

# **LONG BEACH ROWING ASSOCIATION**

5750 Boathouse Lane, Long Beach, CA 90803  
Mailing Address: P.O. Box 3879, Long Beach, CA 90803  
[www.longbeachrowing.org](http://www.longbeachrowing.org)

## **GUIDELINES FOR USE**

LBRA's guidelines for rowing in Long Beach are designed to provide everyone with a safe rowing experience. Please familiarize yourself with all of the following information. If you have any questions, please ask any board member. Thank you for your cooperation.

### **GENERAL**

1. LBRA owned equipment (boats, oars, ergs, etc.) and facilities are for use by paid LBRA rowing members in good standing only. Launches/motors are for use by approved coaches only.
2. Guests are permitted on a limited basis. See the Guest Policy section in this document for limitations and your responsibilities concerning invited guests.
3. Boathouse hours of operation are 5 a.m.-10 p.m daily.
4. Quiet hours are between 5-7 a.m. and 7-10 p.m., for the respect of our neighbors.
5. The speed limit for driving down Boathouse Lane is 25 mph. (The police will ticket you for speeding)
6. Smoking inside the boathouse or on the premises is not permitted.
7. Dogs are not to be left unattended and must be leashed. Owners must ensure that dogs present no danger, annoyance or inconvenience to anyone at the boathouse.
8. Be extremely careful in the boat storage bays and on slick/wet services; never run or roughhouse in or around the boathouse.
9. Never step over a boat; always go around.
10. The last person at the boathouse is to lock all of the bays and front doors, and turn off all of the lights. If no one else is at the boathouse when you are rowing or if the activity is slowing down, lock up. Anyone having business there will know how to get in.
11. Please respect the equipment and policies of the other programs that share the facility.

### **SAFETY AND TRAFFIC PATTERNS**

1. Wear bright colored clothing or a hat to help others see you.
2. If rowing in the dark, boats **MUST** have a bow light. In addition, wearing a flashing red light can also help others see you.
3. Be aware of the strong tides when you are leaving or returning to the dock. Strong tides can make returning to the dock much more challenging for rowers at every level.
4. Do not leave the dock unless you completely understand the rules regarding right-of-way and traffic patterns. If in doubt, ask.

5. When on the water, check frequently for buoys, swimmers, floating debris, and other vessels on the water. Please warn other rowers about any special conditions that could affect their safety.
6. Row around Naples Island in a clockwise direction.
7. Rowing boats must stay on the starboard side of the waterway. *(If you are unclear about the meaning of "port and starboard," ask for clarification.)*
8. Slower boats being overtaken by faster boats should move over to give faster boats the most direct course advantage. However, when in doubt, faster boats should overtake other rowing boats using the outside lane.
9. Be extra cautious when going across the stadium at times when water skiers are present and when rowing around the corner by the Yacht Club.
10. Rowers MUST be out of Marine Stadium by 8:00 a.m. The water skiers have the right to enter at that time and will not always see you or be patient with you. Rowers may use the stadium again after sunset, check newspaper for exact sunset times.
11. Having a launch supervise a practice is added insurance for the protection and safety of the equipment and rowers. *(For more information see the Responsibility Matrix found later in this document.)*
12. Novice coxswains should always be accompanied by a launch.

## **CARRYING AND LAUNCHING BOATS**

1. Make sure you understand how to remove boats from the racks before taking them.
2. Boats should be carried close to the riggers and not at the bow and stern in order to minimize stress on equipment. Riggers should not be used to lift the boat; use the boat hull/gunnels only.
3. Put boat in proper slings to make any personal adjustment to foot stretchers. Do not adjust riggers as they are set by the LBRA Captain.
4. Inspect the boat for damage before launching. Check all nuts and bolts for tightness.
5. Report any damage to LBRA owned equipment on The LBRA Captain's Repair Sheet found near the podium in the first bay.
6. Carry oars down to the dock before bringing the boat down.
7. Close all drain and ports in your boat before leaving the dock.
8. Launch from the left side (east) of the dock, and land on the right (west) side.

## **CLEANING EQUIPMENT**

1. All boats, oars, and seats must be thoroughly rinsed and dried after each use.
2. Take special care to rinse moving parts such as seats and oarlocks.
3. Wipe tracks clean to remove any debris that could damage the seat or the tracks.
4. Hang towels neatly on the towel racks to dry for next use.
5. Recoil the water hose after each use.
6. Leave all boat drain plugs open during storage.
7. Periodically, equipment should be thoroughly washed using soap, not just rinsed.

## LOCKER & RESTROOMS

1. Leave the locker and restrooms clean and tidy after use.

## WEIGHT & ERGOMETER AREA

1. Closed toe shoes must be worn when using free weights.
2. Weights should not be used in front of the boat storage bay doors.
3. All weights must be put away after use.
4. Ergometer tracks should be wiped down after each use.
5. Ergometer handles should be left against the flywheel cage.
6. Keep music volume down. If others are using the ergs, please be considerate and ask them if the music is okay or if they would rather have it turned off.

