

# The Hull Lifesaving Museum

## South Shore Youth Rowing

### FALL 2017

#### WHAT SHOULD I BRING?

- Clothing layers (Please see attached clothing list)
- Shoes that you don't mind getting wet and/or dirty, waterproof boots if you have them
- Water bottle and a snack
- Warm hat and gloves

#### WHERE DO WE GO?

- Our goal is to have you on the water and rowing at each of our sessions. While we hope to provide destination rows amongst the Harbor Islands, these rows are dependent on safety and experience factors. Open water rowing is a progressive skill that must be developed and rowers must be conditioned for longer excursions over the course of the program.
- Our program includes many activities such as education on the area and weather conditions, boat safety and knot skills, and naturally developing crew-based rowing skills. Program sessions are therefore not weather dependent.

#### HOW MUCH DOES IT COST?

- \$125 for 8 weeks (1 day per week) \*Financial assistance is available
- There is an additional fee to participate in The Icebreaker on Saturday, Nov. 18

#### WHEN DO WE MEET?

- Every Tuesday from September 26 to November 14
- 3:30pm-5:30pm (The boathouse is open at 3:00pm for those that want to arrive early)
- **Practices begin promptly at 3:30pm.** Late arrivals hinder practice by necessitating reconfiguration of crews and boats, which takes valuable time away from on-the-water practice. *Please make every effort to be on time to practice.*

#### WILL WE BE SAFE?

- Safety is our primary focus.
- The Hull Lifesaving Museum has developed Coast Guard reviewed protocols specifically designed for Open Water craft and rowing. Each boat will include trained museum personnel to ensure the safety of participants.
- We will make every effort to be out rowing each session but if the weather is uncooperative and safety would be compromised we will conduct the session indoors.

#### With any further questions, please contact:

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