

# Sammamish Rowing Association

## Guest Row Instructions

### Boat Reservation

- Contact Independent Rowing Coordinator Ethan Currie at [ethan.currie@srarowing.com](mailto:ethan.currie@srarowing.com) in order to choose and reserve a boat
- Please plan to communicate this during normal business hours (Mon-Fri, 9:00-5:00) and give at least 48 hours notice

### Securing the Boathouse

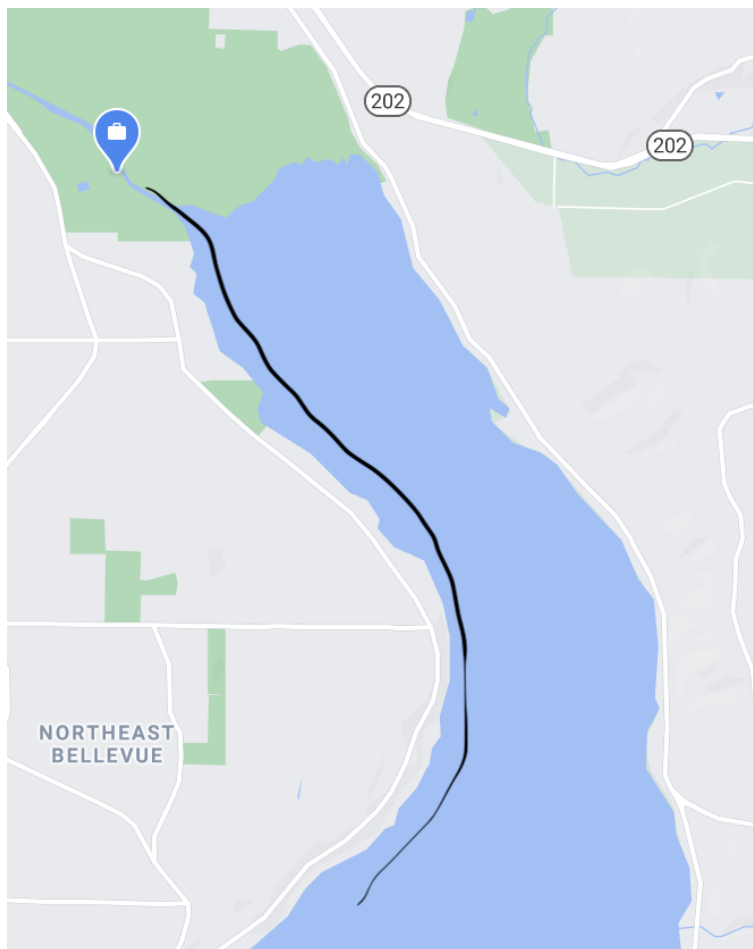
- You will be given a door code to open the boathouse once you contact the Independent Rowing Coordinator
- Keep the boathouse fully locked when you're on the water and then when you leave
- There should always be at least one set of slings left outside on the apron, so you can put your boat there while you lock up, then again when you unlock the boathouse

### Sharing the Boathouse

- We have a lot of team programming that runs out of our boathouse. Independent rowers may use equipment concurrently with our masters teams, although teams have equipment priority and may take a boat you had planned to use. We ask also that you give the teams priority on the dock
- The best option is to start your row shortly before or after a masters team starts.
- The high school team is much larger than our masters teams, so ask that independent rowers don't row during junior sessions.
- The independent rowing coordinator will help you choose the best time to row.

## Navigating Our Lake

- From the dock, row down the slough, staying on the STARBOARD shore. Be careful and move slowly to avoid the many obstacles that are close to shore--look around often.
- As you emerge onto the lake, watch out for the waterski course to the East of the slough. I recommend following the west shore and keeping land close to your starboard side the whole way out.
- West shore is best shore
- Stay close to shore, especially when rowing alone
- There are regular “No Wake” buoys along the West shore for about 2000m, so be sure to watch out for them. The general traffic pattern is to stay shore-side of the buoys headed away from the boathouse and just outside of the buoys when you return
- The black line below is the best place to row a single



## Crucial Safety Points

- Life Jackets
  - Always wear one when you row!
  - They are hanging on a rack near the sculling oars
- Row close to shore - it's the safest place to be, AND typically the best water to row on
- Go over the boat IN SLINGS before rowing
  - Different sized shoes are located by the shop
  - Check over heel ties
- Equipment cleaning protocol
  - Dip oars in cleaning solution
  - Wipe down the hull for water scum