

Information on the Rowing Merit Badge



BARC (Bay Area Rowing Club of Houston) is offering scouts the opportunity to earn the Rowing Merit Badge on a sliding seat rowboat. These are the type of boats used in competitive rowing. This is a community outreach program and one BARC member is a BSA merit badge counselor.



The Basics:

What: Rowing Merit Badge.

Who: Scouts 14 years and older – up to six scouts per session (size and weight restrictions due to boat limitations: at least 5 ft tall and less than 220 lbs).

When: two meetings, one off-the water and one on-the-water, both held at the BARC boathouse in Clear Lake Park. Off-the-water meeting would be in the afternoon or evening (approx. 2 hrs) and the on-the-water on a Saturday or Sunday morning (approx. 3 hrs). Sign-up through the BARC website (<http://www.barchouston.org/learn-to-row/>)

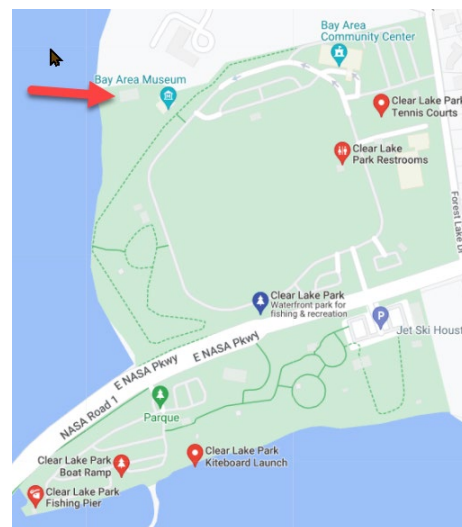
Costs: \$40 per scout.

Safety Requirements for the on-the-water activities:

- At least one adult leader must attend with the scouts. The BARC merit badge counselor can be the second person for 2-deep leadership. Other BARC volunteers working with the scouts are generally not YPT trained (though many have the similar “Safe Sport” training).
- The adult leader should have the BSA medical forms for the scouts (part A and B) with them.
- A US Rowing Waiver needs to be completed for each participant (signed by parents or legal guardian for scouts under 18 years old). This will be collected prior to the on-the-water activities. A copy of the waiver is attached to this flyer.
- Life jackets need to be worn by all scouts during the on-the water activities. This is a BSA requirement. Preferably, bring your own. Please let the merit badge counselor know in advance if you do not have a life jacket for each scout.
- In case of inclement weather (high winds, low water level, fog, lighting), the on the water activities will be rescheduled.

Logistics:

- The BARC boathouse is located at Clear Lake Park, 5001 Nasa Pkwy. Seabrook, TX 77586 (on the north side of Nasa Road 1). Follow the circle and park near the Bay Area Museum (white building). The boathouse is behind the museum.
- What to wear for the on-the-water part: Scouts should wear shorts or leggings (no loose clothing that would get caught in the sliding seat) and be prepared to get wet. Bring a change of clothes and a towel (changing room available at the boathouse). **Socks are required** for rowing and water shoes are advised for the swimmer rescue.
- Getting credit: please bring blue cards to sign.



Prerequisites:

- Scouts must have passed the BSA swim test with “Swimmer” classification (Requirement 2)
- Scouts must have completed Safety Afloat (Requirement 1c)
- Scouts should know the following knots: bowline, clove hitch, round turn with two half-hitches (all these knots are a First Class or below requirement)

Off-the-Water Activities:

- Review Hazards and Injuries / Illnesses (Requirements 1a and 1b)
- Review type of Life Jackets (Requirement 3)
- Teach Wellman's knot and mooring hitch (Requirement 4 a v)
- Review boat design (Requirement 8)
- Discuss other topics listed in the requirements (Requirement 9)
- Preview of logistics and what to expect for the on-the-water activities.

Scouts will need to practice the knots and do some research on the discussion topics prior to the on-the-water activities.

At the boat-house:

- Learn the proper rowing stroke for a sliding seat rowboat on the erg (rowing machine)
- Learn proper oar handling
- Learn about the parts of the boat
- Tour the boathouse and see the different types of sliding seat rowboats
- Demonstrate the knots and review discussion topics

On the water:

Scouts will be working in groups of two scouts with one BARC volunteer and one recreational row-boat single. The boat will be tied to a line that the BARC volunteer will handle. Scouts will take turns rowing away from the floating dock and practicing the required skills while “on a leash”. The BARC volunteer will coach the scouts on the required skills and can pull the boat back as needed. The following skills will be practiced.

- Launch the boat (Requirement 4 a i)
- Row in a straight line, and maneuver – turning and backing (Requirement 4 a ii, iii)
- Come alongside the floating dock and switch rowers (Requirement 5 b)
- Flip test – also called swamped boat drill (Requirement 6)
- Swimmer rescue (Requirement 7)
- Take the boat out of the water, clean it and rack it (Requirement 4 a iv)

Other information:

Parents or Leaders are welcome to participate in the class if there are spots available. If you have four to six scouts in your troop, crew, or ship who want to do this together, ask about setting up a special session for your scouts.

Contact Anne Bertelsmann (281-202-8739 or ABertelsmann@MarathonPetroleum.com) for further information.



USRowing Release of Liability

ACCEPTANCE OF THIS WAIVER IS REQUIRED FOR ACCEPTANCE OF MEMBERSHIP 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 01/01/2022 - 01/15/2023, 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 water and landbased, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

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 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 Releasee 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. 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. 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.

5. AGREE to be familiar with, comply with, and be bound by the Rules and Regulations of USRowing, including but not limited to the USRowing Rules of Rowing (www.usrowing.org), the World Anti-Doping Code (www.usada.org), and the codes, rules, policies and procedures of the U.S. Center for SafeSport (the "SafeSport Rules," www.SafeSport.org), including with respect to the exclusive authority and jurisdiction of the U.S. Center for SafeSport to investigate and resolve reported sexual misconduct and the discretionary authority to investigate and resolve reports of other misconduct. I further agree that arbitration pursuant to the binding arbitration provisions of the SafeSport Rules shall be the exclusive method to resolve any dispute over any disciplinary action taken by USRowing as a result of a USCSS investigation (the "Arbitration Procedure"). 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.

6. IN CONSIDERATION of being permitted to compete, officiate, observe, work, or participate in any way in the EVENT(S), I for myself, my personal representatives, heirs, and next of kin:

1. Affirm that I have not been diagnosed with, demonstrated any symptoms of or have in any way been exposed to any communicable diseases (including but not limited to the virus commonly referred to as COVID-19) within the last 14 days, or that I have complied with all local, state and federal guidelines and regulations as related to

communicable diseases;

2. Acknowledge that I am aware that by entering the premises and participating in rowing-related and sponsored activities that there are risks to me and to those with whom I interact of exposure, directly or indirectly, to communicable disease(s) including but not limited to the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", "COVID-19" and/or any mutation or variation thereof;
3. 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, all for the purposes herein referred to as "Releasees", from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all loss or damage, and any claim or demands therefor, whether caused by the negligence of the Releasees or otherwise;
4. HEREBY agree to INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur arising out of or related to my illness or death, whether caused by the negligence of the Releasees or otherwise

I HAVE READ THIS COMMUNICABLE DISEASE RELATED HOLD HARMLESS, RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT, UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

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.