



Radnor Girls Crew Club Fall Season General Information

RGCC offers the following programs:

1. **FULL-TIME FALL CREW:** Varsity/JV Programs (returning athletes only) and Freshman/Novice Program. There are no try-outs for fall crew. Anyone not participating in another fall sport is welcome to join the Fall Program. **Cost is \$500.** The RGCC is proud to be able to offer a limited amount of need-based financial assistance to qualified athletes, which will cover up to 50% of dues. For more information and an application, please email RGCCaid@radnorcrew.org. Please be assured that we will treat all financial aid requests and related information with the utmost confidentiality.
2. **SUNDAY SWINGS:** These are informal practice sessions for former athletes who are participating in a fall sport other than crew. The object of these sessions is to allow everyone to get in a boat once a week in preparation for the spring season. Sunday Swings occur most Sundays, usually from 11:00 a.m. to 1:00 p.m. (subject to change). There is no cost to participate.

WHAT YOU NEED TO KNOW

- Location:** Programs are administered at the Hines Rowing Center in Conshohocken. Directions are included in the RGCC Handbook and on the RGCC website (www.girls.radnorcrew.org).
- Schedule:** The Varsity/JV pre-season begins Tuesday, September 6, 2011, with returning athletes invited to informal practices beginning August 30. The season concludes in late November. The Freshman/Novice program begins Tuesday, September 13, 2011 and also concludes in late November. New and prospective athletes and their parents are encouraged to attend the beginning-of-season club meeting, which will be held in Room 150 at Radnor High School on Tuesday, September 13, 2011.
- Forms:** Athletes must complete and return all of the attached forms before they are permitted to participate. Athletes with incomplete forms or missing payment will not be allowed to participate. Information on how to submit completed forms is available on the checklist which follows.
- Questions:** Please contact RGCC Secretary Karen Fitch with any questions at (610) 306-0269 (c), (610) 527-8193 (h), or RGCCsecretary@radnorcrew.org.



Radnor Girls Crew Club Fall Season Registration Checklist

Athlete's Name: _____ Grade Entering: ____

Did you participate in RGCC's learn-to row camp? Yes ____ No ____

All forms are included in this packet, and all forms must be submitted.

1. ____ Fall Season Registration Form
2. ____ RGCC Waiver and Release of Liability
3. ____ RGCC Athlete Expectation Form
4. ____ US Rowing Release of Liability (2011 version)
5. ____ Stotesbury Cup Regatta Waiver of Liability
6. ____ Hines Rowing Center Code of Conduct
7. ____ RGCC Permission for Medical Treatment
8. ____ RGCC Safety Manual Acknowledgement
9. ____ PIAA Comprehensive Initial Pre-Participation Physical Evaluation Form
10. ____ \$500 Fall Season Dues Check

**Make a copy for yourself and return all forms and your check,
by the earlier of your first day of practice or September 6, 2011 (returning athletes)
or September 13, 2011 (freshman/novice athletes), to:**

**Karen Fitch
142 Wooded Lane
Villanova, PA 19085-1449**

Athletes may not participate without all forms and payment having been submitted.

**If you have any questions, contact RGCC Secretary Karen Fitch at (610) 306-0269 (c), (610) 527-8193 (h), or
RGCCsecretary@radnorcrew.org.**



Radnor Girls Crew Club Fall Season Registration Form

Athlete's Name: _____ Grade: _____ Home: (____) _____
Address: _____
City: _____ Zip: _____ Cell: (____) _____
Email: _____

Mother's Name: _____ Home: (____) _____
Address (if different): _____ Work: (____) _____
City: _____ Zip: _____ Cell: (____) _____
Email: _____

Father's Name: _____ Home: (____) _____
Address (if different): _____ Work: (____) _____
City: _____ Zip: _____ Cell: (____) _____
Email: _____

Emergency Contact #1: _____ Home: (____) _____
Relationship: _____ Work: (____) _____
Cell: (____) _____

Emergency Contact #2: _____ Home: (____) _____
Relationship: _____ Work: (____) _____
Cell: (____) _____

Do you have any medical conditions that the coaches should be aware of? Yes ___ No ___
If yes, please explain: _____

Do you participate in a:
Winter Sport? Yes No If yes, what sport? _____
Spring Sport? Yes No If not crew, what sport? _____

Important Information Regarding RGCC Communications

Every parent and athlete will be subscribed to the RGCC email distribution list. Others may also subscribe by sending an email to RGCCsubscribe@radnorcrew.org. Subscribers receive Puddles (the weekly newsletter of the RGCC) and important information regarding club activities, including race result updates.

Radnor Girls Crew Club
Waiver and Release of Liability

IN CONSIDERATION of being given the opportunity to participate in the Radnor Girls Crew Club and to utilize the Hines Rowing Center facilities, I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of rowing activities, both on the water and land based, that I am qualified, in good health, and in proper physical condition to participate in such activities, and that I am able to swim.

2. FULLY UNDERSTAND that:
 - (a) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death ("risks");
 - (b) these risks may be caused by my own actions, or inactions, the actions of others participating in the Radnor Girls Crew Club, or the negligence of the "releasees" named below;
 - (c) I am responsible for arranging for my own transportation to and from Radnor Girls Crew Club practices, regattas and other events and, while the club may help facilitate the organization of transportation (by carpool or otherwise), I, alone, accept full responsibility and all risks; and
 - (d) there may be other risks and social and economic losses either not known to me or not foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Radnor Girls Crew Club activities.

3. AGREE AND WARRANT that I will examine and inspect each activity in which I take part and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the activity and will refuse to take part in that activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue Hines Rowing Center, located at 801 Washington Street, Conshohocken, PA 19428, Radnor High School and the Radnor Girls Crew Club, their administrators, coaches, directors, agents, officers, volunteers and employees, and other participants, and, if applicable, owners and lessors of premises on which the activities take place (each considered one of the releasees herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost which may incur as a result of such a claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, and understand that I have given up substantial rights by signing it and have signed it freely and without any induction or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force.

Printed Name of Participant:

Date of Birth: _____

Street: _____

City: _____ **State:** ____ **Zip Code:** _____

Participant's Signature (only if age 18 or older):

Date: _____ **Phone:** _____

PARENTAL CONSENT

(if participant is under the age of 18).

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each such Releasee from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian:

Street: _____

City: _____ **State:** ____ **Zip Code:** _____

Parent/Guardian's Signature (only if participant is under the age of 18): _____

Date: _____ **Phone:** _____

Radnor Girls Crew Club

Athlete Expectation Contract

ACADEMIC ELIGIBILITY – Same rules apply as to any other Radnor High School sport or activity.

DRUG, ALCOHOL & TOBACCO USE – Using any of these three items is detrimental to any athlete, illegal and will not be tolerated by your coaches and board members. Our policy for these infractions is the same as Radnor High School policy – not to mention the law.

ATTENDANCE – **Every** practice is important. You are expected to attend each one. Two *unexcused* (defined as ‘just didn’t show up’) absences and you will no longer be a member of the team. If you are not in school by 11:00 AM, you may not participate in practice. In order to compete in any regatta, you must participate in at least 4 of the 5 scheduled practices for that week. **Racing privileges and priority will go to those who make our training a priority. This means if you insist on missing large chunks of time throughout the season, you will still be welcome on this team, however, your racing may be compromised.**

NOTICE OF LATENESS/ABSENSE: If you know in advance that you cannot make it to practice or will be late, call or email a coach the night before or that day by 1 PM. We will not wait to boat you if you are late, nor will we rearrange to fill your seat. At a minimum, your boat mates for that day will remain on land and erg. Missed practices may result in the potential of losing your seat.

ATTITUDE – You are expected to come to practice and races with a positive attitude about your team and your training. If something comes up that is bothering you for 48 hours or more, it is officially a **problem**. Please see your coaches or captains in order to resolve the issue.

SAFE DRIVING – As young adults it is your responsibility to respect traffic laws and be sure you and your passengers arrive safely. You will have more than enough time to get to and from practice within the speed limit. Showing up late is bad; showing up with a ticket is unacceptable.

RACE DAY COMMITMENTS – Rigging and de-rigging boats are race day standards and team responsibilities. You will be expected to take part in both of these activities. Skipping these responsibilities will affect your racing opportunities. Athletes racing, other than your boat, are still part of your team. You will be expected to be around before and after your race to cheer on your teammates. Prior arrangements to leave may be made with the coaches through your parents, but should not be abused.

OUTSIDE COMMITMENTS – You are encouraged to partake in other activities, but please don’t stretch yourself so thin that you are detracting from your team. If you can already anticipate missing upwards of 5 practices due to other commitments – please reconsider joining this team.

I have read, understand and agree to follow terms stated above.

SIGNED _____ (Athlete) _____ (Date)

SIGNED _____ (Parent/Guardian) _____ (Date)

Release of Liability

Fax: 609-924-1578



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/10 – 12/31/11, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death (“Risks”); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Release named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

USRowing # _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant’s Signature: _____

Organization: _____

PARENTAL CONSENT

(if participant is under the age of 18).

AND I, the minor’s parent and/or legal guardian, understand the nature of rowing activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian:

Address: _____

City _____ State _____ Zip _____

Phone: _____ Date: _____

Parent/Guardian Signature (only if participant is under the age of 18): _____

This is THE USRowing Release of Liability, which should be copied for your use.

Stotesbury Cup Regatta - Waiver of Liability

IN CONSIDERATION of being given the opportunity to participate in the **Stotesbury Cup Regatta** ("Regatta") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of rowing activities, both on the water and land based and that I am qualified, in good health, and in proper physical condition to participate in such Regatta.

2. FULLY UNDERSTAND that:

- (a) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death ("risks");
- (b) (b) these risks may be caused by my own actions, or inactions, the actions of others participating in the Regatta, the condition in which the Regatta takes place, or the negligence of the "releasees" named below;
- (c) (c) there may be other risks and social and economic losses either not known to me or not foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Regatta.

3. AGREE AND WARRANT that I will examine and inspect each Regatta in which I take part and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Regatta and will refuse to take part in the Regatta until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue Schuylkill Navy, USRowing, the Regatta, their administrators, directors, agents, officers, volunteers and employees, and other participants, regatta organizers, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Regatta take (each considered one of the releasees herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost which may incur as a the result of such a claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any induction or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force.

Printed name of Participant: _____

Street: _____

City: _____

State and ZIP: _____

Phone: _____

Date: _____

Participant's Signature (only if age 18 or over):

Parental Consent - required if participant is under the age of 18

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS, each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost that may incur as the result of any such claim.

Printed name of Parent/Guardian: _____

Street: _____

City: _____

State and ZIP: _____

Phone: _____

Date: _____

Parent/Guardian's Signature (required if participant is under the age of 18):

Hines Rowing Center

Code of Conduct

Hines Rowing Center (HRC), the Whitemarsh Boat Club (WBC), and Tenants cooperatively require compliance with property and house rules, as well as any existing club or team rules. Violation of the Code of Conduct will result in expulsion from the HRC property; criminal prosecution and personal financial liability.

1. Rowers must comply with all rules and regulations of HRC to ensure its smooth operation as a multi-school facility for Junior, Collegiate and Masters rowers. Any violation of rules could result in reprimands, penalties, suspension, and ultimately, expulsion from the rowing program.
2. Rowers must respect all HRC property and equipment; any defacement of property or “graffiti” is considered vandalism and will be treated as such with local authorities.
3. HRC is a multi-team facility. Good sportsmanship is promoted at all times on and off the water. Respect for self, teammates, coaches, HRC members, officials, and other teams, clubs, and camps rowing out of HRC is to be shown.
4. Rowers are not permitted to engage in dangerous horseplay while on HRC grounds. Rowers are expected to be aware their surroundings at all times. The launching of boats can be very hazardous; the sport of rowing is the priority at all times.
5. Littering is prohibited. Disposable plastic water bottles are prohibited. Rowers must carry their own reusable water bottles. In an effort to “go green” HRC has provided recycling containers as well as trash receptacles. Rowers are expected to pick up after themselves.
6. Rowers must comply with HRC housekeeping rules while in the HRC Locker Room, Shower and Toilet areas. These areas must be kept neat and clean.
7. Rowers may not change in their cars or in the Parking lot.
8. Rowers are to refrain from disrespectful conduct including verbal abuse and profane language of each other and anyone on the Upper Schuylkill waterway.
9. Rowers and parents must park in the designated parking area, not in the coaches’ and WBC member parking area. Speeding and reckless driving are against the law and dangerous. Rowers involved in such behavior in the parking lot and on Washington Ave. will be banned from HRC property.
10. Swimming off the docks is prohibited.
11. Out of respect to the other schools that use the docks simultaneously, launching and landing of shells must be done *very quickly* within the allotted time window for each program. All stretcher and height adjustments must be done in the boathouse prior to launching, or on the water, not while on the dock. Oars must be staged on the dock prior to bringing the boat down to the dock, and oars must be removed IMMEDIATELY after landing.

