



**Bay Area Rowing Club of Houston
Private Rowing Lesson
for Membership and Rowing Privileges**

Name: _____ Date: _____

Anticipated amount of time needed to complete Private Lesson: 6-8 hours

Prior to the Private Lesson:

- Complete paperwork: Data Form and Liability Waiver
- Receive and Record Class Fee: _____
- Provide student with a copy of the BARC Handbook

Review:

- Overview of Boathouse
 - Layout and organization of boathouse
 - Club equipment versus private equipment
 - Sign-Out Sheet/Front Desk
 - Location of club information in boathouse
- BARC Communications: E-Mail, Website, Facebook
- Volunteer spirit and expectations for participation in Club projects
- Rowing development opportunities (ex. crew, coaching, etc.)
- Sculling versus sweep Rowing
- Variety and types of boats
- The components of the stroke – land unit and/or ergometer
- Parts of the boat and oars
- Boat handling techniques and basic commands for boat handling
- Traffic pattern on Mud Lake
- Efficiently moving on and off dock
- Cleaning equipment after rowing
- Reporting damaged/faulty equipment
- Weather conditions – when is it not safe to row? (ex. fog, lightening, white caps)

Practice:

- Practice on rowing ergometer (erg)
- Receive demonstration and practice getting in/out of boat
- Practice on water while tethered to dock, if indicated
- Practice rowing on water with supervision from coach
 - Rowing, backing, steering, turning, docking
- Dump test
- Provide new member with lock combination

Private Lesson completed by _____ Date _____