



NARRAGANSETT
BOAT CLUB

BOG Meeting Agenda

Date:	Wednesday, January 11, 2023				
Time:	7:00 PM				
Place:	Zoom - https://us06web.zoom.us/j/82742479161?pwd=VWRoVW00Q1ErUVZIK1RBK1FnMDN5dz09				
Chair:	Kristi Wharton				
Secretary	Tiffany Hogan				
Advance Materials:	Agenda Youth Programs Report USRowing Safe Sport Guidelines Swim Test Form Emergency Action Plan 2023 BOG Nomination Bios				
Agenda:	<p>Approval of Minutes – Kristi Wharton</p> <ul style="list-style-type: none">• December 14, 2022 <p>Announcements – Kristi Wharton</p> <ul style="list-style-type: none">• Welcome new Registrar – Liz Besell, programs@rownbc.org – thanks to PC• Sweeps & Sculls – July 8, 2023• Director of Youth Programs <p>Review of Committee Reports</p> <ul style="list-style-type: none">• Youth Rowing Program – Daniela Roop, Wes Kerns, Anne Fleet, John Ryan <p>Old Business</p> <p>New Business</p> <ul style="list-style-type: none">• Safety at NBC<ul style="list-style-type: none">○ Safe Sport Guidelines○ First Aid/CPR – required for coaches, available for members○ Swim test – required for all members & class participants○ Emergency Action Plan <p>NBC BOG Election – Nominations Committee Anne Fleet (Chair), Eric Goetz, Jean Lambert, Francesca Beaudoin, Timmons Roberts, Kit Wise, Marlene Yang</p> <p>Remarks for the Good of the Club</p>				
Next Meeting:	<table border="1"><tr><td>Date:</td><td>February 8, 2023</td></tr><tr><td>Time:</td><td>7:00 PM</td></tr></table>	Date:	February 8, 2023	Time:	7:00 PM
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Programs Committee report 1/9/23

We have 30 kids enrolled in our Indoor Winter Training session 1 (half are doing 4 days/week and half are 2 days/week). Week 1 went smoothly. The coaches are John Ryan, Paul Demers, Kim Worrell, Joan Brush and Daniela Roop. It has been fantastic to be able to use the space and the equipment at CrossFit Phillipsdale in East Providence. Half of the youth are U17 and half are U19, so a nice mix of ages and abilities.

Our new registrar, Liz Bessel, started work on January 3 and has been working closely with Deb who has graciously offered to help with the transition.

We are exploring new registration platforms to possibly replace MindBody. We are looking at iCrew and TeamSnap as new options.

A separate search committee is working to find and hire a Youth Program Director. Until then this committee will continue to run the Youth Programs.

Respectfully submitted by
Daniela Roop, John Ryan, Anne Fleet and Wes Kerns

2023 USRowing Safesport Policy

In accordance with U.S. Center for SafeSport requirements, USRowing's updated [Safe Sport Policy Manual](#) will go into effect January 1, 2023. Included in USRowing's policy are the Center's Minor Athlete Abuse Prevention Policies ("MAAPP"), intended to promote education/training and prevention policies to keep young athletes safe. USRowing's MAAPP policies can be found in Section II of the policy.

To meet the Center's standards, address your feedback about our current policies, and most importantly, prioritize the most effective efforts to help end abuse in sport, we are making the following changes to SafeSport training and education:

- Adult Participants who **do not** have Regular Contact with Minor Athletes will no longer be required to take SafeSport training.
- Adult Participants who **do** have Regular Contact with Minor Athletes will be required to take the *SafeSport Trained Core* course and brief annual refresher courses.

As part of this change, the definition of Regular Contact is changing to:

Ongoing interaction where an Adult Participant is in a role of direct and active engagement with any amateur athlete who is a minor. USRowing defines ongoing interaction as five (5) or more instances of In-Program Contact during a 12-month period. For purposes of this definition, a competition (regatta) is considered a single instance of In-Program Contact regardless of its duration.

