

2025 Document Provenance

Date	Event
3/11/2025	Revised by Hugh Brock for Board commentary
3/12/2025	Comments from Sarah, Marnie, John integrated
4/7/2025	Added operating rules and procedures that need to be written down but don't belong in the safety policy. Updated formatting.
4/9/2025	Incorporated Marnie's comments
4/10/2025	Voted into effect for 2025

Megunticook Rowing House Rules

No change in the House Rules shall be effective until the Secretary posts a copy of such change on the Club website at www.megunticookrowing.org.

Non-Discrimination Policy

The Club will not discriminate against any person regarding application for membership, election to office within the Club or any activity under the control of or sponsored by the Club on account of race, gender, religion, national origin, age, disability, or sexual orientation.

SafeSport Policy

The Club will maintain a SafeSport Policy adopted by the Board of Directors consistent with U.S. Rowing policy guidance.

Membership

- Megunticook Rowing offers memberships that allow use of our facilities and equipment and participation in our programs. (Note these memberships do not create “members” for the purpose of the Maine Non-Profit Corporation Act.)
- Youth participating in seasonal youth programs are automatically members of Megunticook Rowing.
- Membership is not required for Learn-to-Row participants.
- All members must also be members of US Rowing.

Memberships are as follows:

Individual Annual Full (Adults aged 26 and over) \$350

Membership includes year-round access to our indoor training facilities, docks and club equipment. Coaching fees are not included.

Individual Annual Club Rower (Aged 18-25) \$200

Membership includes year-round access to our indoor training facilities, docks and club equipment. Coaching fees are not included.

Monthly Membership \$125

One-month membership includes access to docks, club equipment, and our indoor training facilities. Coaching fees are not included.

Learn To Row Graduate (All ages) \$50

A special annual membership for new Learn To Row graduates Membership includes year-round access to Barrett’s Cove docks, our erg gym, club equipment and winter training. Coaching fees are not included.

Reciprocal Membership \$0

Members of US Rowing-affiliated clubs (who are also US Rowing members) have full, free access to Barrett’s Cove docks, our erg gym, club equipment and winter training for up to two weeks per year. They must sign the Megunticook Rowing waivers and add Megunticook Rowing to their US Rowing profile.

Day Passes \$20.00 - limited to three passes

Available for US Rowing members aged 18 and over. Permits use of docks and equipment, based on boat availability. Skills test or equivalent required.

Membership may be revoked at any time by the Board. Violations of our Code of Conduct, our Safety Policy, or any US Rowing and Safe Sport rules are cause for removal, as well as any reason the Board shall find appropriate.

Equipment Storage

Megunticook Rowing members may rent rack space for storage of privately owned shells at our outdoor space in Barrett's Cove on Megunticook Lake from docks in until docks out, roughly April 30 to November 10. Boats on rented racks are stored at the owner's risk and maintenance and repair is the sole responsibility of the owner. Rack rental privileges carry forward from season to season. However if a shell is occupying a rack slot and is unused for an entire season the Board may revoke the carry-forward to the next season.

The fee for rack rental for singles and doubles is \$125 per year. Shells must be removed before the Barrett's Cove site closes for the season.

Programs

All participants and members agree to abide by the [Megunticook Rowing Safety Policy](#). You may signify your agreement by affirming you have read the policy in iCrew.

On the Water

- On the Water programs conducted at Barrett's Cove are open to all members.
- Participation in Learn to Row does not require Megunticook Rowing or US Rowing membership. A signed waiver for each session is required.
- Hours of access to the Barrett's Cove site are from one half hour before sunrise to one half hour after sunset. Those under 18 must be accompanied by an adult.

Indoor Training

Winter and inclement weather programs conducted at our indoor training facility are open to all members. Youth supervision in our facility may be required and is governed by the policy of the facility and applicable Safe Sport rules. Ad-hoc access is permitted for members on a first-come first-served basis.

Removal or Destruction of Property.

No one shall take away from the premises any property whatsoever belonging to the Club, except as approved by a Board officer.

In case of any destruction, defacement, or injury to any property belonging to the Club, the responsible member or guest shall pay all associated costs for repair or replacement as determined by the Board.

