

USC Rowing Practice & Event Protocol

Rowing Practice is not like basketball or soccer, in rowing, the coach needs to assign each athlete a seat on a boat. Last minute changes to attendance will delay practice for everyone. Unplanned absences might mean an entire boat cannot practice that day. Please communicate absences as far in advance as possible.

USRowing offers a number of resources. Please be sure to watch the [Safety Video](#), and review the information in the [Step In to Rowing Manual](#) and the [Safety Guidelines](#). These items may be found under [Resources](#) on USRowing.org.

Weather Conditions: Rowing is an outdoor sport, and your athlete will be affected by wind, rain, cold, and heat. The coach will assess weather and environmental conditions. However, if anyone feels unsafe, they should speak up.

Practice Attire: Rowers should dress for the weather, but remember they warm up on the water. Clothing should be form-fitting (loose clothing can get caught in the seat track or oar handles while rowing). Layers of moisture-wicking fabrics are recommended. Head lamps are valuable for early mornings. Bring a towel, dry clothes and socks for after practice. Most rowers wear crocs to practice, but all athletes should also have running socks and shoes for conditioning.

For the cold: A winter hat, form fitting vests, and wool socks are best for the cold. **For the heat:** A visor, sunglasses, and sunscreen are essential.

Hydration and nutrition: Your athlete should bring their own soft plastic water bottle (hard water bottles can damage the boat) for hydration and a snack. The snack should be small, easy to digest.

Transportation: All students are required to ride the bus to/from practice unless other arrangements are made in advance and approved by guardians, the USCRA Board and coaches.

Equipment: Coxswains are required to check the equipment before they go out and are responsible for ensuring the shells are wiped dry and put away upon return. No horseplay is permitted in the bays or around the rowing equipment. The equipment is delicate and expensive.

Boat Assignments: The coaches consider erg scores, technical ability, attitude, attendance, responsiveness to coaching, the results of seat races, and the ability to blend in with the athletes already selected for the boat.

Team Captains are expected to keep attendance, ensure rowers are aware of events and related expectations. They should proactively lead the team to get things done; assemble and organize the team and conduct the warm-up and cool down routines; coordinate equipment setup, assist novices and new team members, assign the trailer load & unload teams for each race. Represent the interests of their teammates in communicating with the coaches and parent board. Inform coaches of safety concerns and any issues not in the best interest of the team.

Regattas/Competitions: Rowers must travel to and from events with the team. Exceptions must be pre-approved by the coach and board. All rowers are expected to participate in bus loading and unloading, race site set up/breakdown, boat rigging and derigging. Rowers must adhere to the rules in the USCHS Student Handbook, abide by the predetermined curfew, remain quiet, and stay in their rooms until the morning. Rowers will be given contact numbers of chaperones in the event they need assistance. Rowers may not leave the hotel area, the race site, or other designated areas without the consent of a chaperone or coach. Any violations may result in the rower being scratched from the race. [Regatta Central](#) hosts key information about most events.

Spectating Protocol: Regattas are all day events. Be prepared! Consider bringing chairs/seats, blankets, water, snacks, contributions for the team tent, rain gear, layers, hats, sunglasses, sunscreen, binoculars, camera etc. Coaches and athletes are busy. Don't be surprised if you don't get to spend any time with your athlete until after their events. Determine when your athlete is racing and learn their bow and lane numbers. Stay alert at regatta site and in parking lot. 65' long, heavy boats are being carried around by high school kids. Listen for "Heads Up!", it means "Watch Out!"