



LAKE MERRITT ROWING CLUB

A NON-PROFIT CORPORATION INCORPORATED IN
1962 LMRC IS A MEMBER OF THE UNITED STATES
ROWING ASSOCIATION

510 273 9041
P.O. BOX 1046
OAKLAND, CALIFORNIA 94604

WWW.LAKEMERRITTRROWINGCLUB.ORG

CHECKLIST

LMRC is open to all rowers. We also offer lessons to anyone who would like to learn to row. Please check the website for upcoming classes.

In order to be sure your application is complete and can be processed, make sure you have all the items on this checklist:

1. ___ Completed application:
 - a. Please make sure your name, address and email are LEGIBLE.
 - b. Have you reviewed the rules with your coach, team rep or membership committee?
(Note - If you are a new sculler this will take place when you are checked out on equipment.)
 - c. If you are a sculler please email membership@lakemerrittrowingclub.org for a list of coaches authorized to check you out on equipment.
 - d. If you are rowing with a sweep team have your coach sign the application.
2. ___ Fees - Please be sure to enclose the current fee amount. Include an extra \$10 if you are requesting a key. Please make checks payable to Lake Merritt Rowing Club.
3. ___ Key requests - If you requested a key, include a self addressed **stamped** envelope.
4. ___ Swim Test - Your application cannot be processed UNTIL the swim test (or a copy of NADI/PADI certification) is received.
5. ___ Athlete waiver - This must be completed to process your application.
6. ___ Students - If you are requesting a student membership you **MUST** enclose proof of your current student status.



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MEMBER INFO

Please Print Legibly

Name: _____

Address/City/State/Zip: _____

Phone Number (Home/Work/Cell): _____

E-mail Address: _____

MEMBER AGREEMENT

Please Initial

I have read a copy of the boathouse rules: _____

I agree to be responsible for the cost of repairs to any club equipment which is damaged as a result of my negligence: _____

I understand that all members are required to spend the equivalent of one hour/month to help maintain club equipment in periodic work parties or projects organized by the boathouse manager: _____

SKILLS

Please Check All That Apply

I have skills in the following areas which I can offer to the club:

Boat and Equipment Maintenance _____ Regatta Administration and/or Operation _____

Coaching and/or Coxing _____ Other (carpentry, computer skills, etc.) _____

EXPERIENCE

Please Complete All That Apply

I have completed the LMRC sculling class: _____ Date class completed: _____

I have completed the LMRC sweep class: _____ Date class completed: _____

I have been checked out in (circle one) Aeros Training Single by _____ Coach's Signature

I am rowing with (circle one) Men's Women's Bay Blades Intermediates _____ Coach's Signature

I have been made aware of boathouse procedure by _____ Member's Name

I have other rowing experience (briefly describe) _____

I have no rowing experience but would like to learn: _____

I am applying as an additional family member. The primary member's name is: _____

I am under the age of 18: _____

DUES

LMRC Dues are \$360/year or \$30/month on a pro-rated schedule. Membership dues are non-refundable.

I am applying for an individual membership. \$ _____

I am applying for a family membership. (All family members must live at the same address and each family member must complete an application, swim test, and waiver.)

Primary Member Name: \$ _____

Second Member Name: \$ _____

Third Member Name: \$ _____

I am applying for an individual half-year membership. \$ _____

I am applying for a student membership. (Must be full-time; submit copy of schedule.) \$ _____

Boathouse Key (Each key \$10) \$ _____

LMRC Rowing Class Discount (\$25 discount) \$ _____

TOTAL amount enclosed \$ _____

MEMBERSHIP CONTACT

Send ALL required forms and check made payable to "LMRC" to:

Jamie Flaherty-Evans
1320 Grand Ave.
Piedmont, CA 94610

Phone: 510.334.8606
Email: membership@lakemerrittrowingclub.org

Applicant Signature: _____ **Date:** _____

(Parent /Guardian sign if applicant is a minor)



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LAKE MERRITT ROWING CLUB DUES

The membership year runs from October 1 through September 30 of the following year.

