



Summary of July 2023 Updates

- Added a link to the Independent Sculling multiple choice test.
- Clarified expectations with respect to making timely rack space payment and meeting safety requirements.
- Moved list of club small boats to annex.
- Updated Drop-in policy definition of “occasionally” from once a week to twice a month.
- Added link to the rack space waiting list.

SCULLING AND SMALL BOATS PROGRAM MANUAL

SCULLING AND SMALL BOATS PROGRAM

Capital Rowing Club's Sculling and Small Boats Program offers something for scullers of all skill levels. Capital offers structured coached programs in competitive, recreational and, periodically, novice sculling. Independent Program scullers who have been certified (passed a flip test and written test, as well as demonstrated confidence and skill in a shell) may also take out boats without a coach.

Capital maintains a fleet of small boats for use by certified members of the Sculling and Small Boats Program. We also offer rack spaces for members who own their boats when space is available.

This manual provides the following information:

- Membership requirements
- Membership opportunities for scullers
- Independent sculling requirements
- Safety guidelines
- Proper boat handling
- On the water log
- Navigation on the water
- Issues related to club-owned equipment:
 - designation of club boats
 - usage and reservations
 - damage/repairs
- Issues related to privately-owned equipment:
 - rack space
 - revocation of rack space
 - liability and insurance
 - storage of oars
 - abandoned boats and oars
 - multiple boats
- Guests at Capital's Small Boats Program
- Winter Rowing
- Capsized Scull

The small-boats program is coordinated by the Sculling and Small Boats Program Representative(s), who are elected annually at the end of the year by members of Capital's Sculling and Small Boats Program. Questions about the policies in this

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manual should be brought to the Sculling Representative (Rep) who can be reached at sculling_rep@capitalrowing.org. Decisions of the Sculling Rep applying these policies may be appealed to Capital's Board of Directors.

MEMBERSHIP REQUIREMENTS

1. Safety

Safety is extremely important. For your own safety and that of other river users, members of this program must observe all safety rules, as described below and in Capital's Safety Manual. All scullers must annually review this manual, the [CRC Safety Manual](#), and the [USRowing Safety video](#). Unsafe practices (e.g. sculling without a valid monitor or proper safety certification) can and will result in exclusion from the Sculling and Small Boats Program, at the discretion of the sculling rep and/or coaches.

2. Waivers, Forms and Dues

Before any outing in small boats, private or club-owned, you must be a member in good standing at Capital (i.e. paid an annual membership fee, program dues and other relevant fees such as rack space) and have signed all the appropriate forms, including a valid USRowing Waiver.

3. Volunteering

Except for its coaches, Capital is a completely volunteer-run organization. As such, the success of Capital depends on the time and efforts of its members. Members in the Small Boats Program must comply with the Capital volunteer requirements.

4. Dues

All members are required to pay the annual club membership fee. Members registered for one or more of the sculling programs additionally pay the fee for that program(s). Members with private boats pay rack-space fees. Members with private boats and registered for one or more programs pay both rack-space and program fees.

5. Annual Membership Fee

Annual club membership is a flat fee paid once per year or in two installments and allows you to participate in any number of programs at Capital. This fee is used to help

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cover overhead expenses related to running the club and provides funds to invest in club equipment.

6. Program Fees (Current Members)

Program fees are determined annually by the Board of Directors and are published in the payment portal. If you have questions regarding the fees, please contact any member of the Executive Committee of the Board of Directors.

7. iCrew

All of the Capital sculling programs manage boat usage through the iCrew app. Those in coached programs indicate their attendance plans for each session through the app, and coaches make boat assignments based on that information.

Private Boat users and Independent scullers in club-owned boats must reserve boats through iCrew to document boat and rower usage, provide an On the Water Log, and ensure boat availability. Reservations can be made the day before the planned outing. Independent scullers using club equipment may take it out for a maximum of 2 hours.

MEMBERSHIP OPPORTUNITIES

COACHED MASTERS SCULLING PROGRAMS - 2023.

“Evening” and “Morning” Sculling - These programs are designed for rowers with either intermediate or advanced skill levels. Programs are designated for specific experience levels. You should consult with a coach if unsure which program is appropriate for your skill level.

