

Shell Usage Policy August 2018

The Shell Usage Policy provides guidelines and direction to Fredericton Rowing Club (FRC) coaches and members on shell use and maintenance.

SHELL ASSIGNMENT & USAGE GUIDELINES

In order to row an FRC shell you must:

- Be an FRC member in good standing in a membership category that includes club shell use, or be fully registered in an FRC non-member program
- Have received instruction in care and use of equipment.
- Have the approval of the appropriate program coach or coordinator.

Shell assignment is at the discretion of the FRC coaches and program coordinators. The following should be used as a guideline in determining which equipment is appropriate for crews and members:

- Size and weight of individuals: Rowing shells are built to support specific weights. Using equipment designed for a lighter crew may cause serious damage to the shell.
- Rowing experience and competence: The equipment should be matched to the crew's rowing ability.
- Commitment to training and racing: Athletes and crews training for the FRC should be given priority based on the program schedule.
 1. Club Competitive: Members who have demonstrated strong rowing and bowing skills who are training and racing for FRC. Shell assignment should be based on rowing experience and competence. Racing shells should only be used by specific crews in preparation of club competitions.
 2. Recreational: Members who are rowing for fun and fitness. Shell assignment should be based on rowing experience and competence. Recreational crews will use training and recreational shells.
 3. HS / Novice: Includes participants of High School, Novice programs. The Lead Program Coach will assign shells to participants in consultation with the FRC Athletic Director/Head Coach. HS and Novice crews will use training and recreational shells, unless preparing for a regatta.
 4. LTR: Includes participants of the Learn-to-Row and other similar programs. The Program Coach will assign shells to participants in consultation with the FRC Athletic Director/Head Coach. Learn-To-Row crews will use training and recreational shells.

Crews made up of members from mixed programs will be assigned equipment after program assignments have been determined and will be based on coach discretion.

SHELL ASSIGNMENT CHART

Weight class and rowing experience should be taken into consideration when coaches assign shells. For a **guideline** to which shells are open to the various membership classes or programs see the Shell Use Table.

SHELL REPAIRS, MAINTENANCE AND HANDLING

The responsibility of shell care and maintenance fall to those crews that row the shell. It is important that your crew take the time to fully review the shell each outing to ensure that all bolts are tightened, all equipment is safe, and general repairs are made in a timely manner. All repairs should be done on land, not on the dock.

Replace missing or worn parts if the part is available. If not, do not row the shell as further damage is a possibility, and DO NOT strip parts from another shell.

Should equipment need repair after usage, it is your responsibility to notify the FRC Club Equipment Manager, the Club Administrator, or your Coach directly to report damage and/or missing parts on the damage log and to follow-up to make sure the problem has been resolved. Crews are encouraged to participate in all maintenance and repair.

Please ensure that your shell is dried off with a towel after each row and washed on a regular basis. All rowing shells must be returned to the appropriate rack, facing the right direction and stored in a safe, secure manner.

Remember that a damaged shell does not only affect your crew, but also those other members who use that equipment.

Accidents happen but negligence will not be tolerated.

REGATTAS

All competitors are responsible for helping load and unload shells and equipment for regatta trips. Loading of equipment for regattas takes place the evening before departure, unless otherwise announced.