Individual half-year membership: \$180. Half-year memberships are not pro-rated.

First half-year is October 1 through March 31.

Second half-year is April 1 through September 30.

New Member dues are pro-rated as shown.

Pay the amount listed below for the current month.

Example:

You wish to purchase an individual membership and you need a key.

Today's date is February 20.

You completed the LMRC sweep class last weekend.

You would write a check to "LMRC" for \$225.00 (\$240 + \$10 - \$25 = \$225).

	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.
Individual Membership	\$360	\$330	\$300	\$270	\$240	\$210	\$180	\$150	\$120	\$90	\$60	\$30
Family Membership (All family members must live at the same address)												
Primary Member	\$360	\$330	\$300	\$270	\$240	\$210	\$180	\$150	\$120	\$90	\$60	\$30
Each Additional Family Member	\$216	\$198	\$180	\$162	\$144	\$126	\$108	\$90	\$72	\$54	\$36	\$18
Student Membership (Must be full-time; submit copy of schedule with application)	\$216	\$198	\$180	\$162	\$144	\$126	\$108	\$90	\$72	\$54	\$36	\$18

Discount for recent LMRC
rowing class graduates -\$25
Key \$10



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SWIM TEST FORM

Rower's Information:

Please Print Legibly

Printed Name: _____

Address: _____

Phone Number: _____

E-mail Address: _____

WSI or Lifeguard complete the following:

I certify that the above named person has passed the following swimming ability requirements in my presence:

1. Swim a distance of 75 feet.
2. Tread water for five minutes.
3. Swim under water for a distance of 20 feet.

WSI or Equivalent Signature: _____

Date: _____

Pool: _____

Red Cross Chapter: _____

WSI or Equivalent Expiration Date: _____



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STANDARD ATHLETE'S RELEASE FORM

In consideration of the acceptance of my application for the Lake Merritt Rowing Club, I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in said Lake Merritt Rowing Club at any of its activities. The release is intended to discharge in advance the Lake Merritt Rowing Club Inc., a California corporation, its shareholders, Board of Directors, officers and members, its promoters and sponsors, the United States Rowing Association, and promoting clubs, the officials and any involved municipalities or other public entities and their respective agents and employees, from and against any and all liability arising out of or connected in any way with my participation in said Lake Merritt Rowing Club or its activities, even though that liability may arise out of negligence or carelessness on the part of persons or entities mentioned above.

I further understand that serious accidents occasionally occur while engaged in rowing activities and that participants thereof occasionally sustain mortal or serious personal injuries and/or property damage as a consequence thereof. Knowing the risk of rowing participation, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through negligence or carelessness might otherwise be liable to me or my heirs or assigns for damages.

It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Printed Name: _____

Date: _____

Signature of Participant: _____

Date: _____

Signature of Parent/Legal Guardian, if under 18: _____

PHOTO/VIDEO RELEASE

The Participant or his/her parent/legal guardian assigns to Lake Merritt Rowing Club ("LMRC") the irrevocable and unrestricted right to use and publish photographs and/or video of the Participant, or in which Participant may be included, for editorial, trade, advertising and any other purpose and in any manner and medium, to alter the same without restriction, and to copyright the same.

