

FORT LANGLEY COMMUNITY ROWING CLUB - PROGRAMS FOR MEMBERS

Membership year is April 1 to March 31. Fees must be paid prior to program participation.

THE SEASONAL CALENDAR:

January – Dryland – one to two coached sessions per week – Weeknight and/or Saturday mornings

February – Saturday morning rowing resumes when deemed safe, alternate is Dryland
Weeknight coached Dryland session continues
Weekday morning Rowing resumes when timing falls within the criteria above

March – Weeknight Dryland practices end when Daylight Savings Time (DST) begins
Weeknight rowing is scheduled when timing falls within the criteria above (DST)

April through Sept – no scheduled Dryland – all practices are on water – includes Saturdays, weeknights, and weekday mornings

October – Weeknight rowing ends when criteria can no longer be met for daylight (early Oct.)
Weeknight Coached Dryland Training begins

November – Weekday morning rowing ends when criteria can no longer be met
Saturday morning rowing ends (may be extended into December based on forecasted conditions)

December – All rowing activities end. Saturday morning Dryland Training begins.

FLCRC Etiquette and Safety Policies include the following:

- 1) All rowers must wear High-visibility clothing or hat, to be adequately seen in the shadows of the river.
- 2) All rowers must have a PFD in their boat, and each boat must have a whistle.
- 3) Each boat must stay within sight of the coach/coach boat, AND within 500 meters.
- 4) The Coach plans and determines the course pattern, workout, and crew assignments, at each rowing practice. (Rower preferences as per the sign up are appreciated). Prior to push off, each rower must ensure they know the Plan. Rowers who prefer not participate in the workout plan, must develop an alternative plan with the coach, to ensure safety for all.
- 5) Rowing times will not be scheduled to start more than 45 minutes in advance of sunrise, nor end more than 45 minutes after sunset. This includes a 15 minute window to prepare/dock, and all water activities to occur within 30 minutes of sunrise/sunset (per RCA Safety Guidelines) *Headlamps are required for all rows that occur when sunrise or sunset will occur within the 2 hour practice window.*
- 6) Specific times, dates, and types of practices are determined by the Program Coordinator and Coach, in consideration of numerous factors including accessibility, weather, availability, etc. All scheduled activities are listed on the Google Sign Up document. *Note: Occasional bonus rows may be added outside of the usual schedule. All efforts will be made to ensure all members are notified of any special activities, with sufficient notice to foster participation.*
- 7) All scheduled activities are subject to cancellation or change – best efforts are made to provide adequate notice, when predictable. Rowing activities may be cancelled on the day of, without notice, due to any unforeseeable conditions.
- 8) The coach has the FINAL SAY on whether, or under what conditions, a row will proceed, at the time of practice. The coach owes no participant an explanation of their reasons, nor should be asked for them.
- 9) Practices are scheduled for 2 hours – allowing adequate time for launching, docking, and a reasonable period of time to row (ideally an 8 – 10 km row)
- 10) Sign up as far in advance as you prefer. Be sure to CONFIRM your participation a minimum of 48 hours in advance. Amend the sign up and contact the coach if plans change within 48 hours.
- 11) Rowing practices may be canceled due to less than 4 people signed up at 48 hours. Last minute cancellations or no shows will be noted and may affect future scheduling.