Advanced Level Sculling: Proficient boat-handling skills, able to set boat in calm and rough water with blades off the water; can safely navigate in narrow and winding stretches of water; can safely handle sculling at dusk and dawn and in close proximity to other boats.

Intermediate Level Sculling: Can handle, launch, steer, and land boats independently; can successfully navigate bridges and river obstacles; has sufficient boat-handling skills (balance, backing, turning, steering) to be safe and competent on the water.

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Practices are led by an experienced coach and held three times a week. Specific times can be found in the Row with Us section of the website.

Competitive Sculling - Competitive sculling meets five days per week and offers very experienced scullers the skills and training necessary to maximize performance at local, national, and international regattas in master level racing. Program structure includes both theoretical and practical instruction, with particular emphasis on fitness and conditioning. Tryouts are required – please email info@capitalrowing.org to express interest.

Drop-in policy – Rack Space Holders and Independent Scullers are welcome to occasionally drop into coached sculling sessions on a space-available basis with the coach's concurrence. Those scullers who are registered for the session will have priority for boat assignments. "Occasionally," in general, means no more than twice a month.

Novice Sculling: Capital may periodically offer sweep-to-scutt programs for rowers with at least one year of sweep experience. These programs are most often offered in the summer and will be announced on the website.

PRIVATE SCULLING INSTRUCTION

Private sculling instruction for members and non-members may be available from Capital Rowing Club coaches based on availability. Coaches, availability, fees, and payment are all available in the Capital Rowing Club payment portal. Times of private sessions must be coordinated with the coach. Use of club equipment—including boats, oars, launches, etc.—must not conflict with coached Capital programs. Payment for the private coaching session will be made to Capital Rowing Club. Individuals who are not Capital Rowing Club members may sign up for private lessons; however, a separate fee will apply.

INDEPENDENT SCULLING REQUIREMENTS

Independent Sculling - Scullers registered and certified for independent sculling may take out singles and doubles without a coach. To become certified, a sculler must pass a [multiple choice test](#) covering safety protocols, river navigation, and program guidelines, as well as an on-water [CRC Independent Practical Test](#), which includes demonstrating the ability to reenter a single scull from the water, showing competence in boat handling in a practical assessment, and being confident on the water without a coach. Certification must be done by a Capital Sculling Coach and requires at least

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three outings observed by a coach. Equipment is to be reserved through iCrew, and may only be reserved and used when not in use by a coached program. Independent scullers must be at the “advanced” level of competency described above and be comfortable rowing independently without a coach’s direct supervision.

Speak to your coach if you are interested in becoming certified for independent sculling. Independent sculling is a privilege offered to active members of CRC. With rare exceptions, the certification process can only be undertaken while a sculler is part of a coached program.

Independent Sculling is generally only available to Master level rowers, as defined by US Rowing. Junior scullers, who are over 18, CRC members in good-standing (either through membership in the CRC Juniors program or as regular CRC members), pay the Independent sculling fee, and complete the certification process, may be able to participate on a case by case, as determined by the CRC Head Sculling Coach, in consultation with CRC Juniors coaches. Insurance and legal restrictions prohibit Capital from being able to offer independent sculling to members under 18.

SMALL BOATS SAFETY GUIDELINES

Because scullers are often on the water by themselves without any supervision by coaches and because they are responsible for both steering and rowing, they must assume greater responsibility for their own safety (and that of others) and take this responsibility seriously. Outside of the coached sculling sessions, use of sculling equipment is entirely at one’s own risk. All sculling activities at Capital must be conducted in conformity with [USRowing’s Safety Expectations Policy](#) and Capital’s safety guidelines. Most importantly, all scullers should use common sense, adhering to the purpose and spirit of these safety guidelines.

Take care to avoid damage to your boat, as well as other boats, when taking shells on and off the rack.

- Check all equipment. (See US Rowing Safety Expectations Policy, “Educate the Rowers”)
- Carry a cell phone with you in the boat, including during coached programs if you will not be in the coach’s sight at all times, so that you are able to call for help in case of an emergency. Waterproof pouches are recommended, and can easily be found for purchase at stores like REI and on sites such as Amazon.

