

WRRRA Frequently Asked Questions

June 2021

2021 Programming

While on the river, all members must adhere to the [CRF Safety Manual \(SaM\)](#).

GENERAL

- **What programs is WRRRA offering in 2021?**

WRRRA will be offering Summer Rowing League (SRL), Intermediate (a merging of Performance and Recreational), Masters, Learn To Scull, General Sculling, Private Sculling, Veterans, and VIPERS.
- **What programs will WRRRA not be offering in 2021? Why?**

Due to COVID-19 guidelines, WRRRA will not be offering Learn to Row and General Sweeps. However, WRRRA will continue to assess the situation and may offer them midseason.
- **What is the volunteer deposit? Does working on a committee (e.g., communications, sculling, etc.) give me volunteer hours?**

WRRRA is successful due to the assistance of its members. WRRRA will collect a "volunteer deposit" in the amount of \$60 during registration from all WRRRA members. This deposit will be fully refunded upon completion of 8 volunteer hours documented by WRRRA's Director of Volunteerism during the current calendar year. Those who choose not to volunteer will forfeit the deposit, and, in so doing, establish parity with those who choose to volunteer. Generally committee participation does count towards your volunteering requirement; if interested in joining a committee [see here](#). Additional information about volunteering can be found [here](#).
- **If I do not feel comfortable rowing in 2021, can I apply for voting membership?**

WRRRA does offer a Basic Voting Membership, which includes voting privileges on all matters brought before the WRRRA Membership and is for those who register for programs that do not utilize WRRRA-owned equipment (e.g. private sculling) or those registering for non-rowing programs who wish to be Voting Members of WRRRA. WRRRA membership classifications can be found [here](#).

SWEEPS

- **What are the differences between Summer/Fall Rowing League (SRL/FRL), Intermediate, and Masters programs?**
 - [Summer Rowing League](#) (SRL) is a 12-week program designed for rowers of all abilities who wish to row once a week. Sessions are 90 minutes long and are designed to assist rowers in developing their rowing and boat handling skills.
 - [Fall Rowing League](#) (FRL) is a 7-week program, similar in nature to SRL. A good option for those who aren't quite ready to end their season at the completion of SRL.
 - [Intermediate](#) is one tier up from SRL/FRL. The 12-week program included two 90 minute sessions per week, with a more competitive feel. Optional participation in regattas is possible.
 - [Masters](#) is WRRRA's competitive program designed for rowers with at least one year of previous experience. The Masters team practices three times per week (with expectation rowers will maintain fitness on off days), participates in erg tests, and travels to regattas to compete against other Masters teams.
- **What are the logical steps to improve my sweep capabilities at WRRRA?**

The best course of action is to work with your coach on improvements during practice. Additionally, increasing your fitness, watching videos (of yourself and others), joining more

competitive sweeps programs (intermediate and masters), and learning to scull (which improves overall technique) are all beneficial steps in enhancing your sweeps capabilities.

- **Will WRRR host the SRL regatta in 2021?**
Due to gathering restrictions there will not be the traditional SRL regattas in 2021.
- **Sweep Questions:** contact Sweeps@WesternReserveRowing.com

SCULLING

- **What is the difference between Learn to Scull (LTS), General Sculling, Private Sculling, and Coached Sculling?**
 - [Learn to Scull](#) (LTS) is a 6-session program designed to introduce rowers to sculling. Participants will meet with a coach once a week for 90-minute sessions to learn boat and oar handling techniques in a stable training single; you will move into a more narrow rowing single when your technique and comfort level increases.
 - [General Sculling](#) allows a rower to use WRRR sculling equipment on the Cuyahoga River (WRRR owns 1x, 2x, 2- and 4x sculls and oars). Because this is not a coached program, scullers must be a certified Independent Sculler or paired with a sculling mentor approved by the WRRR sculling committee.
 - [Private Sculling](#) is for individuals who own their own sculling equipment and wish to row on the Cuyahoga River. These individuals may not use WRRR equipment. Similarly to General Sculling, this is not a coached program and individuals must be a certified Independent Sculler or paired with a sculling mentor approved by the WRRR sculling committee.
 - [Coached Sculling](#) is a new WRRR program in 2021. This program is designed to allow our sculling members to build upon their sculling capabilities through access to a dedicated coach.
- **What are the required items I need to purchase to row a single? Are these also required if I'm in a 2x or a 4x?**

Individuals in a 1x or the bow seat of a 2x / 4x must wear a rear-view mirror. In addition, all independent shells must carry a marine band radio, noise-making device (e.g., whistle), and should have bow/stern lights during non-daylight hours. Independent shells should also consult the [marine traffic](#) prior to going out on the water (*note*: this website is free, but there are apps for your phone that you can purchase, if interested)
- **How do I reserve a shell? What should I do if I don't have access to a shell I'd like to row on iCrew?**

All reservations will be managed through iCrew. To gain access to iCrew, please contact Kirk Lang, clevelandrowing@gmail.com, to gain access to the system. Likewise, if you are a general sculler and do not have access to a shell you'd like to row (e.g., trainer single or double), Kirk can give you access.
- **What are the peak times for General Scullers? How does this impact me?**

