



JUSTICE ROWING TEAM HANDBOOK

I. INTRODUCTION

Rowing is a sport that is challenging and demanding, but, more importantly, rewarding and fun! The sport requires hard work, dedication, and mental toughness. In return, rowing promotes teamwork, a sense of responsibility, a strong work ethic, and a high level of fitness. Most rowers come to the sport for the first time in high school, so many students — and parents — have a lot to learn in a short time. This handbook is intended to provide information to help you know what to expect from crew and enhance your enjoyment of the program.

Your best resource is our incredible web site, <https://justicerowing.org/> which includes supplemental and up-to-date information about team requirements and forms, a photo and video gallery of past events, a calendar and fundraising information.

Welcome to Justice Rowing!

II. HISTORY and ORGANIZATION

Justice Rowing was founded as J.E.B Stuart Crew during the 1964–1965 academic year and competed against other neighboring high schools, namely George Washington, Hammond and T.C. Williams in Alexandria and Washington-Lee in Arlington, and was one of the initial members of VASRA (the Virginia Scholastic Rowing Association). Very quickly, JEB Stuart's rowing program became highly competitive. The 1977–78 school year was the first time women could join the team as coxswains. In 1978–79, Stuart had their first women's rowing team.

In the 50+ years since its establishment, the program has continued to be a competitive crew team, winning at both the State and National levels over the years.

The team relocated from its base on the Potomac River to a new boathouse on the banks of the Occoquan Reservoir in the early 1980s, and continues to call Sandy Run home to this day. The current team competes in both sweep rowing and sculling, and in the last several years

has medaled in the men's varsity quad, women's varsity lightweight double, women's varsity quad and women's junior four at the Virginia Scholastic Rowing Championship. In 2016, the team sent three boats to the Scholastic Rowing Association of America National Championship Regatta with the women's varsity quad receiving a bronze medal.

- *In 1968 the men's varsity eight swept through all opposition both state and national and went on to win the Princess Elizabeth Cup at the Henley Regatta in England.*
- *In 1976, the men's varsity lightweight eight won both Stotesbury and Nationals.*

Justice Rowing participates under the auspices of the Virginia Scholastic Rowing Association (VASRA) and the U.S. Rowing Association (www.usrowing.org) and is a member of both organizations. The team primarily participates in local regattas on the Occoquan Reservoir,

located in Woodbridge, VA, but does travel to post-season championship events.

III. NEW TO ROWING?

Unlike other high school sports like soccer, baseball, swimming, etc., most rowers and parents have their first introduction to the sport of rowing in high school or 8th grade. Like other sports, it has its traditions, terminology, practices and strategies. For a basic tutorial on rowing, check out U.S. Rowing web site Rowing 101 at <http://www.usrowing.org/rowing-101/>.

Also, feel free to ask questions of the coaches and experienced parents.

Sculling and Sweeping

Athletes with two oars – one in each hand – are scullers. There are three sculling events: the single – 1x (one person), the double – 2x (two) and the quad – 4x (four).

Athletes with only one oar are sweep rowers. Sweep boats may or may not carry a coxswain (pronounced cox-n) to steer and be the on-the-water coach. In boats without coxswains, one of the rowers steers by moving the rudder with his or her foot. Sweep rowers come in pairs with a coxswain (2+) and pairs without (2-), fours with a coxswain (4+) and fours without (4-) and the eight (8+), which always carries a coxswain. The eight is the fastest boat on the water. A world-level men's eight is capable of moving almost 14 miles per hour.