Date: _____

Signature of Participant: _____

Date: _____

Signature of Parent/Legal Guardian, if under 18: _____



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CLUB INFORMATION | LMRC BOATHOUSE RULES

Part One: General Boathouse Rules

1. Members and accompanied guests using the facilities and equipment of the Club do so at their own risk. Members must be able to swim adequately with or without flotation assistance.
2. The Club is not responsible for the loss of money or property from lockers or from any part of the Club's premises.
3. Pets are not permitted in the Boathouse.
4. Smoking is prohibited in the Boathouse.
5. Alcoholic beverages are not permitted on the Club premises except in connection with organized functions approved by the Boathouse Committee or the Board of Directors. No persons shall be permitted to use Club equipment while under the influence of any intoxicant.
6. Parking is prohibited in the paved area adjacent to the Boathouse during working hours and in any areas reserved for the Cameron Stanford House employees.
7. Noise and unseemly or dangerous conduct is prohibited on the Club premises and on the Lake.
8. Children under 10 years of age are not allowed on Club premises unless accompanied by an adult.
9. Coaches shall be responsible for the conduct of their crews. They shall be familiar with the Boathouse rules and procedures and shall assist the Boathouse Manager in enforcing them.
10. All members except Coaching members are expected to spend at least 12 hours per year, or 1 hour per month of Club membership, helping in the repair and maintenance of Club facilities and equipment.
11. Failure to abide by the Boathouse Rules may result in a suspension of rowing and/or Membership privileges. Suspension shall be determined by the Boathouse Committee in accordance with Article 4 of the by-laws.
12. Boathouse keys are issued to members according to policy set by the Board of Directors. This policy shall be reviewed at the time of the General Membership Meeting, and may be revised during the membership year. Coaches and Crew Captains shall be eligible to receive a key free of charge at the discretion of the Boathouse Committee. Other members shall be eligible to receive a key after payment of any key fees and after demonstrating to the Boathouse Committee:
 - Understanding of the boathouse rules
 - Safe and careful handling of equipment on and off the water.

Part Two: Equipment Usage Rules

1. Rowing hours shall be set by the Boathouse Committee, and may be revised from time to time in accordance with policy set by the Oakland Parks and Recreation Department regarding use of the Lake. Rowing hours shall be posted on the bulletin board.
2. Boats and equipment not owned by the Club may be stored in the Boathouse upon application to and approval of the Boathouse Committee. Privately owned equipment over which the owner(s) maintain control as to use shall not be insured by the Club and may be subject to storage fees at the discretion of the Boathouse Committee and the Board of Directors. Privately owned equipment, which, at the discretion of the owner(s), may be used by Club members (with the approval of the Boathouse Committee), may be insured by the Club upon application to and approval of the Board of Directors.
3. All rowers using Club equipment are responsible for the safe use and care of the equipment while they are using it. Careless or negligent use of Club equipment by a member may result in suspension of rowing privileges at the discretion of the Boathouse Committee. At the discretion of the Board of Directors members may be liable for damage to Club equipment.
4. Equipment is classified and rowers must use only equipment for which they are qualified, or equipment of a lower classification. Qualification procedures are given in Part Three, Sculling Equipment Procedures. The classification of boats and oars shall be posted.
 - **Novice:** Equipment that is available for the use of all qualified members during rowing hours.
 - **Training:** Equipment that is restricted to use by members who have demonstrated proficiency in rowing and in equipment care and handling, and to members of an organized rowing program under the supervision of a coach.
 - **Racing:** Equipment that is reserved for racing use by competent members during race training and actual racing, upon approval of the Boathouse Committee.
5. When all equipment of one type classification is in use, members shall restrict their rowing time to one hour inclusive of time from launch to docking. Rowers should go by the dock frequently to check need, and be courteous.
6. All members and crews using any equipment in the boathouse including private equipment, shall record such in the equipment use Logbook. Record the damage of the equipment, however slight and regardless of whether it occurred before or during the member's use.
7. Members shall report immediately any damage during their use of equipment to the Boathouse Manager. If damage is severe or of a nature that further use of the equipment will compound the damage, place a note on the equipment so that it will not be used until repaired.
8. Members shall place damaged equipment near the workbench in the boathouse. This includes oars, slings or boat parts.
9. Members shall inspect equipment before and after each use. Do not use anything in damaged or questionable condition. If the damage has not been previously noted in the logbook, notify the Boathouse manager.
10. Members shall assume responsibility for their own safety while on the water. Members shall seek and obtain advice and instructions from the Boathouse manager or club- designated member regarding procedures for recovery from a tip-over on the water in sculling equipment. Coaches shall provide instruction and assistance for their crews regarding water safety with rowing equipment.