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- Have numbers for DC Harbor Patrol, Sculling Coach, and the Sculling Rep, available (see below for the numbers).
- From sun-down to sun-up, ensure you are well lit and visible to other boats. Running lights clearly visible from both bow and stern are required. In addition, scullers must wear lights on their person - a blinking red light facing the bow, and a steady white light facing the stern.
- Beware of risks of cold-weather outings (see USRowing Safety Bulletin, “Heat and Cold” and separate CRC Safety Manual policy on cold-weather rowing)
- Club singles and doubles may not be taken out without a coach if the water temperature is below 50 degrees or if wind/tide conditions are creating whitecaps.
 - Private boat owners row in these conditions at their own risk, and should consider the following additional safety measures: ensure at least ‘four oars’ (two boats or a double) are on the water; wear an inflatable PFD or wet suit, and row upstream where the water is shallower and narrower to improve your chances of returning to shore.
- On land and when launching or landing, large boats (eights, fours, quads) have right- of-way over small boats (pairs, single and double sculls, canoes, kayaks)
- Launch and land with bow pointed downstream
- When launching or leaving the compound, unless someone in sight is using the compound or boathouse, lock the boathouse.

PROPER BOAT HANDLING

1. At the rack/slings: Check the boat to make sure there is no damage and there are no loose parts on the tracks, foot stretchers, or riggers. Ensure the boat has a bow ball and heel ties installed. If leaving the boat unattended, leave it upside down (“guts down”) for stability. Do not leave boats unattended in slings in windy conditions – wind can easily blow a boat over and cause significant damage.
2. Adjustments: Foot stretchers, oarlock speed-spacers, and slide position can and should be adjusted by rowers to fit the boat to their needs. See “Damage and Repairs”, below, concerning other rigging adjustments.
3. Carrying the boat: If you are able to carry the boat safely by yourself, you may carry it to the dock on your own. Otherwise, you must get a second person to assist you in carrying the boat. Be sure to watch out for other boats and people on land and on the docks. When carrying boats with two people, pick up and lift

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from as close to the center of the boat as practical (midway between ends and cockpit) to avoid stressing and bending the hull.

4. At the dock: Most damage to boats happens at the docks. It is totally avoidable and inexcusable. To ensure that boats are properly cared for, take care that no part of the boat touches the dock. When putting in on the water before launching or when landing, do not leave the boat unattended at the dock. You must either launch or return the boat to its rack without delay.
5. Launching and landing: You should always be pointing downstream when launching. Make sure there are no boats coming before launching. When landing, do not allow the boat to touch the dock. Get a straight line, aim for the top end of the dock, and come in slow with very light to zero pressure.
6. Entering/Exiting the boat: This should be done as instructed by Capital's coaches or sculling rep. Damage can be avoided by keeping the boat away from the dock when stepping in and only using the strengthened part of the boat to step on. No street shoes should be worn or be stored inside the boat. Shoes leave excess dirt inside the boat, which clogs the tracks. Shoes should be left on the docks, safely put off to the side so that they do not create a hazard for other users of the dock space.
7. After each outing: Boat should be rinsed with fresh water and wiped off after each use. Members who do not follow this rule may be prohibited from using boats. Vents should be left open between rows. Stow vent covers in the shoes if there is no string attachment.

ON THE WATER LOG

Scullers outside of a coached program, and all private boat users, must sign out before EVERY water outing in the iCrew On-the-Water Log through your shell reservation. Scullers headed out to row can and should look at the reservations page or the On the Water Log for awareness of other scullers on the river (Your Home/Attendance Plans/On the Water Log)

Before launching, you must record the following in your iCrew Reservation:

- Your name and boat name
- Course direction—being as specific as possible

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- The monitor's name and phone number
- Your cell phone number
- Time out and estimated time in

After each outing, you must record:

- Your return

You are responsible for signing yourself back in, and no one else may sign you in. You are required to take a cell-phone with you in the boat and leave the number with your monitor and in the iCrew log book.