12. While on the HRC property, all rowers must wear shirts; no bare tops or sports bras.
13. The possession of alcohol or any illegal substance is prohibited and will be prosecuted to the full extent of the law. No smoking on the HRC property.
14. Illegal possession, carrying or discharge of any explosive, firearm, or other weapon will be prosecuted to the full extent of the law.
15. Rowers and programs are responsible for damage to HRC property, equipment, and infrastructure while on site.
16. Launches are to be secured and motors stored properly at end of season.
17. Gas containers are to be properly stored and locked up **daily**.
18. Logging in and out while rowing is required.
19. Bow balls are required on all boats prior to leaving the dock.
20. Minimal usage of all utilities is everyone's responsibility.
21. No student should be on site or on the water without either a coach or a parent physically present at the Facility.

Violation of the HRC Code of Conduct will result in the following:

First Offense – Notification of the responsible coach by HRC management of an infraction of HRC Code of Conduct. Internal team or club discipline will take over (except in the case of violations of law, including vandalism.)

Second Offense – Notification to the responsible coach, suspension from the HRC Property for one week, notification of Athletic Director or sponsoring organization.

Third Offense – Notification to responsible coach and Athletic Director resulting in suspension from HRC for one year.

HRC retains the right to suspend entire teams for cumulative offenses of individuals on that team.

I have read, understand and agree to follow terms stated above.

SIGNED _____ (Athlete) _____ (Date)

SIGNED _____ (Parent/Guardian) _____ (Date)

Radnor Girls Crew Club
Permission from Parent or Guardian for Medical Treatment

Last Name First Initial Grade Entering

School District Student Birth Date

CONSENT:

As a parent/guardian, I expect every reasonable effort will be made to contact me in order to receive my specific authorization before any treatment is undertaken.

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Street Address City State Zip

If parent cannot be reached, call:

1. _____
Name Telephone # Relationship
2. _____
Name Telephone # Relationship

In the event of an emergency requiring medical attention, I grant permission to a physician or other hospital personnel designated by the Radnor Girls Crew Club coaching staff to attend to my daughter.

Print Parent/Guardian Name Signature Parent/Guardian Date

Family Physician: _____ Telephone #: _____

Dentist: _____ Telephone #: _____

INSURANCE COVERAGE:

You are required to provide medical insurance coverage in order to participate in the RGCC. This certifies my child has proper and adequate coverage.

Insurance Company Policy No. Group No. Phone Number

Primary Subscriber Name Subscriber Social Security#

Does your child wear contacts or glasses? Yes No

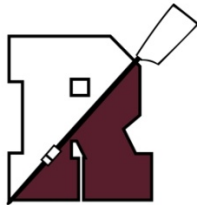
Has your child ever had:

1. asthma? Yes No
2. diabetes? Yes No
3. kidney injury? Yes No
4. heart condition? Yes No

If yes to any of the above, please explain:

List any medications your child is allergic to: _____

Please note any condition other than stated above that a physician should be made aware of?



Radnor Girls Crew Club

Safety Manual Acknowledgement

I acknowledge that I have received, read, and understand the Radnor Girls Crew Club Safety Manual, and I agree to follow all of the safety rules set forth in the Safety Manual. I understand that I must obey these rules to ensure my own safety and that of my fellow teammates and coaches. I will cooperate to the fullest extent with my coaches and fellow teammates to maintain a safe rowing environment. I will follow the oral and written instructions provided by the coaches. I am aware that any violation of the Safety Manual protocols that results in unsafe conduct may result in my removal from the boat, removal from the boathouse, and/or dismissal from the team.

Printed Name of Athlete:

_____ Date: _____

Athlete's Signature:

_____ Date: _____

Parent/Guardian's Signature (only if athlete is under the age of 18):

_____ Date: _____

PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION

Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school, the student is required to complete a physical evaluation. A student completing a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) need not have a re-certification for a period of twelve (12) months, unless the student suffers a serious illness or injury within those twelve (12) months.

Students seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests through the CIPPE must have the appropriate person(s) complete the first four Sections of this form (Sections 5 and 6 should be completed only if a re-certification becomes necessary). Upon completion of Sections 1 and 2 by the parent/guardian, and Section 4 by a licensed physician of medicine or osteopathic medicine, those Sections must be turned in to the student's school for retention by the school. Upon completion, Section 3 may be retained by the student and/or the student's physician.

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

PERSONAL INFORMATION

Student's Name _____

Current Physical Address _____

Current Home Telephone # () _____ Current Cellular Telephone # () _____

EMERGENCY INFORMATION

Emergency Contact Person's Name _____ Relationship _____

Address _____ Telephone () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone () _____

Student's Allergies _____

Student's Health Condition(s) of Which an Emergency Physician Should be Aware _____

Student's Prescription Medications _____

Student's Immunizations (e.g. tetanus/diphtheria; measles, mumps, rubella; hepatitis A, B; influenza; poliomyelitis, pneumococcal; meningococcal; varicella):

Up to date (see attached documentation)

Not up to date Specify _____

SECTION 2: CERTIFICATION OF PARENT/GUARDIAN

The student's parent/guardian must complete all parts of this form.

A. I hereby give my consent for _____ born on _____ who turned _____ on his/her last birthday, a student of _____ School and a resident of the _____ Public School District, to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the 20____ - 20____ school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

Sport	Signature of Parent or Guardian
Baseball (Spring)	
Basketball (Winter)	
Bowling (Winter)	
Cross Country (Fall)	
Field Hockey (Fall)	
Football (Fall)	
Golf (Fall)	
Gymnastics (Winter)	
Lacrosse-Girls (Spring)	
Rifle (Winter)	
Soccer (Fall)	
Soccer-Girls (Spring)	
Softball (Spring)	
Swimming & Diving	
Tennis-Girls (Fall)	
Tennis-Boys (Spring)	
Track-Indoor (Winter)	
Track & Field (Spring)	
Volleyball-Girls (Fall)	
Volleyball-Boys (Spring)	
Water Polo (Fall)	
Wrestling (Winter)	

B. **Understanding of eligibility rules:** I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices or Scrimmages and Contests involving PIAA member schools. Such requirements include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature _____ Date ____/____/____

C. **Disclosure of records needed to determine eligibility:** To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the seventh grade, of the herein named student specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, health records, academic work completed, grades received, and attendance data.

Parent's/Guardian's Signature _____ Date ____/____/____

D. **Permission to use name, likeness, and athletic information:** I consent to PIAA's use of the herein named student's name, likeness, and athletically related information in reports of Inter-School Practices or Scrimmages and Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

Parent's/Guardian's Signature _____ Date ____/____/____

E. **Permission to administer emergency medical care:** I consent for a licensed physician of medicine or osteopathic medicine to administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices or Scrimmages and Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby assume and agree to pay indebtedness or physicians' and surgeons' fees and hospital charges for such emergency medical care.

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 3: HEALTH HISTORY

**Explain "Yes" answers at the bottom of this form.
Circle questions you don't know the answers to.**

		Yes	No			Yes	No
1.	Has a doctor ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	22.	Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>
2.	Do you have an ongoing medical condition (like asthma or diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>	23.	Has a doctor ever told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>
3.	Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	24.	Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	25.	Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>
5.	Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	26.	Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>
6.	Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	27.	Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
7.	Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28.	Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
8.	Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29.	Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
9.	Has a doctor ever told you that you have (check all that apply): <input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection			30.	Have you had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
10.	Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	31.	Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>
11.	Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	32.	Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>
12.	Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	33.	Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
13.	Has any family member or relative died of heart problems or of sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	34.	Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
14.	Does anyone in your family have Marfan syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	35.	Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
15.	Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	36.	Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
16.	Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	37.	When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>
17.	Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, that caused you to miss a practice or Contest? If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>	38.	Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
18.	Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	39.	Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
19.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	40.	Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
				41.	Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
				42.	Are you happy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>
				43.	Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
				44.	Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
				45.	Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
				46.	Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
				FEMALES ONLY			
				47.	Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
				48.	How old were you when you had your first menstrual period?	_____	
				49.	How many periods have you had in the last 12 months?	_____	
				50.	Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>

No(s).	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 4: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION AND CERTIFICATION OF PHYSICIAN

Must be completed and signed by the licensed physician of medicine or osteopathic medicine performing the herein named student's comprehensive initial pre-participation physical evaluation.

Student's Name _____ Age _____

Enrolled in _____ School Sport(s) _____

Height _____ Weight _____ % Body Fat (optional) _____ Pulse _____ BP _____ / _____ (_____ / _____ , _____ / _____)

Vision R 20/ _____ L 20/ _____ Corrected YES NO (circle one) Pupils: Equal _____ Unequal _____

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form and further certify that the student does not have any communicable illness or condition, which would pose a danger to teammates and/or competitors:

CLEARED **CLEARED**, with recommendation(s) for further evaluation or treatment for: _____

NOT CLEARED for the following types of sports (please check those that apply):
 COLLISION CONTACT NON-CONTACT STRENUOUS MODERATELY STRENUOUS NON-STRENUOUS

Due to _____

Recommendation(s)/Referral(s) _____

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (circle one) Date ____/____/____

SECTION 5: PIAA RE-CERTIFICATION BY PARENT/GUARDIAN

This form must be completed by the parent/guardian of any student who (1) previously participated in PIAA interscholastic athletic competition, pursuant to a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) subsequent to completion of the CIPPE (a) suffered an illness or injury which rendered the student unable to participate in 25% or more of the Regular Season Contests in the immediately preceding sports season and/or (b) suffered an illness or injury which resulted in absence from school for ten (10) or more days, or which required surgery.

SUPPLEMENTAL HEALTH HISTORY

(Attach Section 3: HEALTH HISTORY from CIPPE to this form)

Student's Name _____ Age _____

Sport(s) _____

CHANGES TO PERSONAL INFORMATION (In the spaces below, identify any changes to the Personal Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Current Physical Address _____

Current Home Telephone # () _____ Current Cellular Telephone # () _____

CHANGES TO EMERGENCY INFORMATION (In the spaces below, identify any changes to the Emergency Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Emergency Contact Person's Name _____ Relationship _____

Address _____ Telephone () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone () _____

Student's Allergies _____

Student's Health Condition(s) of Which an Emergency Physician Should be Aware _____

Student's Prescription Medications _____

Student's Immunizations (e.g. tetanus/diphtheria; measles, mumps, rubella; hepatitis A, B; influenza; poliomyelitis, pneumococcal; meningococcal; varicella) Up to date (see attached documentation) Not up to date Specify _____

SUPPLEMENTAL HEALTH HISTORY: Describe those illnesses and injuries suffered by the student since completion of the CIPPE:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

Section 6: PIAA COMPREHENSIVE PRE-PARTICIPATION PHYSICAL RE-EVALUATION AND RE-CERTIFICATION BY PHYSICIAN

Must be completed and signed by the licensed physician of medicine or osteopathic medicine performing the herein named student's comprehensive pre-participation physical re-evaluation.

Student's Name _____ Age _____

Enrolled in _____ School _____ Sport(s) _____

Height _____ Weight _____ % Body Fat (optional) _____ Pulse _____ BP _____ / _____ (_____ / _____ , _____ / _____)

Vision R 20/ _____ L 20/ _____ Corrected YES NO (circle one) Pupils: Equal _____ Unequal _____

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the SUPPLEMENTAL HEALTH HISTORY, performed a comprehensive pre-participation physical re-evaluation of the herein named student, and, on the basis of such re-evaluation and the student's SUPPLEMENTAL HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form and further certify that the student does not have any communicable illness or condition, which would pose a danger to teammates and/or competitors:

CLEARED **CLEARED**, with recommendation(s) for further evaluation or treatment for: _____

NOT CLEARED for the following types of sports (please check those that apply):
 COLLISION CONTACT NON-CONTACT STRENUOUS MODERATELY STRENUOUS NON-STRENUOUS

Due to _____

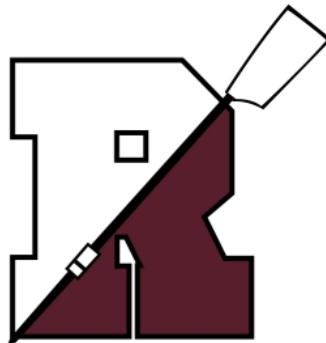
Recommendation(s)/Referral(s) _____

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (circle one) Date ____/____/____

Radnor Girls Crew Club Handbook



2011/2012

Welcome to the Wonderful World of Crew!

