67203

### Website [www.wichitarowing.org](http://www.wichitarowing.org)

Information on the website includes current officers, membership forms, waivers, regatta results, and information about the Learn to Row Class, Juniors program and Masters program.

### Weblog: [Wichitarowing@yahoo.com](mailto:Wichitarowing@yahoo.com);

### Waivers

All rowers **MUST** sign a waiver before rowing. All rowers participating in the Frostbite Regatta must sign a waiver for the event.

### Dues

Dues are based upon membership type and are due annually at the anniversary of the membership or on a quarterly basis for scholastic members. If you have a question about your membership dues or other fees, please contact the treasurer.

Membership Type	Condition	Season	WRA Cost	Boathouse Fee **	Vote rights*
Regular Rower	18 years of age or older	Full Year	\$120		Yes
Regular Family	All family members	Full Year	\$190		Yes
Scholastic	High school or Summer only - Collegiate	Quarterly	\$30		Captain only
Contributing	Annual Board approval	Full Year	Free		Yes
WSU Alumni	WSU alumni Graduate	One Year	Free		No
Honorary	Board approval	Life	Free		No

\* Members vote at annual meeting, all other club business conducted by elected board, each active adult or captain in case in case of scholastic rower in a family membership may vote.

\*\* Boathouse fee temporarily suspended

**Coaching** – Additional fees may apply to any program that provides paid coaching. Fees for coaching are split amongst program participants.

### Learn to Row Classes -

Quick Catch Intro - one session \$19

Scull – five sessions \$79

Scull and Sweep – Seven Sessions \$99

### Fundraising

Every member is responsible for volunteering time to help earn money for the club. WRA’s largest fund raising event is the annual Frostbite Regatta held on the Arkansas River the first Sunday in November. Additional fundraising opportunities occur throughout the year and are declared by the Secretary in “general announcements” as they occur.



## **Workdays**

Occasional workdays are scheduled throughout the year to maintain the facilities, equipment and docks. All WRA members are expected to participate in workdays so that the burden of maintaining our shells and equipment falls equally on everyone. Each member accompanied by 4 to 5 other members is assigned one month in the year in which he/she must fulfill the minimum cleaning tasks at the boathouse/tennis compound. List is distributed in spring and late fall as well as posted at the boathouse (suspended). Each member is responsible for the own assigned slot and if cannot perform that week, then it is that member's responsibility to make arrangements with another member to swap weeks.

## **Private shell Storage Policy**

Members may rent space for privately owned rowing shells in the boathouse/tennis compound at a rate fixed by the WRA Board or Equipment Committee/Commodore. Fees for rack space are due at annual membership renewal. Space is rented for one year periods only.

Rack fees for private shells:

Single - \$25 per year

Double - \$25 per year

The allotment of rack space is made by the WRA Board or Equipment Committee/Commodore. The WRA Board or Equipment Committee/Commodore will consider the nature of the equipment being stored, the ease of access, the frequency of use, and the member's contributions to the club. If a shell is rowed at least six times per year (as reflected in the log book) the shell owner will be entitled to renew his or her lease for the next year. The WRA Board or WRA Commodore may at his or her discretion, renew a lease if a shell has not been used a minimum of six times per year.

Members may store privately owned sculls, oars, or slings in the boathouse/tennis compound without charge, space permitting. Members are urged to store all other equipment (such as covers and shell racks) off-site, but may in certain circumstances, keep such items at the boathouse/tennis compound with the express permission of the WRA Board or Equipment Committee/Commodore.

The WRA Board or Equipment Committee/Commodore will maintain a waiting list of people who wish to rent shell racks. Waiting list positions are not transferable. As rack space becomes available, the WRA Board or Equipment Committee/Commodore will give preference to people who have been on the waiting list the longest. However, other factors may also be considered, such as the number of rack spaces an owner has already rented, the frequency of use of the equipment stored, and the owner's contribution to the club.

Members renting rack space may transfer the space when selling a shell berthed in that space. Notification of any such transfer must be given to the WRA Board or Equipment Committee/Commodore. The WRA Board or Equipment Committee/Commodore may terminate any rental agreement with good cause. The WRA are not liable for any damage, theft, or personal injury resulting from the placement of private equipment in the boathouse/tennis compound or from its use. It is suggested that members storing equipment in the boathouse/tennis compound insure it against any loss.



## WRA GOVERNANCE – BOARD OF DIRECTORS

WRA is run by the board of directors consisting of between 1 and 25 members. The board is elected to a term of one year typically at the annual general membership meeting, in June. All rowing, family, contributing members and the men's and women's junior captains in good standing may participate in the election. The term for each director is one year. The newly elected board of director's first order of business at the annual membership meeting is to elect three club officers for President, Treasurer and Secretary. Board meetings are held once a month, with agendas e-mailed to the membership seven to ten days prior. Meeting minutes are likewise sent via e-mail to club members. At all meetings of the Board of Directors, a majority of the Directors shall constitute a Quorum for the transaction of club business. All club members may attend the board meetings and submit issues to be added to the agenda for discussion at upcoming meetings.