Have a valid monitor! All small boat members must use a monitor when rowing. A monitor is a reliable and dependable person, who you choose to report to when you have completed your row and are safely on shore again. The monitor must know:

- What time you are going out on the water
- What time to expect you back in
- The route you will be taking, being as specific as possible
- The outfit you are wearing

Record this person's name and number in the iCrew On-the-Water Log (your iCrew Reservation) before your outing. It is your responsibility to educate your monitor about what to do in case of an emergency, and if you do not return or phone by your pre-arranged time in, it is the monitor's duty to immediately notify:

CRC Sculling Coach, Bob Reichart: 760-936-7196, sculling_coach@capitalrowing.org

Capital's sculling rep Susan Driano: 202-361-9507, sculling_rep@capitalrowing.org and Capital's competitive sculling rep Stephanie Acerra, stephanie@capitalrowing.org

DC Harbor Patrol (202-727-4582)

If you note any significant and enduring safety hazards that need to be shared with scullers at large - please email the Sculling Rep and Sculling Head Coach

NAVIGATION ON THE WATER

Capital scullers are required to follow the posted traffic patterns set by the club. A copy of the course, noting the proper traffic pattern and potential hazards (e.g., sandbars

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and river markers), is posted in the boathouse on the entrance to Bay 2, and on the CRC website under [Resources/Safety/Maps and Videos](#) (with an interactive map). Videos of the course are also available. A description of the proper arches to use for each bridge is in the CRC Safety Manual and are shown on the Interactive map. If you are unfamiliar with the practice course, it is highly encouraged that you ask for a river tour with Capital's small boats rep or a sculling coach. There are many sandbars and buoys along the practice course, especially as you proceed upstream, that everyone needs to be aware of for personal safety and to keep all equipment in good condition.

All Small Boat Program members should also review the information available online in [the safety brief](#) and posted in the boathouse on Capital's practice course.

Capital scullers are required to:

- Stay to your starboard shore. Veer from starboard lane to avoid sandbars or other obstacles only after checking carefully for oncoming boat traffic.
- Be alert at all times for oncoming boats that may be outside of the normal traffic pattern because they are avoiding sandbars or other obstacles.
- If you are towards the port shore (avoiding boats or other obstacles), you must yield to oncoming traffic.
- Less maneuverable boats have right of way; scullers and other small-boaters must yield to eights and fours; shells traveling with the current have the right of way going through the CSX Railroad Bridge.
- Never turn before a bridge or other obstacles that block lines of sight.
- Never stop under bridges.
- Know which arches to use for upstream and downstream traffic as defined in the CRC Safety Manual.
- Beware of buoys—they appear, disappear, and move!
- Remain within the starboard side of the river; stay as far as possible from the Navy Yard seawall and any vessels docked at the Navy Yard.
- Exercise caution through bridges above the Pennsylvania Avenue Bridge.
- Be familiar with emergency procedures. (See USRowing Safety Expectations, Emergency Conditions section and CRC "Emergency Conditions" section of the Safety Manual)

Note: Outside of the Anacostia Community Boathouse/Capital traffic pattern, which runs from the downstream side of the railroad bridge down to the red and green channel markers downstream of the South Capitol Street Bridge, you may run into other boats from different boathouses that have their own traffic patterns that run

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counter to what Capital has set out for its practice course. As such, when heading off of Capital's practice course, you are doing so at your own risk. Be doubly aware of your surroundings and always use your best judgment. Upstream of the Railroad Bridge is informally known as "Narnia". Hazards and traffic patterns for this section of the river can be found on the interactive map on the CRC website and on the "Scullers Map to Narnia", which is posted in the boathouse on the entrance to Bay 2, and on the CRC website under [Resources/Safety/Maps and Videos](#) .

CLUB-OWNED EQUIPMENT - See Annex

Club-owned equipment is the Small Boats Program's most important asset and must be treated with care. Capital maintains a fleet of singles and doubles for use by certified members of the Small Boats Program.

Subject to availability, Independent scullers may use club boats consistent with their comfort and weight.

USAGE AND RESERVATIONS

GENERAL

Club sculling boats may be used from up to one hour before sun-up to one hour after sun down during the months when the club is in operation (late March-early November). Club boats may only be used in safe water and weather conditions. All coached small boats programs have priority use of club-owned boats during their regularly scheduled class times. Coaches are responsible to reserve boats in iCrew so that Independent Scullers can see shell availability in iCrew before heading to the boathouse. If any reserved boat is still available 15 minutes after the start of a scheduled class, a registered and certified Capital independent sculler—who is not part of the class—may use that available boat. It is the sculler's responsibility to return the boat to its rack ten minutes before another reservation. Outside of the coached sculling practice times, Club-owned sculling boats are available to reserve for a maximum of 2 hours using iCrew, as discussed above. All use of small boats, including private boats, must be documented with a reservation in iCrew, which is the system we are using for an On the Water Log, the number of rack-space holder rows, and club-boat usage.

