



Date	April 13, 2022
Time	7pm
Place	Zoom link to be shared separately via email
Chair	Kristi Wharton
Secretary	Tiffany Hogan

Agenda:

Approval of minutes

March 9, 2022 BOG Meeting – Kristi Wharton

Review of Committee Reports:

- Secretary – Tiffany Hogan
- Treasurer – Joan Martin (no written report)
- Captain – Eric Watne -see attached report
- Adult Rowing Program – Eric Watne -see attached report
- Youth Rowing Program – JP Murton (no written report)
- Membership Committee – Ruth Berenson
- Building and Maintenance – Pete Evans – see attached report
- Governance Committee – Tiffany Hogan (no written report)
- DEI Committee – Marlene Yang/Susan Burgoyne (no written report)

Old Business

- Safe Sport Guidelines
- Background checks for volunteers
- NBC web presence
- BOG Division of duties

New Business

- Other?

Member Acknowledgement

Remarks for the Good of the Club



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BOG members present: Kristi Wharton, Tiffany Hogan, Q Kellogg, Kiana Anderson, John Ryan, McKenzie Gibson, Michael Hamilton, Andrea Arena, Daniela Roop, Ruth Berenson, Joan Martin, John Duke

Other members present: Marlene Yang, Chanika Phornphutkul, John Paul Murton, Rob English

Called to order at: 7:03

Approval of minutes

February 9, 2022 BOG Meeting – Motioned by Michael Hamilton, Q seconded.
Unanimous.

Review of Committee Reports: President clarified when a written report would be submitted: if its long or if it needs to be on the record. If update is short, verbal is fine.

- Secretary – John Ryan motioned to accept new members and Ruth Berenson seconded,
- Treasurer – Joan Martin – no written report presented, she but presented the question of opening a second account to diversity club fund holding locations. The board agreed unanimously (with one abstention) to authorize the Treasurer to set up an account at Washington Trust. Additionally, the Treasurer noted that the Vice President will have signatory rights on the club accounts.

The Treasurer also noted that we need to do background checks on employees and volunteers. Q agreed to look into how to do checks on volunteers. The Treasurer also noted that there is \$75k in the Stem to Stern fund. The President agreed to put together a StS fund committee that will be responsible for putting together procedures and making recommendations as to how those funds will be sent.

- Captain – There is a written Captains report but the President leads this discussion. Question about March rowing and how to handle the gas fund. Decision to not require donations and any that are made are to go to the fund. The motion was made by the President and Q seconded. Additionally, the President note that recently the club has been approached by a former NBC youth rower and now RISD student to form a club program for college students. A long discussion ensued about whether they would be able to race under the NBC banner, if they were to race. No decision was made other than to reaffirm that it is an NBC program.
- Adult Rowing Program – attached
- Youth Rowing Program – JP Murton no additions to written report -
- Membership Committee – Ruth Berenson - Committee is reforming. Email blast is to go out. Still working on the Directory efforts. She expects to have a plan going forward.
- Building and Maintenance – Pete Evans (no written report)
- Governance Committee – Tiffany Hogan (no written report) – Committee needs to reform and agree upon a new schedule and plan for 2022.
- DEI Committee – Marlene Yang/Susan Burgoyne (no written report). No additional report after the Fundraiser (check the email for specifics) The President noted that she was contacted by a Brown student about how we use the Narrangansett term in the title of our organization and whether we should issue a public statement addressing that. It was decided that the DEI committee can address this in the future.

Old Business

- NBC Awards party - party was a success. Chadwick Award went to Amy Abbott. Moser Award went to Daniella Roop and the C.P. Williamson award to Barbara Green. Kudos to Kim Worrell for organizing and thanks to Lynn Iler for hosting.
- NBC web presence – John Ryan noted that a member, Sasha, is happy to be involved in working with Alden and the website, as is Deb Chute.
- BOG officer/committee chair responsibilities – still needs to be documented; a reminder to all officers and chairs to submit to the President

New Business

- New Safe Sport guidelines – John Ryan raises the issue. We all need to be certified, as BOG members too. We must let the membership know, and promote the link, etc. After a brief discussion, it was decided that the President would draft a letter to send to the membership about this requirement.

