



Bay Area Rowing Club of Houston New Member Checkout FOR EXPERIENCED ROWERS ONLY

New Rower Name: _____
Date of Checkout: _____
Authorized BARC Rep: _____

This form must be completed by an authorized BARC representative or checkout is invalid.

Fill in circles as requirements are met or explained.

Paperwork requirements:

Prior to the test row, all paperwork must be completed.

- Liability form
- Member Data Sheet
- Annual Agreement
- Medical forms (sealed in envelope, per instructions)
- Check for 1st quarters dues (\$60 for individuals, \$45 for students)
- USRowing Online waiver signed

Boathouse Overview:

Fully explain the following items to each new member.

- Location of the fire extinguishers
- Location of AED/First Aid/Medical forms
- Location of life jackets/Kippy Liddle kit
- Private vs BARC shells
- Sign out sheet/front desk/damage log book
- Weight/experience class of boats
- "Graduating" to bow of bigger boats
- Towels, hose, sanitizer
- Changing room
- Cubby holes for stuff
- Park hours, speed limit, restrooms
- Light storage & sling storage
- BARC vs private oars
- Club Row time

Member Expectations:

Explain BARC requirements.

- Assist on workdays, races, & other projects
- Attend scrambles when available
- Be happy, have fun and always try to grow BARC
- Treat equipment better than if it were your own
- Log damage immediately
- Check BARClist emails to stay updated

Map/Mud Lake/Weather Conditions:

Explain Safety & other requirements while on Mud Lake

- Explain traffic pattern on map
- Point out known hazards in lake
- Warn that the lake is tidal and new hazards always appear
- Cannot row if: too foggy to see across the lake, there is lightning, there are waves crashing over the dock or if the water is too low (or tide going out and will make it too low upon return)
- Explain traffic pattern during the row
- Watch for non-rowers on the dock
- Do not exit the lake without experienced rowers

Rowing Checkout:

Rower must demonstrate the following skills unaided.

- Sign out
- Safely remove boat from the rack
- Fully lock up boathouse while rowing
- Launch safely
- Demonstrate ability to control course heading
- Demonstrate ability to stop quickly (check it down)
- Demonstrate the ability to spin in place
- Complete 1 full lap
- Dock safely
- Wash & dry boat, sanitize oars
- Return boat safely to the rack
- Sign in & lock up the boathouse

If all circles are completed, rower passes. If not, rower fails.
This rower:

PASSES

FAILS

If rower passes, collect all paperwork, put in the Treasurer's folder. Give them the code to the boathouse and welcome them to BARC.

If rower fails, discuss development opportunities and figure out how they would like to proceed. **DO NOT GIVE THE BOATHOUSE CODE.** If interested in learning, send contact information to the Rowing Development Coordinator. Allow participant to keep all paperwork except liability and member data form. Put forms in Treasurer's folder with note of failure to pass checkout.