### Officers

**President**—chief executive officer of the board of directors; heads board meetings and drafts meeting agendas

**Secretary**—custodian of all the records, books, and documents of the club

**Treasurer**—custodian of all funds of the club

**Regatta Chairman** – Lead person for the annual Frostbite Regatta.

- See the club by-laws for a more detailed description of each position
- See the website for a list of the current board members and their contact information

### Committees

Any club member may participate in the committees below—in fact, it is highly encouraged for members to be involved. A board member typically holds the position of chairperson for each committee.

- **Executive** – Consists of the officers and the immediate past president – performs routine management of the affairs of the organization during intervals between meetings. All actions reported at next board meeting.
- **Nominating** – responsible for presenting a slate of officers for election at annual meeting and filling vacancies as they occur. Appointed by the board of directors and shall not serve more than 3 years.
- **Building and Grounds** – responsible to investigate and report material needs, maintenance and upkeep of building and grounds, organize and direct scheduled work days.
- **Fundraising and Development** – responsible for guiding the board of directors on fundraising activities, developing an annual fundraising goal and plan.
- **Finance and Audit** – proposes for board approval an annual budget and evaluates annual budget in comparison to previous years.
- **Equipment** – in charge of maintaining and repairing equipment, orients members on proper use of equipment and keeps an updated list of required maintenance materials, parts and may spend up to \$150 per month without board approval.
- **Community Programs** - coordinates recruitment for new WRA members, organizes and operates Learn To Row Classes.
- **Regattas** – Coordinates all regatta functions currently Frostbite Regatta
- **Safety** – review club safety procedures
- **Volunteer** – maintains list of volunteer duties and organizes volunteer efforts.



## SAFETY

### Speed of River Recommendations and how it affects safe rowing

#### Little Arkansas River

[http://waterdata.usgs.gov/ks/nwis/uv/?site\\_no=07144200&PARAMeter\\_cd=00065,00060](http://waterdata.usgs.gov/ks/nwis/uv/?site_no=07144200&PARAMeter_cd=00065,00060)

This link will give rowers information about water speed for the Little Arkansas River from the Valley Center gauging station. It is recommended to check this website especially after a heavy rain before rowing and adhere to the following recommendations.

The Little Arkansas river in Wichita is protected by a floodway near Valley Center that generally keeps flow in the USGS Valley Center gauging station below 3500 Cubic feet per second (cfs), except possibly during exceptional floods (e.g. once in 100-year floods.) Downstream of Valley Center, the Chisholm Creek diversion provides additional flood protection for Wichita.

After heavy rains, rowers should consult the USGS gauging stations at Valley Center and use the following guidelines for the crest flow during a particular high-water event. Keep in mind that the main hazard for rowers on the Little Arkansas River is debris from high water events (>500cfs), and that all high-water events---even small ones (e.g. 700cfs) in the spring---transport variable amounts of debris from sticks to telephone poles that can pose hazards to rowers and their shells. Furthermore, the amount of debris is always much greater before than after the crest. When in doubt do not go out. In addition to these guidelines, see shell skills/use policy, Bow & Cox list, and Shell inventory for guidance and definition of rower and equipment levels.

- < 500 cubic feet per second (cfs): Safe for all shells. (level I-IV)
- 500- 2,000 cfs: Safe for advanced rowers (level IV) unless there is a lot of debris. Novice rowers should generally wait at least 24 hours after crest, and then use caution, especially near constrictions and floating debris. (Levels III-IV)
- 2,000 – 2500 cfs: Advanced rowers, including experience fours and eights, need to row with extreme caution; if there is a lot of floating debris, consider taking a sturdier (e.g. Moby instead of Maas 2X) or lower –level (e.g. an Aero instead of Maas 24) boat. Not recommended for Novice rowers. (Levels IV)
- >2,500 cfs: Not recommended for any shells. Advanced rowers wait until water level drops below 2,500 cfs. Novice rowers wait until water level drops below 2,000 cfs.

#### Big Arkansas River

[http://waterdata.usgs.gov/ks/nwis/uv/?site\\_no=07144300&PARAMeter\\_cd=00065,00060](http://waterdata.usgs.gov/ks/nwis/uv/?site_no=07144300&PARAMeter_cd=00065,00060)

This link will give rowers information about water speed. It is recommended to check this website especially after a heavy rain before rowing.

- Under 3,000 cubic feet- Safe for all shells
- Between 3,000 and 4,000 cfs - Safe for advanced rowers, novice rowers with caution, especially near constrictions.
- 4,000-5,000 cfs -Advanced rowers may find unease near the confluence and constrictions. Novice rowers should proceed with extreme caution
- 5,000-7,000 cfs - Advanced rowers need to row with extreme caution. Not recommended for novice rowers.
- 7,000-10,000 cfs- Only recommended for experienced fours and eights. Risk of damaging shells on floating debris is also increased.
- >10000 - Not recommended for any shell.



## **Wakes and/or Waves**

The US Rowing video provides a good visual demonstration of how to handle wakes. It is important to know that a wake can split a shell in half, or swamp or flip a shell, therefore treat wakes with caution.