–U.S. Rowing 101

IV. JUSTICE ROWING PROGRAM OVERVIEW

1. Overarching Program Objectives

- Teach fundamental rowing and fitness skills
- Develop an appreciation for teamwork
- Compete well ... help rowers achieve their competitive potential

2. Conditioning and Practice Overview

- Winter Conditioning (end of November – February): Winter conditioning is primarily intended for those crew members who are not participating in a winter sport. Conditioning will be held Monday, Tuesday, Thursday and Friday after school. Times will be posted on the website and shared via Facebook and Twitter - announcements. Winter conditioning typically starts on the first available “green day” for the winter sports season.
- In-Season Practices (end of February – May, post season goes possible into June): Begins once winter sports are over. Practices are Mondays, Tuesdays, Thursdays, and Fridays after school, as well as Saturday mornings. As soon as the weather allows, we will begin water practice at nearby Lake Barcroft, walking distance from the school. After several weeks of training on Lake Barcroft, the equipment is moved back to Sandy Run Regional Park around mid-March and rowers are bused from Justice to Sandy Run and back on Monday, Tuesday, Thursday and Friday.
- Spring Break Practices: Justice Rowing will practice each day of Spring Break and there is typically a regatta on one or both of the spring break weekends. Rowers will travel to Sandy Run in carpools; parents should be prepared to help with this transportation.

3. Regattas

“Regatta” is the term used to refer to a rowing competition. They are typically an all-day event, although each rower only participates in one category (varsity quad, junior 4, etc). This could mean two events if there are qualifying heats and final races. Unless they have conflicts, most rowers spend the day at the regatta helping and cheering on their teammates. Most parents come and spend the day watching races and helping the team when necessary.

- Regular Season: Justice Rowing typically competes in seven regattas during its regular season. The regattas are held every Saturday beginning with the next to last weekend in March and running through early May. The majority of the regattas we compete in are held at the same place we practice, the Sandy Run Rowing Facility on the Occoquan Reservoir. There is no organized transportation to the facility on regatta days, but parents and rowers typically carpool.
- Away and Post-Season Regattas: All or some of the team participates in some away regattas.
 - Mathews, VA, Regatta. An “away” regatta in Mathews, VA. A very long day trip, the team travels by bus (other than lunch, cost already covered by dues). All team members participate.
 - Virginia Scholastic Rowing Championships (held at Sandy Run). This is often referred to as the “State Championship” or “States,” where we try to put the fastest boats on the water. This is now a 2-day (2-Saturday) event; however, the first weekend is predominately “lower” boats and the team has historically chosen the Mathews Regatta instead.
 - Stotesbury Cup Regatta (Philadelphia, PA; mid-May, the weekend after States). A national level competition, where the coach will determine which boats will participate based on the competitiveness of available rowers.
 - SRAA Nationals (various locations; Memorial Day weekend). Attended by individual boats that qualify during Virginia Scholastic Rowing Championships.

4. Transportation

- For winter conditioning and other practices held at the school or Lake Barcroft, student athletes are expected to make their own arrangements for arrival and departure from practices.
- For weekday practices at Sandy Run Regional Park (other than during spring break), the Crew Boosters will transport the team to and from practices on a bus. The bus will depart Justice around 3:30 pm and return to the school around 7:30 pm. Bus costs are included in your team dues.
- During spring break practices, parents are expected to help in carpooling crew members to Sandy Run. This helps alleviate the cost of a bus.
- Team members are expected to make their own arrangements for getting to and from regattas at Sandy Run Regional Park. Carpooling to regattas is strongly encouraged, as the parking lots fill up quickly and there is a fee for parking.
- A bus will be arranged for our away regatta in Mathews, VA.
- For eligible student-athletes, carpools are used to travel to post-season regattas (Stotesbury in Philadelphia and Nationals).

5. Regatta Transportation and Parking

On regatta days, parents may drop their rowers and proceed to one of the parking lots. Parking is currently \$15.00 per car, but may increase. On regatta days, there are shuttle busses that drop you off at a rustic half-mile path to the grandstands. There is a paid shuttle bus that can get you closer for a fee and is available to those people who are mobility impaired. No pets are allowed in the park on race days but food may be brought in and concessions are available. Complete directions to practice and regatta locations and complete information are available on the team website

V. JUSTICE ROWING SUPPORTED BY BOOSTERS CLUB

The Justice Rowing program is managed through an all-volunteer Booster Club. Justice Rowing Boosters, Inc., is a not-for-profit 501(c)(3) corporation, whose purpose is to encourage, maintain, and further the participation of students, parents, teachers, and adults of the community in active support of scholastic rowing at Justice High School.

