

FARMINGTON VALLEY ROWING ASSOCIATION
Welcome & Guidelines
2015

Dear New Member,

Welcome to the Farmington Valley Rowing Association!

The Farmington Valley Rowing Association Inc. (FVRA) is a non-profit 501 (c) (3) member and volunteer supported organization that provides a comprehensive community-rowing program designed for a diverse population. FVRA's Board of Directors (BOD) is responsible for the overall management of program offerings, club finances, and daily operations.

A member of the United States Rowing Association, FVRA was founded in 1982, in part, by parents of children who were on the Simsbury High School crew team. FVRA was formally incorporated in 1989 to promote the sport of rowing in the Farmington Valley area through recreational, competitive, and educational programs. FVRA rows on the Farmington River in Windsor, CT.

FVRA is proud to offer a sport for both experienced rowers and those new to the sport. The club provides learn-to-row opportunities as well as sculling and sweep programs for novice, intermediate, and recreational rowers. For competitive rowers, the women's and men's racing teams offer an advanced program with opportunities to compete in sprint and distance race events during the spring, summer, and fall seasons.

All FVRA members are voting members of the club.

Club members are encouraged to participate in our annual membership meetings and several social events that occur throughout the season, including the Annual Spring Kickoff and Fall Relay. Remember to sign up for the FVRA newsletter and check the club calendar for class offerings and upcoming events.

Thank you for joining FVRA and we hope you have a great year. Please take the time to read the list of guidelines and procedures about safety, the rules of the water, and access/membership guidelines at Camp Shalom.

See you on the water!

The FVRA Board

**Additional information and updates can be found on
our website at www.fvra.org**

FVRA & Camp Shalom Guidelines

◆ Important ◆

Sign Waiver, Wear PFD, Review Traffic Pattern & Map

Property Access

Please respect our relationship with the JCC and follow the access rules. Public access is not allowed. Members of the club can access Camp Shalom only during set hours (listed on the next page) and must adhere to the rules and guidelines listed in this document.

Parking

All vehicles must park in the lot at the end of Merriman Road and may not enter camp property under any circumstance. Please respect the residential area and observe the speed limit on Merriman Rd.

Driveway Gate

Must remain closed at all times.

Respect

Early morning rowers should enter the property quietly as the caretaker lives on the premises. Rowers may only be at the waterfront for club programs during club hours. Rowers may not roam the camp property or otherwise make use of the property outside of club activities.

Guests

Must be accompanied by a club member during rowing hours only. Guests must sign a USRowing waiver (available in the sign out log). Paying members may bring a guest rower twice before that rower needs to become an FVRA member. You must notify either the president or vice president when you plan to bring a guest rower.

Volunteer Requirements

All club members are required to volunteer twice a year to help prep the grounds and facilities at Camp Shalom. This is our way of giving back to the JCC.

Pick up

Please keep the grounds clean by picking up any garbage. Do not leave clothing, water bottles, or other items out in the waterfront area.

Rowing Times

Rowing is only allowed during the times listed below. This agreement has been made so that there is no interference with JCC camp offerings and programming. Practices may be moved or cancelled when weekend activities and special events are offered by the JCC. Any updates to these hours will be posted on the website at FVRA.org.

Rowing Hours:

Monday – Friday (5:30 – 8:00 am) (5:00 – 8:00 pm)

Saturday & Sunday (5:30am – 8:00 pm)

Rower Safety

All rowers must be able to swim and are required to sign a waiver prior to participating on the water. It is recommended that rowers wear a Coast Guard approved personal flotation device (PFD) while in a boat. From Oct 1-May 31 those rowing unsupervised by a safety launch are required to wear a PFD (CT DEEP regulation). If you are rowing in a small boat it is highly recommended that you bring a cell phone with you and use the buddy system.

Water Safety

Always stay to the right (starboard) side of the river. Even though you have the right-of-way as per Coast

Guard regulations, always stay clear of other boaters. When in doubt of another boat's intention, either stop or slow down and maintain your course so that they know where you are going. Please visit the FVRA website and study the traffic pattern and course map.

FVRA Equipment

◆ Important ◆

Check Equipment Before Use, Sign Boat Out On Website/Log Book & Report Damaged Equipment

Equipment Usage/Care

Before using equipment, check the boat and oars to make sure they are in good working order. Check the oars for loose collars, cracked shafts, and chipped or cracked blades. With regard to the boat, install the bow and stern plugs, look for cracks or damage to the hull. Check that the oarlocks rotate smoothly. Check wing nuts on the foot stretchers and riggers (don't forget the top nut) and adjust them as required.

Sign out

All sculling and sweep boats must be signed out on the website and in the log book before going out on the water. After your row, sign the boat in and wash down and dry all equipment before putting it away. Equipment that is well maintained will last longer.

Sand

Give your best effort to prevent sand from entering the boat. Wipe down slides before getting in the boat and keep oars off the beach as much as possible. Sand degrades the boats but is also a part of our location and we have to commit to keeping the boats clean.

Broken Equipment

Please notify the board at info@fvra.org and leave a note in the sign out book or dry-erase board in the boathouse if you find broken equipment or if anything breaks during use.

Sculling Equipment

Rowers must pass a proficiency test with a board member prior to having access to singles and doubles. Please check the website for more information.