

# Station L Rowing Club Operating Rules

*Revised and Adopted September 12, 2018*

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## 1.0 Membership

1.1 Age—Membership is open to all adults aged 18 and over.

1.1.1 On occasion with permission from a Station L coach, minors (<18 years of age), may be temporarily added to the Station L roster and participate in coached STL practices and regatta events. To be added to the roster, a legal guardian/parent needs to sign:

(1) annual US Rowing Release of Liability for Station L (online through USRowing or paper copy) and

(2) sign an emergency medical release form. These forms should be given to the Station L membership coordinator. Digital copies should be sent to the Secretary for storage.

Copies of emergency contact information shall be kept in an accessible location in the boathouse.

1.2 Dues—Membership dues are set annually by the board of directors. Lump-sum dues must be paid in full by March 1, or by arrangement with the Club Treasurer. New members joining during the year pay pro-rated fees.

1.3 Membership Categories—Membership is available in several categories: Regular, Spouse/Domestic Partner, Senior, Student, Short-Term Month-to-Month, Social, Saturday only, Weekend, and honorary.

1.3.1 Social Members: social membership is defined as members who may participate in off water club functions, and as volunteers.

1.4 Class Participants—Persons enrolled in a Station L Rowing Club class are considered members of the club for the duration of their class session.

1.5 Guest Rowing—Prospective members may row up to three times as guests prior to becoming paid members. Guests must have a signed electronic USRowing waiver on file.

1.6 Coxswains—Coxswains who regularly cox a minimum of two days per week are granted free membership.

1.7 Waivers—Annual USRowing waivers must be signed by all members, electronically at [www.usrowing.org](http://www.usrowing.org).

1.8 Volunteer Hours—Each member is required to complete ten hours of volunteer labor annually for the club. Volunteer opportunities are communicated regularly to club members.

1.9 Termination of Membership—Failure to abide by these rules, bylaws and policies established by the Board of Directors may result in termination of membership. Any termination of membership must be made by a unanimous vote of the Board of Directors

## 2.0 Facility Use

2.1 Access—The Station L bay, showers and restrooms at the Portland Boathouse are accessible to all members 24 hours a day.

2.2 Security—Members are responsible for locking all doors and turning off lights upon departure. All interior doors must be closed. Security systems, if any, are to be activated as per posted instructions. Personal belongings are left in the boathouse at members' own risk.

2.3 Parking—Members must park in designated areas, and keep abreast of all changes in parking rules. Station L is not responsible for vehicle damage, theft or towing charges.

2.4 Other Users—Portland Boathouse is a shared facility. Members must cooperate with other tenants while using communal spaces, including docks and ramps.

## 3.0 Equipment Use

3.1 Cox boxes—Cox Boxes must be turned off and plugged in after each use. Do not carry boxes by the headset wire.

3.2 Sculling Boat Restrictions – To row a club boat without a coach present

3.2.1 Singles—Club singles are to be rowed only by members who have passed the 1x Captain's test.

3.2.2 Doubles Club doubles may only be rowed by members who have passed the 2x/4x Captains' test. Both rowers must have passed the test.

3.2.3 Quads—At least 3 members of the crew must have passed the 2x/4x Captains' Test.

3.3 Club Oars Restrictions – Only club oars may be used by club members. White color coded oars are for club use. Private labeled oars and or red color coded oars are privately owned and are not to be used without owner permission.

3.4 Captain's Test--To schedule a Captains's test, contact the L3 and or L4 sculling coaches or StL head coach. Copies of the test are available on the Station L website.

3.5 Equipment Adjustments—Members are not to adjust the rigging of club equipment without consulting a club coach or the equipment manager.

3.6 Equipment Damage— If damage to equipment is discovered, alert the coaches or the Program Director or by writing a note on the equipment board located in the rear of the boathouse.

3.7 Repair of Equipment—Do not attempt repairs without approval of the Program Director.

3.8 Use of Equipment for Regattas—Any member or group of members can take club equipment to a regatta if the coaches or Program Director is consulted. Please give advance notice.

3.9 Other Equipment in Boathouse—Many boats in the boathouse belong to the other clubs or individual Station L members. Members should not use these boats without express permission of their coaches and the Station L Program Director. Ergs are owned by Portland State, Station L, and individual Station L members. PSU has priority use for their ergs. Clean after each use.