For those of you who are veterans, you've been bitten by the bug and are hooked, you have our utmost respect – it takes a tremendous amount of discipline and energy to row six days a week. For those fresh faces in the crowd, you are about to begin a new, different, unpredictable and always exciting experience – one that is likely to leave a lasting positive impact on your life.

What follows is a handbook with all you need to know to get you through the season. We hope we've answered any of the questions you may have. Please don't hesitate to contact any of the board members, coaches or captains should you have any questions or concerns.

Best of luck to our 2011/2012 Radnor Girls Crew Team
See you on the river!

Mission

The mission of the Radnor Girls Crew Club is to develop young student-athletes that are well-versed and prepared in the athletic arena and to develop strong character and life skills in our women. We strive to provide a highly competitive environment for our athletes to excel. We aim to create a rewarding experience for all athletes on the team, whatever their level may be.

It is important that our young women be successful in their futures. Our focus remains the overall development, safety, and well-being of our athletes. We accomplish this with a wide variety of teaching tools, parent resources, and an overall competitive atmosphere. Positive teamwork and sportsmanship are required for the success of not only our individual athletes but for the overall success of our team.

Radnor Crew History

In the spring of 1996, two Radnor students expressed an interest in forming a crew team. With the help of Villanova University's Varsity Women's Crew Coach, Jack St. Clair, and the support of Radnor High School staff, parents and students, a team was born. In 2008, we moved to a brand new location, Hines Rowing Center in Conshohocken.

We've come a long way since 1996. We've built a competitive team comprising approximately 40-50 athletes and now require spring tryouts for first-time athletes.

At the 2011 PSRA City Championships, all four of our boats advanced to the finals, with both the Freshman 8 and Second 8 winning gold, and the Varsity 8 winning silver.

At the 2011 Stotesbury Cup Regatta, the largest high school regatta in the country, all three of our boats advanced to finals, with the Varsity 8 winning the gold medal and Robert Engman Trophy, the Freshman 8 taking silver and the Second 8 placing 4th.

Three Radnor boats qualified for the 2011 SRAA Nationals, with our Freshman 8, Second 8 and Varsity 8 boats all advancing to their respective semi-finals. The Freshman 8 and Varsity 8 placed first to advance to their finals. The Freshman 8, having placed first in both its heat and its semi-final, missed the bronze medal by the slimmest of margins—just 2/1000ths of a second. The Varsity 8, having also placed first in both its heat and its semi-final, just missed the gold medal by 1.01 seconds in a great race, claiming the silver medal to cap off their historic season. For more season highlights, visit our website (www.girls.radnorcrew.org).

Head coach Joe Sullivan started coaching for the RGCC in the fall of 2010 and has over 30 years' experience in rowing. He began rowing as a junior at Msgr. Bonner, and then rowed four years at Temple, his junior and senior years in the Varsity 8. In his senior year, Temple won its first Dad Vail Varsity 8 title and went on to race at the Royal Henley Regatta in England. While at Temple, Joe also rowed for the Vesper lightweights during the summer and then year-round after finishing at Temple. At Vesper, Joe won several golds at USRowing Nationals and the Royal Canadian Henley Regatta.

Joe began his coaching career at Harriton High School, the first year as the novice coach and then the next three years as head coach. While head coach, at least one crew medaled at the Scholastic Championships each year, culminating in the Boys Varsity 4 winning gold in 1987, while the Girls Varsity 4 and the Girls JV 8 each won Bronze that year.

He then went on to coach the Novice Women at Temple for three years, then one year with the Novice Men. After coaching at Temple, Joe went on to coach the Juniors at Vesper and helped start several high school teams during that time. While coaching at Vesper, Joe spent three years as Archbishop Prendergast's head coach, coached the Radnor girls in 1999, was head coach of Sacred Heart for three years, and had kids from many other schools rowing for him.

For the six years prior to joining the RGCC coaching staff, Joe had been the Head Coach at South Jersey Rowing Club. The first two years, the club competed as seven different school teams but

moved to rowing as a club by the third year. As a club team, SJRC qualified 10 crews for the USRowing Youth Nationals. During the summer season, they competed in both USRowing Club Nationals and the Royal Canadian Henley Regatta. Three Crews won silver medals at USRowing Club Nationals.

Who We Are

Radnor Crew is recognized as a club sport with the endorsement of Radnor High School. We are supported through our seasonal dues and are governed by a board comprised of parent volunteers. We have requested and receive financial support from the Radnor Township School Board on a per athlete basis. This only provides a small portion of our required funding, which is why we must charge dues.

As a volunteer organization, the support and involvement of our parents is critical to the continued success of our club. Club meetings are held once a month through the school year, usually scheduled on the second Tuesday at 7pm in Room 150 at Radnor High School. Please plan on attending these meetings and learning how your participation can make the club even more successful. Athletes and parents are invited to attend.

Our team races in boats with either eight or four seats (categorized as “sweep” rowing), in several racing categories -- Freshman, Novice, Junior Varsity and Varsity. Within those categories, we also row in a lightweight division. In addition, each boat has what is called a coxswain who sits at the back controlling the boat, as well as directing and motivating the athletes during both practice and races.

What We Do

Most of our regattas occur during the spring season. Our spring races are 1,500 meters long and take place in different locations. Our first spring races are called the "Manny Flicks" and are held down by Boathouse Row on the Schuylkill River, as are the City Championships, Dr. White Regatta (freshman only) and a nationally recognized regatta called the "Stotesbury Cup Regatta" – the largest high school rowing event in the world. We are also often invited to invitational races in locations such as Delaware and New Jersey. Any fall races typically will involve our varsity and JV boats, and fewer boats usually participate in these races than in the spring races. However, the fall season is an important opportunity for athletes to hone their skills and prepare for the spring racing season.

Who's Who in Radnor Crew

2011/2012 Board Members, Coaches and Committee Chairs

President

Dennis MacCormick (Carly '12)
(610) 322-2995
RGCCvp@radnorcrew.org

Vice President

Trisha Macrone (Maddie '14)
(610) 764-7300
RGCCvp@radnorcrew.org

Secretary

Karen Fitch (Kirsten '12)
(267) 240-0666
RGCCsecretary@radnorcrew.org

Treasurer

John Steely (Margot '14)
(610) 585-3685
RGCCtreasurer@radnorcrew.org

Head Coach

Joe Sullivan
(856) 912-1002
joe@radnorcrew.org

Assistant Coach (Freshmen)

Dani Thole
(925) 997-4743
dani@radnorcrew.org

Captains:

TBD

Fundraising Chair

To be determined for 2011/2012
RGCCfundraising@radnorcrew.org

Hospitality Chair

To be determined for 2011/2012
RGCChospitality@radnorcrew.org

Communications Chair

To be determined for 2011/2012
RGCCcommunications@radnorcrew.org

Nationals Chair

To be determined for 2011/2012
RGCCnationals@radnorcrew.org

Spiritwear Chair

To be determined for 2011/2012
RGCCgear@radnorcrew.org

Banquet Chair

To be determined for 2011/2012
RGCCbanquet@radnorcrew.org

Puddles Editors

Lisa Callinan
Kim Chapin
Puddles@radnorcrew.org

Making the Race Lineup

The process of selecting a race lineup is not an exact science and should be thought of as a process that is ongoing throughout the season. Our general philosophy is that the athletes “self-select” the boats, which is to say that those who work hard, come to practice, and show initiative, a desire to improve, and an understanding of the team concept will not only win favor with the coaches but will show rapid improvement as well, thereby putting themselves in a position to get the choice boating assignments. Every coach is going to have a slightly different approach to making their race lineups, but the general criteria follow:

- **Rowing Ability:** This encompasses both technical ability and “boat moving” ability (i.e., how much of a contribution the rower has on the boat’s speed).
- **Erg Score:** The raw number generated on a timed ergometer test tells the coach a lot about an athlete’s level of fitness, strength, power, and, perhaps most importantly, mental toughness. It’s not just what kind of number you generate, but how you get to that number. Consistency and focus are the keys to a good boat racer.
- **Attendance:** Athletes who make the commitment to being at practice every day are more likely to earn a seat than athletes who do not, regardless of talent.
- **Attitude:** Coaches are looking for enthusiastic, positive, cooperative and “coachable” athletes with a winning attitude and a competitive drive.

The coaches have total discretion in selecting race lineups, free from interference from parents, board members and others. If an athlete has a concern about the lineups, she should discuss the concern directly with her coach (or with the head coach). Only if an athlete cannot resolve her concern directly with a coach should parents contact the coach.

Radnor Crew from A to Z

Academic Eligibility

The same rules apply regarding academic eligibility as for any other Radnor High School sport or activity. Please refer to the Radnor High School Student Handbook.

Attendance

See the Athlete Expectation Contract, which must be signed by each athlete at the beginning of each season. Every practice is important. Athletes are expected to attend each one. Two *unexcused* (defined as 'just didn't show up') absences and an athlete will no longer be a member of the team. If an athlete is not in school by 11:00 AM, she may not participate in practice. In order to compete in any regatta, athletes must participate in at least four of the five scheduled practices for that week. **Racing privileges and priority will go to those who make our training a priority. This means if an athlete misses large chunks of time throughout the season, she will still be welcome on this team; however, her racing may be compromised.**

If an athlete knows in advance that she cannot make it to practice or will be late, she should call or email a coach the night before or that day by 1 PM. Coaches will not wait to boat an athlete who is late, nor will they rearrange to fill the rower's seat. At a minimum, the athlete's boat mates for that day will remain on land and erg. Missed practices may result in the potential of losing your seat.

Attitude

Athletes are expected to come to practice and races with a positive attitude about their team and their training. If something comes up that is bothering an athlete for 48 hours or more, it is officially a **problem**. Athletes should see their coaches or captains in order to resolve the issue.

Carpools and Safe Driving

Each athlete is required to arrange her own transportation to the boathouse and regattas. Other athletes may offer to provide transportation and coordinate carpools. Student drivers may assist in transporting non-drivers down to the river and back to school or homes at the end of practice. Be courteous to your driver. As young adults, it is the drivers' responsibility to respect traffic laws and be sure they and their passengers arrive safely. Passengers have a responsibility to not distract their driver. Athletes will have more than enough time to get to and from practice within the speed limit. Showing up late is bad; having an accident or showing up with a ticket is unacceptable. Passengers are also expected to pay for their share of gas, on a monthly basis. Call the night before if you won't need a ride to practice.

Commitment

Athletes are encouraged to partake in other activities, but should not stretch themselves so thin that those other activities are detracting from the team. If an athlete can already anticipate missing

upwards of five practices due to other commitments, she should reconsider joining this team.

Communications

Our primary form of communication with team members is via e-mail (principally through our newsletter, Puddles), so it is very important that both athletes and parents provide current e-mail addresses. With so many team members, this is the most efficient way to get information to our athletes. Every parent and athlete is automatically subscribed to the RGCC email distribution list based on information provided on the athlete's registration form. Others may subscribe through the link found on the RGCC web site at <http://www.girls.radnorcrew.org> or by sending an email to RGCCsubscribe@radnorcrew.org. By subscribing, you will not only receive important information regarding club activities, but you'll also receive race result updates.

The coaches may also communicate with the athletes through text messaging.

Drug, Alcohol and Tobacco Use

Using any of these three items is detrimental to any athlete, illegal and will not be tolerated by your coaches and board members. Our policy for these infractions is the same as Radnor High School policy – not to mention the law.