The boosters purchase and maintain all the equipment used by the team and work with the school to hire and support a coaching staff. The Boosters Club is comprised of parents of student-athletes and the coaches. Booster Club meetings are typically held once a month at the school with the time and room number announced by email. All parents are encouraged to attend.

The Boosters Club is led by a four-member board elected annually at a general booster's meeting. The Board sets agendas and coordinates operational, equipment, coaching and fundraising activities for the team. Names and contact info for the current Board are posted on the website. The calendar of events and the location of meetings can also be found on the web site.

VI. COACHES AND CAPTAINS

Coaches: Justice coaches are expected to:

- Manage team practices and regattas so that safety risks are understood and mitigated in accordance with VASRA and NVRPA guidelines.
- Provide clear communications on all steps necessary to make Justice Rowing a successful and competitive program.
- Conduct effective, well-organized practices.
- Promote the development and well-being of student-athletes.
- Provide direct feedback to the student-athletes about their strengths and weaknesses, and ways to improve.

Bios for all our coaches can be found on our website.

Captains: Captains serve as the leaders of the team, assist the coaches, facilitate communication between the rowers/coxswains and the coaches, and act as the team representatives to the public and the board. They lead by example. Captains are to be selected based on their ability to mentor and motivate teammates, especially novices. They should have shown willingness to help at fundraising events and other events. They should have demonstrated knowledge of and responsibility for the proper care of team equipment,

and for maintaining safe practices on and off the water.

At the end of each season, returning rowers vote to nominate captains for the next season. The coaches will review the top nominees and select up to two captains for the women and two for the men. Captains must be upper classmen (junior/senior) and have rowed at least one season for the team.

VII. EXPECTATIONS OF ROWERS AND PARENTS

Crew is a club sport in Fairfax County Public Schools. As a club sport, the team receives no financial support from the county or the school, relying solely on donations, parental support, and funds received from and raised by the Justice Rowing Booster Club. The contributions of both the student-athletes and their families in both financial aspects and service activities are the cornerstone of the program's success.

Rowing is also a tremendously rewarding sport...being part of the Justice Rowing family means....

1. Stay Current with Team Activities

Communication is primarily electronic. The boosters will send out emails to rowers and parents to keep them abreast of practices, regattas and other team activities. The website (www.justicerowing.org/) will have the latest information as well and is a good source of overall information about rowing and crew. The team captains also maintain a Facebook page, primarily for less formal communication among team members. It is important that every family keep the registrar updated on any changes and commit to checking email regularly. Justice Rowing maintains a mail slot in the front office at the High School. Communications and checks can be placed in an envelope marked "Attn: Justice Rowing Boosters" and left at the Justice HS front office. You can also mail them to:

Justice Rowing Boosters
P.O. Box 2377
Falls Church, VA 22042

2. Attend Booster Meetings

The Justice Rowing Booster Club meets generally on a recurring day each month at the high school. This is the primary forum for discussion and decision-making regarding the team's budget, investment and maintenance of equipment, policy updates, fundraising, volunteering, and other miscellaneous items. These meetings are usually about 1.5 hours long.

3. Complete Your Paperwork and Pay Team Dues

Forms: To participate on the crew team, there are the usual forms associated with club activities such as waivers, concussion training, emergency forms, etc. At the General Interest Meeting in November, all forms will be available. They are also available for download on the website (www.justicerowing.org/forms).

Swim Test: All rowers must pass a swim test to participate in on-water activity. Rowers do not wear personal flotation devices in the rowing shell during practice or competition, so they must

be able to swim for their own safety. The swim test will be administered at Providence Recreation Center just prior to the start of the season. It consists of swimming a continuous 100 meters (four lengths of the pool) without stopping or standing on the bottom and treading water for two minutes. For the test, rowers typically wear what they would for practice. If you have a concern that you may not pass the swim test, please tell the coach immediately – we may be able to work out some instruction to improve your swimming.