Starting in January, your individual profile in the USRowing Member Portal will include a quick self-attestation questionnaire to help you determine whether you have SafeSport training requirements. For more details, please review our updated Safe Sport [landing page](#) and [FAQs](#).

Adult Athletes are encouraged to take *Abuse Prevention for Adult Athletes*. Minor athletes should highly consider taking *SafeSport for Youth Athletes*. And, parents of minor athletes are encouraged to take the *Parents Guide to Misconduct in Sport* to support a positive sport experience for their child. To access your profile and any SafeSport training, log in to the USRowing membership portal at <https://membership.usrowing.org>.



Narragansett Boat Club Swim Test Form

Narragansett Boat Club
2 River Rd
PO Box 603011
Providence, RI 02906-0011
www.rownbc.org

Rowing is a water sport and it is important that you demonstrate a level of swimming competence in order to participate in rowing.

To row without a personal floatation device (PFD), NBC requires all members and class participants to demonstrate their ability to swim 100 yards and stay afloat for five minutes in a swim test verified by a certified Lifeguard/Water Safety Instructor. Ideally, the swim test should be completed in the clothes you regularly wear while rowing.

If you require a PFD to complete the swim test, you must wear a life jacket at all times while in a boat.

Please retain a copy of the signed form for your records and send a scanned copy verifying your successful completion of the swim test to programs@rownbc.org **prior** to your first day of on-water rowing, either as a member or as a class participant.

Completion of a swim test must be verified every 5 years.

Name of Participant/Member (please circle): _____

Name of Pool: _____

Name of Lifeguard/Water Safety Instructor: _____

I hereby certify that the participant can **swim 100 yards in a competent manner** and remain **afloat unaided for at least 5 minutes**.

OR

The participant was only able to complete the swim test when wearing a life vest or using a floatation device.

Signature of Lifeguard/Water Safety Instructor: _____

Date of Swim Test: _____



Narragansett Boat Club Emergency Action Plan

DIAL 911 FOR ALL EMERGENCIES

Boathouse Address

2 River Rd
Providence, RI 02906
401-272-1838

AFTER calling 911 and within a reasonable timeframe, contact NBC representatives in the order provided until you reach someone

Head Coach/Director of Rowing

Captain	Eric Watne	Phone #
Lieutenant	John Ryan	Phone #
President	Kristi Wharton	401-489-1192

Safety Equipment

First Aid Supplies:

- First aid kits are located in the orange boxes carried in each launch
- First aid kits are located xxxxxx in the boat bay
- First aid kits are located in the women's and men's locker rooms

Automatic External Defibrillator (AED):

- AED is located in the boathouse just inside the front door

Launches must carry at all times:

- Life jacket bag with a minimum of 8 PFDs
- Orange box containing first aid kit & tools
- Charged cell phone or VHF radio in a waterproof bag
- Whistle or other sound signaling device
- Paddle and ??throw line??
- Stirrup for entry into launch from water

Rowers should carry at all times:

- Whistle
- Cell phone with critical NBC numbers favorited in a waterproof bag
- Bow & stern lights during low light conditions

Medical emergency on the water:

- Raise alarm immediately; ask someone to call 9`11; assist victim
- **Take victim to the nearest safe emergency landing location** where first aid can be administered and emergency personnel have quick access
- When speaking with 911, provide the safe emergency landing location description

In the event of a capsized:

- **Stay calm**
- **Stay** with boat and use boat as a flotation device; **swim with boat** towards nearest shore
- If in a team boat, pair up with another rower and keep in continuous communications with each other until rescue and all rowers are accounted for
- Other boats in vicinity should provide assistance by calling for help and for an NBC launch

Safe Emergency Landing Locations

The following locations have been identified as safe and effective emergency landing sites based on road access for emergency personnel