Dues

Dues for the fall season are \$500. Dues for the spring season are \$1,275. (These amounts are subject to change.) Dues pay for coaches' salaries, boathouse rental, the cost of training, entrance fees for races, insurance, purchase/rental/maintenance of equipment – boats, launches, oars, ergs – as well as all the other expenses of running and maintaining the team. A detailed treasurer's report is available on request.

If an athlete chooses to drop out of fall crew, a full refund will be provided up until the first Friday of practice, a 66% refund will be provided up until the second Friday of practice, and a 33% refund will be provided up until the third Friday of practice. Thereafter, we regret that we cannot provide any refund. Refund policies are subject to change.

If an athlete chooses to drop out of spring crew, a full refund will be provided up until the first Friday of practice, a 66% refund will be provided up until the fourth Friday of practice, and a 33% refund will be provided up until the eighth Friday of practice. Thereafter, we regret that we cannot provide any refund. A full refund will be made to athletes who are not selected to remain on the team during tryouts. Refund policies are subject to change.

New freshmen team members' dues are payable immediately after notification of team selections (that is, after tryouts). You will receive an email with payment instructions.

Membership in RGCC entails certain other costs of which athletes and parents should be aware. Freshman and novice athletes will need to purchase a t-shirt (about \$15). JV and Varsity athletes will need to purchase a unisuit (about \$75) and race shirt (about \$45). All athletes are expected to

maintain their uniforms in proper condition. Many athletes wish to purchase other RGCC garments, such as an athlete's jacket, sweatpants, etc., but these garments are optional. Parents and guests (but not athletes) are required to pay for their attendance at the spring banquet. Athletes advancing to Nationals or selected to participate in special regattas such as the Head of the Charles will be required to pay their pro rata share for lodging, meals and transportation, which varies depending on the destination (the range is generally \$130-450). All parents are required to share in hospitality duties (see Hospitality Tent).

Financial Aid

The RGCC is proud to be able to offer a limited amount of need-based financial assistance to qualified athletes, which will cover up to 50% of dues. For more information and an application, visit www.girls.radnorcrew.org. All financial aid requests and related information will be treated with the utmost confidentiality.

Forms

It is imperative that all required forms be completed by all new and returning team members.

These forms should be forwarded along with the dues payment to the secretary. A forms packet can be downloaded from the RGCC website (www.girls.radnorcrew.org). Athletes may not participate in practice until all forms and dues are collected.

Fundraising

Because we are a parent-run organization and receive only limited financial support from the school district, fundraising and volunteer efforts will be critical from time to time to ensure the continued financial stability and success of the club. Some of the efforts in the past have included an erg-a-thon, regatta sponsorships, a 5K Run, T-shirt sales at a major regatta, parking permit auctions, and oar and boat naming opportunities. Please support these efforts.

Hospitality Tent

Hospitality for athletes and spectators is a significant aspect of the regatta experience, creating an environment conducive to a positive mental state for the athletes and a positive social experience for the spectators. But our great hospitality experience doesn't happen by itself.

For each of the spring races (and occasionally in the fall), we provide an elaborate food offering for parents and athletes under a tent owned by the club. Every family is part of the Hospitality Committee and will be EXPECTED to do its part as directed by the committee, from purchasing food or beverages (at the club's cost) and to setting up or dismantling the tent and equipment. More information and a schedule will be distributed by the Hospitality Committee prior to and during the season.

Parents

The support of parents is critical to the success of the RGCC. There are many opportunities to help. Please attend the monthly parent meetings at the Radnor High School to learn more and respond to appeals for assistance. And come out to the regattas!

Parking

For the Manny Flicks down at Boathouse Row, you may be able to purchase a parking permit to be allowed into the parking area on Kelly Drive, adjacent to the river, depending on that year's current parking policy enacted by the City of Philadelphia. A limited number of parking permits may be available through a fundraising event. There will be a police roadblock on Kelly Drive that will stop your car unless you have a permit. Otherwise, you will have to park up on the hill along Fairmount Park and walk down to the race area. **Note that parking permits will not be good for the Philadelphia City Championships or Stotesbury Regatta – they're only valid for the five Manny Flick races.**

Practice Schedule

Winter practice will take place Tuesdays through Saturdays most of January and February. The freshmen and novice try-outs will occur Mondays, Wednesdays and Fridays at Radnor High School. Once the new members are named, they will join the returning athletes down at the Hines Rowing Center in Conshohocken. Please see the Season Calendar. All members not participating in a winter sport are expected to attend winter training regularly. Members participating in a winter sport are expected to attend soon after the completion of their season.

Fall practices are generally held on Tuesdays, Wednesdays, Thursdays and Saturdays from 3-5 PM, with optional "Sunday Swings" on, of course, Sundays. Winter practices will take place Tuesdays through Saturdays most of January and February. Spring practices are generally held every Tuesday through Friday from 3:00 to 5:30 PM. Mondays are added as practice days following Manny Flick #5 (around mid-April). Weekend practices occur on Saturdays (11:00-1:30). RGCC does not observe spring break. Spring break falls in the heart of racing season, and we cannot afford the time off. Practices over spring break will occur twice daily at 8:00-11:00 and 3:00-5:30. All practice times are subject to change by the coaches. Please refer to the RGCC calendar on the website.

The typical practice starts with and 10-15 minute warm-up and stretching. The athletes then carry their boats down and are on the water by 3:30/3:45. The on-the-water segment of practice lasts between 75 and 90 minutes, with time being devoted to technical drilling and fitness training. As the season progresses, more and more time is committed to race training as opposed to technical rowing. The athletes can plan on being out the door by 5:30. However, please note that **practice is not over until the coach explicitly dismisses the crew!** Always allow for 15 minutes delays when coming off the water.

What to bring: Athletes should come prepared with workout clothing and running shoes to every practice. Workout clothing should be comfortable and form-fitting. Baggy clothes, especially baggy shorts, interfere with the boat's moving parts and can hinder the athlete's movements. Coxswains

should come prepared for the cold, especially late in the fall season and early in the spring season. All athletes should bring a non-disposable water bottle.

Running shoes are athletic shoes suitable for running and with appropriate foot support. No basketball shoes, no sandals, no walking shoes, please.

The well-equipped athlete always has a “bag of joy” waiting for her back at the boathouse in the event that they are drenched at some point during practice. (The ways that this can happen are too numerous to list.) The bag should contain a complete change of dry clothes.

Racing uniforms may not be worn at any time during practice. **The racing unisuit and team shirt are race day items only.**

Race Day

The race day typically starts very early in the morning. Athletes are expected to be on time, with Vince Lombardi’s maxim in mind that, “If you’re five minutes early, you’re ten minutes late.” Arriving at the race course wearing their uniforms, the athletes are expected to immediately set about the business of preparing the boats to race. The process of rigging the boats is a labor-intensive job and requires the participation of every member of the team. Athletes who fail to involve themselves in this work are showing disrespect for their teammates and the team and will, consequently, be pulled out of their races if they do not respond to their coaches’ requests to help.

The races typically commence about two hours after the team arrives at the course. Every athlete is expected to know when they are racing and what time their boat meeting/warm-up is. This is important because the coaches have many responsibilities on race day, and keeping track of wandering athletes should not be part of that list. After their warm-up and last minute strategy review, the athletes hit the water. While on the water (and, in fact, at all times while at a regatta) the athletes and coxswains are expected to exhibit exemplary sportsmanship. They are expected to win with pride and lose with dignity. Win or lose, the crews congratulate their competitors on a well-fought contest and then row back to the dock, heads high.

Crew is a team sport. Between races, athletes are expected to support their teammates by gathering at the water’s edge to cheer them on as they row by.

With the races over, everyone must again help de-rig the boats and load the boat trailer. Failure to do so may result in disciplinary action being taken. **No one may leave the course until the last boat is strapped and the coaches have officially dismissed the team.**

What to bring: As mentioned previously, athletes must arrive at the race venue looking like they belong on the team. Athletes should all bring a water bottle with them. Food and water will be provided by the parent committee at the course, but having your own water bottle is a very good idea. We highly recommend that you come prepared for different kinds of weather. A well-packed regatta kit would, therefore, include sun block, a hat, shorts, sweatpants, a rain jacket, and a sweater or sweatshirt. Snacks are a good idea when traveling to distant regattas. We also recommend bringing something to do, as there is typically a lot of down time at regattas. Those wishing to listen to music should bring headphones as we prefer not to have publicly broadcast music at the regatta.

The most important thing you can bring is a great deal of enthusiasm!

Regattas

Every action at practice is directed towards the regattas. All of the work that we do on the water, on the erg, and the running trail is designed to make our crew as successful as they can possibly be on race day. This involves an incredible amount of work. For every minute that an athlete spends on the race course, she has logged hours of practice time. Every stroke that she takes in competition is backed by hundreds of strokes taken in practice. Consequently, we take the regattas very seriously and expect the athletes to do everything in their power to be as well prepared as they can be. If they do so, then regattas can be very rewarding – exciting, exhilarating, and memorable for all the right reasons. They represent the athletes’ best chance to test their abilities, to push their limits, and come together as a team in a way that only an athlete could ever truly comprehend.

Regattas often last all day and, while each boat has their designated time to row, team members are expected to stay and support their teammates. Once we get to the Stotesbury Cup Regatta, the events can run two days (should boats advance). **Please note that once boats are launched, race times are out of our control.** While the officials do try to adhere to schedules, frequently race times are delayed. Be prepared for those delays and unpredictable circumstances.

Rigging and de-rigging boats are race day standards and the responsibility of the team. Athletes are expected to take part in both of these activities. Skipping these responsibilities may negatively affect an athlete’s racing opportunities. Prior arrangements to leave may be made with the coaches through your parents, but should not be abused.

IMPORTANT: All team members should report to the trailer two hours before the FIRST Radnor girls’ race of the day. This should be confirmed with the coach prior to the regatta.

Safety

The RGCC is committed to promoting a safe environment for RGCC athletes and coaches on and off the water. All athletes must read the RGCC Safety Manual. A Safety Review session will be conducted at the start of each season (fall and spring), the purpose of which is to review the RGCC Safety Manual and additional safety related information (videos, presentations, etc.).

Snacks

Rowing requires energy. While beverages and snacks will be provided at the hospitality tent, it is suggested that team members bring their own filled Nalgeen water bottles to each race and practice. Disposable bottles are no longer allowed.

Spring Break Mini Training Camp

During spring break, RGCC will practice twice a day Monday through Thursday. There will be a team bonding dinner one evening. Location and details will be provided prior to the dinner. All athletes are expected to attend all spring break practices.

Swim Tests

It is mandatory for all **NEW** athletes to take the swim test. Testing will be conducted at the high school pool. We will advise you of the date. All team members should bring a long-sleeved shirt and pants to be worn in the pool. **New athletes must take and pass this test to be on the team.**

Uniforms

All varsity and JV athletes will be required to purchase a Radnor Girls Crew Club unisuit (about \$75) and long-sleeve racing shirt (about \$45). Freshman/novice athletes will be required to purchase a t-shirt (about \$15). Other Radnor Girls Crew Club gear is optional. All uniforms will become the property of each athlete. The RGCC Team Store is open twice per year: at the beginning of the fall season and the beginning of the spring season. Sophomores and non-freshmen athletes needing a new unisuit or racing shirt (the only required uniform components) should place their orders during these periods. All athletes and parents are welcome to purchase any of the optional gear on the website.

Website

Please log on to **www.girls.radnorcrew.org** to get the latest information and updates, and remember to subscribe to the RGCC distribution list (see Communications).

Directions to RGCC Events and Facilities

To Hines Rowing Center:

Take the Blue Route (476) North and exit at Route 23 Conshohocken. Go straight, passing the Marriott on your right. Cross over the bridge to the first light at the end of the bridge. Turn right. Take your first right and cross over the railroad tracks. Turn left and take the industrial road down about a mile and a half. The Hines Rowing Center is a red brick building on your right. For more information, visit www.whitemarshboatclub.com.

To Philadelphia/Boathouse Row:

Take the Schuylkill Expressway to the Kelly Drive/Lincoln Drive exit (exit is on left one mile after the Belmont Avenue exit). Cross bridge and stay left, following signs for Kelly Drive. Follow Kelly Drive approximately three miles to Strawberry Mansion Bridge/Canoe Club. On right is boat trailer parking lot, but general parking (no permit required) is up Strawberry Hill Drive (see Parent Race Day Handbook for more information).