RACING

The coached-competitive small boats programs (Masters and Juniors) will have priority use of sculling equipment for regattas. All club and experienced members of the

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Capital small boats program, not part of the coached-competitive small boats program, will be treated equally for allocation of club-owned equipment for regattas. A rower (or a coach on behalf of one or more rowers) interested in racing in a regatta must give the CRC head sculling coach appropriate notice by responding to the CRC Race Call issued by the CRC Race Coordinator.

DAMAGE AND REPAIRS

Any rower using club-owned equipment must promptly report any needed repairs including the date, the boat in need of repair, the problem to the Director of Operations, sculling rep, and sculling coaches by reporting the problem in iCrew using a “Damage Report”. Do not attempt to make major repairs to boats (e.g. repair holes or cracks in the hull or deck of the boat) or make rigging adjustments to boats (e.g. changing span of rigging) and/or oars (e.g. changing overall or in-board length) without the approval of the head sculling coach or sculling rep. Major boat repairs and non-incidentals purchases additionally need the approval of the Director of Operations and the Treasurer.

When damage is caused by an accident, and especially if there was an associated injury, the sculler must complete an incident report (in iCrew) to document the accident so that others may learn from the experience. Where possible, sculling coaches should also be notified about boat damage.

If damage is deemed to be caused by negligence, the person responsible for the damage is responsible for paying for any needed repairs and/or the insurance deductible. Inflicting excessive or repetitive damage to club-owned boats may result in suspension from the Small Boats Program and use of club-owned equipment, at the discretion of the sculling rep. Three such incidents within one year will result in suspension of member privileges for a period of one month. You will also need to meet with the sculling rep or a sculling coach to discuss safety issues, review boat handling skills, and to reassess your competency/skill level before you are allowed on the water again after the suspension. Four or more incidents within a year may result in complete expulsion from Capital’s Small Boats Program.

With the exception of our members and our coaches, Capital equipment is our most valuable asset, and it must be treated accordingly.

PRIVATELY OWNED EQUIPMENT

RACK SPACE

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The rack space fee for private boat owners is determined by the Board of Directors each year. This fee is in addition to the membership fee. If you have questions about the rack space fee, contact any member of the Executive Committee of the Board of Directors.

All decisions concerning rack space will be made by the sculling rep in coordination with the Director of Operations, and may be appealed by any affected member to Capital's Board of Directors.

RACK SPACE WAITLIST

Capital's sculling rep maintains a waitlist for private spaces for any person seeking to join Capital's Small Boats Program and looking to store a boat at the boathouse. The list can be found here:

https://docs.google.com/spreadsheets/d/1yulD1tOIVgl2OtA5wubtSQzZvxVx0Vfznyb_JfY4rCg/edit#gid=0

- Individuals must be Capital members in good-standing in order to join the waitlist.
- The order of placement on the waitlist is done on a first-come, first-serve basis based upon the date that interest is expressed.
- If a rack space is made available and the first person on the list is not able to use it, except in unusual circumstances, that person will be removed from the list.
- It is in the best interest of Capital that rack spaces go to active Club members. When rack spaces become available, the rack spaces will only be offered to active members of CRC, (i.e. those who are paying dues and meeting volunteer requirements).
 - We do understand that the waitlist is years long. Members who have been active, but are temporarily inactive for whatever reason may remain on the waitlist.
- All rack space holders must be certified as Independent Scullers. As our waitlist is long, there is plenty of time to take lessons or be part of a program and become certified as an advanced sculler, and this certification must be in place before a rack space will be offered to somebody on the waitlist. Members not certified as Independent Scullers when a rack space comes available will be skipped over until they are certified.
- Capital will allow up to two months after acceptance of a rack space for acquisition of a boat and certification if necessary. This period may be extended

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at the discretion of the sculling rep upon request. Payment equal to one season's rack space fee at the rates then in effect is required as a deposit in any event. If the sculler fails to acquire a boat within the allotted amount of time, the deposit will be forfeited. Otherwise, the deposit will be credited to their rack fees.