Member Acknowledgement – a new feature for our meetings to publicly acknowledge members that have made a difference to the club recently. The President wants to highlight the role that Dan Gorriaran played in the continual support and the effort he puts in and provides high quality coveted awards. The Board would like to thank Dan for that.

Remarks for the Good of the Club – A reminder from Michael Hamilton that we are expected to model good behavior for the club. A thank you to Michael Hamilton and John Ryan– for

leading launch driving sessions. McKenzie Gibson appreciates how many people have jumped in and cleaned up the boats. Appreciated that she was able to take time and work remotely for a while.

Meeting adjourned at 8:45

Secretary's Report

Membership as of April 8, 2022

(Prepared by Membership Coordinator)

Membership Category	4/9/2022	3/4/2022	4/7/2021
	(Current)	(Last Month)	(Last Year)
Regular	120	116	129
Spouse	12	11	9
72+	23	23	21
U23	5	5	14
Life	10	10	10
NonResident	8	8	3
Clubhouse	1	1	0
Total Members	179	174	186
Applicant Members to Vote on (included in numbers above)			
Type	Last_Name	First_Name	Comments
Regular	Conte	Victoria T	Took classes starting in April 2021.
Spouse	Modica	Glen	Spouse of above. Started taking classes August 2021

MISC Notes:

After several reminder emails. 165 out of 179 Paid Members have signed their 2022 Waiver



April 2022 Captain's Report

Boat Acquisition/disposition; - Our 5-year plan for future equipment purchases was submitted to the BOG in January. We have moved forward and acquired two more Wintech Explorers which are currently on-site and being rowed. The Rowing Committee is asking for nominations for boat names. If you have any please submit to the Captain.

We also have a LW Hudson 2X demo that is getting tested and early reviews are positive. Hudson is a brand that the Rowing Committee is focused on for bigger boats (2Xs and 4X's) due to the fact they are salt water hardy, they are opening a nearby facility (Worcester) their customer service is excellent, and their boats seem practically bullet proof – the Rounesville and Jumavia being prime examples.

We also purchased a set of Carl Douglas sculling riggers for the Resolute 4+ (Ursa Major) that we purchased from Brown last year. This will allow the junior program to use this boat as a coxed quad.

The Rowing Committee voted to sell the Bardt Resolute 8+ as it seems to be the least used hull, and we don't have room at NBC to store five 8's. Our plan would be to re-christen the Resolute donate by Brown for the S2S program the "Chris Bardt." We've sold the Gorriaran 8+, one of the Vespoli 4's (Lada) and are working on selling the remaining two (Kilgus and Nanni) which are currently rigged as coxed quads.

Boat Repairs – The following boats have been put back in service after enjoying off-site repairs:

- Jumavia (4X)
- Rounesville (4X)
- Hubbard (Explorer)
- Brightman (Explorer)
- The Wherry's that were damaged in the windstorm have been repaired, rigged and are back in service.
- The Ira Garber is currently offsite being repaired, and the English is still out of service while we wait for Vespoli to deliver a new skeg and rudder.

Please continue to use the Repairs@RowNBC.org mailbox to report damage. McKenzie is organizing our parts inventory while working to keep our fleet on the water, but she can't do this without your help.

Cold Water / Low Light Rowing – Cold water rowing rules are in effect as long as water temps are 50 degrees or lower (Seekonk is currently 44) Reminder to membership that the following Cold Water/Low Light rules include the following:

- A and B rated NBC Scullers can row a 1X 'unrestricted' outside of an NBC Program in April if they have demonstrated an ability to re-enter a flipped shell in cold water. Unrestricted means no launch accompaniment or PFD required, however all other cold water rowing rules in must be observed. Anyone who wants to demonstrate this skill is welcome to notify the Captain or Lieutenant. We'll meet you at NBC with a towel and flask.
- Four oar rule is in effect. Doubles (2X) are encouraged to row with others as in an emergency your 4 oars are going to be of little assistance.
- NBC members who have an A or B rating can row a 1X in April with a PFD or launch accompaniment if they have not demonstrated the ability to re-enter a flipped shell. PFDs can be worn or carried but must be easily accessible. You do not need a PFD if you have launch accompaniment.
- The Launch sign-up will remain open until the water is 50. Members are encouraged to continue to exercise this practice.
- *Everyone rowing during cold water rules without a Launch needs to carry a whistle and a cell phone* – at least one per boat.
- **Cell Phones** - If you need assistance in an emergency you can call 911 (Serious emergency) or **272.1838** (NBC Boat House) We installed a speaker that will allow the phone to be heard on the dock. The NBC phone is in the boat bay next to the officers mailboxes. Please familiarize yourself with its location. Members on-site are asked to answer the phone and if necessary, take a launch to assist rowers in trouble. We have had multiple launch use trainings, and members should know how to operate a launch in order to affect an on water rescue in the event they are alone at NBC when an emergency call comes. This is a Black Swan we don't want to see, but need to be prepared for just in case. During cold water rowing there should always be a launch prepped if one is not already on the water.
- **Please** keep in mind that while NBC opens more rowing when the Seekonk is 50 degrees, that is still very cold water. You will likely lose consciousness in 30-60 minutes in 50 degree water. And the ability to function normally much quicker, so please be prepared with a plan to help yourself, help others, and use good judgement when rowing this month. Do not go out because you believe there are others who will save you if you get in trouble – it's selfish and dangerous.
- Confused? Refer to the handy chart below: (Subject to periodic revision)

	Expected water temp °F	General Rowing	1x	4 oars	Rowing with launch
January	45-40	CLOSED	CLOSED	CLOSED	With permission of Captain
February	38-40	CLOSED	CLOSED	CLOSED	With permission of Captain
March	40-45	Restricted	With launch + cold water test	With Launch	YES
April	45-50	Restricted	With cold water test or PFD	Yes	Recommended
May	50-55	Unrestricted	Unrestricted	Unrestricted	Unrestricted
June	60-65	Unrestricted	Unrestricted	Unrestricted	Unrestricted
July	65-70	Unrestricted	Unrestricted	Unrestricted	Unrestricted
August	65-70	Unrestricted	Unrestricted	Unrestricted	Unrestricted
September	60-70	Unrestricted	Unrestricted	Unrestricted	Unrestricted
October	55-65	Unrestricted	Unrestricted	Unrestricted	Unrestricted
November	50-55	Restricted	With cold water test or PFD	YES, PFD for those that can't re-enter	YES
December	40-50	Restricted	With cold water test or PFD	YES, PFD for those that can't re-enter	YES

We will continue to review the above for appropriateness .

Hi-Viz clothing – NBC members rowing during low light conditions are required to wear some form of Hi-Viz or reflective top.

Finally, please be patient as we return to the water. We've got a lot of volunteers doing a lot of work to keep boats in shape, the club running, the boathouse repaired, the online presence up to date including logbook operational and accurate, and we're not always perfect. Be nice to each other, our equipment and our Club.

Respectfully submitted;

Eric Watne – NBC Captain



April 2022 Adult Rowing Programs Report

The **Adult Rowing Programs** recently concluded two indoor training sessions running concurrently. One was the “**Virtual**” Zoom erg class that is led by John Ryan, and the other is a “**Live**” training that took place at Phillipsdale CrossFit. We are working on plans to maintain access to Phillipsdale CrossFit as it’s an excellent facility, and we have access to 16 Model “D” ergometers, 5 sets of C2 slides, two C2 Ski Ergs, 4 C2 bike ergs as well as a myriad of training equipment in a large, heated mill loft.

The Adult Rowing **Session #1** for 2022 started the last week of March. We have a mix of learn-to-row sweep and sculling classes, as well as intermediate sweep and sculling classes.

