

## SUPERVISION AND SAFETY GUIDELINES FOR SKOKIE/LOYOLA BOATHOUSE

Loyola Academy Rowing Association has been blessed with a spectacular new boathouse that is easily one of the top high school rowing facilities in the United States. It is imperative that all rowers, staff, guests, and any other individuals either utilizing or visiting the facility adhere to the following simple guidelines regarding safety, supervision, and behavior. Failure to follow and respect these stated guidelines constitute grounds for immediate dismissal from the rowing program at the discretion of the organization.

1. Respect, treat with care, cause no willful damage, nor allow any others to cause any willful damage to any and all equipment, including, but not limited to boats, and related equipment (oars, motors, launches, etc.), fitness equipment (erg machines, weights, etc.), all fixed boathouse improvements (walls, stairways, ceilings, tanks, etc.), all office equipment (computers, furniture, audio-video equipment, etc.), and anything else not listed here that is stored, kept at, or in any way part of the interior or exterior of the boathouse facility.
2. The individual will be financially responsible for any damages if they willfully or through gross negligence cause damage to LARA or Skokie property.
3. Never use the boathouse alone or in an unsupervised manner unless directed to by a coach and in such occasion, only during regular scheduled practiced times.
4. Never use any equipment within the facility in an unsupervised manner, i.e. without the presence of a LARA coach or designated authority figure unless specifically authorized by a member of the coaching staff and in said case, only during scheduled team practice times when coaches are in the vicinity.
5. LARA rowers are not allowed to participate in any outdoor physical training unless accompanied by at least one other team member. This restriction refers to both on-water and off-water training.
  - i. No outdoor running/jogging unless instructed to do so by a coach and only when accompanied at all times by at least one other teammate.
  - ii. No outdoor-training after daylight hours without the direct personal supervision of a coach. **DO NOT LEAVE ON A RUN UNLESS YOU CAN BE BACK AT THE BOATHOUSE BEFORE SUNDOWN.**
  - iii. Never be on or near the water unaccompanied.
  - iv. Refrain from being outside the boathouse after dark and do not wander around outside the boathouse area unaccompanied.

### GENERAL GUIDELINES

Our boathouse is not on Loyola Academy school property, it is a public facility located in a busy, suburban area. The potential for danger exists in various ways and to ensure a safe experience for all members of the organization, all rowers, coaches, and staff are required to be vigilant and aware to assist and protect their fellow teammates and the boathouse proper.

These guidelines are for the protection of the rowers, the boathouse, and the Loyola Academy Rowing Association. As a member of the organization, you are expected to make safety-first decisions and immediately report any problems to the head coach or the authority figure present at the time.

Rower's Name (print) \_\_\_\_\_

Rower's Name (Signature) \_\_\_\_\_ Date: \_\_\_\_\_