Crew Terminology

(Courtesy of Wikipedia)

The Athletes

Ambidextrous: A rower who can row both on the starboard and port sides of the boat.

Bow (or bow seat): The rower closest to the front or bow of a multi-person shell. In coxless boats, often the person who keeps an eye on the water behind him to avoid accidents.

Coxswain: The oar-less crew-member, usually included, who is responsible for steering and race strategy. The coxswain either sits in the stern or lies in the bows of the boat.

Engine room: The middle rowers in the boat. In an 8-person shell, these are generally seats 5, 6, and 3 and 4 to a lesser degree. They are generally the biggest and strongest rowers.

Gimp seat: Seat 3 in an 8-person boat, often regarded as having the least responsibility.

Heavyweight: A rower who weighs more than the restrictions for lightweight rowing. Often referred to as Open weight.

Lightweight: A rower whose weight allows him or her to be eligible to compete in lightweight rowing events.

Novices: Rowers who are rowing for the first season, or (in the UK) a rower who has not won a regatta.

Port: A sweep rower who rows with the oar on the port or left side of the boat.

Sculler: A rower who rows with two oars, one in each hand.

Seat number: A rower's position in the boat counting up from the bow. In an eight, the person closest to the bow of the boat is "bow," the next is 2, followed by 3, 4, 5, 6, 7 and finally 8 or "stroke." In certain countries the seats are numbered the opposite way, from stroke up to bow.

Starboard: A sweep rower who rows with the oar on the starboard or right side of the boat.

Stroke (Seat): The rower closest to the stern of the boat, responsible for the stroke rate and rhythm.

Sweep: A rower who rows with one oar (in both hands).

The Boats (sometimes called "shells")

In a sweep boat, each rower has one oar. (In a sculling boat, each rower has two oars, one on each side of the boat. RGCC only races sweep boats.)

Eight (8+): A shell with 8 rowers. Along with the single scull, it is traditionally considered to be the blue ribbon event. Always with coxswain because of the size, weight and speed of the boat - bow loader eights exist but are banned from most competitions for safety reasons.

Four (4-) or (4+): A shell with 4 rowers. Coxless fours (4-) are often referred to as straight fours, and are commonly used by lightweight and elite crews and are raced at the Olympics. In club and school rowing, one more frequently sees a coxed four (4+) which is easier to row, and has a coxswain to steer.

Pair (2-) or (2+): A shell with 2 rowers. The Coxless pair (2-), often called a straight pair, is a demanding but satisfying boat to master. Coxed pairs (2+) are rarely rowed by most club and school programs. It is no longer an Olympic class event, but it continues to be rowed at the World Rowing Championships. The bow loader coxed pair was nicknamed "the coffin" due to the difficulty for the cox to escape in the event of a capsized.

Equipment / Parts of the Boat

The term "Rigging" is used to describe how the boat is outfitted, including all of the apparatuses (oars, outriggers, oarlocks, sliding seats, etc.) attached to a boat that allow the rower to propel the boat through the water. It is derived from an old Anglo-Saxon term wriġan or wrihan, which means "to clothe." It literally means to outfit or clothe a boat.

"Rigging" is also used to describe the configuration of the boat and settings of the apparatuses. The following terms are often associated with a boat's rigging, along with other often used terms for equipment used in rowing.

Backstay: A brace which is part of the rigger of sweep rowing boats, which extends toward the bow from the top of the pin.

Backstop: The stop mechanism on the seat slides which prevents the rower's seat from falling off the sliding tracks at the back end (towards the boat's bow) of the slide tracks. As a command, it instructs the crew to adopt this position. Also, in the UK, the sliding seat position closest to the boat's stern. As a command, it instructs the crew to adopt this position. (The US calls this seat position the "back end").

Blade: The spoon or hatchet shaped end of the oar or sweep.

Bowloader / Bowcox / Bow-steered: When a coxswain is placed in a seat partially enclosed in the bow of the shell.

Bow: The front section of a shell.

Bow ball: An essential small, soft ball no smaller than 4 cm diameter securely attached to a rowing or sculling boat's bow. Primarily intended for safety but also useful in deciding which boat crossed the finish line first in very close races.

Bow number: A card holding the number assigned to the boat for a race.

Canvas: The deck of the bow and stern of the boat, which were traditionally made from canvas

Cleaver blade (also Hatchet blade): Modern oar blades that have a more rectangular hatchet-shape.

Collar / Button: A wide plastic ring placed around the sleeve of an oar. The button stops the oar from slipping through the oarlock.

Cox box: Portable voice amplifier; may also optionally incorporate digital readouts displaying stroke rate, boat speed and times.

Coxmate: A portable amplification device, similar to a cox box, incorporating a digital readout. Higher models may also have a built in radio and speed sensor.

Ergometer (also Ergo or Erg): An indoor rowing machine.

Footchock (also Footplate): An alternate name for the cross bracing which allows a rower to secure his/her feet.

Footplate (also Footchock): The piece of the boat to which the rower's feet are attached, either by tying their actual shoes (sneakers) in, or (more often) by putting their feet into a permanently-attached pair of sneakers.

Foot stretcher: An adjustable footplate which allows the rower to easily adjust his or her physical position relative to the slide and the oarlock. The footplate can be moved (or "stretched") either closer to or farther away from the slide frontstops.

Footstop: The shoe assembly in a shell into which each rower laces his or her feet.

Frontstop: The stop mechanism on the seat slides which prevents the rower's seat from falling off the sliding tracks at the front end (towards the boat's stern) of the slide tracks. Also, in the UK, the sliding seat position closest to the boat's stern. As a command, it instructs the crew to adopt this position. (The US calls this seat position the "front end")

Gunwales (also Saxboard): (Pronounced: gunnels) The top rail of the shell

Handle: The part of the oar that the rowers hold and pull with during the stroke.

Hatchet blade (also Cleaver blade): Modern oar blades that have a more rectangular hatchet-shape.

Hull: The actual body of the shell.

Inboard: The length of the oar shaft measured from the button to the handle.

Keelson: A structure timber resembling the keel, but on the inside of the shell.

Launch: A motorboat used by rowing instructors, coaches or umpires.

Leather / Sleeve: A thick piece of leather (plastic) around the oar to keep the oar lock from wearing out the wood.

Lines: The ropes held by the coxswain to control the rudder.

Loom: The part of the oar between the blade and the handle.

Macon Blade (also Spoon blade and Tulip): Traditional U-shaped oar blade.

Oar: A slender pole which is attached to a boat at the Oarlock. One end of the pole, called the "handle," is gripped by the rower. The other end has a "blade," which is placed in the water during the propulsive phase of the stroke. The blade portion of the oar is similar to a razor blade or a piece of paper: Essentially two-dimensional, the third dimension is very thin, although it should be noted that there is a very important element to the third dimension of the blade, namely that it is curved into a sort of hydrofoil, which helps provide much of the thrust.

Oarlock: The rectangular lock at the end of the rigger which physically attaches the oar to the boat. The oarlock also allows the rower to rotate the oar blade between the "square" and "feather" positions.

Outboard: The length of the oar shaft measured from the button to the tip of the blade.

Outrigger: See Rigger

Pin: The vertical metal rod on which the rowlock rotates.

Pogies / Poagies: A type of mitten with holes on each end, which allow the rower to grip the oar with bare hands while also warming the hands, used frequently by rowers in colder climates.

Port / Portside: The left side of the boat when facing forward.

Ribs: The name given to that part of the boat to which the skin of the hull is attached. They are typically made of wood, aluminum or composite materials and provide structural integrity. The riggers bolt to the ribs.

Rigger: A "Rigger" is the rowing slang name for an Outrigger. It is a projection from the side (gunwale) of a racing shell. The oarlock is attached to the far end of the rigger away from the boat. The rigger allows the racing shell to be narrow thereby decreasing drag, while at the same time placing the oarlock at a point that optimize leverage of the oar. There are several styles of riggers, but they are most often a triangle frame, with two points attached to the boat, and the third point being where the oarlock is placed. Rigging is also used to describe whether a boat is stroked by a port or starboard rower (i.e., port-rigged, starboard-rigged). With sweep rowing, riggers typically alternate sides, though it is not uncommon to see two adjacent seats rigged on the same side of the boat.

Roller: The wheels upon which the seat slide travels along its track.

Rudder: Adjacent to the skeg and used by the coxswain (or in some coxless boats, by a rower using a "toe") to steer the boat via attached cables. Extra-large rudders are used on narrower and/or bendier rivers.

Saxboard (also Gunwales): The sides and top edge of a boat, which the riggers attach - see also Gunwales

Scull: (a) An oar made to be used in a sculling boat where each rower has two oars, one per hand; or (b) a boat (shell) that is propelled using sculling oars, e.g., a "single scull," is a one-person boat where the rower has two oars.

Seat: Molded seat mounted on wheels, single action or double action. Single action is fixed bearing wheel; double action is wheel on axle that rolls on track and rolls on horns of seat. A secondary meaning of location in the shell, the bow seat is one, and is numbered upward to the stroke seat (8, in an 8-man shell). Thirdly, can mean a competitive advantage in a race, to lead a competitor by a seat is to be in front of them by the length of a single rower's section of a shell.

Seating: Seating positions in a racing shell are generally numbered from the bow to the stern in English-speaking countries, unlike many non-English-speaking countries which count from the Stroke forward. Generally, the forwardmost rower is called the "Bow" and the aftmost rower the "Stroke," regardless of the number of rowers in the boat, with all other seats simply being numbered. So, for instance, the crew of an eight (with coxswain) would number off from the bow: "Bow," "Two," "Three," "Four", "Five," "Six," "Seven," "Stroke," whereas a four (with or without coxswain) or a quad would number off: "Bow," "Two," "Three," "Stroke."

Shell: The boat used for rowing.

Shoulder (also Knee): Load bearing supports that mount the rigger and attach to keel of boat.

Skeg (also Fin): Thin piece of flat metal or plastic that helps stabilize the shell in the water.

Slides (also Tracks): Hollow rails upon which a rower or sculler's sliding seat will roll. Older shells might be convex rails with double wheels.

Slings: Folding, portable temporary boat holders. Two are required to hold a boat.

Smoothie: A blade design in which the face of the oar blade is smooth, without the traditional central spine.

Speed coach: A device mounted on the keel of some high-performance shells that determines the boat's speed based on the speed of a small propeller and transmits this information to the cox box.

Spoon blade (also Macon blade): Traditional U-shaped oar blade.

Starboard (also Starboard side): The right side of the boat when facing forward.

Starboard rigged: A boat where the stroke rower is a starboard rower.

Starting gate: A structure at the starting line of the race. The shell is "backed" into the starting gate. Once in the gates a mechanism, or person lying on the starting gate, holds the stern of the shell.

Stern: The rear section of a shell.

Stretcher: A slang abbreviation for Foot Stretchers.

Swivel: Term for the rowlock/oarlock. Often referred as gate due to the securing bar/gate at its top.

Toe: In some boats without a coxswain, a rower may be able to control the rudder and steer the boat by changing the direction his foot points. This is called "toeing a boat," and the mechanism is called a "toe."

Top-nut: The nut which screws onto the top of the pin holding the Oarlock in place.

Tracks: See Slides

Tulip (also Macon blade): Traditional U-shaped oar blade.

The Commands

"(#) Fall in/out": These commands tell the rower(s) either to stop rowing or to start rowing with everyone else. (#) indicates the number of rower(s) who should start or stop – e.g., "Bow pair fall-out, stern pair fall-in in two."

"Ahead" or "Look Ahead": Command shouted by a crew about to be overtaken by another crew, telling the overtaking crew of their presence.

"(#) Hit it" or "(#) row on": Tells the rowers to row until told to stop – e.g., "Two, hit it."

"Back it": To have the rowers place their blades at the release position, squared, and push the oar handle towards the stern of the boat. This motion causes the shell to move backwards.

"Blades Down" or "Drop": Used to tell the rowers to place their blades back on the water after performing an easy-all.

"Blades in (side)": Tell the rowers on one side to pull their blades in, in order to prevent hitting an object or another boat in the water, or to let another crew pass on a narrow river.

"Cant it upriver/downriver": While carrying the shell, the athletes are commanded to hold the shell in a diagonal position, the high side as stated.

"Check it/her down": Square the oars in the water to stop the boat.

