



Independent Rowing @ LLRC

LLRC Members over the age of 18 are permitted to row independently during non-group practice hours.

The following criteria must first be met and club policies followed:

- 1) Membership dues paid and waivers signed
- 2) Approval of Head Coach Sandi, based on her assessment of your ability to safely row without a coaching launch present
- 3) Meet with coaching staff for equipment orientation to understand which boats are appropriate size and skill level
- 4) PFD must be carried in your shell with you (orange club PFD's can be borrowed or you can purchase your own [inflable PFD](#))
- 5) Follow [LLRC Safety guidelines](#) including water/air temps (will add link to safety guidelines)
- 6) Understand [LLRC damage policy](#)
- 7) Sign in/ out with our LLRC Log: time in/out and which boat was used
- 8) Report any equipment issues in LLRC Equipment Log or text to Coach Sandi