New to NBC is a **RISD/Brown** learn to row program. We started on the ergs at CrossFit and now have transitioned to the barges at NBC. There are 35-students enrolled, most with no rowing experience, and the program will continue until the end of the month. In addition to this program RISD has agreed to pay U23 membership dues for 3 students. As there are currently 9 who are interested in joining, they are going to spread those funds over the 9 memberships to reduce the financial obligation of each student by an equal amount. RISD is also paying the class fees for all 35 of the students in the learn-to-row program. This seems to be a success and the hope is that it can start back up when RISD students return in the fall.

Sweep Rowing – We have both men’s and women’s sweep programs operating during this Session. We’re continuing to explore ways to continue to grow this part of our programs.

Adult Sculling – thanks to the generosity of Jim Devol who has offered his coaching services at no cost, we have been able to offer a weekly sculling program where not more than 4 scullers at a time will get individualized coaching on 15-minute intervals. The program will start this Thursday (April 14th) and run through early July. Registration is currently open and will be capped at 24 NBC members. An announcement went out 4.10.22 via Google Groups detailing the specifics of this program.

FINALLY - Any NBC member interested in getting into coaching and/or coxing for Adult Programs please contact me – if you have no experience we can partner you with an experienced coach as well as offer other training opportunities. We can be flexible regarding scheduling by job sharing if a more full time commitment is not possible.

Respectfully submitted;

Eric Watne – NBC Adult Rowing Programs

Membership Committee Report - Ruth Berenson

1. New season breakfast May 14. 8:30. We supply coffee, paper goods and pot luck in the best of NBC tradition. At least one workshop offered, perhaps two. Definitely navigation. I have asked Eric what he feels is the second most important “workshop”. Required (strongly encouraged) for new members onboarding.

2. Board approval of NBC directory.

Kristi, the issues are not technology but people based. Opt-in solves

One major problem. But some want to just have email, others email, address, phone number and what they row.

I'm thinking that members can fill in a spread sheet with what they want shown. It will have to be cross referenced with current members. Any ideas or concerns you have please let me know.

3. Continued scouting for new energy and talent.

4. Amazon Smile. Free money for club.

April Facilities report

- Contractor is engaged for the following items
 - repair/replace exterior trim around windows focusing particularly on water side
 - repair window sashes and counterbalances where necessary
 - replace all of the street side deck straighten the deck line through the yard
 - replace rail on south deck
 - quote replacement of north deck and railing

Work will commence as material arrives

Deck in Front of boat bay exit to be replace by volunteer crew

Meeting with webpage guru to develop the best option for dock webcam hosting (Wednesday)

USRowing & SafeSport (from <https://usrowing.org/sports/2016/6/1/safesport.aspx>)

USRowing's mission is to champion participation and the passionate pursuit of excellence in the sport of rowing. The organization seeks to achieve these goals with a commitment to integrity, teamwork, and -- above all -- safety.

The U.S. Congress designated the U.S. Center for SafeSport with the authority to respond to reports of sexual misconduct within the U.S. Olympic & Paralympic Movement by passing the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017. This legislation designates the U.S. Center for SafeSport to serve as the independent national safe sport organization.

USRowing's Safe Sport program is designed to assure athlete safety by promoting and enforcing policies and programs that address: bullying, hazing, harassment (including sexual harassment), emotional misconduct, physical misconduct and sexual misconduct (including child sexual abuse and/or grooming behaviors).

All USRowing Member Organizations are required to have their own athlete safety program. While the primary focus is to safeguard children, these policies extend to all age groups including masters and college level.

As a condition of membership, USRowing Member Organizations must accept the jurisdictional role of the U.S. Center for SafeSport to investigate and adjudicate any issues of sexual misconduct within their organization.

Safe Sport violations for behaviors other than sexual misconduct should be investigated and handled within each member organization following its internal policies and procedures. After exhausting all remedies afforded by the member organization's policy, issues of misconduct may be brought to USRowing.

Education and Training

Member safety and well-being are priorities for USRowing, and education is critical to prevent the harm that misconduct causes our members. In partnership with the U.S. Center for SafeSport, USRowing provides training on how to identify and prevent the various forms of misconduct. Effective January 1, 2022, all participants 18 years of age or older are now required to take SafeSport training on an annual basis. If SafeSport training is not completed prior to attending a regatta, an adult participant will not be allowed to participate.

