

# Station L Rowing Club Operating Rules

*Revised and Adopted March 8, 20201*

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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 as coxswains in coached STL practices and regatta events. To be added to the roster, a legal guardian/parent needs to sign:

(1) the annual US Rowing Release of Liability for Station L (online through USRowing); and

(2) an emergency medical release form. Forms should be submitted electronically to the Registrar/Membership Coordinator. Copies of emergency contact information shall be kept in an accessible location in the Clubhouse.

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 prorated fees.

1.3 Membership Categories—Membership is available in the following categories: Regular, Youth/Senior, Short-Term Month-to-Month, Social, Saturday only, Weekend, and Honorary.

1.3.1 Social Members are defined as members who may participate in off water Club functions and as volunteers.

1.3.2 Young Adult/Senior Members: Young adult is defined as aged 18 to 27 years. Senior is defined as aged 65 years or older. A member's age is the age that they turn during the membership year.

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—All guests must have a current waiver on file with USRowing. Guest rowing with Station L takes two forms:

1. Visiting rowers (not prospective members) may row with Station L for a donation of \$15/session.
2. Prospective members may row up to three times as guests prior to becoming paid members.

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 (10) hours of volunteer service annually for the Club. Volunteer opportunities are communicated regularly to members.

1.9 Termination of Membership—Failure to abide by these Operating Rules, the Club's bylaws, or the Club's policies, values, and expectations established by the Board of Directors may result in termination of membership. A decision to terminate membership may be made for any reason deemed sufficient by the Board of Directors. Any termination of membership must be made by a unanimous vote of the Board of Directors.

## 2.0 Facility Use

### 2.1 Clubhouse

2.1.1 Clubhouse Access—The erg room and restrooms at the Clubhouse operated by the Portland Boathouse are accessible to all members 24 hours a day. Access may be limited by order of the Board for reasons of public health.

2.1.2 Clubhouse Security—Members are responsible for closing and locking all doors and windows and turning off lights upon departure. Security systems, if any, are to be activated as per posted instructions. Personal belongings are left in the Clubhouse at members' own risk.

2.1.3 Parking—Members must have a parking pass to use the parking lot adjacent to the Clubhouse during published hours. Members must keep abreast of all changes in parking lot usage rules and allowed usage times. Station L is not responsible for vehicle damage, theft, or towing charges.

2.1.4 Other Users—The Clubhouse is a shared facility. Members must cooperate with other tenants while using communal spaces.

### 2.2 Boatyard

2.2.1 Boatyard Access-- Paid members have 24-hour access to the Boatyard operated by the Portland Boathouse.

2.2.2. Boatyard Security-- Members are responsible for closing and locking all gates at the Boatyard. Personal belongings, including personal equipment, are left at the Boatyard at members' own risk.

2.2.3. Parking-- Limited street parking is available near the Boatyard. Station L is not responsible for vehicle damage, theft, or towing charges.

2.2.4 Other Users-- The Boatyard 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 Boat Restrictions – Except when Winter Rules are in effect (see Section 4.3), Club boats may be rowed without a coach present only under the following circumstances:

3.2.1 Singles—Club singles are to be rowed without a coach present only by members who have passed the 1x Captain's test.

3.2.2 Doubles—Club doubles may only be rowed without a coach present by members who have passed the 2x/4x Captains' test. Both rowers must have passed the test.

3.2.3 Quads—To row a quad without a coach present at least 3 members of the crew must have passed the 2x/4x Captains' Test.

3.2.4 Sweep boats — sweep boats must always have a coach present.

3.3 Sculling Oars Restrictions – Only Club sculling oars may be used by members. Club oars are labeled with white, purple, orange, yellow and blue tape, and stored together. 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 Captain's test, contact the sculling coaches or a Club 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 Program Director

3.6 Equipment Damage— If damage to equipment is discovered, alert a coach or the Program Director.

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 Boats/Equipment—Many boats in the Boatyard belong to 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. Rose City's weights, cox boxes, and other equipment should not be used by Station L members. Ergs are owned by Rose City Rowing Club, Portland State, and Station L. PSU has priority use for their ergs. Clean after each use. Rose City has priority use of the Clubhouse (including ergs) on weekdays from 3:00pm-6:30pm.

3.10 Shared Boats--Members sharing their private boats with the club pay no rack fees so long as their boat is part of the sign up pool, to be assigned by coaches during peak hours. Owner use at other times is unlimited.

## 4.0 Rowing Protocols

4.1 River Navigation/Traffic pattern—All Club members should be familiar with the traffic pattern map posted on the website. 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 bow first. 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 minimum. Once launched, clear the area so that other crews can use the dock.

4.1.3 Downstream issues—Do not row near bridge piers and 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 Holgate Channel Procedures—

4.1.5.1 Stay to the right at all times.

4.1.5.2 Do not enter the Ross Island Lagoon without a coach.

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 Holgate Channel (behind Ross Island) 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 Club boat use must be logged out and logged in using the logbook in the Clubhouse located in the basement workshop area. 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 or as announced. These dates may be altered due to river conditions.

4.4 Darkness—When rowing in pre-dawn darkness, shells must be lit on both bow and stern. 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 west shore of the river 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, or excessive debris flow.

4.8 Single (1x) Safety— Club singles may NOT be rowed without a coach present if any of the following conditions exist:

4.8.1 Water temp under 50F (10C).

4.8.2 Water gauge height over 10 feet.

4.8.3 Stream discharge over 50,000 cubic feet per second, per [USGS](#).

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 and all launch passengers 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 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 their availability, the first available Club officer, as listed:

- a. Board Chair
- b. Vice-Chair

Contact information is posted in the Clubhouse.

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## 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.