Add a map with locations indicated

Festival Pier Launch
21 Tim Healey Way
41.869460, -71.380280
Pawtucket, RI

Phillipsdale Landing ??
41.844309, -71.370793

NBC

Gano Park Boat Launch
E Transit St
41.822054, -71.388476

Marston Boathouse – Brown University Crew
258 India St
41.818227, -71.388235
Providence, RI

Collier Point Boat Ramp

East Bay Bike Path – Veterans Memorial Parkway

Fields Point – Save the Bay

Kristi Wharton (President)



Kristi served as president in 2022 and vice-president from 2019 to 2021. She first started sculling in the late 80's out of Weld Boathouse under Dan Boyne on the Charles. At the urging of her two daughters, Kate and Laura Rand, both collegiate rowers and products of NBC, she started rowing again in the mid-2000's, took a few classes with Albin Moser, and joined the NBC masters in training and racing. An advocate for youth rowing, Kristi has worked to help provide rowing as sport for all youth, both promoting the NBC Youth Program and establishing the NBC STEM to Stern program as a partnership with Brown. When not rowing (or skiing and sailing with her pups), Kristi has a research lab at Brown University where she works with and

teaches students and postdocs. Her research focuses on uncovering the molecular basis of how cells communicate with one another as an embryo develops and in neurodegenerative disease, such as ALS, in hopes of identifying therapeutic targets. She's looking forward to getting back into her family quad with Laura, Kate and David.

Matthew Ericksen (Vice President)



Matthew Ericksen is a Professor, Chair of the Management Department, Coordinator of the Leadership Development Major in the School of Continuing Education, and a Director of the Leadership Fellows program at Providence College. Prior to this, he was a professor at the University of Tampa and U.S. Coast Guard Academy. While at the University of Tampa, he was the Associate Director of the TECO Energy Center for Leadership. Outside of academia, Matthew worked on the team that developed the Transportation Security Administration's Leadership Institute after 9/11 and

served as its Acting Director and was a financial analyst for Ford Motor Company. He has published numerous academic articles on the topics of leadership and leadership development.

Q Kellog (Secretary)



I started learning to row at NBC in the spring of 2016. It took no time for me to realize that I wanted to be on the water every day, with the big, busy, fun NBC family. I've been lucky enough to share wonderful experiences on and off the water with these talented athletes, competitors and friends. I've served as an at-large member on the BOG for the last two years and continue to learn about the club's history and workings. While rowing is my first love, I'll also find alternatives to the winter erg by cycling, XC skiing or hiking. In my other life I'm a research assistant at URI's Watershed Hydrology lab, focusing on water quality, which seems appropriate for a rower.

Pete Evans (Treasurer)



I joined NBC in 2004 as a novice rower and developed a solid, middle of the pack, racer reputation. I served as Lieutenant, then Captain, 2006 to 2010 and have been active in fleet and facilities maintenance and repair from 2006 to present. Outside NBC, I operate a metal stamping/ trailer and excess boat inventory storage business. The latter seems to be the growth area. I have a number of unfinished projects including but not limited to a kitchen rehab and old car rebuilds. I enjoy 5 grandkids, dogs and grand dogs, dancing in the rain, and quiet walks on the beach at sunset.

Eric Watne (Captain)



Eric has been a member of NBC for over 20 years, and learned to row over 40 years ago. His US Rowing number is 709. While at NBC Eric has coached masters, run the Adult Rowing programs, and served as Captain for a period that he can't recall. He loves rowing, NBC, and all of its members. When not rowing he's either growing Christmas Trees, or developing affordable housing with a local RI non-profit.

John Ryan (Lieutenant)



I am a long time member of NBC and over the years I've been the Lieutenant, Vice President, Coach, and the club DOR. NBC has brought me the best friends of my life and some of my greatest joy. My children learned to row at NBC and both were able to continue rowing on the collegiate level. I am basically a boathouse rat... I love nothing more than being around the boathouse for almost any reason. I love the equipment, the organized chaos around classes and launching time but most of all the people. I am now semi-retired after working in advertising and printing for the majority of my work life which has afforded me more time to devote to coaching at this amazing club. My greatest passion is working with first time adult rowers to share my love of the sport and to see them progress far beyond their personal expectations.

