



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