

Fredericton Rowing Club

Tiered Equipment Usage Policy

Overview:

FRC owns over a dozen rowing shells and dozens more oars and various other rowing and racing equipment. This policy is in place to help ensure that rowers are placed with equipment that best suits their current skill levels and hopes to limit damage and wear from inappropriate or excessive use of FRC's substantial fleet. This policy will provide guidelines to be used by coaches and other appropriate volunteers or FRC staff.

Equipment Classification:

The following classifications will be assigned to FRC equipment as seen fit by the coaches and staff and approved by the board.

>Tier 1 Equipment:

Top level "Olympic Caliber" equipment. Competitive racing shells. Reserved for rowers who can demonstrate the skills and abilities consistent with the intended use of these top level and most expensive shells. This policy outlines the evaluation to be completed for a rower to be newly qualified for use of Tier 1 equipment.

>Tier 2 Equipment

Intermediate level equipment. Recreational or older competitive racing shells. Reserved for rowers who have completed a LTR course and have demonstrated to the coaches' satisfaction that they can handle the equipment appropriately on and off the water.

>Tier 3 Equipment:

LTR and entry level equipment.

Tier 1 Equipment Usage Guidelines

Tier 1 Equipment may be used by:

Tier 1 qualified rowers.

Tier 2 rowers in a crew which has at least 50% Tier 1 rowers. Coach's discretion.

Tier 2 rowers when the Coach allows use of Tier1 equipment due to availability or other extenuating circumstances.

Tier 1 Qualification Evaluation

Rowers will be evaluated before they are moved from Tier 2 to Tier 1 qualification. At a minimum the following skills are to be demonstrated by the rower:

- Able to properly handle equipment moving in and out of the boathouse
- Consistently conducts full and proper inspection of equipment BEFORE launching
- Able to launch with proper technique and handling
- Able to stop the boat on command (within 7 seconds of command)
- Able to turn boat 360 degrees in either direction
- Able to back down to target (i.e.: stake boat starting dock)
- Safely and consistently parallel park the boat dockside without aid (in reasonable weather conditions)
- Able to navigate (look and adjust course) without having to stop
- Able to safely respond to coaches and other navigational instructions
- Able to safely navigate when rowing in lanes, side by side, and when passing other crews without coaches aid (No crashes, no interfering, and within close proximity of other boats, i.e. 1-2 lanes apart)
- Safely execute racing starts: maintain stability and lane
- Able to row in both stroke and bow seat in any crew
- MUST always heed coaches and officials commands and signals
- MUST have knowledge of the RCA safety regulations
- MUST maintain proper course and traffic patterns
- MUST maintain awareness of other boats and obstacles on water and land.
- Consistently perform proper maintenance on equipment after use.
- Consistently demonstrates good judgment regarding athlete and equipment safety

It is recommended that as often as possible on water skills be demonstrated in a single.

When the evaluation has been completed successfully the rower will be given a Tier 1 qualification. If the rower needs improvement in one or more areas the evaluator will notify them. The rower may request re-evaluation once areas for improvement have been addressed.