

## WRRRA Guidelines for Independent Sweeps Boats – 2015 Season

Independent boats (aka “buddy boats”) are defined as boats not affiliated with a coached program at the time of launch. All independent boats must follow the guidelines set forth below when planning their row. **Please Note: Scheduled coached programs take precedence for equipment and launch times over independent boats.**

- All rowers **must be members** of the General Sweeps program in good standing. A non-WRRRA member who is an experienced rower is allowed one guest row per season. A guest rower must sign a waiver and be given a safety briefing prior to launch by an SQL-2 sponsor.
- All independent boats **must know and follow the CRF Safety Manual (SaM)** guidelines for operation including, but not limited to: required numbers of SQL-2/SQL-1 rowers; seating arrangement for SQL-2s; CRF dock procedures; radio operation and calls; safety zones; bow and stern lights.
- If rowing during peak times (5:00 – 8:00 p.m. Monday - Friday), independent boats **must coordinate with the Head Coach for equipment.**
- Independent boats are subject to the **2 minutes on the dock rule** for launch and recovery of shells
- Independent boats must **follow the instructions of the dock master** for launch and recovery when necessary.
- Independent boats **cannot launch between 5:45p.m. - 6:15 p.m. Monday - Friday** during the Spring Competitive Season (March 1 - May 10).
- During away regatta weekends, independent boats **cannot go out during Rec practice** time without coordinating with the Rec coaches, due to limited equipment availability. Rec practice is 10:00 .M. - noon on Saturday.
- One SQL-2 member **must be designated as the primary person** in charge during the row.
- The **SQL-2 in charge is responsible for:** reserving the equipment; signing out/in the boat in the log before/after the row; filling out the post-row checklist; submitting an incident report if necessary.
- Independent crews are responsible for providing **their own bow and stern lights.**