Communications

1. The Club website, newsletter and Slack shall serve as the principal means of communication with members for notices of changes to these House Rules, upcoming Board and Committee meetings, Rowing programs, Club events, and other items of general interest.
2. Members are responsible for providing current contact information. Please keep mailing

address, phone, and email up-to-date in iCrew.

3. Members may not solicit or facilitate the solicitation of Club members by mass mail or email, for any purpose, charitable or otherwise, unless approved in each instance by the Board of Directors.

4. All members have access to our shared Slack workspace. All members are required to observe SafeSport rules in all communications on Slack; failure to do so will result in action by the Board, including removal from access to Slack and revocation of membership.

Required Signatures and Affirmations

Members, and all users of Megunticook Rowing facilities except for Learn-To-Row students, must read and accept the following documents, in iCrew:

- Safety Policy: <https://megunticookrowing.org/membership/#member-handbook>
- SafeSport affirmation: <https://megunticookrowing.org/membership/#member-handbook>
- US Rowing waiver: See the US Rowing website
- Code of Conduct: <https://megunticookrowing.org/membership/#member-handbook>

Signing Out Equipment

Megunticook Rowing members in good standing may use club docks, boats, and oars at any time rowing conditions are safe ([see the Safety Policy](#)), but note that usage of some equipment in some conditions requires sign-off by a coach or the chair of the programs and racing committee. Specifically:

- A current swim test, as defined in the Safety Policy
- A current flip test, for some shell types, as defined in the Safety Policy
- Sign-off by a coach, for some shell types, as defined in the Safety Policy
- Sign-off by a coach, to bow some shell types, as defined in the Safety Policy

Members use iCrew to sign out specific equipment at specific times, but note that scheduled classes will override a member's reservation for a shell. Members should note when they are on the water with club equipment and back off the water, using iCrew or whatever mechanism is defined in the Safety Policy.

Guidelines for Using our Equipment and Facilities

When launching:

- Rowers are encouraged to take a boat out of the racks and put its hull down in slings before going down to the ramp. Each rower can then adjust the foot stretchers and make sure all bolts are snug and everything appears to be in working order.
- When handling boats and oars, members must be aware of the length of the boats and oars and avoid striking people and objects.
- Crews and coxswains should remain vigilant and aware of any obstacles that might impede progress to or from the dock (riggers on boats on racks, objects on the ground)

Launching Procedure:

- Take oars down to the dock. Please treat the oars with care.
- Do not leave unattended blades where they will be in the way of other boats trying to launch.
- When carrying your boat down, wait for any arriving boats to clear the dock first. Arriving boats have right of way over launching boats.
- Clear the launching area from the dock as quickly as possible. Be considerate of others, and PLAN to get the boat in the water and launch quickly. If you discover breakage or missing equipment, take your boat out of the water and put it in slings.
- If getting oars after the boat is in the water, at least one member of the crew should hold the boat while others collect oars.
- Never leave a boat unattended
- Make sure all oars are in their oarlocks, oarlocks are closed and locked, oars are extended so the collars are in contact with the oarlocks, blades are flat on the water, and people are holding onto oar handles before anyone gets in the boat.
- Step ONLY on the footplate or track deck. Never step on the tracks or let your feet touch the hull.
- Never, ever rest a boat hull down on the ground.

On the water:

- Early in the morning, be very quiet. Sound travels well and far over the water. Our neighbors have very good ears. Avoid megaphone use whenever possible. Speak clearly without raising a tone or voice unless it is a SAFETY ISSUE.
- Become familiar with the lake. There are rocks near the surface. Some are noted with buoys, some are not. When water levels are down, they are closer to you and unmarked.
- Review the lake map. A copy is posted at the boatyard

Putting a boat away:

- Wipe the boat down with a clean towel, clean the tracks. Make sure the oars' sleeves and collars are clean. Bring your own towel.

- Visually inspect the boat for signs of damage or wear that need repair. If you find any damage (regardless of who caused it or if it's just built-up wear and tear) write a note on the Repair Log, post it to iCrew, and be sure to notify the Equipment Committee.
- Secure the hull with straps and secure the oars to the oar rack. Remember to cinch the straps down so that they are snug, but not overly tight. Putting too much tension on straps can crush a hull or deck.
- Report any incidents, collisions, new hazards, or dangerous encounters you may have had in the Log Book, and post on Slack and iCrew. Please also log any negative or problematic interactions with the public in the same places.