

LAKE MERRITT ROWING CLUB



MEMBERSHIP PACKET

A Non-Profit Organization Founded in 1962

LMRC is a member of the United States Rowing Association

www.lakemerrittrowingclub.org

P.O. Box 1046
Oakland, California 94604

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 e-mail address are LEGIBLE.
 - b. Have you reviewed the rules with your coach, team captain/rep or membership coordinator? (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 sculler_checkout@lakemerrittrowingclub.org to reach coaches/club members authorized to check you out on equipment.
 - d. If you are rowing with a sweep team, have your coach sign the application.
2. Fees – You can pay online or by check. To pay online go to <http://lakemerrittrowingclub.org/membership/signup/> and select the appropriate membership. If you wish to purchase a boathouse key, please mail a Self-Addressed Stamped Envelope and a check to LMRC for \$10 to the Membership Coordinator whose address is on the application form in the lower left hand corner. This will insure prompt return of a key to you. If you want a key sooner than mailing allows, please email the Membership Coordinator for alternatives. If you wish to pay by mailing your forms, the address is located on the bottom left of the form. Be sure to include the proper fee amount in a check made payable to LMRC.
3. Swim Test - Your application cannot be processed UNTIL the swim test (or a copy of NADI/PADI certification) is received.
4. Athlete Release Form - This must be completed to process your application.
5. Students - If you are requesting a student membership, you MUST enclose proof of your current full-time student status.

2016-2017 Membership Form (only fill out if paying by check)

Please print legibly

Name		Home Phone	()	<input type="checkbox"/>
Address		Cell Phone	()	<input type="checkbox"/>
City		Email		<input type="checkbox"/>
State/Zip		Check box(es) above if you want to opt-out of roster placement		
		_____(Initials)	<input type="checkbox"/> Please send me official notifications by email instead of postal mail	

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 that is damaged as a result of my negligence.	
I understand that all members are required to spend 12 hours per year to help maintain club equipment or run club events in periodic work parties or projects organized by the Boathouse Manager or Volunteer Coordinator.	

Skills: I have skills in the following areas that I can offer to the club: (please check all that apply)

Boat and Equipment Maintenance	
Regatta/Event Administration	
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): Aero Training Single Racing Single		Coach's Signature:
I am rowing with (circle one): Intermediates Men's Team (part of the Intermediates) Women's Team Scullers Team Bay Blades Novice/Recreational Team		Coach's Signature:
I have been made aware of boathouse procedure by (club member's name):		
I have other rowing experience (briefly describe).		
I am applying as an additional family member.		Primary Family Member's Name:
I am under the age of 18.		

2016-2017 LMRC Dues/Fees

(only fill out if paying by check)

Individual Membership: Full-year	\$500*	\$475 if paid before Oct 5 st . \$525 if paid after Oct 15 th . *Pro-rated at \$45/month for new members only if joining part way in the year	\$
Individual Membership: Half-year	\$250*	Oct.-Mar. and Apr.-Sept. installments. Pro-rated at \$45/month if joining part way into period	\$
Family Membership: Full-year	\$500 first member; \$315 each additional member*	\$475 if paid before Oct. \$525 if paid after Oct 15 th . Pro-rated if joining part way in the year (Ex: 1 st member pays \$45/mo. and 2 nd and additional members pay \$27/mo. each) Discount or late fee applies to first member only *Separate form required for each member	\$
Family Membership: Half-year	\$250 first member; \$160 each additional member*	Oct-Mar and Apr-Sept installments. \$25 late fee after Oct 15 th or April 15 th Pro-rated if joining part way in the year (Ex: 1 st member pays \$45/mo. and 2 nd and add'l members pay \$27/mo. each) Discount or late fee applies to first member only *Separate form required for each member	\$
Student Membership: Full-year	\$315	Full-time students only; must provide copy of schedule	\$
Student Membership: Half-year	\$160	Full-time students only; must provide copy of schedule	\$
Coach/Coxswain Membership	\$0		\$
Private Boat Storage: * Indoor	\$300	*All private boat owners must have a signed boat storage agreement on file	\$
Outdoor	\$200		\$
F-Bay (no access; duration unknown)	\$100		\$
Volunteer Hours Buyout	\$20/hour	Option provided for members unable to complete 12 hour annual volunteer hours requirement	\$
Boathouse Key	\$10 (include Self-Addressed Stamped Envelope for mailing key)	For use through Sept. 2017	\$
Learn to Row Discount	-\$35 OR 1 month free trial	You cannot take both the discount and 1 month free trial rowing	-\$
TOTAL			\$

US Rowing (USRowing.org) Membership is required for membership at LMRC at Basic Level (free) or higher. Number: _____

