

### **Criteria for MANDATORY participation in the Learn to Row (LTR) Program**

A rower MUST complete a LTR program prior to participating in any WRRRA program if any of the following apply:

1. If one has never rowed before, he/she should take LTR.
2. If one has not rowed in a WRRRA program in the last 5 years, he/she must take LTR, unless he/she has rowed elsewhere in a competitive program AND has rowed in any capacity in the last 5 years.

Qualifying competitive programs : 2 years in high school, 1 year in a collegiate varsity or club program, or any recognized adult “competitive” rowing program (where the rower competed in a US Rowing recognized regatta).

Anyone who is exempt from LTR, but who has never rowed on the Cuyahoga is required to receive a safety qualification briefing prior to going on the water (as per CRF Safety Operations Manual, available on our website). This can be accomplished by attending the off the water portion of the LTR Training (with no charge). We strongly recommend that such persons attend LTR so that they may become acquainted with the unique character and dangers of rowing on our working river, safety protocols, and the appropriate mechanisms for operating out of the Rivergate boathouse and docks. Safety qualification briefings can be arranged at other times as well. Questions should be directed to the WRRRA Safety Chairperson (email).