11. Wash and wipe down the outside hull of all boats and oars after each use. Wash the inside of boats whenever lake water has splashed inside or whenever there is any visible salt or dirt buildup inside.
12. Close oarlocks before putting boats back in their racks.

Part Three: Sculling Equipment Procedures

1. Handling boats on the dock
 - Check that slings are in stable condition before you use them. Broken ones can collapse or be blown over. Place broken slings near the workbench for repair.
 - When handling a boat, never allow the hull or riggers to bump or touch anything. All hulls and riggers are fragile and easily damaged.
 - Before launching, check that the following are in good working order:
 - Oar blades and tips have no splits or other breaks.
 - Sliding seats move freely on tracks.
 - Foot stretchers are firmly attached on both sides and in the middle.

Damage to the foot stretcher will occur if all three bolts do not tighten firmly and the foot stretcher can move. If you cannot use your normal or an alternative position, do not row the boat and notify the Boathouse manager.
2. Aeros
 - Handle aeros one end at a time to better control avoiding hazards (like other oarlocks). Move the aero to slings to do a pre-row check, then put it in the water one end at a time.
 - Float the boat to the end of the aero dock to install the oars and launch.
 - Launch with the hull of the boat 6 inches away from the dock to avoid hull or rigger damage when your weight shifts to the boat and the boat rides lower in the water.
 - Land the boat stern end first, to better see the boat and dock converging.
 - After washing and drying, tie the boats down in case of winds.
3. Training singles
 - Whenever there are others around, have someone help you take out and put away a single, because there is a much lesser chance for damage. If no one else is available it is permissible to do so alone, but only if you can comfortably handle the boat alone; otherwise wait.
 - If you are handling a boat alone, always place the boat in slings and roll it over. Do so by lifting the bow or stern with the other end in the sling. Otherwise there is a chance of damaging the rigging.
 - Inside the boathouse, replace singles the way you found them: bow out towards the water and upside down. Place the stern end of the gunwales, or splash boards, on the rack and the seat on the other. The seat and tracks can better support the weight.

4. Launching

- Step into the boat only on the frame structure beneath the seat tracks. Put your foot in the center at the end nearest the foot stretcher. Never put any weight on the hull, or any part of the frame structure beneath the seat or it will break. Learn to get in and out of the boat primarily on one leg, balancing yourself with your hands on the oar handles and dock.
- If your feet are small, rather than wearing shoes in the clogs, wear heavy socks or neoprene booties (aqua socks). Shoes can quickly break down leather clogs.
- Place oar blades tip up while on the dock. If someone steps on them they will be less likely to break.
- Push off or walk yourself off the dock with your hands, not the oar.

5. Handling boats on the water

- Never hit anything with the boat or oars. Damage will result and you will probably tip over.
- Before getting in the boat, look out over the lake to see what activity is going on. There will be at various times sailboats, pedal boats, canoes, launches, other scullers and sweep crews. Think ahead and remember these hazards.
- Know where the buoys are around the lake and remember they are occasionally moved by the Sailboat classes. These are the most frequently hit objects.
- Stay well away, 50 feet or more, from all shores. When the water level is low there are many submerged rocks and other objects.
- Follow the counterclockwise traffic pattern around the lake as posted on the bulletin board. Collisions between scullers and other singles and crew shells are the second most frequent accidents and are by far the most dangerous and damaging.
- Look over both shoulders frequently, every 10 strokes, to avoid hitting anything. Be especially on the lookout for other boats.