Dues: Dues are typically set by the boosters at the end of the calendar year for the following season. These dues cover costs of equipment, coaching, transportation to and from practices, uniforms (first year only) and other miscellaneous costs. Additional costs for transportation, housing and food are calculated for championship regattas, typically national championships and Stotesbury Regatta. These are typically about \$125 to \$140 per rower per regatta and are levied only on rowers who qualify for the regatta. The Boosters do the best they can to keep team dues down and also provide need-based scholarships. Specifically,

- Dues may be paid in installments. There is an installment schedule noted on the registration form for the season. If additional flexibility is needed, please talk with the team registrar.
- Scholarships are available. A limited number of reduced-fee scholarships are available for families that need assistance with the team dues. The booster board will make a final decision on a scholarship in consultation with the Team Scholarship Committee. Review of the family's eligibility for free and reduced-price meals will be part of the consideration. Please contact the Booster President.
- Refund Policy: All monies received, less a \$50 coaching fee, will be refunded when requested prior to January 1st of the season. Between January 1 and March 1, all refunds will be made on a prorated basis. No refunds will be given after March 1st, in the absence of extenuating circumstances set out in writing, and with a vote of the full booster board.

4. Participate in Fundraising Activities (Parents and Rowers)

To maintain the annual dues at the lowest possible level, fundraising activities take on a very important role. The membership dues cover approximately half the cost of putting a student-athlete on the water for the season. Fundraising requires the commitment, dedication and active participation of all student-athletes as well as their parents. The boosters will conduct many fundraising activities including: car washes; sales of wreaths, poinsettias and coffee; restaurant nights; a letter writing campaign; and other opportunities.

We have two year-round fundraising efforts that require little effort and cost crew families, friends, grandparents nothing. ***We highly encourage all families to participate in and promote these fundraisers.*** The more revenue we make for the team using this mechanism, the fewer car washes and other fundraisers we will need to do.

- Standing order for gift cards to use for your routine shopping needs. The team participates in a program called Shop with Scrip (www.shopwithscrip.com). There are several ways to participate – either through a routine order every month, setting up your own on-line pay account where you pay as you go, etc. One family purchasing a monthly grocery order of \$400/mo. earns \$240 for the team over the course of a year. The best news is that money is tax deductible – you'll get a receipt at the end of the calendar year.

- Monthly coffee subscription. Beanetics Coffee Roasters, a local coffee shop, has roasted a special dark roast coffee especially for the crew team called “Justice Rowing Java.” For \$15 per pound (regular/decaf/ground/whole bean) you can get a pound or two delivered to your home, office, etc. every month.
- A parent volunteer manages both programs for the team and can be reached through the Board.

5. Volunteer Your Time at Regattas and/or with Crew Activities (Parents)

All rowers and families are expected to provide service hours to the team.

- Regatta Volunteers: The team is required to provide several volunteers for each Virginia Scholastic Rowing Association (VASRA) regatta. Penalties are assessed to the club if volunteers do not fulfill these positions. So, if you are unable to work the day you are scheduled, you are responsible for finding a replacement and notifying our volunteer coordinator. Job descriptions and signups are available at www.justicerowing.org once the season begins.

Some of the tasks include:

- Driving a motor boat (training required)
- Concessions stand helper
- Selling t-shirts
- Help put up the race course

- Equipment Maintenance and Transport Team. If you have special skills or experience such as driving a trailer, small engine repair, working/refurbishing boats, painting, etc., you can be part of the parent volunteers who helps to maintain our fleet.

