Bay Area Rowing Club of Houston
Private Rowing Lesson
for Membership and Rowing Privileges

Name:____________________________ Date:_______________

Anticipated amount of time needed to complete Private Lesson: 6-8 hours

Prior to the Private Lesson:
  Complete paperwork: Data Form and Liability Waiver
  Receive and Record Class Fee: __________
  Provide student with a copy of the BARC Handbook

Review:
  Overview of Boathouse
    Layout and organization of boathouse
    Club equipment versus private equipment
    Sign-Out Sheet/Front Desk
    Location of club information in boathouse
  BARC Communications: E-Mail, Website, Facebook
  Volunteer spirit and expectations for participation in Club projects
  Rowing development opportunities (ex. crew, coaching, etc.)
  Sculling versus sweep Rowing
  Variety and types of boats
  The components of the stroke – land unit and/or ergometer
  Parts of the boat and oars
  Boat handling techniques and basic commands for boat handling
  Traffic pattern on Mud Lake
  Efficiently moving on and off dock
  Cleaning equipment after rowing
  Reporting damaged/faulty equipment
  Weather conditions – when is it not safe to row? (ex. fog, lightening, white caps)

Practice:
  Practice on rowing ergometer (erg)
  Receive demonstration and practice getting in/out of boat
  Practice on water while tethered to dock, if indicated
  Practice rowing on water with supervision from coach
    Rowing, backing, steering, turning, docking
  Dump test
  Provide new member with lock combination

Private Lesson completed by__________________________ Date____________