- If a new rack space holder allows other rowers to use their rack space while they are acquiring their own boat, the new rack space holder still needs to comply with the rack space usage policies in this section. Meeting the minimum number of rows only applies to the rack space holder's boat.
- Open rack spaces on the five lowest levels will be offered first to current rack space holders based on frequency of use, seniority, promptness in paying rack and membership fees or making timely arrangements to pay, and fulfillment of Capital's volunteer requirement.

Capital reserves the right to temporarily or permanently reassign rack spaces based on usage, physical needs/safety, rigging/equipment conflicts, or changing club needs. All reasonable efforts will be made to notify and work with those whose space is affected. Capital also reserves the right to periodically review rack space requirements. This may mean that when a private rack-space becomes available, it could be converted to non-private racks space for club equipment (and vice versa).

REVOCAION OF RACK SPACE

Allocation of rack space may be withdrawn for:

1. Failure to meet Capital's membership requirements: these include failure to pay Capital's annual membership fee and/or rack fees within two weeks of the start of each season, failure to meet Capital's volunteer requirement, as applied to all other members, and/or failure to adhere to Capital and USRowing's safety guidelines.
 - A) In the event that fees have not been paid within two weeks of the start of the season, the sculling rep will issue a written warning that use of the rack space will expire after an additional two weeks and the rack will be offered to an individual on the waiting list. If the boat owner fails to respond to the written warning within the two-week period and either pay the fees or arrange for a payment plan due to hardship, a lock will be placed on their boat and it will not be removed until all membership responsibilities are fulfilled, or

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the person agrees to remove the boat from the site. If the boat owner does not comply with the membership requirements or remove their boat within five weeks after receiving the warning letter, the boat will be considered abandoned. (See 'Abandoned Boats' below).

- B) In the event that fees have been paid but safety requirements not met, e.g., safesport training, the rack holder's iCrew account will be blocked and any rows will not count toward the required 30 annual rows.

2. Infrequent use. If a stored boat has been used fewer than 30 times in the twelve-month period ending on October 31, the allocation of rack space will be revoked absent an approved extenuating circumstance as described below.
 - o Only one row per day, and only rows that were properly logged, will count towards this minimum requirement.
 - o The number of annual rows required of new rack space holders will be prorated, based on the number of months left in the year following the 2-month boat acquisition period (e.g., a person is notified May 1 that a rack space is available. They have until July 1 to acquire a boat. During the July-Oct four month period of the CRC year they will have to meet a requirement of 10 rows).
 - If the new rack-space holder has allowed someone to temporarily use their space during the 2-month boat acquisition period, rows by that boat do not count towards the annual requirement.

Individual exceptions to this use requirement may be made when extenuating circumstances preclude usage of the boat or fulfillment of membership responsibilities. It is the member's responsibility to clearly communicate these circumstances in writing to the sculling rep at the time they arise. A member may only request a waiver for two contiguous years.

Owners who make their boats available for club use (on mutually acceptable terms) will have other club member's rows count towards their 30 row yearly minimum. In appreciation of the generosity of the boat-owners who are allowing their private boats to be used in CRC coached programs, we will be providing letters acknowledging the donation, which can be used for tax purposes. Once the 30-row annual minimum is met, each additional set of 30 rows in a coached program will be recognized as a donation worth \$200, up to a maximum of \$600 in 2023.

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LIABILITY/INSURANCE

Boats, oars and other private rowing equipment stored at the Anacostia Community Boathouse are stored at owners' risk. Capital Rowing Club accepts no responsibility or liability for damage to private equipment.

Privately owned shells, oars and equipment are not covered under the Club's insurance policies. It is strongly recommended that all owners of private equipment stored at the Club or transported by the Club's trucks and trailers for a rowing activity have their own insurance coverage for damage in the event of accidents, theft or vandalism while on boathouse property, while rowing within the parameters of the club's activities, and while their equipment is being transported by the club.

If private boat owners allow guests to use their boat, the private boat owner must ensure that their guest is a USRowing member with a current waiver, and has Capital as an associated club in their USRowing membership (code EXLB6). This is because they need to be under Capital's liability insurance while using a boat stored on Capital's rack spaces. Per the guest rower guidelines below, routine users of private boats need to be CRC organization members.

OAR STORAGE

Club oars are stored in the club oar rack to the left of and immediately behind the sculler's desk. Keep oar pairs together, with blades nested and parallel to the rack slot.