VIII. EXPECTATIONS OF STUDENT-ATHLETES

1. Academic Eligibility

All team members of Justice Rowing are considered student-athletes. Academic performance is a higher priority than athletic performance. All members must be eligible, as a full-time student, to participate in crew as an extracurricular activity as required by Fairfax County Public School policy. The head coach will monitor the grades of team members during the semester to ensure that strong academic performance is being maintained. If any team member demonstrates poor academic performance, the head coach, after consultation with the Director of Student Activities and the parents of the team member, will notify the team member of an agreed-upon reduced level of practice participation. Typically, Justice Rowing has one of the highest average GPAs of any of the teams at the school.

2. Attendance

All rowers and coxswains are expected to attend each practice on time and be ready to row. In crew, more than other sports, a vacant seat affects not only your boat, but other boats as well, as rowers must be shifted to fill up boats. Absences slow the development of a rower’s skills and abilities, but also interfere with the ability of the boat to become a cohesive unit. Justice Rowing recognizes that there are tremendous demands on time of students. Because of that,

we have decided not to practice on Wednesdays. Please make all music lessons, after-school make-up events, appointments, etc. on Wednesdays. Although there is no organized practice on Wednesday, rowers are encouraged to do 30 to 45 minutes of physical activity, like running, to work on fitness. If you must be absent on a practice day, please inform the coach as soon as possible. Unexcused absences may affect an athlete's boat and/or seat selection and participation in regattas.

3. Fitness

To compete well in rowing, you must be fit ... this includes aerobic fitness as well as strength. Good fitness cannot be achieved over a short period, but instead requires a year-round commitment to staying active and exercising regularly. Rowers can achieve/maintain their fitness through participation in other sports or by committing to approximately 60 minutes of exercise five days a week. For

those not involved in another sport, find crew teammates with similar interests and schedule time to run, bike, etc. together. For more information on body circuit workouts, fitness goals, etc., see www.justicerowing.org. During the off season, a rower can request to borrow a team ergometer (rowing machine). The coaches recommend keeping a journal to track workouts and progress. From time to time, the team sponsors an off-season fitness challenge.

Athletes are identified by their seat in the boat. The athlete in bow is seat No. 1. That's the person who crosses the finish line first (which makes it easy to remember – first across the line is No. 1 seat). The person in front of the bow is No. 2, then No. 3, No. 4, No. 5, No. 6, No. 7 and No. 8, a.k.a. the stroke. The stroke of the boat must be a strong rower with excellent technique, since the stroke sets the rhythm and number of strokes per minute the rest of the crew must follow.

–U.S. Rowing 101

To measure fitness at the start of the season we will use a 2K erg time. Here are the times to be reasonably competitive:

- Open Weight Girls (above 130 lbs.) - The average 150-pound girl should be around 8:00 minutes. (We have girls at this weight pulling ~7:45) For girls above 150 pounds, the expectation is that you'll be faster to compensate for the extra boat drag.
- Lightweight Girls (130 lbs. or less) - Expectations here would be 8:20-8:30, although there are lightweight girls out there who pull below 8:00.
- Open Weight Boys (above 150 lbs.) - The average 175-pound boy should be around 7:00 minutes. As with the girls, boys above this weight are expected to be faster; below 175 pounds could be a bit slower.
- Lightweight Boys (150 lbs. or less) - Expectations here would be 7:20-7:30. For weights much below 150 pounds, the times could be a bit slower.

4. Code of Conduct

Justice Rowing members are expected to:

- Exhibit the highest standard of sportsmanship both on and off the water.
- Treat all opponents, coaches, spectators, officials and crew mates with respect.
- Participate fully in all aspects of the program, including fundraising, practices, races, and other team events.
- Support the team by accepting coaching decisions.
- Realize that team goals come before the needs and desires of any individual.

- Enjoy being a member of a successful and competitive rowing team.

5. Come Prepared to Row

Practice apparel: “Spandex” or other flexible, moisture-wicking apparel is suggested for the winter conditioning and practices along with running shoes, a water bottle and a snack. During cold weather, layers of wind-resistant warm clothing are essential. Sunscreen, sunglasses, hat and a towel are recommended for all on-water practices. It is important that the rowers always have a complete change of clothing with them for practices and regattas. While rare, capsizing can occur and hypothermia is possible under many conditions. A more complete list of suggested apparel will be provided by the coaches.