As a member organization of the U.S. Olympic & Paralympic Committee (USOPC), USRowing, its employees, contractors, volunteers, officials, board members, committee members and other designees, members and organizational members (collectively, "Participants") are required to comply with the U.S. Center for SafeSport Code of the U.S. Olympic and Paralympic Movement.

How to Access SafeSport Training

To access SafeSport training, log into your individual USRowing account [here](#). Click on the SafeSport icon on the left-hand side. You will be presented with one of the following required courses: Core NGB1 (90 minutes duration), an NGB1 Refresher Course (30 minutes), or Adult Athlete Training (30 minutes). If you are participating only as an athlete, you can take Adult

Athlete Training; all other participants need to take Core NGB1. Click on “Enroll and Launch Course” to begin the training.

If you previously created a SafeSport account, you can link it to your USRowing membership profile by logging into your SafeSport account [here](#) and ensuring the First Name, Last Name, Member Number, Date of Birth, and Zip Code listed in your profile match what is on your USRowing profile. You may need to log out of the USRowing member portal and log back in for previous courses to appear in the “Completed SafeSport Courses” section of the SafeSport page.

Support Staff

**If you do not have a USRowing membership and are associated solely in a support staff role, USRowing now offers a free limited membership for staff, administrators, board members, volunteers, and other non-athlete/non-coach participants associated with USRowing member organizations. You can sign up for this free limited membership [here](#).

Examples of Athlete Safety Programs

- From: <https://www.radnorgirlscrewclub.org/Default.aspx?tabid=1031228>
Radnor Girls Crew Club (RGCC) is a nonprofit sports organization run by parent volunteers within Radnor Township School District (RTSD).
RGCC offers competitive opportunities for Junior rowers and promotes education about the sport.
RGCC is a member of USRowing.

Beginning in 2015, all USRowing member organizations must have athlete safety policies in place to safeguard children and adult club members. Organizations need to certify that they can provide USRowing with a copy of their policy and update their policy annually. The primary aim of the SafeSport policy is to protect children from sexual abuse and harassment. The RGCC Board appoints a safety officer annually who is charged with implementing this SafeSport program and ensuring all members are aware of its existence and provisions for dealing with abusive situations.

Program coaches must successfully complete the online SafeSport training and testing described in the Education and Awareness Training section below.

Misconduct in sport includes:

- Bullying
- Harassment (including sexual harassment)
- Hazing
- Emotional misconduct
- Physical misconduct
- Sexual misconduct (including child sexual abuse)

Coaches, club members and volunteers are required to report abuse or misconduct. To do so fairly, reporters should have a basic understanding of sexual abusers and the "grooming" strategies they use to seduce their victims. With a combination of attention, affection, gifts or preferential treatment, sexual offenders select a child, win their trust (and the trust of their parents or guardians), manipulate the child into sexual activity and keep the child from disclosing abuse.

Bullying, harassment and hazing can involve acts of emotional, physical or sexual misconduct. Emotional misconduct often involves noncontact behaviors that verbally abuse an athlete or deny attention or support. Physical misconduct may or may not involve actual contact and causes or threatens physical harm. Physical misconduct does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline or improving athlete performance.

Contact offenses include but are not limited to behaviors that involve any physical injury, provision of alcohol or illegal drugs or nonprescribed medications that may result in harm to the athlete, or permitting an athlete to return to play prematurely after an injury.

Noncontact offenses include but are not limited to behaviors that may isolate an athlete as an act of coercion or punishment, forcing a painful stance or position, or withholding or denying adequate hydration or medical attention.

Sexual misconduct can include assault, harassment, abuse or any other intimacies that exploit an athlete. **In Pennsylvania persons under the age of 16 years old cannot consent to sexual activity with an adult, and all sexual interaction between an adult and a person under 16 is strictly prohibited.**

Sexual misconduct can occur even without contact and represents an abuse of authority and trust implicit in the coach-athlete relationship. Especially in the case of Juniors, coaches must be aware of misinterpretation of overly personal interaction. Noncontact offenses include but are not limited to: a coach discussing their sex life with an athlete or asking an athlete about his or her sex life; requesting or sending inappropriate photos or sexually explicit or suggestive messages; deliberately exposing an athlete to nudity (except in shared changing areas); and initiating, inviting or responding to sexual solicitation or any other unwelcome or offensive behaviors that are sexual in nature.

