

Lake Purdy Rowing Association

House Rules and Safety Guidelines



These **House Rules and Safety Guidelines** govern the day-to-day responsibilities and obligations of Lake Purdy Rowing Association members and affiliates including recreational and competitive master rowers, public education program participants, and collegiate or junior teams.

This document may be modified at any time by a simple majority vote of the Board of Directors, but no such changes shall take effect until both notification thereof and the revised Rules are posted on the LPRA website.

1. LAKE ACCESS

- a. Lake Purdy is a primary drinking water reservoir owned by the Birmingham Water Works Board. To preserve the quality of the water, only boats controlled by Host Recreation (Lake Purdy Fishing), are allowed on the lake. LPRA's access to Lake Purdy is granted by Host Recreation subject to LPRA continuing to meet certain obligations.
- b. Rowers are required to respect and comply with all Lake Purdy Fishing requirements and to be aware of, and courteous to, all others at the lake.

2. MEMBERSHIP

- a. LPRA membership is open to rowers who successfully complete LPRA proficiency tests required to use LPRA equipment, meet membership criteria published by the Board of Directors, and pay all current applicable membership dues and fees.
- b. Any minor member must always be accompanied by a responsible adult (on land) whenever the minor is at Lake Purdy.
- c. Individual memberships are perpetual and continue until a member resigns in writing. However, a membership may be terminated by failure to pay any indebtedness or by a vote of not less than two-thirds of the members of the Board if they determine the continuation of the membership would be damaging to LPRA's integrity or purpose.
- d. Dues may be paid either once per year or monthly. The monthly option is only available via SportsEngine. Annual dues apply for 12 consecutive months and are delinquent 30 days after the date due.
- e. The Board of Directors may extend temporary use of LPRA facilities or equipment to any individual visiting from another club.
- f. The current dues schedule is as follows:

Membership Category	Pay Annually	Pay Monthly
Individual	\$330	\$28
Temporary	\$180	na
Nonresident	\$90	na

3. MEMBER RESPONSIBILITIES

Use of LPRA facilities and equipment is the exclusive privilege of members in good standing, their guests, program participants, and any individual to whom the Board of Directors may extend temporary privileges.

- a. Members are fully responsible for loss or theft of your personal items. LPRA may discard unclaimed personal items left in or around the boathouse.
- b. Members may NOT solicit LPRA membership by mass mail or email for any purpose, charitable or otherwise, unless approved in each instance by the Board of Directors.
- c. No person who is unable to swim shall row, or ride in, any rowing shell or launch on Lake Purdy unless they wear a class 1 or 5 USCG-approved personal flotation device (pfd).
- d. Any LPRA member who observes a potential risk situation, inappropriate behavior, or possible physical or sexual abuse involving a minor MUST immediately interrupt the conduct, share your concerns, and report your observations to the LPRA President or Head Coach.

USE OF CLUB BOATS

- a. You may row those boats the coaches have authorized you to use, based on your ability and experience.
- b. Four- and eight-person boats must either be accompanied by a launch or include at least one crew member or coxswain who is authorized to coach.
- c. During popular rowing times, reserve boats on-line to avoid conflicts and disappointment.
- d. Do not carry LPRA boats unassisted unless approved to do so. Ask other rowers and/or Fishing Staff for assistance.
- e. Use extreme caution when rowing in marginal weather conditions, especially when driftwood is a danger.
- f. Make sure to stay parallel to any large wake to avoid damage to the hull.
- g. Boats must be properly lit, bow and stern, when rowing in marginal lighting conditions.
- h. After rowing, thoroughly wipe down your boat, properly secure it to the rack, and store the oars and any other equipment. Confirm that the shed is locked and dispose of any trash.

DAMAGE

- a. Rowers are responsible for the cost to repair damage incurred during your use of club boats, equipment, or property regardless of the cause. If LPRA insurance covers costs associated with the incident, the rower is responsible for any deductible or other costs not covered by insurance.
- b. If you find a boat to be damaged, either pre-row or post-row, you are responsible for notifying an Officer within twenty-four hours.
- c. Notify an Officer whenever any of the following occurs: person(s) overboard or swamped, personal injury, collision, and damage or loss of equipment, supplies or articles.