Andrea Arena (At Large)



Andrea Arena joined NBC in 2008 when she signed up for sculling classes with Albin Moser. Prior to that she rowed sweeps at Westside Rowing Club in Buffalo, NY. She has participated in the women's sweeps program and raced in various team and single sculling boats. Her two sons have participated in the youth programs at NBC and she has volunteered at various adult and youth regattas.

Andrea is a Family Physician and professor at Brown University where she teaches in the medical school. She has volunteer leadership roles at Clinica Esperanza, the Brown Human Rights Asylum Clinic and the RI Reproductive Health Access project.

Susan Burgoyne (At Large)



Professionally: I am a Family Nurse Practitioner working as a primary care provider at Thundermist Health Center in Wakefield RI. I care for people of all ages. This is sort of a second career for me and I have been practicing as a Nurse Practitioner for 5 years. Before this, I was a Registered Nurse at RI Hospital/ Hasbro Children’s Hospital for 32 years. I was the nurse manager of a pediatric medical- psychiatric day treatment program for 13 of those years. I was crazy enough to go back to school for my Masters’ Degree when I was 50 years old. I am not sorry that I did because I feel like I landed just where I belong at this point in my life.

Personally: I am blessed with a wonderful family. My husband, Harold and I have been married for 37 years. I have 2 adult sons and an adult daughter. I am about to become a grandmother for the first time and I am SO EXCITED! Also, I am very much a “people person”. I enjoy socializing, spending time with family and good friends, as well as making new friends. I’m kind of a party girl!

Athletics: For many years, I did a lot of running, biking and swimming. I would often run by NBC and say, “I want to learn to row someday”. I came to an open house one Saturday, went out on the barge with Rick Richards and the rest is history! I joined NBC 5-6 years ago and, like many others, rowing has become my passion. Not only do I LOVE to row but the NBC community has become such an important part of my life. I have made friendships that I know will last a lifetime and for this I am very thankful.

Talents: I do not consider myself lucky enough to have any special “talents”. However, we are all gifted with certain skills and strengths. I would say that mine include bringing people together, caring for others, organizing and planning, making people feel welcome and finding ways for people to have fun together!

Meaghan Delaney (At Large)



After 7 years of working in higher ed admissions and completing my MBA, I started working in international expansion consulting, focusing on international HR and payroll. I’ve been lucky enough to be afforded the opportunity to work and travel extensively both domestic and international; including a move to live and work in Barcelona. Most recently I’ve accepted a position to handle all marketing for undergraduate academic programs at Bryant University.

I completed both my undergrad and graduate programs at Bryant University where I was a member of the varsity women’s lacrosse team. I am new to the sport of rowing, starting with the NBC barge class in the summer of 2021 and have since completed the coached learn to scull program. I

joined competitive sweeps March 2022 and was lucky to row in my first ever regatta season - highlight definitely goes to the Club 4 at the Charles!

I am currently serving my second of a three year term as a board member for the Warwick Symphony Orchestra. I have played with the organization since 2019; this year marks 26 years since I first started playing the violin. Currently, I serve as head of the orchestra scholarship committee.

Michael Hamilton (At Large)



Michael joined NBC in 2015 along with his three daughters, and all are enthusiastic participants in the Club. Michael previously served on the Board from 2016 - 2020, and can often be seen managing repairs to our fleet. Daughters Lucy and Ellie have competed nationally and Michael has rowed in in three Head of the Charles regattas along with the CRI Fall Classic.