"Count Down" (or "number off"): Tells the crew to call out their seat number, starting at the bow, when ready to row.

"Down on port/starboard": Means that the boat is leaning to one side or the other. Rowers on the side that is down must raise their hands, and the other side must lower their hands.

"Easy" (or "ease up"): To stop rowing hard.

"Even it out" (or "even pressure"): This command tells the rowers to pull with even pressure on both sides. This is the complement to ease-up.

"Firm up": Tells the rowers to apply more pressure as needed.

"Give her ten" (or "power ten"): Commands the crew to row 10 strokes of special effort. It is frequently given when a crew is attempting to pass another boat.

"Gunnel!": A command by the coxswain, where the rowers all hit the gunnel (sides) of the boat with their oar handles.

Used in set exercises occasionally.

"Hands in": Tells the rowers to grab the ribs on the inside of the boat so that the boat can be rolled from heads. The coach or cox uses this command when the crew is putting the shell in the water.

"Hands on": Tells the rowers to grab the boat next to their seats, so that the boat can be moved.

"Hands out" (or "sit ready to shove"): Tells the rowers to grab the dock in preparation for shoving off.

"Hard on port/starboard" (or "port/starboard pressure"): The rowers on that side of the boat must row harder (and the opposite side must row slightly easier) in order to facilitate a sharper turn.

"Heads" or "Heads Up": Off the water, a shout to alert others to watch out for a boat being carried.

"Heads, ready, up": Tells the rowers to press the boat above their heads.

"Hold it/her up": Stop the boat.

"Hold it/her hard": Emergency stop.

"Hold water": Emergency stop. Also used after the command "weigh enough," it instructs the rowers to square their blades in the water to stop the boat.

"In 2...": Most water commands are appended prior to the command to take place after two strokes. For example "In 2, Power 10" or "In 2, Weigh-enough."

"Inside Grip": A command used when lifting the boat. Grab the boat so that you can lift it over your head. Grab only the gunwale or hull structure - do not lift by the footstop assembly.

"Lay Hold" (or "hands on"): Command given telling the athletes to go to their stations and grab a hold of the boat.

"Let it/her run": To stop rowing after a given piece of on the water rowing length, but to put the handles of the oars either to the gunwales or out in front of the rower, in such a manner that the oar paddles are parallel to the water yet not touching it. This allows the boat to glide for a distance leaving no paddle wake in the water. Similar, but not exactly the same is the command "Gunnel", where rowers push the oars until the handle touches the boat's gunwale.

"Paddle": Tells a crew to row with just enough pressure to move the boat. The paddle command is also used to bring a crew down from full pressure at the end of a workout piece or race.

"Pick it / Picking": A rapid stroke where rowers use only their arms and use minimal pressure. An effective and impressive way to turn a boat when done right.

"Power 10" or "10 firm"

The command to take 10 strokes at more than full pressure. Used for passing and gaining water in a race. Sometimes "Power 5", "Power 20", or "Power 30."

"AMF 10": Ten extremely hard strokes after the yelling of the phrase AMF 10.

"Ready all, Row": Begin rowing.

"Roll it": Tells the crew to flip the boat over, in unison, from above their heads.

"Set it up": Reminds the rowers to keep the boat on keel.

"Set ready": Commands the crew to move to the catch blades buried, and be ready to start the race.

"Settle": A command and a part of the race. This tells the rowers that the crew is going to bring the stroke rate down for the body of the race, but still maintain the pressure. This usually occurs in the middle of the race.

"Ship Oars": Act of removing the oars from the oar locks and allowing them to float alongside the boat.

"Shoulders, ready, up": Tells the crew to lift the boat from any position below their shoulders, up to shoulder height. Can be reversed to lower the boat from heads to shoulders, i.e., "Shoulders, ready, down!" This is the best position for carrying a shell.

"Sit in": Tells the crew to get into the boat.

"Scull": A command used if the stern is held by a stake boat. "Port scull" usually means Two seat takes Bow's oar in front of him/her and rows lightly with it. Likewise, "Starboard scull" means Three seat takes Two seat's oar and does the same.

This is easier than having one seat take a stroke since it can move the boat in a more parallel direction.

"Swing it": A command used when carrying a boat to start turning either bow or stern.

"Take the run off": To stop rowing and hold the blades at a 45 degree angle in the water to slow the boat down.

"Touch it / Touching": A stroke where rowers use only their arms and back. Used mostly for warm-up or to turn a boat.

"One foot up & out": The command for exiting a team boat.

"On the square": To row without feathering the blades on the recovery.

"Waist, ready, up": Tells the crew to lift the shell to their waist.

"Watch your blades (side)": Tells one side to look out at their blades, and take action to prevent them possibly hitting something.

"Weigh enough" (or "Wain... 'nuff", or "Way enough"): The command to stop whatever the rower is doing, whether it be walking with the boat overhead or rowing.

The Stroke

Air stroke: To take a stroke without the blade having been placed in the water, resulting in a complete lack of power.

Backsplash: This term is in reference to the water thrown back toward the bow direction by the blade as it enters the water. Less is best. This indicates that the blade has been properly planted before the rower initiates the drive.

Backwater: To propel the shell backwards.

Body Angle: Amount of forward lean of rower's body from hips at the catch.

Bury the blade: Submerge the blade totally in the water.

Catch: The part of the stroke at which the oar blade enters the water and the drive begins. Rowers conceptualize the oar blade as 'catching' or grabbing hold of the water.

Catch point: Where the blade enters the water.

Check: The amount of interruption of the forward movement—usually occurs at the catch and sometimes at the release.

Cover: The distance between one set of puddles and the next set of puddles.

Crab: A rowing error where the rower is unable to timely remove or release the oar blade from the water and the oar blade acts as a brake on the boat until it is removed from the water. This results in slowing the boat down. A severe crab can even eject a rower out of the shell or make the boat capsize (unlikely except in small boats). Occasionally, in a severe crab, the oar handle will knock the rower flat and end up behind him/her, in which case it is referred to as an 'over-the-head crab.'

Drive: The propulsive portion of the stroke from the time the oar blade enters the water ("catch") until it is removed from the water ("release").

Feather: To turn the oar so that its blade is parallel with the water (opposite of square).

Finish: That portion of the pull-through just as the oar is taken from the water.

Hands away: At the close of the drive phase, the hands move away from the body.

Hanging at the catch: The blade is hesitating at the catch point, before entering the water.

Hot seating: When two crews share the same shell, during a regatta, sometimes it is necessary for the crews to switch at the finish line without taking the boat from the water.

Inside hand: The oarsmen's hand nearest the oar lock. This is the feathering hand.

Jumping the slide: A problem where the seat becomes derailed from the track while rowing.

Keel: The balance of the boat. Good keel means that the stability of the boat is good. "keep keel" is a command often heard from the coxswain when the boat starts to sway.

Lay-back: What the rowers have when they sit with their legs flat and lean towards the bow of the boat with their body.

Leg Drive: Power applied to the stroke, at the catch, by the force of driving the legs down. Often heard being yelled from the coach boat.

Missing water: A technical fault where the rower begins the drive before the catch is complete.

Outside hand: The hand of a rower that is placed on the end of the oar handle.

Over reach: Fault done by an oarsman when he comes to his full reach forward and then attempts to obtain even greater length by releasing his grasp on the handle with his outside hand or by bringing his outside shoulder further forward.

Pause paddling: Rowing with a pause between each stroke. The coxswain or rower giving commands will indicate where in the stroke this pause should be taken.

Pitch: The angle between a "squared" blade and a line perpendicular to the water's surface.

Puddles: Disturbances made by an oar blade pulled through the water. The farther the puddles are pushed past the stern of the boat before each catch, the more "run" the boat is getting.

Pull through: The portion of the stroke from the catch to the finish (when the oar is in the water). This is the propulsive part of the stroke.

Rating (also Stroke rate): The number of strokes executed per minute by a crew.

Ratio: The relationship between the time taken during the propulsive and recovery phases of a rowing or sculling action.

Recovery: The non-work phase of the stroke where the rower returns the oar from the release to the catch.

Release: At the end of the drive portion of the stroke. It is when the oar blade(s) is removed (or released) from the water.

Run: Distance a shell travels during each stroke.

Rushing: Term for when rowers move too quickly along their tracks into the catch. The boat will lose the feeling that it is gliding or "running out."

Set: The balance of the boat. Affected by handle heights, rowers leaning, and timing, all of which affect the boat's balance, after which the coxswain tells rowers to "set the boat".

Shooting your slide: Term used for when an oarsman's seat moves toward the bow faster than his shoulders.

Skiing: Term used to describe a blade that is too high off the surface of the water during the recovery. The rower's hands are too low causing an upset to the balance of the boat (the "set").

Spacing: Distance between bowman's puddle on one stroke and the point at which the No. 7 rower catches water on the next stroke.

Split time (split): Amount of time it takes to row 500 meters. Displayed on all ergs and on cox boxes installed on boats with speed coaches (see above).

Square: To turn the oar so that its blade is perpendicular to the water (opposite of feather).

Stroke: (a) One complete cycle through the process above; or (b) the rower in the stern of a multi-person shell, whose timing is followed by the other rowers.

Stroke rate (also Rating): The number of strokes executed per minute by a crew.

Super human 20: A crew's 20 strongest strokes, which usually occur in the middle of a race.

Swing: A feeling in the boat when the rowers are driving and finishing their strokes strongly and getting good layback.

Three-quarter / Half / Quarter slide: Shortened strokes, often used during the start of a race or in a warm-up.

Walking: When passing a boat, the coxswain announces each seat as it is passed.

Washing out: When an oar blade comes out of the water during drive and creates surface wash that causes the shell to lose power and become unsteady.

The Race

Start: In head to head races, the start is one of the most important parts of the race. In head races, where boats do not race next to each other, there is a running start, where rowing begins before the starting line and rowers are already at full speed when they cross the start. In sprints (head-to-head), the start consists of the following sections:

1. **Actual start:** This is generally five or six partial strokes done at a high rate and in a certain pattern, i.e., three-quarter length stroke (sometimes called three-quarter slide), followed by half, half, three-quarters, three-quarters, and then a full length stroke. The goal is to get the rowers off to a cohesive start and quickly build momentum.
2. **High Ten:** A set of strokes done at a high cadence immediately after the start. Not to be confused with "Power Ten," the high ten is ten strokes at a high rating to finish building speed. Some crews may pull 15 or 20 high strokes to build even more speed.
3. **Settle:** Immediately after the rowers complete their high cadence strokes, the stroke tempo is lowered and the stroke lengthened to the rating to be used throughout the body of the race. Often accompanied by a Power 10 or 20. Coxswains may call a "Ten to Settle" or "Ten to Glide" to drop the cadence more gradually.

Body: The body of the race is carried out at a consistent rating, with power tens called as the coxswain deems necessary.

Repechage: The "second chance" race given to those crews which fail to qualify for the finals from an opening heat. "Rep" qualifiers move onto semi-finals or finals depending on the number of entries. Used in international racing.

Sprint: The last 500 meters of most races are generally at a much higher rating than the rest of the race, as crews pull to exhaustion.

Flutter/Shunt: In head-to-head races, the coxswain may decide to call a flutter, which is essentially the six-stroke start put into the race close to the end. The flutter may push one boat which is trailing another a few seats ahead, but is extremely demanding on a crew. In many cases, it is used as a desperation move when all other options have been exhausted.

Head race: A long race in which rowers race a twisting course of about three miles. A race for time. The start is staggered. Usually in the fall months.

Miscellaneous

Egg beater: A race where the crews are drawn randomly from a hat, so that boats are made up of members from different teams and often the lineups include coxswains as rowers and vice versa. Also known as scratch race.

Masters (or Veteran): Rowers 27 (31 - UK) years of age or greater.

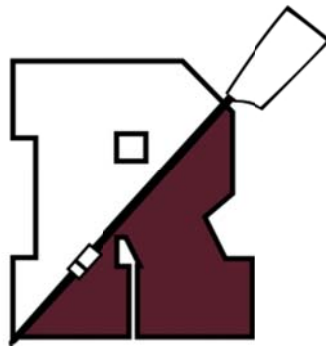
Open water race: Competition on unsheltered water exposed to current, tide, wind and requiring navigation skills as well as strength, endurance, and technique. Generally uses a mass start and includes a mix of human-powered boats. Typical race distances are 6 to 26 miles.