Uniforms: To participate in regattas, VASRA requires each participant to be in a team uniform. The uniform consists of a tank top, shorts and a long-sleeved warm-up shirt that will be ordered by the team. Novice rowers will receive a uniform with their paid dues. Returning rowers who need uniform replacements must purchase those pieces separately. During cold weather, rowers will wear their long-sleeved shirts for races.

Coxswain is a person who steers the shell and helps with the on-the-water coaching of the crew.

Hydration: Please bring a refillable water bottle to reduce plastic waste at the Occoquan.

IX. BOAT AND SEAT SELECTION

One of Justice Rowing’s goals is to field highly competitive boats in regattas. Another goal during the regular season is to give everyone chances to compete and we have enough boats/seats to make that possible for approximately 50 rowers and coxswains.

Manning the boats: During the regular season, we will enter as many boats as possible, however absences make getting the full team on the water for every regatta a challenge. If we have an opening in an "upper" boat, coaches move the next best rower up from a "lower" boat. Coaches will continue to enter

boats for a regatta until we can no longer make complete combinations. At that point there are often some rowers left who will not compete that week—these rowers are invariably those with the lowest fitness scores. Week-to-week coaches trade off among those who sat out the previous week so everyone gets to compete at some point, but if you have a slow erg score you likely will not get the chance to compete every week or in any of the championship races. These selections are complicated by restrictions associated with weight class (an open weight

Parts of the Rowing Stroke

*The stroke is made up of four parts: **Catch, Drive, Finish and Recovery.** As the stroke begins, the rower is coiled forward on the sliding seat, with knees bent and arms outstretched. At the catch, the athlete drops the oar blade vertically into the water. At the beginning of the drive, the body position doesn’t change – all the work is done by the legs. As the upper body begins to uncoil, the arms begin their work, drawing the oar blades through the water. Continuing the drive, the rowers move their hands quickly into the body, which by this time is in a slight “layback” position, requiring strong abdominal muscles. During the finish, the oar handle is moved down, drawing the oar blade out of the water. At the same time, the rower “feathers” the oar – turning the oar handle – so that the oar blade changes from a vertical position to a horizontal one. The oar remains out of the water as the rower begins recovery, moving the hands away from the body and past the knees. The body follows the hands and the sliding seat moves forward, until, knees bent, the rower is ready for the next catch.*

–U.S. Rowing 101

rower cannot race in a lightweight event) and experience (an experienced rower cannot race in a novice boat and a senior cannot race in a junior boat).

Boat and Seat Selection: Successful crew programs operate with a coach seeking to identify the best group of rowers, not necessarily the best individual rowers. The coaches determine the composition of the boats for each practice and regatta and base these decisions on demonstrated performance as measured against standards and individual goals.

Criteria for rowers include attitude, fitness/erg times, technique, work ethic, consistency, attendance, teamwork, experience, past performance, and overall physical conditioning.

Criteria for coxswains include attitude, consistency, attendance, teamwork, leadership and motivational skills, race management skill, experience, past performance, tactical skill in racing and technical knowledge of rowing.

Experienced rowers: At the start of our season at Lake Barcroft, coaches will assess fitness and try rowers in various seats/shells to look for good rower combinations to assign to shells. As we move to Sandy Run to get ready for the first regatta, the coaches will start identifying tentative lineups (specific rowers in specific boats/seats). The desire is to create a cohesive boat lineup that can compete well in its category. Sometimes this may require tuning the rigging/oars in a particular seat for a particular rower, which is another reason why attendance is important. The factors evaluated when deciding who sits where are fitness, individual rowing technique, and ability to row well with others. At this point in the season, the coaches have more ability to influence the technical aspects, so fitness becomes a key discriminator. If your erg time is competitive, you should expect a shot at being in a competitive lineup. However, if your erg time is slower than the scores listed in Section VIII, you can expect to be matched up with rowers with similar scores in what could be viewed as “second” boats.