A rack for private oars is available and located inside the boathouse. All privately-owned oars must be labeled with the owner's name written on the sleeve of the oar. Privately-owned oars stored at Capital must belong to members of the small boat programs. Any oars that are unused, as determined by the sculling rep, will be considered abandoned and will be made available for general use in the Small Boats Program. The sculling rep will endeavor to notify the owner of such oars before determining that the oars are abandoned.

ABANDONED BOATS

Owners of private boats that are deemed to be infrequently used, as stated above, and/or members in poor standing with the club, as listed above, will be sent a warning notice from the sculling rep notifying them that their rack space allocation is in jeopardy. The notice will be sent by email. If no action is taken on the part of the sculler in response to the notice, then five weeks after the issuance of the warning notice, the

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boat and any accompanying oars will be considered abandoned and will become property of Capital Rowing Club, Inc. It is the member's responsibility to update contact information as often as necessary so that the sculling rep can easily contact the owner.

MULTIPLE BOATS

Due to a limited amount of storage space available at the boathouse, the storage of multiple boats of any type by one owner is generally not feasible. In some cases, however, permission may be granted after careful review on a case-by-case basis. Decisions on storage for multiple boats will be made by the sculling rep and can be appealed to Capital's board of directors.

GUESTS

Guests in good standing at another rowing club are welcome to use Capital facilities (boats, oars, and docks) when either accompanied by an Independent-certified Capital sculler or when participating in one of the coached programs.

The club member is responsible for the guest, e.g., ensuring that the guest follows all standard procedures for use of club sculling equipment. The guest must be a proficient sculler. Capital equipment is not to be used to teach guests how to scull, unless a special exception has been asked for and granted by the sculling rep.

No guest may use a club single unless a special exception has been granted by the CRC head sculling coach, or the guest is rowing under a coach's supervision. Guests otherwise only have access to a double and must be accompanied by an Independent-certified Capital sculling member. The guest sculler must email proof of a current USRowing waiver to the coach and sculling rep before their first outing at Capital.

Each guest is allowed a maximum of five (5) visits per season. After that, the guest should pursue membership at Capital.

The Capital member hosting the guest is liable for any damage and must accompany the guest while using the facility and/or equipment (on land and on water). The member must also ensure that the USRowing waiver has been signed and the iCrew logbook has been properly filled out. The logbook entry must contain the guest name and shall be labeled as 'guest of [member's name]' in the comments section.

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Members of one of Capital's sweep programs may also be guests of the Small Boats Program, and the same rules required of non-Capital guests, as described above, also apply. However, during a coached sweep program, a coach may send out a pair, double or quad of their rowers (with one of the individuals an Independent-certified Capital sculler sitting in bow, as stated above) and this will not count toward the five (5) visits per season limitation. The sweep program coach will coordinate equipment with the sculling coach.

WINTER ROWING

"There is potential danger for hypothermia when the water temperature is below 80 degrees and very dangerous when the water temperature is below 50 degrees" "When air is below 40 degrees and /or water below 50 degrees, keep launch within 100 yards of all shells" -USRowing Safety Expectations Policy

As such, club singles and doubles may not be taken out without a coach when the water temperature is below 50 degrees.

CLUB BOATS

There is no winter rowing in club equipment unless part of an organized winter Capital Small Boats Program that is approved by Capital's Board of Directors.

PRIVATE BOATS

If a private boat owner chooses to continue sculling over the winter months, he/she is doing so at their own risk, well aware of the safety issues and dangers involved with winter rowing. Private boat owners wishing to scull over the winter should consider doing the following:

- Check the temperature of the water to assist you in making a wise decision of whether it is safe to go out
- Use the "four oar" guideline whereby at least four oars, preferably in separate boats, are on the water at the same time
- Wear an inflatable, compact life vest or wet suit
- Row upstream where the river is shallower and narrower and where it is easier to get on shore in cases of emergencies.