Pot: A tankard awarded as a prize to each member of a winning crew.

Scratch crew: A crew which has not rowed with each other before.

Seat race: A method to compare two rowers in fours or eights. Two boats race against each other once. One rower from each boat switches positions, and the two boats race again. Relative performance in the two races is used to compare the abilities of the two rowers.

Radnor Girls Crew Club Safety Manual



Radnor Girls Crew Club
Safety Manual

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Purpose

The purpose of the RGCC Safety Manual is to ensure a consistent approach to promoting a safe environment for RGCC athletes on and off the water and to provide a standard manner to respond to emergency situations.

Contact Information

Conshohocken Police Department:	911 (emergency) or 610-828-4032 (non-emergency)
Conshohocken Fire Department:	911 (emergency) or 610-828-4095 (non-emergency)
Head Coach:	Joe Sullivan, 856-912-1002 (cell)
Assistant Coaches:	Dani Thole, 925-997-4743 (cell)
RGCC Safety Officer:	Karen Fitch, 610-306-0269 (cell)
RGCC President:	Dennis MacCormick, 610-322-2995 (cell)
RGCC Vice President:	Trisha Macrone , 610-764-7300 (cell)
Radnor High School Athletic Director:	Mike Friel, 610-688-8100 (main)
Hines Rowing Center Manager:	Bob Smith, 484-888-9881 (cell)

Safety Training

A Safety Review session will be conducted at the start of each season (fall and spring). All coaches, athletes, the Safety Officer, and at least one other RGCC board member (preferably the President or Vice President) must attend. The purpose of the Safety Review meeting is to review the then-current RGCC Safety Manual, as well as any additional safety related information (videos, presentations, etc.).

Responsibilities of Various Parties

Ultimately, it is the coaches (and specifically the head coach) who are responsible for ensuring a safe environment for the club's athletes, the coaches and others, whether on the water or on land.

Following are specific responsibilities for various parties.

Board of Directors/Safety Officer

- The board of directors shall provide the coaches and athletes with the facilities, equipment and supplies needed to ensure a safe operating environment.
- No less than annually, the board shall appoint an officer of the club to serve as the Safety Officer for the current academic year. Among other duties, the Safety Officer shall oversee the review the RGCC Safety Manual and, if necessary, make all appropriate revisions.
- At the beginning of each season, the Safety Officer:
 - Shall ensure that the RGCC Safety Manual is made available to each coach and athlete.
 - Shall ensure that the coaching staff conducts a Safety Review session. The Safety Officer has the authority to cancel rowing activities at any time if it is deemed that policies and procedures are not being followed or if any unsafe condition exists.

- Shall ensure that the head coach has received an acknowledgement from each athlete and coach that they have read the RGCC Safety Manual before participating in on-the-water rowing activities.
- Shall ensure that the coaching staff has contact information, emergency contact information and permission to treat forms for each coach and athlete.
- The treasurer shall ensure liability insurance is always in force. Liability insurance is provided through the club's USRowing organizational membership, which must be renewed before the end of each calendar year. If for any unforeseen circumstance there is a lapse in coverage, all club activities are to be suspended.
- The secretary shall ensure that every athlete has properly submitted all required waivers (including the RGCC waiver and the USRowing waiver) and shall maintain a file including all signed forms.

Coaches

- The head coach shall ensure all athletes and coaches have acknowledged reading the RGCC Safety Manual before participating in on-the-water rowing activities. This acknowledgement may be given verbally at a practice session.
- The coaches shall ensure the RGCC Safety Manual and procedures are followed according to how they are defined in this document.
- The coaches shall ensure all rowing equipment is maintained with safety in mind and that unsafe equipment is prominently marked and removed from use.
- The coaches shall assist any athlete or coach in need of assistance, including calling 9-1-1 or other emergency help as required.
- The coaches shall be responsible for knowing the number of boats on the water during a rowing session and that all boats have returned to the dock before ending the session.
- The coaches should ensure that a safety bag is loaded on each launch.
- The coaches shall ensure safe conduct of operations during a rowing session and that coxswains are observing the traffic patterns.
- The coaches have the authority to cancel rowing activities at any time if it is deemed that procedures and policies are not being followed or if any unsafe condition exists.
- The coaches shall provide assistance to any capsized boat—even if from another team. Coaches are reminded to stop at a safe distance and offer assistance. Approach with caution and in a controlled manner. Be aware of your prop!

Athletes (Rowers and Coxswains)

- Every athlete shall familiarize herself with all the contents of the RGCC Safety Manual, the RGCC Handbook and any additional rules, safety guidelines and notices that the club provides.
- Every athlete shall follow all of the club rules and Schuylkill River traffic patterns at all times.
- Every athlete shall follow the instructions of the club coaching staff and coxswains.
- Every athlete should consult a physician about engaging in any form of exercise, including rowing.

- Every athlete shall disclose in her registration forms (for conditions known at that time) and notify the coaches (for conditions known at any time) if she has any medical condition that could impair her ability to row or that requires special attention.
- Any athlete with special medical/health conditions who has been cleared to row shall take appropriate precautions (e.g., medications/devices) in the boat while rowing (e.g., asthma inhalers).
- Every athlete must pass the RGCC swim test (swim two lengths of a 25-yard pool and tread water for five minutes while fully clothed).
- Every athlete should inform the session coach of any unsafe condition or unsafe equipment she observes. If the athlete is uncomfortable informing the session coach, she should notify the head coach or a member of the board of directors.
- Every athlete is encouraged to share any safety suggestions she may have with the board of directors.
- Athletes who anticipate either rowing indoors or on-the-water during the year should attend the seasonal safety meeting.
- Every athlete shall ensure that rowing sessions do not commence or continue without a launch. No safety launch, no rowing! No crew/shell should be on the water without a safety launch close by. A coach sitting in the coxswain's seat does not count as a safety launch!
- Athletes should not change in their cars or in the parking lot.
- Athletes should not remain alone in the boathouse or parking lot, particularly after dark. Always be aware of your surroundings.

Coxswains

- Coxswains should always direct the crew, the shell and others around the shell from the moment the shell is lifted from the rack or trailer until it is returned to the rack or trailer in a safe manner.
- Coxswains should ensure bow and stern ports/hatches are secure before launching.
- Coxswains should ensure that a properly outfitted cox kit is in the boat when it leaves the dock.
- Coxswains should ensure that heel tie-downs are in place and the heel of shoes cannot be raised more than three inches.
- Coxswains are to follow the traffic pattern at all times. The coxswain is responsible for being aware of and avoiding other traffic, which may or may not be following the traffic pattern.
- When rowing at facilities other than the Schuylkill River, coxswains should become thoroughly familiar with and adhere to the local traffic patterns and safety procedures.

Crews

- Crews should not talk while the boat is moving. Doing so makes it harder to hear commands and distracts the coxswain from her primary job—the safe guidance of the boat.
- Crews shall notify the coxswain immediately if they see a hazard or possible collision that they believe the coxswain does not see, or if the coxswain is in violation of adhering to the standard traffic pattern without explaining to the crew her intentions. An emergency supersedes the rule for a crew member not to speak in a moving boat!
- Crews shall inform the coxswain or a coach if they believe they hear thunder or see lightning.

Permission to Treat Form

At all times, printed copies of the Radnor High School Permission to Treat forms (PTFs) for all the athletes must be readily available at all practices and races. PTFs must be stored in a secure location (e.g., a locker or locked car). It is the responsibility of the Head Coach to ensure that the PTFs are readily accessible. Each season, the Head Coach should brief the coaching staff on known medical conditions of RGCC athletes that may require coach intervention or treatment (e.g., asthma).

Safety Guidelines

On The Water

- No rower or coxswain should ever leave a flotation device to swim to shore.
- Before entering the boat ensure all outboard oars are on the water.
- Rowers shall comply with instructions given by the coxswain or coaches.
- Rowers normally should keep at least one hand on the oar while on the water.
- After docking do not pull an outboard oar in until everyone is out of the boat.
- Oarlocks shall remain locked until everyone is out of the shell.
- All shells must be in good and safe working condition. It is the responsibility of the crew to let the coach know if they notice any problems with the shell.
- All shells must be equipped with a bow ball.
- All shells that row in darkness shall have fixed, flashing lights bow and stern.
- If a shell has lost a skeg while on the water, return to the dock immediately.
- Novice rowers and crews shall be accompanied by a launch at all times.
- Each coaching launch shall be equipped with a cell phone.
- Each launch shall be clearly marked in 3" high letters with "RGCC".
- Launches shall be equipped with nine approved life jackets and one for each person in the launch.
- Launches shall be equipped with all equipment required by the United States Coast Guard and the Pennsylvania Fish & Game Commission, including red and green lights fore and a white light aft if operated during non-daylight hours. The Coast Guard requires the Commonwealth of Pennsylvania registration sticker, the state issued number in 3" high letters affixed to each side of the forward part of the boat, life jackets, a sound producing device for emergencies (horn, whistle, siren), navigation lights and three hand held red flares. In addition, each launch should carry an anchor with line affixed to the boat, a paddle, and a safety throw line (preferably with a hook for easy attachment to a shell).
- All launches shall be maintained and operated in accordance with local safety laws and regulations.
- All motor boats shall have 360 degrees of visibility.
- All motor boat drivers shall keep their wash to a minimum when passing other boats and shall proceed past neighboring boathouse slips at idling speeds with no wash.
- No motors brought to the river shall be in excess of 25 HP.
- Rowing is prohibited when flow on the USGS website exceeds 18,000 cubic feet per second. Novices are cautioned not to row when flow exceeds 8,000 cubic feet per second.
- All rowers must know how to swim.
- No athlete under the age of 14 shall be permitted to row unescorted.
- No rower or coxswain should ever leave a flotation device to swim to shore.
- Be aware of weather forecasts and do not row in dangerous conditions.
- Coaches should know the swimming abilities of all rowers.

- Swimming is not permitted off the docks.
- Coaches should be first aid trained.
- Rowers of high school age are prohibited from rowing from Thanksgiving Day to the third Saturday of the following February.

Land Training

- All RGCC-organized land-based training requires the presence of at least one coach unless it is a practice organized by the captains (“captains’ practice”).
- A first aid kit shall be readily accessible during all land-based training activities.
- Athletes shall not engage in dangerous horseplay.

Emergency Response

Medical emergencies include breathing cessation, severe bleeding, concussion with loss of consciousness, suspected neck or spinal injury, fracture, dislocation, eye or face injury, heat related illness, and any other injury or illness resulting in poor vital signs such as decreased blood pressure, weak pulse, or signs of shock. In the event of a medical emergency, the following procedure must be followed:

1. The coach shall call 9-1-1.
2. The coach shall retrieve the appropriate PTF and have it available for the arrival of the Emergency Medical Services (EMS).
3. The coach shall not ride in the EMS vehicle unless there are other coaches that can remain with the team.
4. The parent/emergency contact on file shall be contacted/notified as soon as practicable.
5. The club President and Vice President shall be notified as soon as practicable.

A report identifying the potential cause of the emergency and details of the response shall be submitted to the board within three days of the occurrence.

Violations

Violations of the RGCC Safety Manual shall be reported to the RGCC Board of Directors by any athlete or coach noticing such violation. The RGCC Board of Directors will investigate the violation and determine how to remediate.

Appendix A: Weather-Related Health Emergencies

Hypothermia

Hypothermia is a condition that occurs when the temperature of the human body is lowered to a dangerous point due to exposure to cold and/or wet conditions. Cold temperatures and wet conditions work together to pull heat away from the body lowering the body's core temperature. Even in mild conditions, the addition of rain or submersion in cold water and can sufficiently reduce body warmth to trigger hypothermic conditions in the body. A person's condition can degrade rapidly, impairing breathing and coordination and making it impossible to swim or keep one's head above water. Emergency action needs to be taken no matter what the level of hypothermia.

Early Hypothermia

Symptoms: Rapid shivering, numbness, loss of strength and coordination, semi-consciousness.

Action: Maintain open airway. Transfer to a warm environment as soon as possible. Remove wet clothing. Use blankets to help warm individual. Warm torso area and head first. Seek medical attention.

Profound Hypothermia

Symptoms: Person will be pale, stiff, and cold, unresponsive to stimuli, and possibly unconscious. Little or no cardiac or respiratory activity will be present.

