

NRR Policies and Rules for Members

As a current member of Navesink River Rowing, one who has paid this year's membership fees, completed an application, and signed waiver forms, you are entitled to use NRR facilities and equipment. You are also expected to follow the NRR policies and rules listed below.

■ **Shell Selection.** NRR makes a variety of single shells and multiple seat shells available to members. Some are appropriate for beginners, others for intermediate level rowers, still others for more advanced rowers or racers. *Row only the classes of shells that are suitable for your ability level.* If you are unsure about which shells are best for you, consult a coach.

Always return your boat and oars to the same rack you removed them from.

■ **Logbook.** NRR maintains a monitored logbook to keep track of members on the river, to convey river conditions to fellow rowers, and to note problems with boats. All rowers, including private boat owners, must log out each time they row and log in when they return. **Log is located on the shed door.**

■ **Personal Flotation Devices (PFD).** For safety, wear a personal flotation device or have one on board each time you row. NRR-owned life vests (in the shed) are unwieldy to row in but can be placed behind the foot stretchers in most shells. Or you may choose to purchase an inflatable vest or fanny pack that can be worn comfortably while rowing

■ **Traffic Pattern.** Unless prohibited by weather, row East (towards the Oceanic Bridge in Rumson) on the South (Fair Haven) side of the river and West (back toward Red Bank) on the North (Middletown) side. This greatly reduces the risk of colliding with another rower.

■ **Lights.** If you are on the river before sunrise or after sunset, use adequate lighting. Several options are available in the shed.

■ **Buddy up** for safety. All rowers are encouraged to row in pairs or groups.

■ **Youth rowers.** Youth members (under age 18) may use NRR boats and equipment *only* when under the direct supervision of a coach during rowing sessions designated specifically for youth. Rowers under 18 who want to use their own boats and equipment without the level of supervision described here can do so if their parents or legal guardians agree to it in writing and absolve NRR of all liability.

■ **Visiting rowers** with rowing experience may row gratis for one week if they have received permission from the NRR coach and have signed waiver forms.

■ **Damage to boats.** If damage (besides normal wear and tear) occurs to any NRR boat, each rower using the boat at the time the damage occurs shall be responsible to NRR for the lesser of \$100 or the actual cost of repair. This responsibility applies during any use (including but not limited to) use on the water, transport to the water, or transport to an event; but shall not apply to participants in the youth program or beginner sculling lessons

■ **Transporting boats.** Any member wanting to transport an NRR boat to a regatta or other rowing location must obtain prior permission from the NRR board.

■ **Launch use.** Only members designated by the board may operate NRR coaching launches and only for official NRR activities.

■ **Use of shells and oars:**

Before Rowing: Close the hatch, and examine shell for damage or unsafe conditions (such as missing drain plug, hatch, or seat, loose rigger, oarlock, or foot stretcher). Fix any problems before rowing, or red-tag with a tag from the shed, log problems, and choose another shell.

At the Beach: Keep shells off the beach. Before getting into the shell make sure the stern is in water deep enough to keep the skeg (fin) from hitting bottom when you get in.

After Your Row: Wash all equipment taken on the water. Wash off all sand, dirt, scum from boats (inside, outside, caring especially for oarlocks and seat tracks) and oars.

Storage: Carry the boat to its designated rack—the one with the same label as the shell-- place it bow in or out (depending on the label which should be showing), and strap it down. Close the oarlock gates, open the hatch. Return oars to the shed. **Remember to red-tag unsafe equipment.**

Log-out. Include comments on equipment, weather conditions or other matters as needed.

Lock up. Determine if you are the last rower(s) in by checking the log book and/or looking to see if shells are missing from the racks. If you are, lock the shed before you leave.

NRR members who do not follow rules and policies risk having their rowing privileges suspended or revoked.

A few words about weather...Although each rower has a different tolerance level for choppy water, wind, and other quirks of the Navesink River, we recommend that you check the forecast before you row and follow these guidelines:

■ **Lightning:** DO NOT row during storms involving lightning. If you can see lightning, even at what seems to be quite a distance, DO NOT LAUNCH. If you spot lightning while on the water, HEAD BACK TO NRR IMMEDIATELY. If it starts to storm before you get back, pull into the nearest shore and wait it out.

■ **East and West Winds** of more than **5 mph** pose a major challenge for rowers. Many of us avoid rowing at all under those conditions. Others take out more stable boats and stick to rowing back and forth in one of the coves or near the Cooper Bridge. We recommend the former.

■ **North and South winds** are tolerable at higher rates and can be coped with by rowing along the shore on the side of the river the wind is coming from. If this places you against traffic patterns, be extra careful about looking out for other rowers who won't be expecting you there.

■ **Generally** (and obviously) speaking, if you see white caps on the water or larger boats than the ones we row being bounced around in the boat mooring field, you are better off not rowing.

More common sense: The sun is almost always stronger than you think. Protect yourself with sunscreen. * Wear a hat or visor. * Take a bottle of water with you (and drink it!) * Mosquito repellent is also recommended.