### **General guidelines**

- If approaching wakes are higher than the gunwale, the shell should be turned parallel to the wake to avoid having parts of the shell unsupported by the water. It is possible to split a shell under these conditions. Rower(s) should stop rowing and lean away from the approaching wake, with oar handle(s) on the wake side lifted slightly.
- If wakes are lower than the gunwale and widely spaced, continue to row without a course adjustment. Closely spaced wakes that are lower than the gunwale may be taken at a 90 degree angle with the bow directly toward them.
- Turning in waves is tricky; allow plenty of room, energy and time.

### **Running Aground**

- If the shell runs aground on a sandbar/shore, stop rowing immediately at the coxswain or bow's command.
- After assessing for possible shell damage, the coxswain or bow should try backing out if the shell is not too far up on a sandbar. If the shell remains stuck on the sandbar and the rowers are unable to back off of it, the coxswain or bow should have the rowers get out in pairs until the shell becomes light enough to push off of the sandbar.
- Once back on land, the hull of the shell should be carefully checked for damage.

### **Shell Swamped**

- A shell is swamped when the interior water reaches the gunwales. If rowers stay in the shell, the floatation ends may cause the shell to break apart.
- If rescue is imminent, the coxswain or bow should direct the rowers to untie, signal a launch and unload rowers by pairs - starting in the middle of the shell - as soon as possible in order to avoid damage to the shell.
- If rescue is not imminent, take the following steps:
  - Remove oars or place them parallel to the shell
  - All persons should move to the two ends of the shell (it is dangerous to roll a shell when near riggers)
  - Then roll the shell to form a more stable floatation platform so rowers can either lie on top of the hull or buddies can hold onto each other across the hull and swim the hull to shore.

## **WAIVERS**

All members signing the US Rowing Waiver should be aware that the following quote is interpreted by the WRA to mean that a member can pass a swimming test that is equivalent to treading water for ten minutes and swimming 50 yards. "I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity."

The WRA recommends that new or returning rowers should consult a physician before starting any form of exercise, including rowing.



## Good Sense Recommendations

- Buy a waterproof container that can fit in a shell and in it carry a few tools and a cell phone.
- If rowing alone, let family or friends know when to expect you back.
- Err on the side of safety, you may be able to easily handle a racing single in calm waters, but have never rowed a racing single in chop or fast river currents. Take a more stable shell until you know your ability in adverse conditions.
- Watch the US Rowing Safety Video, “Ready All Row,” at least once if not every year. Those coaching others are highly recommended to watch this each coaching year and to also consult the Coach Section of the Video. The Video is stored at the boathouse/tennis compound and may be viewed on the TV there.
- Rowers should notify their respective program coach and coxswains if they have any medical condition that could impair their ability to row or that requires special attention. Inhalers, sugar packets or other medical necessities should be taken in the shell and located next to the rower (not with the coxswain).

## WHAT TO DO IF YOU DO CALL 911

The street address of the temporary boathouse/tennis compound (often called the ‘Compound’ or ‘Handball Courts’) is 551 Nims, Wichita KS 67203. Be sure to tell dispatch this is not “The Wichita Boathouse”. If you have assistance, assign one person to stand out on the road to meet EMS and direct them to the injured. If you do carry a cell phone with you in your shell, then learn river landmarks well, so that you can describe where EMS should meet you (i.e. South Nims Bridge, Murdock Bridge, North Nims Bridge, 11<sup>th</sup> Street Bridge/Castle).

## PROGRAMS

### Learn-to-Row Classes

Learn-to-row sessions are offered per season for persons of any age. Quick Catch introduction classes are 3 hour sessions held the last Saturday of March, April, May, June and Aug. Sculling classes are five sessions, which are 2 and 3 hours per class totaling 12 hours instruction. Scull and sweep classes are seven sessions, which are 2 and 3 hours per class totaling 16 hours instruction. Quick Catch is limited to ten students, Scull classes are limited to 6 students and Scull & Sweep sessions are limited to ten students. All classes offer an introduction of rowing, rowing terminology, safety, and introductory sculling. Following completion of a Learn to Row scull or scull & sweep sessions, students are able to register as a member of the club. Fees are apportioned toward (1) coaching / instruction; (2) Equipment; and (3) administration. No learn to row classes may be held for fees without approval by the board and at minimum remittance of equipment fee to club treasurer. Only sanctioned or sponsored club activities are covered by club liability insurance. No member may use club resources, club name or assets for personal gain without the expressed consent of the board.

### Juniors Learn-to-Row Classes

Roughly, two learn-to-row sessions are offered per season for persons between the ages of 14 and 18. Each session consists of a single day spent introducing students to the basics of sweep rowing, rowing terminology, and safety. Following completion of a learn-to-row session, students are able to register as a member of the club and participate in the juniors rowing program.

### Juniors Program

This is a coached program for students between the ages of 14 and 18. Participants are required to attend three to four practices per week during the competitive season. Junior rowers will compete in several regattas over the course of the season, which generally lasts from June until the end of



November. Parents of junior rowers are strongly encouraged to be involved with their children's competitive events and other rowing activities.