Adults in positions of power, like coaches, must be aware that Juniors may misinterpret or misreport or even fantasize what might seem to the adult to be casual or harmless remarks that are sexual in nature.

Coaches are looked up to for guidance in improving rowing skills, for training and race preparation, and they control coveted boat and seat assignments. They must be cognizant of this power they wield and manage the trust relationship with their athletes with heightened sensitivity and maturity. Coaches cannot always be "best friends" with their athletes, just as parents, at times, cannot expect to be best friends with their children and parent effectively.

Coaches are required to complete the online awareness training offered by the USRowing SafeSport program every three years. The short course teaches about the nature of misconduct in sport and provides actionable information to better protect athletes. A current certificate must be on file with RGCC prior to contact with athletes.

- Visit the website <https://safesport.org/>
- Register for an account or log in
- Complete the three online units: Sexual Misconduct Awareness, Emotional and Physical Misconduct and Mandatory Reporting
- Save PDF copies of all three certificates of completion and email to rgccpresident@gmail.com

Coach employment screening with RGCC includes an application, interviews, reference checks and criminal background checks. Each applicant has an affirmative duty to disclose his or her criminal history. Failing to disclose or intentionally misrepresenting an arrest plea or conviction history in an application or any other information provided by the applicant during the screening process is grounds for non-employment or revocation or restriction of employment, regardless of when the offense is discovered.

Information that could disqualify an applicant includes, but is not limited to, arrests, pleas of no contest and criminal convictions—especially if the underlying criminal behavior involved sex or violence. No decision will be made on an individual's eligibility for work if they have a pending court case for any of the potentially disqualifying offenses until the pending case concludes.

Each applicant has the affirmative duty to fully disclose his or her criminal history. Failing to

disclose or intentionally misrepresenting an arrest plea or conviction history in an application or any other information provided by an applicant during the screening process is grounds for revocation or restriction of employment, volunteer duties and/or RGCC membership, regardless of when the offense is discovered.

Any applicant who has been banned from another sports organization or educational institution, temporarily or permanently, must disclose this information. Failure to disclose is a basis for disqualification from employment with RGCC.

Coaches should view the [RTSD Clearances/Pre-Employment website list of requirements](#).

All RGCC coaches are required to submit a background check with the National Center for Safety Initiatives (NCSI) and show clearance on their record every two years prior to beginning their coaching responsibilities.

This applies to employees, coaches, independent contractors and, per RTSD policy: "all volunteers who will be accompanying students on overnight trips," even those who are 10-year residents of Pennsylvania; volunteers who are not accompanying students on overnight trips and are 10+ year residents of PA do not need a FBI clearance but must complete this affidavit)

1. Complete registration online
2. Applicant must register prior to going to the fingerprint site
3. Register for the Pennsylvania Department of Education with one of the following service codes:

Service Code Employee/Coach/Contractor: 1KG6XN

Service Code Volunteer: 1KG6Y3

3. Schedule appointment
4. Print registration receipt to take with your registered fingerprint site
5. On the day of scheduled fingerprinting, all applicants must bring:
 - Selected required identity document
 - Registration confirmation
 - Payment made at time of fingerprinting
6. Provide Human Resources with your **unofficial copy, fingerprint receipt or UEID number. The official copy can be pulled only by Human Resources.**

RGCC coaches and volunteers shall report suspicions or allegations of violations, misconduct, and physical or sexual abuse. Reports should be made to the RGCC president, vice president, safety officer or other RGCC officers or directors.