## CHECKING OUT LBRA EQUIPMENT FOR REGULAR USE

### BOATS

1. Using LBRA boats is on a first come, first served basis. Negotiate as required with other LBRA members to resolve immediate and long-term boat usage concerns.
2. All LBRA owned boats and private boats **must** be logged in and out every time they are used. This is important in order to know who is on the water at any point of time. In addition, it serves to determine the amount of use of the facility and equipment (private and club). The logbook is located at the podium in the first bay.
3. Approval for use of any of the 'Blue Listed' boats must be obtained before use. *(For more information on 'Blue Listed' boats see the Policy on Equipment Use and Blue List sections, which are found later in this document)*
4. Any damage to LBRA owned equipment must be reported immediately to the LBRA Captain and recorded on The LBRA Captain's Repair Sheet found near the podium in the first bay. Your name and contact number must be recorded on this sheet.
5. Use of any non-LBRA owned (e.g. College, LBJC or privately owned) equipment and/or supplies by LBRA members must be approved by the respective program, coaches or private owner prior to any use.
6. Oars designated for specific boats shall not be used for other purposes without the LBRA Captain's approval.

### ERGS/ROWING MACHINES

7. Ergometer/rowing machine use by LBRA members is on a first come, first served basis. Negotiate as required with other LBRA members to resolve usage concerns. Keep in mind that ergs that are tilted up for space saving reasons are in good working order (unless marked otherwise); they may be moved for your workout to a location that is out of the way of other members. When finished, please return the erg to its proper storage location.
8. LBRA rowing members in good standing have priority on use of LBRA owned ergometers. Occasional loan usage agreements may be made by the LBRA Captain

with other programs (e.g. with LBJC Juniors, college women) as deemed necessary. However, LBRA members needing access to machine(s) may instruct participant(s) in those programs to free up machine(s) immediately. Report any problems to the LBRA Captain.

## LAUNCHES / MOTORS

9. LBRA owned launches/motors are for use by approved LBRA coaches. See LBRA Captain for access and instruction on proper handling, fueling and equipment care.

## **CHECKING OUT LBRA EQUIPMENT FOR USE AT REGATTAS**

1. A boat sign up sheet is usually posted a few weeks before a regatta. If there is no sheet, start one and post it at the podium in the first bay for all LBRA members to see and use. If the boat you want to use has already been signed up for, check race event and times to see if there would be a conflict in its use.
2. It is the boat user's responsibility to obtain LBRA Captain's approval for use of equipment for travel to regattas.
3. Boat users must assist in de-rigging, rigging, loading and unloading boats at the boathouse prior to and after the regatta as well as at the regatta site. Boats returning from regattas must be cleaned and rigged within 24 hours after return.
4. Boat users must pay for their share of the cost of transporting the boats to and from the regatta. The LBRA Captain and trailer organizer are responsible for determining costs.

## **USRowing® MEMBERSHIP**

Although USRowing membership is not required in order to be a member of LBRA, some formally organized regattas require membership in order to participate. Contact USRowing for membership details at 1-800-314-4ROW or visit them on the web at [www.usrowing.org](http://www.usrowing.org).

## **VOLUNTEER SERVICE HOURS**

Each LBRA member is expected to contribute 12 hours annually to help with regattas, work parties, special events, equipment and facility maintenance, committee activities, etc. Each time you have volunteered, complete a Volunteer Service Voucher and place it in the red box.

## **GUEST POLICY**

An individual may be invited as a guest a maximum of three times to row with LBRA owned equipment or to use a member's private equipment before being required to join LBRA. (*An example of abuse of this policy is when a member or different members bring the same individual as a "guest" more than the three times permitted, in order for the guest to avoid having to pay dues*) There is no restriction on the number of different guests that can be brought to row. The club member shall supervise the guest in the proper handling of club

equipment and also supervise the guest during rowing if the guest is either inexperienced at rowing or is unfamiliar with our waterways and traffic patterns. It is the member's responsibility to explain, and to make sure that the guest understands, proper equipment handling procedures and how our waterways and traffic patterns work.

If the guest is learning to row you should teach her/him the fundamentals in a double wherry with yourself in the bow or at the dock while you are holding on to the wherry. If your guest is learning to sweep row, only a sturdy 'General Use' 4+ is to be used. See the LBRA captain for the appropriate boat to use.

Experienced rowers visiting our area and seeking to row on a one-time basis should contact the LBRA Captain for information about available Club equipment as well as waterway and traffic patterns rules. (*Examples of such one-time rowing would include someone here on business travel looking for an opportunity to row at our club, someone here visiting a family member, etc.*) This one-time usage by experienced rowers is generally welcomed, but is limited to no more than three times per year. Guest rowers are subject to all applicable guidelines found in this document.

Prior to rowing, guests must complete the purple waiver form found at the podium in the first bay and place it in the red box. Guests must be signed in on the Rowing Log, indicating which member the guest is associated with.

Your personal boat and oars are your business and your guest may use them at your discretion, as long as the guest is not using your boat to avoid membership dues. The LBRA Board of Directors reserves the right to act in the interest of the club in these situations.