3.10 Rack Rentals – Members renting rack space are required to use their equipment at least 15 times per year in order to retain their rack space within the Station L Bay of the Portland Boathouse.

## 4.0 Rowing Protocols

4.1 River Navigation/Traffic pattern—All club members should be familiar with the traffic pattern map posted in the boathouse. Members should familiarize themselves with local landmarks, especially the names of bridges. Important components of river navigation include:

4.1.1—Row on the Right--Stay to the right of all main bridge spans. Avoid the center of the channel. If you need to cross the channel, do so quickly.

4.1.2 Launching—Walk boats down the ramp stern first if headed upstream, bow first if headed downstream. Use either side of the dock. Store oars at the top of the dock to keep the dock clear. Dock time should be kept to a maximum of three minutes. Once launched, clear the area so that other crews can use the dock.

4.1.3 Downstream issues—Do not row near bridge abutments. Note current strength. Take care near the grain elevators. Watch for commercial traffic.

4.1.4 Upstream issues—Use caution near the following locations: Main channel under the Ross Island Bridge, entrance to Riverplace Marina, Commercial tour boats moored south of OMSI.

#### 4.1.5 Ross Island Back Channel Procedures—

4.1.5.1 Stay to the right at all times

4.1.5.2 Do not enter the Ross Island Lagoon

4.1.5.3 Watch for deadheads and logs extending from the shore

4.1.5.4 Tug/Barge combinations use the west side of the channel when traveling from the Ross Island Bridge to the lagoon. Use caution and move either within 15 feet of the island, or if there is ample time and space, move to the east side of the channel.

4.1.5.5 Do not row in the Ross Island Back Channel in the dark

4.1.5.6 On the south side of Ross Island, row ONLY within 100 feet of the houseboat moorage, making room for two way traffic.

4.2 Logbook—All uncoached boat use must be logged out and in using the logbook in the boathouse. Log out should include planned route and anticipated return time.

4.3 Winter Rules—All club boats must be accompanied by a coaching launch from November 1 to March 1. These dates may be altered due to river conditions.

4.4 Darkness—When rowing in pre-dawn darkness, shells must be lit on both ends. A lighted coaching launch must be supervising. Darkness is defined as more than 30 minutes prior to sunrise. After sunset, the same rules apply. Boats may not be on the water more than 30 minutes after sunset.

4.5 Fog—No rowing in dense fog conditions. Dense fog is when the Morrison Bridge is not visible from the launching dock. If on the water when fog develops, return to the dock along the shoreline.

4.6 Lightning—Do not launch during a lightning storm. If on the water when lightning starts, return to the dock immediately or take cover on shore.

4.7 Water Conditions—Rowers should not launch in the following situations: Visible whitecaps, River Gauge above 10 feet, excessive debris flow.

4.8 Single (1x) Safety—The club singles may NOT be rowed without a coach present under the following conditions:

4.8.1 Water Temp under 10C or 50F.

4.8.2 Water Gauge Height over 10 feet.

4.8.3 Stream Discharge over 50,000 cubic feet per second

4.9 Dock Use—Boats coming up the ramp have the right of way. Minimize time on the dock by pre-positioning oars and gear.

4.10 Lifejackets—Coxswains are required to wear a PFD

4.11 Maintenance—Boats should be wiped down inside and out, especially the tracks, after each row.

## 5.0 Emergency and Incident Protocol

5.1 Incident Reports—All accidents involving injury or a 911 call must be reported on an incident form. Follow all instructions on the form. The coach supervising during the incident should initiate the report. If no coach was present, a member can complete the report. Copies of the report should be sent to the Program Director.

5.2 Emergency Procedures—An incident report must be filed if 911 is called for an incident involving a club member or club equipment:

5.2.1 Contacting Club Officials--After all urgent needs of the emergency have been attended to, the supervising coach or a member should make contact with the Program Director or, barring her/his availability, the first available club officer, as listed:

a. Chair, or b. Vice-Chair

Contact information is posted in the boathouse.

## 6.0 Modification of Operating Rules

6.1 These rules may be modified by majority vote at any meeting of the Board of Directors. Updated rules will be posted and published for the membership.