RGCC will take a report in the way that is most comfortable for the person initiating a report, including an anonymous, in-person, verbal or written report. Regardless of how you choose to report, it is helpful to RGCC for individuals to provide, at a minimum, (1) the name of the complainant(s), (2) the type of misconduct alleged and the name(s) of the individual(s) alleged to have committed the misconduct and (3) the approximate dates of misconduct.

Please note that anonymous reporting may make it difficult for RGCC to investigate or properly address allegations. All suspicions of child physical or sexual abuse will be reported to the appropriate law enforcement authorities.

If for any reason you are not comfortable or satisfied with the above methods for reporting or with the results of that reporting, you may file a report directly on the [USRowing](#) website,

USRowing SafeSport Hotline: [\(609\) 751-0710](tel:6097510710), USRowing SafeSport e-mail (safesport@usrowing.org), or by contacting the USRowing SafeSport Compliance Officer John Wik at [302-383-9923](tel:3023839923) or jwik@usrowing.org.

RGCC does not investigate suspicions or allegations of child physical or sexual abuse or attempt to evaluate the credibility or validity of such allegations as a condition for reporting to appropriate law enforcement authorities.

- **USRowing SafeSport Policy Manual –**
https://usrowing.org/documents/2021/11/18//FINAL_Rowing_MAAPP_111021_APPROVED.pdf?id=2800
- **Greenwich Crew Participant Safety Policy -**
<https://nebula.wsimg.com/231b7eedf01349be2e5d34592a870c14?AccessKeyId=34FC99844D57044D144A&disposition=0&alloworigin=1>
- **San Diego Rowing Club Safe Sport Policy -**
https://sandiegorowing.org/wp-content/uploads/2018/02/SDRC_SafeSport_20180212.pdf



March 2022 Adult Rowing Programs Report

Currently the **Adult Rowing Programs** has two indoor training sessions running concurrently. One is a “**Virtual**” Zoom erg class that is led by John Ryan, and the other is a “**Live**” training that is taking place at Phillipsdale CrossFit. If you have not checked out either, but you are training in March it’s not too late to jump in. We do the same workout whether live or virtual, and they are challenging. CrossFit has been a great find as we have access to 15 Model “D” ergometers as well as a myriad of training equipment in a large, heated mill loft. We recently purchased 5 sets of C2 slides so training can be done on a static erg, a dynamic erg, or a dynamic erg linked to another athlete that teaches the power application and timing necessary to row a team boat as seen in the photo below;



The Adult Rowing **Session #1** for 2022 will be starting end of March. An announcement will go out via Constant Contact and NBC Google Groups announcing registration availability once posted. We anticipate a mix of sweep and sculling opportunities as well as learn-to-sweep row.

Sweep Rowing – We are exploring options to offer a broad array of sweep rowing opportunities. Given the nature of Sweep rowing the programs will only be viable with sufficient participation. We understand that hurdles to attracting members (and non-members) include potential for athletes of disparate abilities and fitness rowing in the same boat, as well as hesitancy to commit to a schedule that does not offer flexibility to scull. Or sleep in. We have some thoughts that we think will address those – if members are interested in sweep rowing please consider one of these programs. Only with member support will they grow and flourish. There will of course be opportunities for ad hoc sweep rowing outside of an NBC Program.

NBC hosted an Open House for **RISD/Brown** students Saturday, February 12th. Approximately 50 students attended in three 45-minute sessions. Some had rowing experience, but most did not. We are currently working to establish a RISD/Brown learn-to-row program. (Brown only offers rowing as a DI Varsity Sport – not recreational.) We currently have 30 interested students that we plan to break into two groups of 15 and start them in 2-day/week erg classes at CrossFit with the goal of transitioning them to the barge by the end of the 5-week session. RISD has a club coordinator – I spoke with him 3.7.2022 and he's optimistic RISD will support this effort with funds and a bus to transport students to CrossFit as well as NBC. Still working through logistics and structure with RISD.

Any NBC member interested in getting into coaching Adult Programs please contact me – if you have no experience we can partner you with an experienced coach as well as offer other training opportunities. We can be flexible regarding scheduling by job sharing if a more full time commitment is not possible.

Respectfully submitted;

Eric Watne – NBC Adult Rowing Programs