



## **BSRA RULES & REGULATIONS**

**Updated March 2023**

1. Foul language, excessive noise and discourteous behavior of any kind is strictly prohibited
2. Assist in the maintaining the appearance of the grounds by properly disposing of rubbish and water bottles in proper recycling containers and by leaving the premises in a neat and orderly condition
3. For those under legal age, drugs (other than medically prescribed) and alcoholic beverages of any kind are strictly prohibited on the BSRA property. Anyone appearing to be under the influence of alcohol or drugs will not be allowed on the premises of BSRA. Weapons and illegal drugs are also banned.
4. All occurrences of personal injury, property or equipment damage and required equipment maintenance must be reported immediately to BSRA VP Rowing (716-989-8625) or BSRA VP Building and Grounds (716-361-0074). All Incident Reports must be turned in to [hilary@rowbuffalo.com](mailto:hilary@rowbuffalo.com) within 24 hours. The BSRA website includes Incident Report forms. Equipment Repair Request Forms are available on the door of the Maintenance Bay.
5. Water Safety- US Coast Guard navigation rules must be followed by all association members. All shells launch from BSRA dock must attach a white light to the stern and a red/green light to the bow before sunrise and after sunset. Teams rowing singles, doubles, and pairs, as well as coxswains, must wear floatation devices when the water temperature is below 60 degrees. In the event of a boat being swamped or capsizing, the team should stay with the boat. If assistance is not immediately available, all members of the boat will stay together and swim the boat to shore. In case of a crew member overboard, injured or incapacitated, stop rowing and ensure the coach is notified. All occupants and operators of coach boats must wear personal floatation devices while on the water.



6. Personal property and other potential trip hazards are not be left on the docks, ramps, interior and exterior walkways, and parking lot and access driveways.
7. All rowers are expected to quickly launch their shells and recover their shells making the dock accessible to all. Recovery is always prioritized over launching.
8. ALL rowers, coaches, and staff are expected to act in a responsible and safe manner while using the BSRA facility. BSRA reserves the right to ban anyone from BSRA found to be acting beyond these boundaries.
9. All organizations' coaching staff must have a NYS approved small boat safety certification. CPR/AED training must be updated every two years. Coaches are to provide documentation that they have attended any required training before being allowed to coach out of BSRA.
10. All organizations involving athletes who are minor must be overseen by a head coach who is 21 years of age or older.
11. Any requests made of BSRA or by the BSRA must be documented in either written or email form.
12. All equipment must be properly labeled by each organization. This includes oars, stretchers, paddles, launches, life vests, gasoline containers, etc.
13. All rowing programs utilizing BSRA Facilities will be assigned an area of the boathouse to clean and keep in an orderly condition. These spaces are to be attended to on a weekly basis.
14. To foster a sense of community, several times each year, BSRA will seek assistance from program members, parents, and benefactors to assist at BSRA regattas and fund raising events.



## **BSRA Land Equipment Guidelines**

1. Land equipment is for the use of teams
2. Strength training equipment may not be used by anyone under the age of 14.
3. Anyone under 18 years of age must be supervised by a coach.
4. Equipment may not be moved from its designated location: i.e. ergs may not be relocated to other areas of the room, racks may not be repositioned, etc. Exceptions to this are weight benches, which may be moved to use the squat rack/bench press and free weights, which may be moved to the desired strength training station. Ergometers may be moved to alternative locations with the permission of your coach. All equipment must be returned to their proper location daily.
5. At no time should weights be thrown or dropped onto the floor.
6. Deadlifts may only be done on the deadlift platform.
7. All weights are to be re-racked and benches returned to their normal location after use.
8. All strength training equipment must be wiped down after each use, with the designated wipes.
9. All ergs must be wiped down after each use. This includes: seats, slide, handle, and monitor.
10. Please wipe down stretching mat/foam rollers after use.
11. All ergs must have their handle returned to the top of the cage at the end of your workout.
12. Notify staff immediately if you have any concerns or notice any damage to any land training equipment.



**-----PLEASE RETURN THIS PAGE (4) TO YOU'RE THE VP of ROWING or the ATHLETES HEAD COACH-----**

I, \_\_\_\_\_ agree to abide by the BSRA Rules & Regulations as stated above.

I am the parent or guardian of \_\_\_\_\_ who is under the age of 18 or under a legal disability. I understand the expectations listed in the above document and will support my child to comply.

Athlete or Coach Signature

Parent/Guardian Signature

\_\_\_\_\_ Date \_\_\_\_\_ Date \_\_\_\_\_

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