SHELL CAPSIZED – Recommended procedures for re-entering a capsized boat follow:

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1. Hold onto the boat once you are in the water. Never leave your boat and try to swim. The boat and oars will float you. Come up near the rigger.
2. Stay relaxed and catch your breath.
3. Make sure that the boat is righted with the seat up. If you rolled the boat so it is upside down, press down on the rigger nearest to you to begin to roll the boat, then reach across and pull the other rigger down towards you so the boat will be right.
4. The oar closest to you should be all the way into the oarlock and the blade flat on the water so it can support you. Hold this handle down in the boat with your hand nearest the foot stretchers.
5. Next, you need to get the other oar handle so you can hold both handles in the bottom of the boat. You may need to jump up or reach to get the other handle or swim around the boat, but you must get both handles together in one hand before you can continue.
6. Push your seat towards the bow.
7. Hold both handles in your hand closest to the foot stretchers, and with your other hand, reach across to the gunwale. Keep pressing on the handles.
8. Kick and pull yourself horizontally into the boat. You need to be focused on getting the weight of your hips over the boat and into the seat deck.
9. Once your hips are in the boat, you are stomach-down, kick again, turn and sit, letting your legs dangle over the side of the boat. Do not let go of the oars.
10. Raise your oar handles.
11. Make sure both blades are flat on the water and you are stable.
12. Swing your legs into the boat.
13. Put one foot back and scoot yourself back on the seat.
14. Put your feet back in the shoes.

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WARNING: Fatigue and hypothermia can set in quickly in the water. Getting back in the boat is preferred, paddling to shore is an acceptable alternative. If the temperature is cold, lying across the boat out of the water as much as possible is important as body heat loss occurs 25 times faster in the water.

Assisting a Capsized Sculler: if you observe a capsized sculler, stand by to see if they need assistance. If they are challenged re-entering their boat, it is possible to bring your boat alongside their boat and stabilize it by holding the rigger and allowing them to climb in. If possible and appropriate, notify the nearest coach or Harbor Patrol for assistance.

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Appendix –CLUB SCULLING BOATS (as of July 2023, not including Capital Adaptive Rowing Program (CARP) shells.

TRAINING/INTERMEDIATE

Capital Donation (Yellow Peinert training 1x 2010)
 Human Capital (Maas 24 1x 2019)
 Capital Resilience (Maas 24 1x 2021)
 Capital Capital (Wintech 2x) – 185 – 225#***
Callinectes (Hudson 2x) – 160-190# (outside rack)*
 Spencer (White&Green 2x) – 135-185#*

ADVANCED (for Advanced Scullers use; others with coached supervision).

Working Capital (Vespoli VHP27+ 1x) – 210-260#
 Capital Endeavor (Peinert 26-2015) – 150-220#
 Capital Achievement (Peinert 26-2017) – 150-220#
 Capital Velocity (Peinert 26-2018) – 150-220#
 El Capital (Peinert 26-2018) – 150-210#
*Hello Kelley (Hudson 1x) - 145-165#**
 Capital Pride (Peinert X25-2016) – 110-160#
 Nation's Capital (Peinert X25-2017) – 110-160#
 Capital Pursuit (Peinert X25-2020) – (110-160#
 Capital Drive (Peinert X25-2020) –110-160#
 Capital Blues (Peinert X25 2022) 110-160#
 Capital Moxie (Vespoli Matrix 24- 2021) – 110 – 145#
 Le Carpe Diem (Wintech International 2005 2X) - 140-165#
 O Capital My Capital (Vespoli VHP29 2x-2017) –110-145#
 Vice Vice (temporary name) (Vespoli 2X -145-180#
 Vice Virtue (temporary name) (Vespoli 2X - 145-180#
 Das Capital (Vespoli VHP 39 4x-2017)** – 130-170# (coxed)^
 Capital Pearl (Vespoli VHP 39 4x-2018)** – 130-170#
 Capital Currach (4x - 2019 VHP 39) - 130-170

* Callinectes, Spencer and Hello Kelley are privately owned and are available only for use in coached programs, for races, or with owners permission.

**The Quads may only be rowed with a launch present absent special permission from the sculling rep and VP of Operations.

*** Capital Capital is a CARP boat that may be used by other coached programs with permission

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^ The Das Capital can be rigged as a coxed quad or a coxed four. During normal practice hours it is usually in use by the sweep programs.

Some private boat owners make their boats available for use during the club and competitive coached programs. The sculling rep will identify those boats to the coaches, who may assign them during coached practices at their discretion. Private boats made available for coached practices may not be rowed outside of the club and competitive coached programs without their owner's specific permission. During coached programs, the coaches will assign these boats at their discretion.