### **Novice Program**

The Novice Program provides coaching in sweep rowing and sculling three days a week for adult rowers who have recently completed a Learn-to-Row course. Rowers will gain essential experience and hone their skills in rowing technique, coxing, bowing, river navigation, equipment care, and shell handling. Novice rowers can only take out WRA equipment independently after the Novice coach has verified their competency with the aforementioned skills. (See information about the bow list under the "Safety" section.) After completing a season in the novice program, rowers are welcome to transition into the Sport or Competitive Program.

### **Sport/Recreational Program**

This program provides coaching in sweep rowing and sculling three days a week for rowers who want to row recreationally as well as for those who want to compete but cannot commit to the required practice schedule of the Competitive Program.

### **Competitive Program**

Experienced adult rowers can participate in either the Men's or the Women's Competitive Team. Members are required to attend at least three of five scheduled practices per week during the summer season (June through November) to participate.

### **Winter Erg Program**

This program provides fitness and competitive ergometer practices three to five days per week. Workouts typically are 1-2 hours with many members working toward indoor rowing regattas.

### **Guest Rower Policy**

Guest rowers are allowed to use WRA equipment up to three times free, provided they: (1) sign a waiver before getting into a shell (2) are guests of a club member in good standing; (3) The member who is hosting assumes all responsibility for guest and ensures guest adheres to all club policies, (4) do not prevent the use of club equipment by another member who wishes to row. Club programs and Members have first priority over any guests.

## **WHAT TO KNOW WHILE ON LAND**

### **Choosing a Shell**

Beginning Junior/scholastic rowers need to get permission from their coach to use certain types of shells. Permission is, however, contingent on appropriate water conditions and club safety rules (see "What to Know on the Water.") See your coach for more information on what shells you can take out. All other rowers must abide by the shell use policy guidelines for appropriate shell selection based upon demonstrable capability and meters rowed. At times, particular shells need repairs; these shells will be marked with an orange "Do Not Row" sticker. It should go without saying, but do not row a shell with a "Do Not Row" sticker affixed to it. Even without the sticker, some shells need maintenance. Before hitting the water rowers should check for missing seats, incorrect rigging, and loose foot stretchers. If any piece of equipment is questionable, bring it up with your coach before heading to the water.



**Reserving Shells** Club shells may be reserved two days in advance on a weekly calendar posted on the bulletin board at the compound. Shells reserved for coached practices for all programs are also indicated on this calendar and programs are listed on the WRA webpage ([www.wichitarowing.org](http://www.wichitarowing.org)). Please be courteous about showing up when you have reserved a shell or erasing your name at least half a day in advance if you need to cancel your reservation.

### **Log Book**

Before taking any shell out, either a club shell or your own private shell, you **MUST** sign out in the log book. This holds true whether the shell is being removed from the boathouse/tennis compound for a row, to go to a regatta, or to be sent away for repairs. The log book is located near the ramp at the Tennis Center Handball Courts compound at the little Arkansas River. When signing the log book, write the date, time, and names of all rowers in the shell. When you come back from rowing, it is **VERY IMPORTANT** to sign in with the time you returned and to log your meters rowed. Failure to do so may result in a search party trolling the river in search of a missing rower.

### **Bow/Cox List**

Since, in all sculling and some sweep shells, the rower in bow seat is responsible for navigation, bows (as well as coxswains) must have a solid knowledge of and comfort level negotiating the various hazards of the river. To ensure this, all rowers must obtain permission to bow or Cox club shells. Concern for the safety of WRA members is the primary purpose of the bow list. Occupying a position on the bow/cox list entitles a rower to sign particular shells out to row [UNSUPERVISED BY A COACH]. This individual thereby accepts full responsibility for the condition of the shell and safety of the crew while the shell is signed out. Membership in the WRA does not confer a place on the bow/cox list. Only the skills advisor or a coach may add a person to the bow/cox list or change an individual's place on the list. The head coach of each program typically maintains a bow/cox list that identifies which rowers are recommended to bow or cox a particular type and level of shell, and the skills advisor approves the recommendations. A rower initially gets on the list, and moves up to higher levels, by gaining experience in bowing or coxing under a coach's supervision. Beginning rowers interested in bowing or coxing can request practice under a coach's tutelage. The WRA bow/cox list identifies a hierarchy of club equipment and the people who may sign out equipment at each level. There are four levels of equipment (assignment of specific shells to each of these categories is an annual responsibility of the skills advisor):

- 1) Novice      2) Recreational      3) Experienced      4) Advanced

In general, the Novice group includes wherries and other shells that relatively inexperienced rowers may use safely; the recreational singles shells (1x) include the three Maas Aero's' and the Pacifica, the experienced includes the Maas 24's and the Advanced group includes the Fisa, Vespoli, Shannon Leigh and the most competitive shells the WRA owns that can be signed out by those WRA members most experienced in rowing, shell safety, and shell handling. A full list of the shells in WRA inventory and their assigned level is shown at the end of this handbook. A rower's position on the bow/cox list is in an indication of a rower's ability to operate the equipment; knowledge of the river and rules of navigation; good judgment in the use of equipment under differing conditions; and ability to abide by WRA policies.

