



## Orlando Rowing Club Substitute Rower Policy

The Orlando Rowing Club Board of Directors has adopted the following policy for substitute rowers to be followed for coached practices and sweep rowing teams.

When a substitute rower is needed for a practice, first priority shall go to a qualified/ competent member, as identified by the coach, and then open to former members and other skilled rowers. A substitute rower is defined as a non-recurring participant limited to three practices a month. The substitute rower shall owe nothing to the club other than a completed waiver.

### Substitute Rower Policy Guidance

*This is how the President and officers of Orlando Rowing Club will execute this policy.*

- This substitute rower policy is an addition to the existing coached programming policy.
- Regular coached practice participants will continue to be asked to pay member dues and pay one of three coaching fee options:
  - \$30 per month to participate in one coached practice each week.
  - \$50 per month to participate in up to two coached practices each week.
  - \$65 per month to participate in unlimited coached practices each week.
- Substitute rowers do not have to be members. **It is worth noting, a member can be a substitute rower.**
- Substitute rowers will not be asked to pay any coaching fees or member dues. **However, substitute rowers must complete a waiver in order to participate.**
- Substitute rowers may participate in up to three practices per month on a non-recurring basis.
  - Three practices per month — this means that if a substitute rower participates in more than three practices per month they will no longer be considered a substitute rower and will be asked to pay member dues and pay coaching fees.
  - Non-recurring basis — this means that if a substitute rower participates on a recurring basis, meaning on a weekly basis for more than two consecutive weeks, they will be asked to pay member dues and coaching fees.
- If they are not members, substitute rowers are **not** eligible for member benefits including but not limited to:
  - Key fobs
  - Boathouse/equipment access outside of practice times
  - Racing eligibility