Novices: Novices are typically grouped together in boats and will compete against other novice crews. However, novices who demonstrate skills and fitness levels equivalent to experienced members of the team will be considered for seats in our competitive boats using the criteria listed for the experienced rowers. We have had novices who met the criteria— one novice girl was part of a medal-winning Junior 4 and went on to compete at the SRAA Championship.

X. LETTERING POLICY

Justice Rowing is a club sport competing with varsity status. Varsity letters are awarded according to standards established by the school, the coaches, and the Board. Earning a varsity letter is a privilege and an honor; competing in a varsity boat does not automatically entitle the student-athlete to a letter. The varsity letter represents a commitment to the sport and to the team, is indicative of the athlete’s proficiency in rowing, and will be awarded only after careful consideration by the coaching staff, using the criteria described below.

- Participate in minimum of five upper boat/varsity level regattas (1st 4+, 1st 4X, 1st 2X, LW 4+/X, LW 2X, Junior 4+/8+);
- Achieve a competitive level of fitness in line with the fitness guidelines outlined above.
- Have no more than two unexcused absences and overall attendance of at least 80 percent;
- Routinely support mandatory and non-mandatory activities, such as de-rigging for a regatta, work days, recruitment activities, fundraising, etc.;

- Be on time, as determined by the coaches, for all practices and regattas.

Any member of a boat that medals in the Virginia Scholastic Rowing Championship regatta will earn a varsity letter.

Juniors and seniors who have participated in at least three spring seasons who do not meet the above requirements may be awarded a varsity letter upon the recommendation of the coach and the approval of the board. This recommendation will be based on the athlete's attitude, attendance, improvement in erg scores, and racing experience.

Team members will be awarded letters as noted above; however, the coaching staff retains the right to withhold award of a letter in the event of instances of misconduct or poor sportsmanship.

XI. SAFETY

Because there is an inherent risk in rowing, safety is a very important issue. To reduce these risks, rowers are required to pass a swim test, review a U.S. Rowing safety video and abide by on-the-water and off-the-water safety precautions. As with all high school sports, rowers are required to take a concussion baseline test and watch a concussion awareness video.

Coaches are required to accompany rowers during practice in motorized launches. There are specific rules regarding the number of shells any one coach can oversee and the distance he/she must be from the shell. These numbers and distances are reduced in cold weather.

Coaches are required to undergo safety and first aid training by Fairfax County Public Schools and U.S. Rowing. They are required to carry personal flotation devices and hypothermia blankets that can be utilized if needed. (Rowers do not wear personal floatation devices while rowing.)

The biggest risks are usually weather-related. Rowing is not allowed when weather conditions such as freezing temperature, high wind, strong current, waves, storm clouds, thunder, lightning, or fog indicate a potential hazard to rowers' safety. The park manager for the Sandy Run Rowing Facility can be reached at 703-690-4392. Sandy Run weather information is available as an option at that number.

The team will not go out on the water unless all safety precautions have been met, according to Justice Rowing Boosters, the Virginia Scholastic Rowing Association and Northern Virginia Regional Park Authority guidelines.

The Justice Rowing team also has specific policies and protocols to reduce the incidence of a variety of types of misconduct, including bullying, hazing and emotional misconducts, as well as physical misconduct and sexual abuse. The SafeSport Program is modeled after the U.S. Rowing SafeSport Program and is a membership requirement for U.S. Rowing. All coaches must undergo Fairfax County Public Schools background screening and training protocols.

XII. FACILITIES

- Pre-season land training is held at Justice HS in the Red Weight Room and/or an adjacent room where the ergometers are set up on practice days.
- Beach #4 at Lake Barcroft is a parking lot and sandy beach. There is a porta potty, but no

other sanitation facilities.

- Sandy Run rowing facility is the site of most practices and regattas. This facility is part of the Northern Virginia Regional Park Authority and consists of boathouses, an erg room, grandstands, water, basic sanitation facilities and parking.