### **Lifting and Carrying Shells**

Before you attempt to pick up and move a shell, make sure you have the appropriate slings set up for shell outside the boathouse/tennis compound. Check that you are using WRA slings, not personal slings (they are labeled). Pay attention to removing shells from the racks, as the shells are stored in



rather tight confines along the walls. Be sure to confer with a more experienced rower or your coach if you are unsure as to how to maneuver a shell from its storage space. Above all, don't be afraid to ask for help, even if you merely need a spotter to watch and make certain that the procedure goes smoothly. Rowers should never attempt to carry a fully rigged shell with less than the number of rowers the shell holds (i.e.: eight people carry an eight, four people carry a four or quad, etc.). If you are uncertain about how to properly carry any shell, especially doubles and singles, ask for assistance.

### **Wiping Down Shells**

After rowing, all club shells must be wiped down with a towel before being put back on racks. If water and or cleaner are available, wet the shell and wipe down to remove river scum.

### **Re-rigging Shells**

If you had to re-rig a shell in order to row it, you must return the rigging to the state that it was in before you used the shell. This is important for shells that are used by multiple groups, as it ensures that a shell is ready for the next group that has scheduled to use it. Foot stretchers are the one item on the shell that does not need re-setting after each row.

### **Replacing Shells on the Racks**

Before bringing any shell back into the boathouse/tennis compound, make sure that the correct end of the shell will be going in first. All the shells in the boathouse/tennis compound should have the bows and sterns facing the same direction—bows facing out. Take as much care in replacing shells on the racks as you did removing them, especially with tired arms.

### **Bringing in Slings**

If you know there are other shells still on the water when you come in and there are not many sets of slings setting out, it is ok to leave some out. However, if you are one of the last to come off the water and you know there aren't any other shells still out, please bring in all slings even if you didn't set them out yourself. To determine if there might be shells still out on the water, check the log book or look for empty racks in the boathouse/tennis compound.

### **Reporting Damage**

When equipment is damaged, major or minor, on or off the water, the incident must be reported. Enter a note in the logbook or fill out a form in the logbook box when a shell is damaged. On the form, identify the location of the damage, how it was incurred (if known); the date and time that it was observed, and your contact information. If the damage renders the shell unfit to row, you must also tag it with an orange "Do Not Row" sign to prevent anyone else from taking them out until it is repaired. Ideally, the Equipment subcommittee chair should be informed of damage to any club equipment, but if he or she is not available, a coach may also be informed. Anyone responsible for damaging equipment is also responsible for helping to repair it. If minor damage occurs through routine use, such as damage to a fin from submerged log in the river, this is covered by membership dues. Responsibility for cost of repairs is ultimately responsibility of the WRA board. Major damage will be considered on a case by case basis by the board and members involved.

### **Closing the boathouse/tennis compound Gates**

If you are the last shell to go out on the water and no one is left at the boathouse/tennis compound, close and lock the gates with the chain. If you are the last shell to come in, close and lock the gates with the chain before going home! All members are to keep the lock combination to themselves. If you are the last person in you are responsible to lock up and secure the boathouse/tennis compound.



## Coaching Launches

The rowers in each program are responsible for bringing down and putting away their own coach's launch. The coaches are also responsible for making sure the gas tanks are full for the coaching launches. Gas expenses will be reimbursed by the club Treasurer. Our older outboard motor is a two-stroke motor and the newer motor is a four stroke; **be sure you add the appropriate amount of two-cycle oil to the gas for the two-stroke only –its marked on side of motor.** Do not leave unmixed gas at the boathouse/tennis compound unless it is a clearly marked as such; accidental use of gas without two cycle oil will cause serious engine damage.

## WHAT TO KNOW ON THE WATER

### Traffic Patterns

In general, WRA shells should row up river on the East side of the Big Arkansas River and downriver on the West side on the Big Arkansas River and the same pattern on the Little Arkansas River. (RH rule like driving a car-i.e. Row on the starboard side of the river). Shells should never proceed on the wrong side of the river unless directed to do so by a coach or race official, or under emergency circumstances. Shells should never stop in the water positioned perpendicular to the shore to prevent collision from another shell (i.e. dangerous situation/possible perpendicular collision-that's bad!). When stopped for any reason, shells must maintain an orientation parallel to shore.

### Things to Watch Out for on the River

- **Bridges**—never turn a shell around near, under or immediately upriver of a bridge. The current can push a turning shell right into a bridge piling, so make sure you are far enough away or down river of a bridge before turning.
- **Sandbars**—you may want to study the river map to see where sandbars are located. Although these are generally not a problem, when the water level is especially low you may need to row closer to the middle of the river.
- **Debris**—Pop bottles, plastic bags, and dead fish pose few problems, but logs and branches of varying size can cause considerable damage. They sometimes float just under the surface of the water, so bows and coxswains need to pay considerable attention to spotting them and steering clear. Debris tends to be worse in the spring and after it rains.
- **Deadheads**—Deadheads are what happens when a free-floating log becomes mired in the riverbed, usually with one end pointing up toward (and sometimes through) the surface of the water. These can be very difficult to see and extremely damaging to shells. They can also occur almost anywhere in the river, near shore or smack in the middle of the channel. Bows and coxswains, again, need to watch closely for them.
- **Other Watercraft**—We share the river with motorboats, jet skis, canoes, kayaks and other rowing shells. Legally, motorboats and jet skis are required to have a permit to be on the Arkansas river. They should slow down when approaching a shell but this doesn't always happen. Stop rowing if necessary to wait for motorized watercraft and the ensuing wake to go by.
- **Dams at Seneca on Little Arkansas river or Lincoln Street on the big river**—Downstream from the compound about 200 meters (approx. 200 yards from the dock around the bend) is the Seneca Street Dam. Stay back at least 150 feet from the dam and further when the river is flowing fast.