<p>Membership Contact Send ALL required forms and check made payable to "LMRC" to:</p> <p>Tricia Emhof 301 Mission Street, Unit 21C San Francisco, CA 94105 tricia.emhof@yahoo.com</p>	<p>Applicant Signature:</p> <p>_____</p> <p>Date:</p> <p>_____</p> <p><i>Parent/Guardian sign if applicant is a minor</i></p>
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Lake Merritt Rowing Club Swim Test Form

Rower's Information:

Please Print Legibly

Today's Date: _____

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 of Test Completion: _____

Pool: _____

Red Cross Chapter: _____

WSI or Equivalent Expiration Date: _____

LMRC 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: _____

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. (Service Dogs are the exception)
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 except in the evenings after 6 pm or on weekends all day. There are restricted dates that Camron Stanford House will advise us of and those restricted dates will be posted for members .
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/Board of Directors 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 or volunteering at Club events.
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 Membership Coordinator. Other members shall be eligible to receive a key after payment of any key fees.

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 in the Boathouse.
2. Boats and equipment not owned by the Club may be stored in the Boathouse upon application and approval. 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 Board of Directors. Privately owned equipment, which, at the discretion of the owner(s), may be used by Club members, 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 Board of Directors. 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 the 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.
 - a. **Novice:** Equipment that is available for the use of all qualified members during rowing hours.
 - b. **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.
 - c. **Racing:** Equipment that is reserved for racing use by competent members during race training and actual racing, upon approval of the Board of Directors.
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. This includes boats, oars, slings or boat parts.

8. 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 on the Equipment Repair Board, notify the Boathouse Manager.
9. 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.
10. 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.
11. Close oarlocks before putting boats back in their racks.

Part Three: Sculling Equipment Procedures

1. Handling boats on the dock
 - a. Check that slings are in stable condition before you use them. Broken ones can collapse or be blown over. Label broken slings needing repair.
 - b. When handling a boat, never allow the hull or riggers to bump or touch anything. All hulls and riggers are fragile and easily damaged.
 - c. Before launching, check that the following are in good working order:
 - i. Oar blades and tips have no splits or other breaks.
 - ii. Sliding seats move freely on tracks.
 - iii. Foot stretchers are firmly attached on both sides and in the middle.
 - iv. 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 via the Equipment Repair Board.
2. Aeros
 - a. 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.
 - b. Float the boat to the end of the aero dock to install the oars and launch.
 - c. 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.
 - d. Land the boat stern end first, to better see the boat and dock converging.

e. After washing and drying, tie the boats down in case of winds.

3. Training singles

- a. Whenever there are other rowers 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.
- b. 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.
- c. Inside the boathouse, replace singles the way you found them.

4. Launching

- a. 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.
- b. 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.
- c. Place oar blades tip up while on the dock. If someone steps on them they will be less likely to break.
- d. Push off or walk yourself off the dock with your hands, not the oar.

5. Handling boats on the water

- a. Never hit anything with the boat or oars. Damage will result and you will probably tip over.
- b. 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.
- c. Know where the buoys are around the lake and remember they are occasionally moved. These are the most frequently hit objects.
- d. Stay well away, 50 feet or more, from all shores. When the water level is low here are many submerged rocks and other objects. You can get a sense of the level of the lake by looking and the steepness of the Boathouse ramps.
- e. Follow the counterclockwise traffic pattern around the lake as posted in the Boathouse. Collisions between scullers and other singles and crew shells are the second most frequent accidents and are by far the most dangerous and damaging.
- f. Look over both shoulders frequently, every 10 strokes, to avoid hitting anything. Be especially on the lookout for other boats.

6. Docking

- a. Row slowly around the docks coming in, and look over your shoulders constantly. Other scullers and sweep crews will be around the docks. A frequent cause of boat damage is hitting the bow on the dock by coming in too fast or not being properly aligned. All club boats should enter the dock stern first to better see the conditions.
- b. 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.
- c. 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.
- d. 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 via the Equipment Repair Board.
- e. Put boats and oars away carefully; don't rush. Carry oars one in each hand, blades forward.

7. Sculling Qualifications

- a. 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.
- b. 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, a coach, or to a club-designated sculler proficiency in the following areas:
 - i. Care and safety in handling the boats and oars on the dock.
 - ii. Basic knowledge of the working parts of a boat and oars and how to check for damage.
 - iii. Safe handling of a boat on the water.
 - iv. An appropriate degree of rowing skill.
- c. Ask other scullers for help if you need it. In LMRC we are glad to help one another. Take a sculling clinic to improve your skills. Contact sculler_checkout@lakemerrittrowingclub.org 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; label and 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 via the Equipment Repair Board of needed repairs, especially seats and foot stretchers, so that damage will not become worse. Label any broken parts/boats by 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 out and breaks down the leather clogs. Wear socks or aqua socks as needed. Always hold the oars tip up when on, leaving or approaching the docks. This minimizes the chance of blade breakage.
8. 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. If in doubt about being able to avoid hitting something, slow down or stop, especially in the case of blind (sculling) boats.
9. 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.
10. 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.
11. 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.