

Frequently Asked Questions – FAQ's For New Rowers

Q. Am I too old to Learn to Row?

A. Not likely! We have current adult members ranging in age from late 20's/early 30's, to 40's, 50's, 60's, and 70's. It's a sport that's guaranteed to keep you young, fit and vibrant. It's both a team sport and an individual sport, depending on type of boat. No previous rowing experience is needed.

Q. What fitness level must I be?

A. You must be in reasonably good shape, able to swim 100 yards and tread water for 5 minutes.

Q. Do I need to bring a PFD?

A. Conventional PFDs are not worn in the boats – they will interfere with the proper stroke form. The coach will accompany all new rowers in a launch complete with life jackets, which can be deployed if necessary. As a member, we strongly recommend consideration of a Type V inflatable waist PFD for use during non-coached rows.

On a nice day after becoming a member (July TBD), you will be required to participate in a supervised “flip test”, witnessed by a coach and SCR board member, or two board members. This exercise is intended to allow each participant to experience a capsized single in a safe, controlled setting. The participant will be talked through how to get back in the boat. It is not required that a participant get back in, but if they do not, they must be able to swim the boat in to shore to get it righted and back into use. All existing club members are invited to participate as they wish as a refresher.

Q. Is rowing predominantly an upper body sport?

A. Rowing is a total body workout – it only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the legs and back. Rowing is one of the few athletic activities that involve all of the body's major muscle groups. It is a great aerobic workout, and is a low-impact sport on the joints.



Q. What do I wear to practice on the water?

A. Always dress in **LAYERS**. Dress appropriately for the weather, including a windbreaker or water resistant shell if necessary. Make sure you are able to shed layers easily as you begin to warm up. Your rowing clothes may get dirty and wet. Clothing should be both **COMFY** and **SNUG**. It should allow you to move freely, but should not be baggy. Baggy pants, shorts and shirts tend to get stuck in the sliding seat. Please wear sunscreen, sunglasses, and caps to protect from sunburn. Boats are low to the water, so it's a good idea to wear high visibility clothing, particularly when rowing a single. Please bring a bottle of water on the boat. Please keep a towel and change of clothes in your car in case you need them.

Q. What do I wear on my feet?

A. Most boats have large built-in shoes, so please plan to bring socks to wear in the boats for both safety and hygiene. Some boats only have straps (like rowing machines/ergs at gyms), so keep a pair of sneakers in the car for using in these boats. Neoprene socks are ideal, but not essential. We get in and out of the boats while standing in water, so your legs and feet will get wet.

Q. How do I sign up for a rowing session?

A. All rowers will have access to SCR's TeamSnap app. This tool is used to schedule rowing sessions. All new rowers must plan to row with a current vetted member until proficiency to handle a boat unassisted and understanding of the cove rock hazards and NH buoy system is demonstrated to a board member. After being vetted for independent use of club boats, we ask that members note alternate time usages on TeamSnap, so that there are no conflicts on usage of club equipment. Please note that coached rows get priority for club equipment.

Q. What if it's raining on a practice day?

A. Please plan to come even if it's raining, unless you hear by email from the day's captain, coach or designate. We will obviously not hold practice during thunderstorms or high winds, but it's a water sport – you may get wet.

Q. What if I cannot make a session due to some personal issue?

A. Please notify the coach (or captain or other member of the group for uncoached sessions) ASAP. Under no circumstance should you be a "no-show" for the rest of the team – it's unfair to them to wait for you. Please arrive on time. Note that some chores like preparing the launch and setting up a cox box need to be done before the session starts, and it's the responsibility of the team, not the coach, to make these chores happen. You will be taught about these chores during the LTR coached sessions.



Q. Where is the club, and where do I park?

A. The club is based at Squam Lakes Association (SLA) at Piper Cove on Squam Lake. The physical address is

534 US Route 3
Holderness, NH 03245

The boats are near the public boat ramp. There is an erg available for club members' use. There are restrooms available in the main SLA building. There is no secure storage for personal affects.

Rowers are asked to park in the field parking area at SLA, rather than taking spaces at the building during normal business hours.

Q. Are there protocols for launching boats, directions, rights-of-way, or any navigational hazards?

A. Yes. Your coach or captain will advise on these issues.

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If you have any additional questions, please contact us at

squamcommunityrowing@gmail.com

The sport of rowing is exciting and growing. - Please come and learn why by enrolling in our adult LTR program! Nervous about trying? Bring a friend and learn together!

We're looking forward to seeing you on the water!