Action: Keep person in horizontal position, move or manipulate as gently as possible to prevent further heat loss, but DO NOT attempt to re-warm. Maintain open airway, and activate EMS procedures. Call for emergency help immediately!

Heat-Related Emergencies

Higher temperatures and high humidity can lead to heat-related illnesses that coaches and rowers need to keep in mind. As humidity rises, the body's ability to cool off through sweating is diminished since evaporation is limited. The best way to avoid heat-related injuries is to practice at cooler times of the day: early morning or late afternoon. The body needs time to acclimate to increased temperatures. Intake of fluids is also key and should be encouraged. Dehydration further impairs the body's ability to cool off.

There are two major heat-related illnesses to be aware of: heat exhaustion; and heat stroke.

Heat Exhaustion

Early Symptoms: Heavy sweating, cramps, fatigue, weakness, malaise, mild decrease in performance.

Action: Rest and fluid replacement.

Action: If there is a mild temperature elevation, an ice pack may be used to help cool the body to normal temperatures. Several days rest may be necessary, and rehydration is a priority.

Heat Stroke

Symptoms: Confusion, nausea, vomiting, seizures. The victim loses consciousness. Body temperature rises as high as 106. Skin is dry and clammy.

Action: Get medical help immediately! Lower body temp by immersing in water, maintain horizontal position of victim. Stop treatment when victim is conscious.

Appendix B: Guidelines for Emergency Care for Specific Injuries/Illnesses

NOTE: These guidelines are provided for the benefit of **trained** “first response” personnel and are not meant for general use by athletes or by those without formal education in this area.

Specific Injuries/Illnesses

- **Spinal Injury**
 1. Check airway, breathing and circulation, and administer CPR as needed
 2. Have someone else call Emergency Medical Services (EMS)
 3. Support cervical spine by immobilizing victim on flat surface and providing lateral head support (positioning hands on side of head if cervical collar not available) to keep head in midline. Do not leave this position until instructed to do so by the EMS crew.
 4. Have someone else prevent or treat for shock while you maintain your position at the head.
 5. DO NOT ATTEMPT TO MOVE ATHLETE unless the athlete is in danger as a result of her location. (IF the athlete is moved, proper backboard and cervical support **must** be used.)
 6. Reassure the athlete to stay calm and remain with her until EMS arrives.

- **Major Fracture**
 1. Activate EMS
 2. Treat athlete for shock
 3. Apply basic first aid
 4. DO NOT ATTEMPT TO REDUCE FRACTURE
 5. Splint, making sure the athlete continues to have distal pulse (foot or wrist) and sensation
 6. Transport athlete to the hospital

- **Major Joint Dislocations**
 1. Activate EMS
 2. Treat athlete for shock
 3. Apply basic first aid
 4. DO NOT ATTEMPT TO REDUCE DISLOCATION
 5. Splint, making sure the athlete continues to have distal pulse (foot or wrist) and sensation
 6. Transport athlete to the hospital

- **Heat Illness**
 1. Remove athlete from the heat
 2. Remove excess clothing
 3. Determine severity of the illness
 4. Monitor ABCs (Airway, Breathing, Circulation)
 5. Attempt to cool the body
 6. Stay with athlete at all times
 7. Activate EMS

- **Cardiac Problems**
 1. Activate EMS
 2. Check ABCs (Airway, Breathing, Circulation), and administer CPR as needed
 3. Treat for shock
 4. Put athlete in a comfortable position

- **Any Other Emergency Situations**
 1. Activate EMS
 2. Check athlete's ABCs (Airway, Breathing, Circulation)
 3. Apply basic first aid
 4. Prevent and/or treat for shock

Recognition and Treatment of Shock

1. Shock can develop when the heart pump fails to work properly, causing a reduction in the pressure of the circulating blood (e.g., heart attack) or as a result of a reduction in the volume of fluid circulating around the body (e.g., external or internal bleeding or loss of other bodily fluids through severe diarrhea, vomiting, or burns).
2. The initial signs of shock include:
 - a. A rapid pulse
 - b. Pale, grey skin, especially inside the lips. If pressure is applied to a fingernail or earlobe, it will not regain its color immediately.
 - c. Sweating, and cold, clammy skin (sweat does not evaporate)
3. As shock develops, the following symptoms may appear:
 - a. Weakness and giddiness
 - b. Nausea and, sometimes, vomiting
 - c. Thirst
 - d. Rapid, shallow breathing
 - e. A weak pulse
 - f. Restless, anxiety and aggressiveness
 - g. "Air hunger" (yawning or gasping for air)
 - h. Unconscious
 - i. Heart cessation
4. Treatment for shock includes:
 - a. DO NOT let the casualty move unnecessarily, eat, drink, or smoke.
 - b. DO NOT leave the casualty unattended. Reassure the casualty constantly.
 - c. Treat any cause of shock which can be remedied (such as external bleeding).
 - d. Lay the casualty down, keeping the head low.
 - e. Raise and support the casualty's legs (be careful if suspecting a fracture).
 - f. Loosen tight clothing, braces, straps or belts, in order to reduce constriction at the neck, chest and waist.
 - g. Insulate the casualty from cold, both above and below. Activate EMS.
 - h. Check and record breathing, pulse and level of response. Be prepared to resuscitate the casualty if necessary.

Appendix C: Capsize & Person Overboard Procedures

Note: It is the responsibility of any coach boat to provide assistance to any capsized boat—even if from another sport, or a pleasure boat. Coaches are reminded to stop at a safe distance and offer assistance. Approach with caution and in a controlled manner. Be aware of your prop!

All crew members should be fully aware of what actions to take when a crew swamps, flips, or capsizes.

NOTE: If rowers egress from a swamped boat -- STAY WITH THE BOAT.

Shell Damaged and Not Sinking

- Immediate command: “Weigh Enough!”
- Make adjustments and signal launch for assistance.

Shell Swamped

A shell is swamped when the interior water reaches the gunwales. If rowers stay in the boat, the floatation ends (bow and stern) may cause the boat to break apart.

- If the shell is swamped or taking excessive water, with rescue imminent:
- Immediate command: “Weigh Enough!”
- Coxswain directs rowers to untie, signals launch and unloads rowers by pairs—starting in the middle of the boat—as soon as possible in order to avoid damage to the boat.
- Pairs should form “buddies” and keep a watch on each other. The coxswain should buddy with the stern pair.
- Until otherwise directed by the coach in the launch, STAY WITH THE BOAT!

If rescue is not imminent, take the following steps:

- Remove oars or place them parallel to the shell. The bow four should move to the bow of the boat and the stern four with the coxswain should move to the stern of the boat (it is dangerous to roll a shell when near the riggers).
- Attempt to roll the boat in order to form a more stable floatation platform so that rowers can either lie on top of the hull or buddies can hold each other across the hull.
- DO NOT attempt to roll the boat if rescue is on the way. However, be aware that body heat loss occurs as much as 25 times faster in the water.
- The launch should shuttle rowers to the nearest shore. Be careful not to overload the launch.

In any of these events the crew should remain with the shell! The shell will float (an important reason to close bow and stern ports before going on the water). Furthermore the oars will act as flotation devices. If for some reason the shell sinks below the surface, the shell should be rolled so the bottom is facing the sky, as this traps air underneath the shell and increases buoyancy. At no time should any crew member leave the boat to swim to shore! A short swim can be far longer than it appears due to currents, wind, water temperature, or personal fatigue.

Stay calm. The first thing that should be done in a team boat is for the coxswain or bow person to get a head count to make sure all rowers are accounted for. The crew, while holding onto the shell, should

attempt to get the attention of other crews, or coaches on the water. Waving and making as much noise as is necessary to attract attention. If no crews or launches are on the water nearby, attracting the attention of people on shore is the next step.

If the water and air temperatures are low, then the crew members should move along the shell and huddle together in pairs near the middle of the shell. Effort should be made to keep as much of the body out of the water as possible. This can include draping one's self over the top of the hull. A minimum of movement is key to retaining body heat. Constantly check on crew mates and keep up one on one communication.

To recap procedures:

1. Stay calm.
2. Stay with the shell.
3. Take a head count.
4. Pair up and keep communicating with each other.
5. Attract attention of launches, crews, or people on shore.
6. If need be, roll shell over and drape the body across the hull. (Sinking shell or cold conditions)
7. Wait for help.

There is one other event that should be addressed that is similar to what was mentioned above: man overboard. A violent crab by an oarsman can throw them out of the boat. In this situation, it is up to the ejected rower to stay below the surface of the water till the shell has passed (this avoids getting hit in the head by a fast moving rigger(s)). The crew should stop rowing and hold water immediately so they can lend assistance. The crew should get the attention of the coaches' launch while the rower treads water. In the event that a launch is not nearby the crew can back up to the rower in question so the rower can use the shell as a floatation device. It is also feasible to pass an oar to the ejected rower, using the oar as a floatation device. Once removed from the water, the rower should be evaluated to determine if the rower is fit to continue or if a medical emergency is present.

Appendix D: Recovery of a Flipped Shell

Once all rowers who were involved in a capsize or swamping incident are accounted for and properly taken care of, the next step is to recover the shell. Not only is this a valuable piece of gear, but it also creates a traffic hazard for other users of the lake.

There are very definite steps to go about getting a shell back to the house and out of the water without creating additional damage. First and foremost, slow down and assess the situation. One person needs to be in charge of the operation and give out direction to other helping parties. Then, identify approximate wind speed and direction, current speed and direction, and other hazards. Once these details are in hand, decide how best to move into position to work on the shell. Move slowly! First, recover all gear that has floated away from the shell (e.g., loose oars, coxboxes, speed coaches, etc.), because recovery at a later time can be difficult. Clothes from the crew are secondary unless needed for emergency survival. An eight or possibly even a four may require two launches and experienced coaches. Determine if the shell is in danger of fully sinking due to damage. Then proceed.

If the shell is not already keel down, roll it so it is. Before doing so, remove the oars unless they are acting as floatation for a severely damaged shell. Loop a line through the bow or stroke seat foot stretcher and fasten securely. Alternatively, a line can be attached to the stern- or bow-most riggers (i.e., bow pair). Next, equalize and center the line by looping it around the bow or stern (depending on which foot stretcher you tied off to) and secure. Do this several times. Lead the remaining tow line out and attach to the stern of a launch. At a slow and controlled pace move the launch away and towards the destination. As the launch gets underway make sure that the prop is clear of the tow line.

Once the shell is back at the dock, the real work begins. Get as many people along the shell as possible as this will be heavy work. Make sure that everyone lifts from the legs and not from the lower back. Everyone will lay hands on the shell and lift very slowly so that the dock side gunnel tilts up and the water side gunnel tilts towards the water. The idea here is to slowly drain as much water out of the shell as possible before attempting to lift the shell out of the water all the way. The water side gunnel will still be in contact with the water. As people lift, the keel will be oriented so it is parallel to the dock. Once a significant amount of water has been drained in this manner, the shell can be lifted in a regular fashion. Alternatively, the shell can be placed back in the water and a water pumping device can be used to remove more excess water. The shell will still be heavy with water! Be careful. The shell must now be lifted over heads. First open the bow and stern deck ports. Alternating bow and stern, drop one end as low as possible while keeping the other end at heads. This will drain any excess water that is trapped in the boat. People will definitely get wet during this process, so make sure they have rain gear or extra clothing to change into during cold weather times. The same basic procedures for towing the shell can be used for moving a slightly swamped shell (gunnels above water), or dry shell as well.



Radnor Girls Crew Club

Safety Manual Acknowledgement

I acknowledge that I have received, read, and understand the Radnor Girls Crew Club Safety Manual, and I agree to follow all of the safety rules set forth in the Safety Manual. I understand that I must obey these rules to ensure my own safety and that of my fellow teammates and coaches. I will cooperate to the fullest extent with my coaches and fellow teammates to maintain a safe rowing environment. I will follow the oral and written instructions provided by the coaches. I am aware that any violation of the Safety Manual protocols that results in unsafe conduct may result in my removal from the boat, removal from the boathouse, and/or dismissal from the team.

Printed Name of Athlete:

Athlete's Signature:

_____ Date: _____

Parent/Guardian's Signature (only if athlete is under the age of 18):

_____ Date: _____

Complete this page and submit it with your registration forms or to your coach.