### Launching and Docking

Always push off and come into the dock with your bow pointing upriver. If you plan to row upriver first, quickly row to the side after pushing off. If you plan to row down river first, row away from the dock into the middle of the river and turn around. Then move toward the West side as you head down river. When docking or preparing to launch be very aware of other shells that are coming in or going



out. At times, it's most feasible to wait for a smaller shell to land and get off the water, rather than making it wait for an entire eight to load, tie in, and launch. Certain times of the day feature more rowing traffic than others, especially early morning on weekdays and weekends, and after work during the week. Pay attention to what's going on in both areas, and be respectful of others needing to move/row more quickly or slowly than you move/row.

### **Flipping a Shell**

Before you set out from the dock

- 1) Do Not Tie/Velcro Your Shoes Too Tight.
- 2) Make sure that the heels of your shoes are tied to the foot stretchers with a limit of a 3 inch string length (height of heel of the shoe vs. foot stretcher equals minimum 3 inches). In the event of a flipped shell, you need to be able to get your feet free of the shoes quickly.

If you should flip or fall out of your shell, remain calm and **STAY WITH THE SHELL**. The shell will float even if swamped and each oar will float even if coming loose from the oar lock. Wait for the launch to arrive, or try to kick your way to shore and get back in the shell there. Ask an experienced rower or coach for other techniques for getting back into a flipped single.

### **Cold-Water Policy**

When cold-water rowing conditions exist, defined as water temperature below 55 degrees Fahrenheit, club equipment will only be used as described below so as to be in compliance with US Rowing guidelines.

A) When the water temperature is below 45 degrees, all club-owned shells must be accompanied by a launch and must remain within 500 meters of that launch. The shells must be signed out in the log book, listing the name of the launch driver who is accompanying those shells.

B) When the water temperature is between 45 and 55 degrees, club-owned shells must stay in groups of two or more and must remain within 250 meters of all other shells in their group. The shells must be signed out in the log book, listing all other shells in the group. Owners of private equipment are strongly encouraged to follow the above guidelines, and are expected to make responsible and mature decisions in an effort to promote safe and responsible rowing for all club members. These guidelines establish a minimum safety standard. All rowers are encouraged to use extreme caution in any conditions that pose a risk of hypothermia. This policy is usually only necessary in the early spring and late fall.

### **Lightning Policy**

**NEVER** launch a shell if you see lightning! According to US Rowing guidelines, rowers must wait 30 minutes after lightning has been sighted, and no new lightning bolts have been seen, to launch. If lightning is sighted while you are already on the water, you must return to the boathouse/tennis compound **IMMEDIATELY** and wait for conditions to clear.

### **Low-Light Policy**

All shells rowing after sunset or before sunrise WRA recommends shells display a white light that is visible from a distance of at least one mile. In addition, all club-owned shells that are rowing more than thirty minutes before sunrise or more than thirty minutes after sunset must be accompanied by a launch unless specifically exempted by the board. The shells must be signed out in the log book, listing the name of the launch driver who is accompanying those shells. Owners of private equipment are strongly encouraged to follow the above guidelines, and are expected to make responsible and mature decisions in an effort to promote safe and responsible rowing for all club members. These guidelines establish a minimum safety standard. All rowers are encouraged to use extreme caution in low-light conditions, including those that exist due to weather conditions.



## Other Adverse Conditions

Under certain adverse conditions, you should decide against going out on the water. These include excessive heat and humidity, high wind, downpour, horizontal rain, rough water (marked by whitecaps), strong current, excessive debris, or ominous weather. Not only do these conditions make rowing dangerous, but incredibly frustrating and not much fun.