Peak times are defined as Friday until 8:00 am, Saturday and Sunday until 11:00 am. No sculler may reserve a WRRR single, double, pair or quad more than once per week during peak times. Scullers can sign up for another peak time if a shell is available 24 hours prior to the row. This has been implemented to ensure all members have the opportunity to row a shell during a peak time.
- **What is the procedure to become an Independent Sculler?**

To become an independent sculler, one must complete the steps outlined in [this document](#). At a high level, individuals must:

 - Complete the required number of mentored rows

- Pass the SQL test (scheduled through CRF)
- Pass the on the water test (scheduled through WRRRA once the SQL test is passed)
- **What is the procedure to become a Sculling Mentor?**
To become a sculling mentor, one must:
 - Have been an independent sculler for 3 months
 - Have 15+ sculling outings
 - Email sculling@westernreserverowing.com expressing interest in becoming a mentor
 - From there, you will go out with an experienced mentor and new rower for an evaluation on your mentorship skills.
- **What are the logical steps to improve my sculling capabilities at WRRRA?**
The first is to join the Learn-to-Scull or Coached Sculling programs to receive coached feedback. While our Private and General Sculling programs are not coached, members can ask fellow scullers for pointers or to film themselves for review later. In addition, online videos, books, and sculling camps (such as Craftsbury) are helpful resources to improve your sculling capabilities.
- **Sculling Questions:** contact Sculling@WesternReserveRowing.com

General Organization & Safety

- **What is the difference between WRRRA and CRF?**
WRRRA works closely together with CRF to meet WRRRA's mission of "providing and promoting adult competitive and recreational rowing for the Northeast Ohio community through quality programming."
 - [WRRRA](#): Runs the programming for all of WRRRA (LTR, SRL, FRL, Intermediate, Masters, LTS, General Sculling, Private Sculling, Coached Sculling, Veterans, VIPERS). Questions with regards to the following should be directed to WRRRA:
 - WRRRA programming / membership
 - WRRRA merchandise
 - Coaching / coxing for WRRRA programs
 - Racing at regattas
 - Equipment reservations / [equipment issue reporting form](#)
 - Independent sculling / mentorship certifications
 - [CRF](#): Maintains the CRF property / facility and oversees the safety procedures for all member organizations of the boathouse (WRRRA, Ignatious, CWRU, etc.). Questions with regards to the following should be directed to CRF:
 - COVID-19 safety procedures
 - [CRF Safety Manual \(SaM\)](#) which includes procedures for all safety measures (e.g, cold water rules/dock closures, persons overboard, safety zones for passing, communications via radio, etc.)
 - [Incident reports](#) (for injury, significant equipment damage, participant goes into the water, an emergency signal is sounded, freighter/barge stops or changes course for a crew, an oar/shell touches a commercial vessel/pleasure boat, crew loses control due to wash from bow thruster/propeller, or a radio confrontation)
 - Obtaining SQL or CQL status
- **What water / weather conditions cause a practice to be canceled?**
Thunder and/or lightning heard or seen will result in a delay of 30 minutes from the last indication or either. This could result in full cancellation of planned practice. Other factors that could cause cancellation could be unsafe conditions such as very strong winds or a high river flow rate.
- **What are the different safety certifications and why should I have one?**

Earning safety certifications are beneficial in gaining a better understanding of the boathouse / river. In addition, some items, such as taking out an independent shell or coaching, require certifications. A detailed list of certifications can be found in the [SaM](#), with a summary detailed below:

- **SQL-0:** All members, including guest members, are a SQL-0 after receiving a Basic Safety Briefing. This safety certification is required to row on the Cuyahoga.
 - **SQL:** Required to take out an independent shell (e.g, sculling boats or sweeps boats without a coach). To become SQL certified, one must be a SQL-0, take a written safety test on the SaM (proctored via CRF, clevelandrowing@gmail.com), and demonstrate proficiency in a shell.
 - **CQL-Trainee:** Is the first level of coaching certification. To become a CQL-Trainee, one must pass both the test Safety and Coaching Tests (proctored via CRF, clevelandrowing@gmail.com), be CPR certified, attend a launch operations meeting, have a Safe Boater certification if applicable, and have demonstrated river proficiency skills to a Senior CQL.
 - **CQL:** A CQL has additional coaching privileges than a CQL-Trainee (such as taking out more shells at one time). To become a CQL, one must be a CQL-Trainee and have demonstrated coaching experience satisfactory to a Senior CQL / the CRF Safety Committee.
 - **Senior CQL:** This is the highest level of coaching at CRF. To become a CQL-Senior, one must be a CQL, demonstrate satisfactory coaching experience, and have a history of good judgement with river navigation (e.g., inclement weather, interacting with other vessels, supervision of multiple boats, etc.).
- **How do I report an issue with equipment?**
Issues with any WRRRA equipment should be reported via our online form under our 'Members' tab on the website, [here](#).
 - **How can I manage my ActiveNet account?**
If you need to manage your ActiveNet account (e.g, change passwords, delete credit cards, change email / home addresses, etc.), please follow [this link](#). If you cannot login to your account, please try the "forget your login" or "forget your password" settings instead of creating a second account. A second account causes complications within the system.
 - **What procedures are in place for COVID-19?**
WRRRA will be following the CRF COVID-19 procedures. The latest reopening procedures are the [Phase V COVID-19 Re-opening Procedures](#); please, review this document for specifics.