6. Docking

- Row slowly around the docks coming in, and look over your shoulders constantly. Other sculler and sweep crews will be around the docks. A frequent cause of boat damage is hitting the bow on the dock coming in too fast or not aimed properly. All club boats should enter the dock stern first to better see the conditions.
- Step out of the boat as you step in, one foot on only the center of the frame structure beneath the seat and towards the foot stretchers.
- Place the oars tip up and out of the way of foot traffic, preferably under your boat, for washing. Oars and boats all over the dock cause congestion and broken oars.
- Be sure the seat will not fall out of the tracks when the boat is picked up and turned over. If it will not stay in the tracks, take it out before you roll the boat and replace it when the boat is in the racks. Notify the Boathouse Manager.
- Do not wash the oars with the blades at the boathouse doorway and the handles on the dock, as the water will rot out the boathouse floor.

- Put boats and oars away carefully; don't rush. Carry oars one in each hand, blades forward, so as to hit nothing.

7. Sculling Qualifications

- Be sure you know your level of skill and the equipment you should and should not use. Novices may not use the training singles until they become so qualified, and no one may use racing equipment until qualified and then only in direct preparation for a race.
- A rower's level of skill is determined when he or she first joins the club. In order to advance in qualification, a rower must demonstrate to the Boathouse Manager or to a club-designated sculler proficiency in the following areas:
 - Care and safety in handling the boats and oars on the dock.
 - Basic knowledge of the working parts of a boat and oars and how to check for damage.
 - Safe handling of a boat on the water.
 - An appropriate degree of rowing skill.
- Ask other scullers for advice or instruction to increase your skill level. In the LMRC we are glad to help one another. Contact the Boathouse Manager if you wish to be checked out for a higher qualification.

Part Four: Sweep Equipment Procedures

1. Coaches and coxswains are responsible for the proper and safe handling of sweep boats on and off the water. This includes moving the boats in and out of the boathouse, on the docks and while rowing.

Whenever a boat is being handled, all rowers must be quiet and attentive to the task.

2. Check that slings are in stable condition before you use them. Do not use weakened or broken slings; place them in the boathouse for repair.
3. Each rower must check that the condition of the seat and tracks are in good working condition. Do not use seats that don't slide freely; ask the cox or coach to get one that does. If the seat will not stay in the tracks when the boat is upside down, take it out before turning the boat over so it will not fall out and break.
4. Each rower must check that the Foot stretchers are in good condition. All three fastening pins must tighten firmly; if the stretcher moves on the pins or if one pin is missing, it will rapidly wear and break. If all three pins will not fasten in the position you like, use a position where they will; do not row with a pin loose or unfastened.
5. Coaches and coxswains must notify the boathouse manager promptly of needed repairs, especially seats and Foot stretchers, so that damage will not become worse. Leave broken parts on the workbench with a note identifying the boat and the problem.
6. When getting in a boat at the dock, move the boat out and away from the dock a foot or more so that when rowers step in, the riggers are not pressing down hard on the dock. They are not meant to take weight this way and it strains the hull.
7. Do not wear shoes in the foot stretchers if your feet are small. This quickly wears and breaks the leather clogs. Wear as many socks as you need to.

8. Always hold the oars tip up when on, leaving or approaching the docks. This minimizes the chance of blade breakage.
9. Be constantly alert for other boats and buoys on the water. Know who else is on the water before you go out. Know where the buoys are and remember that they are occasionally moved by the sailboat classes. If in doubt about being able to avoid hitting something, slow down or stop, especially in the case of blind (sculling) boats.
10. Stay well away - 50 feet or more - from all shores at all times. There are many submerged objects that will severely damage a boat or oars.
11. When setting down and washing sweep oars, place them well out of the way of people walking on the docks. Always carry them blade forward so as not to hit anything with the fragile blade.
12. Wash and wipe down boats and oars after each use. Wash the inside of boats whenever lake water has gotten inside, whether by splashing or leaking, or whenever salt or dirt buildup is seen. All sweep boats must be washed inside at least once a week.