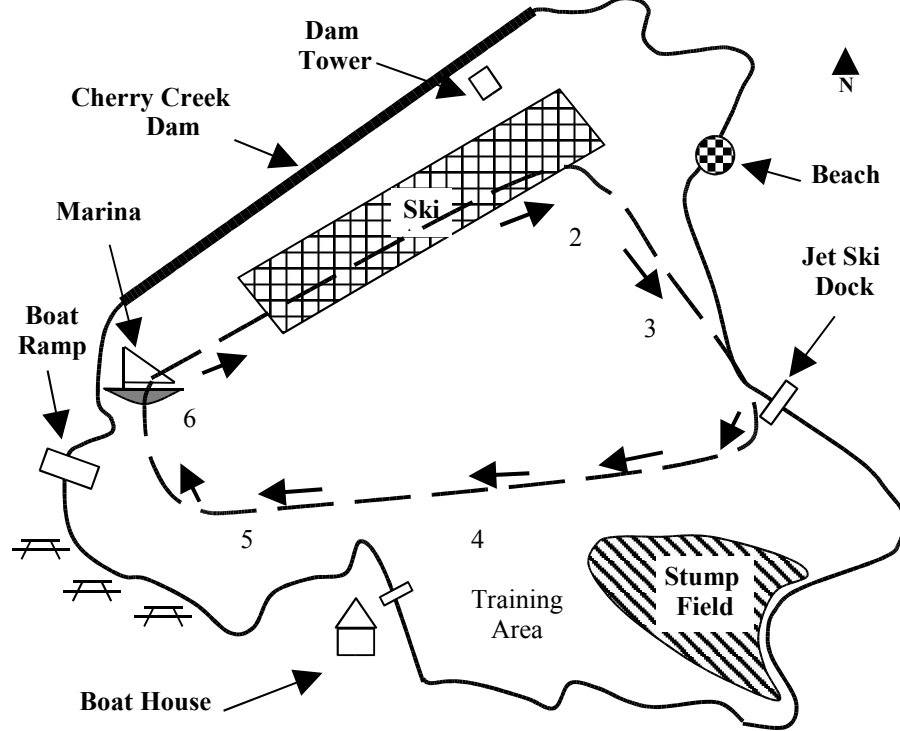


RMRC Orientation Guide

Cherry Creek Reservoir



Rowing Course

There is only one course this year! Follow the course clock-wise around the lake. Beginners should stay in designated "training areas" and make sure to stay off the main course for safety reasons. Buoys are shown in approximate locations. Note: the ski area overlaps the rowing course. Please be courteous of the water skiers.