	Shell	Mfg	Model	Color	Serial No.	Bow Name	Ranking
1	1x Single	Alden	under repair	Yellow	#003	noname/Alden	Level 1 - Beginner Single
2	1x Single	Maas	Aero	White/Red Stripe	#009 XBQ20294C888	Stealth Bomber	Level 2 - Beginner Single
3	1x Single	Maas	Aero	White/Blue Stripe	#006 XBQ21121A444	Broken Aero	Level 2 - Beginner Single
4	1x Single	Maas	Aero	Grey top/white	#007 XBQ20125B787	noname	Level 2 - Beginner Single
5	1x Single	Pacifica		White	#005	noname/Pacifica	Level 2 - Beginner Single
6	1x Single	Maas-NEW	24	White	#011 XBQ10602H010	New nonameMaas	Level 3 - Rec Racer
7	1x Single	Maas	24	White	#008 XBQ10421M506	New nonameMaas	Level 3 - Rec Racer
8	1x Single	Maas	24	White/Red Top	#004 XBQ50250A494	Old nonameMaas	Level 3 - Rec Racer
9	1x Single	Fisa		White	#001	noname/Fisa	Level 4 - Racing Single
10	1x Single	Vespoli	Please	White/Red Top	#002	Angie Pirner	Level 4 - Racing Single
11	1x Single	VanDusen	use TLC	Blue/Green	#010 (Light/Midwt rowers)	Shannon Leigh	Level 4 - Racing Single (Please use TLC)
12	2x Double	Maas		White	#031	Moby Dick	Level 2 - Beginner Dbl
13	2x Double	Maas		White	#032	noname	Level 3 - Rec Racer Double
14	2x Double	Dirigo		Yellow	#030	Jay Pfeiffer	Level 4 - Racing Double/Pair
15	4x Quad	Vespoli		White	#042	Heron	Level 4 - Racing Middle wt (scull oars)
16	4+ Four	Vespoli		White	#040	Alumni 4	Level 4 - Racing Heavyweight four
17	4+ Four	Dirigo		Yellow	#041	Don Wadsworth	Level 4 - Racing Lightweight four
18	8+ Eight	Kaschper	For Sale	White	#080	Joan Lind	Level 4 - Midweight Racing Eight
19	8+ Eight	Kaschper	For Sale	White	#081 (under repair)	Laurence	Level 4 - Midweight Racing Eight
20	1x Single	Stampfli		Wooden Hull	#011	Pirner	Museum Boat-Do Not Row
<b>Legend</b>							
Macon Sculling Oars(bulb shape blade) Serial no.: 0,1,2,5,6,7,8,10,12 (Recommend oars 6,7,8 for the Aero's)							
Hatchet Sculling Oars; Serial No.: 27,28,29,30,31,32,33,34,35							
Hatchet Sweep Oars-Qty: 8 Green handles and 8 wooden Handles							
1x	Single Rower, Macon or Hatchet Sculling oars						
2x	Two Rowers, Macon or Hatchet Sculling oars						
4+	Four rowers, Hatchet Sculling oars						
4+	Four Sweep oars plus coxswain (also known as ' Four with Coxin')						
8+	Eight Sweep Oars plus coxswain						

Note – Pair/Double shells require bowman to be of skill equal to the Level of that shell. Coxed shells require the coxswain and at least one rower to be a skill level equal to the level of the shell.

## SHELL USE / SKILLS POLICY

### Skills Assessment

The following is a guideline to help new rowers know when to move to a more challenging shell or what constitutes safe rowing alone. Rowers new to the club that have rowing experience will be checked out by the Skills Advisor. All shells are classified into levels I, II, III or IV as shown in the table above. Before Rowing a Single Solo, members must be approved to a specific level by the Skills Advisor.

### On Water Skills

Can do backing strokes

Can turn shell around even with wind blowing rower into shoreline

Can pick up speed if needed to get out of harm's way

Can launch and dock safely and efficiently



### **On Land Skills**

Correctly gets in shell

Correctly places oars in shell should be able to carry shell to water, but there are shells that are too heavy for one person to carry

Correctly checks shell before rowing

### **Water Knowledge**

Knows both rivers – where bridge, shoreline hazards, sand bars

Checks weather and river current websites to determine current conditions of safe rowing

Knows limits of ability and based on conditions will move to a safer shell or limit how far to row

### **In Case of Trouble Knowledge**

Is comfortable with probability of flipping shell and getting self and shell safely to shore and back to boathouse/tennis compound

The Solo Rower should take fewer risks and more precautions

### **Upgrading to a New Level of Shell**

#### **From Level I to II**

Has rowed 40,000 meters

Has the “On Water” and “On Land” Skills mentioned above

#### **From Level II to III**

Has rowed 120,000 meters

Can demonstrate technical maneuvers, such as arms only rowing, racing starts

Can stop a shell quickly and effectively

#### **From Level III to IV**

Given the limited inventory of these shells, it is recommended that only rowers training for regattas use these shells. If a Level I shell is broken, rowers can row the other Level I shells. If a Level IV is broken before a regatta, the competitor may not be able to compete. This is not to limit or discourage club members, but serious training goals should be practiced in these shells.

Has rowed 180,000 meters

Has rowed 100,000 of those meters solo

Has a great shell sense, for example, can stand in a shell on the water

Can easily row side by side with other shells with good navigation

### **Coxswains**

#### **Level I**

Under guidance of coach

#### **Level II**

Has coxed 40,000 meters with minimal guidance from coach

Knows hazards of both Wichita Rivers, can navigate both easily

Knows what to do in case of emergency

Demonstrates good safety skills

Knows commands for getting shell to/from river, launching, and docking



Can safely and correctly execute weigh enough, hold down and basic commands on water

### **Level III**

Has coxed 80,000 meters with minimal guidance from coach

Is fluent with coxing commands

Has a good repertoire of coxing drills

Has basic knowledge of rowing workouts and use of spm (strokes per minute)

Is interested in coxing a race (but this is not a necessity for a WRA coxswain)

Is working on successful coxing side by side with other shells

### **Level IV**

Has coxed 120,000 meters, 60,000 of those without coach guidance

Can take a crew out without a coach and provide a meaningful workout and practice

Knows drills and when each drill is appropriate to use

Is interested in motivating and personally encouraging each rower in shell

Can easily cox side by side with other shells (coxed or blind) and is working towards race steering skills even if never wishes to cox races

All rowers and coxswains regardless of Level are always encouraged to continue to improve skills and seek to help others improve theirs.