4. REGATTAS

- a. LPRA boats and equipment may only be moved from Lake Purdy with express approval by the Officers.
- b. The hull of any rowing shell last rowed at any body of water other than Lake Purdy must be thoroughly cleaned with a solution of 75% water and 25% distilled white vinegar.
- c. Club boats may be trailered to regattas under the following conditions:

1. Complete the online [Travel Approval for Club Boats](#) as far in advance as possible (available on the LPRA homepage).
2. 3/4 ton vehicles are required to tow LPRA's large trailer; undersized vehicles are not permitted.
3. Drivers must be over twenty-one years old and experienced in driving such a vehicle.
4. When traveling, inspect the tie-downs each time you stop.
5. Security must be provided whenever trailered boats are stored outside and/or overnight.

5. MEMBER BOATS

- a. A limited amount of space at and around the boathouse is available for boats owned by members in good standing.
- b. Because demand currently exceeds available space in the boathouse, it is particularly important to pay your dues and storage fees promptly. Boat storage fees apply to a calendar year, are due as of Jan 1 and considered delinquent after Feb 28. In the event of delinquent membership dues or storage fees your boat may be moved behind the bait shop.
- c. There will be no storage of boats at Lake Purdy without prior approval, and the conditions, availability of racks, and the assigned location of your boat are subject to change at any time. You assume complete and sole responsibility for loss or damage of any kind to your boat or other personal property stored at Lake Purdy. LPRA will not, under any circumstances, be responsible therefor.
- d. The annual fee for member-owned boat storage is as follows:

Shell	Inside	Outside
1X	\$250	\$125
2X	\$350	\$175
4+	\$500	\$250
8+	\$1,000	\$500

6. SAFETY GUIDELINES

- a. Always check the weather forecast before going out on the water and, once out, watch for gathering clouds, changes in wind speed and direction, or temperature changes. Never row in strong winds, fog, or storms.
- b. Prior to launching, you must register in the LPRA Log Book at the Fishing Office.
- c. After rowing, sign out in the Log Book at the Fishing Office, noting the time of return.
- a. Always have a cell phone on board, in a waterproof container secured to your boat, with the Fishing Office phone number ((205-991-9107) programmed in.
- b. In the event of an emergency, communicate distress to other boats by waving your arms or a shirt above your head or raising one oar in the air.
- c. Launches should be supplied with a cell phone, first aid kit, tool kit, whistle or megaphone, and a paddle or oars.

HOT WEATHER

- a. Rowing without sufficient fluids risks heat exhaustion or heat stroke - *two very dangerous conditions*.
- b. Signs of Heat Exhaustion include throbbing headache, nausea, cool skin, chills, sweaty, and pale pulse.
- c. Heat Stroke is life threatening -- signs are behavior changes, unconsciousness, flushed warm skin and rapid pulse - CALL 911.
- d. To avoid these drink lots of water before leaving the dock, carry a water bottle onto the boat, use sunscreen, and wear light clothing and a hat.

COLD WEATHER

- a. In very cold weather, only row when accompanied by a buddy boat or launch.
- b. If you flip in cold water, loss of muscle control can occur quickly and dramatically, so it is critical to call for help and get as much of your body out of the water as possible.

CAPSIZING

- a. If you flip, stay with the boat, Under no circumstances should you swim away from the shell; it provides flotation.
- b. If no launch is present, call the Fishing Office for a rescue.
- c. You may swim the boat to shore lying in the stern, using the shell as a paddle board.

6. GUESTS

- a. You may invite an interested friend to row as your guest a maximum of 4 times per friend per calendar year, provided you always accompany them. They must register in the Log Book, and sign all waivers and swimming certification forms. You are responsible for any damage incurred by your guest.
- b. You are responsible for guiding your guest through the process of fulfilling these requirements; any member who fails to do so will not be allowed to host future guests.
- c. Individuals may only conduct group classes, or charge a fee for any type of rowing instruction, if approved in advance by the Board and/or coaches.
- d. If you are contacted by anyone interested in learning to row and/or joining LPRA, please notify the coaches of the individual's name, email address, telephone number, and any pertinent information.