Michael has a degree in Finance and Entrepreneur studies which he applied to shared management in a family business including finance, real estate, and aviation, along with an agricultural business in the South which he continues to run

Jonathan Haisman (At Large)



Born and educated in England, studied sport science with a major in exercise physiology. Learned to row after college in London and have lived, worked, and rowed in France, UK, and various places in the USA. Joined NBC in 2017 and enjoy the routine humbling that comes with sculling on the Seekonk. My wife, Mi, and I live in Providence with our 3 children who also enjoy rowing. Co-founder of an active furniture company in Pawtucket. I serve on the NBC Rowing Committee with special interests in rowing equipment and safety.

When not rowing I enjoy ski mountaineering, food, and wine, volunteer ski patrol. Member of Agawam Club, Staines Boat Club, Remenham Club, Henley Stewards Enclosure.

John Mulligan (At Large)



ROWING

- 1968 to 1972 – Columbia Lightweight Crew. (Henley Royal Regatta '71)
- 2005 to 2021 – Rock Creek Masters (Washington, DC), primarily sweeps. Won a few 2d- & 3d-place medals at Masters Nationals c. 2015-'18 (4+, 4x, father-daughter 2x). Rowed Head of the Charles c. 15 times in eights with college crewmates.
- Spring 2021 to present – Narragansett Boat Club. (Moved back to Rhode Island in retirement.) Main focus at NBC: learn to scull. (“B” rated. Shooting for “A” in 2023!)

ROWING-RELATED SKILLS: Minimal!! Several years certified launch driver on Potomac; regatta chair for Rock Creek Masters. At NBC, I try to pitch in by writing regatta newsletters and volunteering for low-skill jobs

MISC. SPORTS: Coached my kids in youth soccer & softball c. 15 years. Rugby & distance running 15-20 years. (Qualified for 100th Boston Marathon in '96)

WORK: Newspaper reporter, 1972 to 2012. U.S. Senate Press Gallery staff, 2012 to 2021. Currently working on master's degree in creative writing

Chanika Phornphutku (At Large)



Chanika has been an NBC member for 6 yrs. I discovered NBC through the open house program, subsequently joined classes and now row most days. I have met and learned so much from other NBC members. I enjoy helping out at NBC regattas or other volunteer events and currently serving on the Governance committee. NBC has become a big part of me, even encouraged me to share some Thai dishes with you- I only cook to survive!! I am looking forward to contributing to NBC in whatever way I can. Professionally, I have been part of the RI community for over 25 years working at Hasbro Children's Hospital. I teach medical students, do research and take care of patients with genetic conditions. I oversee our clinical operation management, departmental budgets and have served on the organization boards,

strategic planning and DEI committees. No matter how crazy my day turned out, I already had a great start @NBC. I feel so fortunate to be part of this vibrant community.

Bradley Werntz (At Large)



Bradley began rowing in high school at Salisbury School (CT) in 2004. He was on the US 2005 Junior National Team finishing 4th in the 4+ and set the Junior world record for the Erg Marathon (which has since been broken). He continued rowing in college in the varsity eight at Princeton with a bronze and silver at Eastern Sprints, followed by attending selection camp for the US U23 team from 2007 to 2009. Bradley was a member of the senior national team training center from 2010-2012. While rowing out of Union Boat Club, Bradley placed 1st in Club 4+ at HOCR (2012), 2nd in Britannia Cup at Henley (2013), 3rd in Champ 2x at HOCR (2013), and served on their rowing committee.

Bradley also coached rowing at the Princeton camps for high schoolers (2008-2010) and as the assistant coach at MIT (2010-2011).

Bradley's undergraduate degree from Princeton is in mechanical and aerospace engineering with a masters in business analytics from NYU. He currently works as a principal data analyst at Cambridge Mobile Telematics.

Bradley brings governance experience to NBC from his time on the board of Skedaddle, a bus transportation crowd sourcing app, that he co-founded and operated (2014-2018). And since 2016, he has served on the board of Princeton Carbonworks, a leading bicycle wheel manufacturer.

Bradley and his wife moved to East Greenwich in 2020 and are enjoying getting to know their new home state, while working together to establish a small farm in Warwick.