Hazards

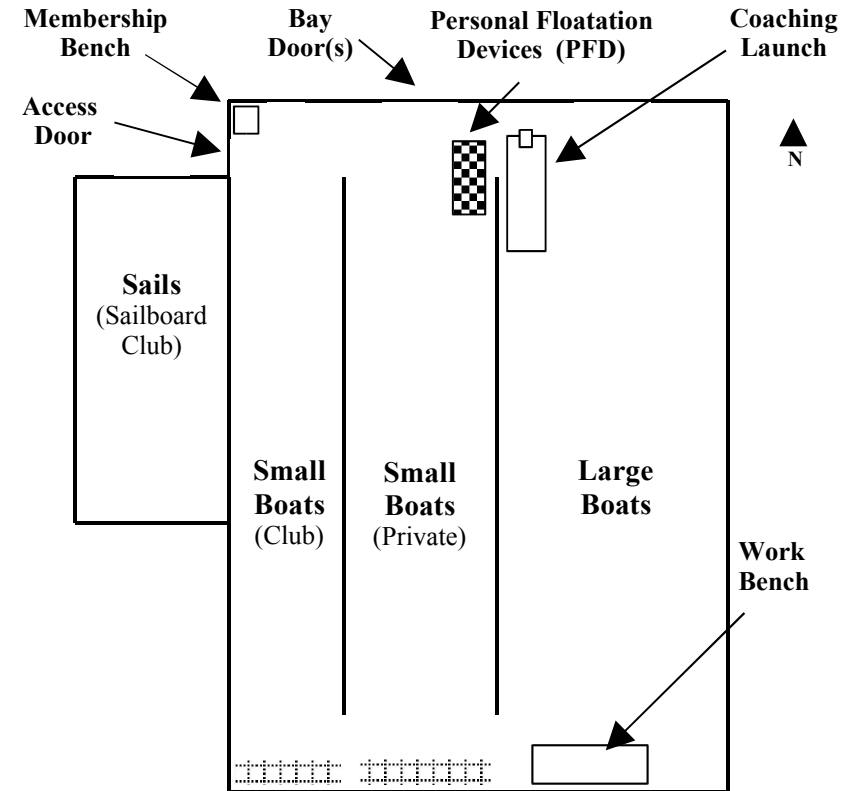
Stump Field

- Watch for submerged stumps and logs as water levels drop.

Fishing Lines

- Keep 50 feet from shore and 150 feet from fishing boats and float tubes, to avoid fishing lines.

Boat House



Access Door

- Enter through this door only (combination required)
- Lock by extending bolt fully
 - Inside Point lever up
 - Outside Turn left 80 degrees

Bay Doors

- Latch securely while rowing
- Double lock before leaving

Boat House/Equipment Manager

John Tyler • jdtyler@innovaresystems.com Phone: 303-886-2860

Rowing Notices

- Membership Board
 - Check bulletin board above Membership Bench for safety notices, announcements, race schedules, lost and found
- Website
 - Check www.rockymountainrowing.com for general club information
- Newsletter
 - Read Stroke, the monthly club newsletter, for articles and scheduled events. Downloadable from website.

Reservations

- Reservation Board
 - Check reservation board above Membership Bench before using a boat
 - No shows Boats may be used after 10 minutes
- Reservations
 - Reserve boats on reservation board
 - A member may hold 2 reservations at one time; Only 1 reservation may be made for the weekend.
 - On weekday mornings during the summer, Instruction Programs usually reserve the multi-seat boats.

Boats

- Categories
 - Boats are categorized by skill level
 - Beginner Lettered (A); e.g., Maas Aero, 24
 - Intermediate Numbered (1); e.g., Vespoli
 - Advanced Numbered (1); e.g., Filippi, Pocock
- Use
 - Use only boats for which you are certified
 - Fill at least 50% of seats in advanced multi-seat boats with advanced rowers
 - Middle bay boats and sculling oars are for private use only

Equipment Care

- Boats
 - Clean boats thoroughly after rowing
 - Store boats properly; report damage immediately
- Oars
 - Check oars for loose collars, mud, and grease
- Rigging
 - Do not change rigging; e.g., oarlock height and pitch
 - Contact Equipment Manager to change rigging

Equipment (Out)

- Boat Log
 - Log out boat in Log Book
- Oars /PFD/Slings
 - Select oars and PFD; place on shore by dock
 - Select and set up slings in front of boat house
- Boat
 - Note boat orientation on storage rack
 - Bow In / Out Tape Aligned with support
 - Deck Up / Down
 - Carry boat to slings with 2 people (normally)
 - Watch oarlocks, stern, bow carefully
 - Place boat in slings slowly
 - Watch fin and sling height
- Adjustments
 - Remove socks; check oarlocks, seat, and slide
 - Check fasteners (e.g., bolts); tighten as required
 - Set foot stretchers
- To Water
 - Latch Bay Door(s); lock Access Door
 - Carry boat to water with 2 people

Equipment (In)

- From Water
 - Check for slings and closed oarlocks
 - Carry boat to slings with 2 people
 - Place boat in slings slowly
- Clean
 - Wipe down entire boat with towel
 - Clean slide, seats, oarlocks; replace socks
- Boat
 - Lift boat from sling slowly
 - Carry boat into boat house with 2 people
 - Store boat on rack according to rack label and tape
 - Help another rower with their boat
- Oars /PFD/Slings
 - Retrieve oars and PFD from dock
 - Store oars, PFD, slings in correct locations
- Boat Log
 - Log in boat in Log Book; please add comments

Equipment (Damage)

- Report
 - Log the problem on Equipment Board
 - Write a brief problem description for the Equipment Manager and (1) email it to scottanoble@hotmail.com or (2) post it on the Membership bulletin board
- Tools
 - For minor repairs, the club keeps tools in the Membership and Work Benches