### **Damage to Equipment**

Accidents can happen, but we take lots of precautions to prevent them. All Members must be attentive during docking and shell handling. Even though the Coxswain is responsible for being in command of the shell, everyone must watch for problems. In the event of accidental equipment damage, the whole Program or individual during which the accident occurred is responsible. Responsible means to either pay for the repair, or with guidance of the equipment committee work on actual repair, or provide other services to the club to offset cost of repair at discretion of the board. Note: The club insures all equipment for accidents and loss. Any major accident or loss (in excess of insurance deductible) would be covered by club insurance.

## **REGATTAS**

Regattas that competitive members typically attend throughout the year:

WSU Erg Sprints - Wichita, Kansas (2000 meters) February

Kansas Open Indoor Rowing Championships – Topeka, Kansas (2000 meters) February

Crash B. Sprints World Indoor Rowing Championship – Boston, Massachusetts (2000 meters) February

Spring Youth Championship – Oklahoma City, OK (2000 meters) April

Tulsa Route 66 Regatta – Tulsa, Oklahoma (1000 meters) April

Great Plains Rowing Championship - Topeka, Kansas (2000 and 400 meters) May

Sunflower State Games – Topeka, Kansas (400 meter sprints) July

Royal Canadian Henley – Ontario, Canada (2000 meters) August

Head of the Oklahoma – Oklahoma City, OK (4,000 meter (2.5 mile) head race) September/October

Frostbite-Wichita, Kansas (2,500 meter head race) First Sunday in November



## WSU / WRA GUIDELINES

### General Guideline WSU - WRA working relationship (Effective 9/2005, Updated 6/06, 1/07, 1/08, 7/09)

*These guidelines will be updated as needed and mutually agreeable to both WRA and WSU crew.*

#### I. Inventory – Not currently applicable

#### II. Equipment Loans

Equipment including shells, oars, trailer, riggers, etc. may from time to time be loaned for use from one club to the other providing the following general guidelines are followed.

1. Steve Owens (204-3934) is the designated equipment representative for WRA, Brian Adamson 371-3045 is the back up. Calvin Cupp (978-5285) is the designated representative for WSU.
2. Equipment loan to be requested to and permission granted from the designated equipment representative.
3. If damage occurs to any equipment while under the use and care of the borrowing party, that club is responsible for repair to "like condition" or monetary payment in sufficient amount to facilitate third party repair to "like condition", in a timely manner.
4. A timely manner and like condition are at the discretion of the owner club's equipment representative and should be discussed at the time of loan.

#### IV. WRA Juniors

Junior Program of WRA is a vibrant and growing group within the WRA. This growth has been promoted for all interested juniors to learn and compete with the WRA junior program. As such, WRA wishes to acknowledge the junior program focus is to prepare junior rowers for potential competition as collegiate rowers and foster the sport beyond the junior WRA program. As WSU and WRA have a mutually beneficial relationship and wish to foster growth, sportsmanship, and enthusiasm for rowing in Wichita, WRA junior program will make greater efforts to promote WSU rowing to juniors and to work with WSU in preparing juniors for potential collegiate competition as potential WSU rowers. This will include joint activities at regattas, practice, within the boathouse/tennis compound, and in various summer programs.

#### V. WRA/WSU communication

A WRA - WSU liaison has been selected to coordinate issues between the WRA club and the WSU team. WRA will endeavor to gather all concerns or issues through the liaison rather than individually, with the exception of duly selected representatives who are responsible for day to day activities and have been assigned responsible status of those activities.

At this time these include:

**Junior Coaching** (6/2011) = Brian Adamson, Leah Condon (Assistant Coach)

**WRA Equipment** (6/2011) = Steve Owens, Brian Adamson, Tony Condon, Bob Lakin

**Dock** = Steve Owens (6/2011)

**LTR** = (3/2011) = Steve Owens- quick catch; Erica Kuhlman and Allen Strickler -Summer LTR Programs

**WSU Liaison** (6/2011) Eric Strickler

#### VI. Frostbite

Annually a meeting between frostbite chairman and/or WRA/WSU liaison and WSU coach will be held for purpose of establishing arrangements for event. An example of from the 2007 Frostbite arrangement as approved by WRA board August 2007 is shown below.

**WSU crew will:**

1. Host any/all participant athletes at the Heskett Center on Saturday evening prior to event. Will provide WSU coach to stay overnight as designated WSU crew representative to oversee the guests and facility.
2. Provide 3 launches and 3 sets of lifejackets and 3 launch motors (excluding gas) for use by WRA on Day of Frostbite
3. Provide use of WSU dock (WRA to move dock and return when finished using)
4. Provide stopwatches and other misc. equipment as needed and as in past

**WRA Crew will**

1. Pay \$400 to WSU Crew/ WSU crew representative
2. Waive WSU team Fee for Frostbite
3. WRA will List WSU as a contributing sponsor on appropriate materials as deemed mutually beneficial.