

NOANK ROWING CLUB

all ages. all abilities. all fun.



Class Participant Acknowledgement of NRC Policies and Expectations

Noank Rowing Club (NRC) rowing classes teach all aspects of the sport of rowing in a relaxed and fun atmosphere. NRC is a club level organization that does not focus exclusively on

competitive aspects of the sport. There will be informal competitive and fundraising opportunities as part of the class structure. All participants are encouraged to support and participate in these activities.

As a participant in these NRC classes, I agree to abide by the following policies and expectations:

- Arrive on time for my scheduled class and be prepared to row on all days that conditions allow. I will stay at the end of class to ensure that all equipment is clean and has been properly stored.
- Understand and support the idea that rowing is a team sport. If I do not attend class, there may not be enough people for a boat to get on the water. I will make every effort to attend all scheduled classes. If I know that I will miss a class, I will notify the coach by the end of the previous class.
- Show proper respect for coaches, teammates, and opponents at all times. I understand that the decisions of the coaches are made in the interest of safety and crew as a whole.
- Arrive at class with proper clothing appropriate to accommodate the full range of weather conditions. I will complete all waiver or other required forms and provide them to the coaching staff in a timely manner. All forms must be submitted before I can participate in on-water activities.
- Participate in club fundraising events in support of my teammates and the maintenance of club equipment.
- To the best of my ability, contribute to the care and maintenance of shells, oars, and other equipment both during the season and at the end of the season.
- Understand that classes will be held on every scheduled day. However if the coaches determine that it is not safe for on-water activities (high wind, thunderstorms, heavy rain, etc.), alternate activities such as indoor rowing, or physical conditioning will be held.
- Understand and support the opportunity to row in every class when there is on-water activity. However if there is an uneven number of participants in the crew, it may only be possible for me to participate by riding in the coach's launch for part of the practice. In turn, this will enable other members of my crew the same opportunity.

Participant Name: _____

Participant Signature: _____

Parent Signature: _____

Date: _____