## **LEARN-TO-ROW PROGRAM**

We strongly encourage all members to recommend LBRA's Learn-to-Row program to all new people seeking to learn how to scull. The program teaches:

1. Sculling technique
2. Safety
3. Traffic patterns
4. Care of club equipment
5. Information about club equipment available for use

For more information about the Learn-to-Row program, call (562) 438-3352.

## **POLICY ON EQUIPMENT USE**

Broken shells are no fun. Repairing a damaged training boat is an inconvenience. Breaking a race boat can be disastrous. The history of accidents and near accidents with club equipment

reinforces the need to protect not only the club's investment in the club's equipment, and the equipment of club members, but also the personal safety of individuals.

LBRA has designated boats as 'General Use', 'Blue Listed', or 'Race Restricted' in an effort to preserve racing equipment and to keep the learning activity in recreational 'General Use' boats. A list of boats that are designated 'General Use,' 'Blue Listed' or 'Race Restricted' is posted in the glass case located between the first and second bays.

## **GENERAL USE**

General Use boats may be used by any LBRA rowing member in good standing.

If you are just learning to row, a good place to start is to row a wherry or trainer around Naples Island using the prescribed traffic patterns. After mastery at this level, the next step is steering a team boat, such as a pair or a double. However, the rower must ask the LBRA Captain or the President for instruction before trying this. When proficient, the rower can move into the faster four or quadruple sculls set aside as 'General Use' team boats.

## **BLUE LISTED**

Blue Listed equipment is for use only by experienced LBRA rowing members who have been approved to row specific boats.

The LBRA Captain determines which members are on the Blue List, and for which boats they are Blue Listed. Most of the Blue Listed boats require a rower to steer the boat. To be added to the Blue List the rower must satisfy the requirements and standards set in the Blue List policy. Members should know which boats on the Blue List they are qualified to row. A list of Blue Listed members is posted in the glass case between the first and second bay.

## **RACE RESTRICTED**

Top-of-the-line race boats are for race-specific training and racing only. Restricting use of race equipment prior to scheduled races reduces exposure to damage and prolongs the competitive usefulness of such equipment. Only bona fide racing combinations should row Race Restricted equipment. Race Restricted boats typically are not to be used by novices and they are not for normal daily use.

The Race Restricted boats are to be used by skilled LBRA rowing members who are Blue Listed and who are preparing for a specific race. Under special circumstances a non-Blue Listed rower may be a crewmember in a Race Restricted boat with the approval of the LBRA Captain. However, under no circumstances may a non-Blue Listed rower be the crewmember primarily responsible for the equipment. *(For more information on rower responsibility see the Responsibility Matrix found later in this document).*

Race Restricted boats are available for training use up to 30 days prior to a specific race. This does not include the Bay Series. Qualified members may train in Race Restricted boats only one day prior to a Bay Series race. Rowers must row in the race they are training for. If they fail to do so, rowers may lose Race Restricted boat use privileges.

LBRA members who make up a novice combination may practice or race in Race Restricted equipment only if the coach and LBRA Captain feel such use is appropriate. Specific approval by the LBRA Captain must be obtained in each such instance and the coach must accompany the crew on the water at all times.

## **RESPONSIBILITY AND ENFORCEMENT**

Members using club boats are responsible financially for any damage incurred. Violation of these rules could result in the cancellation of club membership.

Policy enforcement of the aforementioned policies by the LBRA Captain, the President, Board Members, or LBRA members should not be considered personal. The goal is to ensure a safe rowing experience for all. Willful non-compliance to these policies will result in proceedings that may result in expulsion from the club.

## RESPONSIBILITY MATRIX

Note:

1. All persons in a boat accept financial responsibility for damage to LBRA equipment.
2. The following table identifies the **"Person(s) with Primary Responsibility"**. This person is in charge of proper handling and care of boats both on and off the water, and is responsible for making sure all guidelines in this document are followed.
3. The following table applies to all types of any LBRA-owned 1x, 2x, 2+, 2-, 4x, 4+, 4-, and 8+.
4. A coach/launch must accompany a boat/crew where noted.
5. See LBRA Captain for published list of LBRA-owned equipment specifically classed as 'General Use', 'Blue Listed' and 'Race Restricted'.

Boat	Person(s) with Primary Responsibility			
	Bow Rower	Experienced Cox	Novice Cox'n	Coach/Launch
<b>GENERAL USE</b>				
non-Coxed	X			
Coxed (bow coxswain)			X *	X
Coxed (stern coxswain)			X *	X
<b>BLUE LISTED</b>				
non-Coxed	X			
Coxed (bow coxswain)		X		X
Coxed (stern coxswain)		X		X **
<b>RACE RESTRICTED</b>				
non-Coxed	X			X ***
Coxed (bow coxswain)		X		X
Coxed (stern coxswain)		X		X **

Notes apply only to where marked:

- \* If coxswain is Experienced, coach/launch not mandatory.
- \*\* Coach/launch mandatory for 8+ (discretionary for stern coxed 2+ and 4+).
- \*\*\* Coach/launch mandatory for 4x and 4- (discretionary for 2x and 2-).