



## Substitute Rower Policy

The Orlando Rowing Club (ORC) Board of Directors has adopted the following policy for substitute rowers. A substitute rower is needed when a boat needs rowers to complete an 8X or 4X. A substitute rower can be sculler or a sweep rower, member or non-member.

- When a substitute rower is needed for a practice, first priority shall go to a qualified/competent member, as identified by the coach/captain. Second priority shall go to former members or other skilled non-member rowers.
- A substitute rower must either have a current waiver of liability on file with ORC or submit a completed waiver prior to rowing as a substitute. Substitute rowers are not required to pay additional membership or coaching fees but are required to pay coxswain fees (if applicable).
- This Substitute Rower Policy is an addition to the ORC Coached Programming Policy, which may be found on the ORC website in the “Forms and Documents” page <http://orlandorowingclub.com/forms-documents> and is not intended to replace any portion of the ORC Coached Programming Policy.
- A substitute rower (member or non-member) may participate in no more than **2 practices per month** and no more than **6 practices in 3 months**. After that, they will no longer be considered a substitute rower and must pay membership dues and coaching fees as outlined in the ORC Coached Programming Policy.
- If a rower is at the boathouse when a coached sweep boat is launched with a shortage of rowers and the sculler is invited to row with the sweep boat, no coaching fees or coxswain fees shall be required. However, any rower is limited to the same number of substitutions as outlined above.
- Non-member substitute rowers are not eligible for member benefits, including (but not limited to): key fobs; access to boathouse equipment outside of practice time; and racing eligibility.
- Substitute rowers may be scullers or sweep rowers, members or nonmembers, needed to complete an 8X (coached or non-coached) and are limited to 2 substitutes per occurrence. Substitute rowers needed to complete an 4X (coached or non-coached) are



limited to 1 substitute per occurrence. At no time should the number of substitute rowers exceed the number of member rowers in any boat.

- All coached and non-coached boats are required to submit a roster which includes the names of all rowers, coxswain and the name boat which was rowed. Rosters are to be submitted to [info@orlandorowingclub.com](mailto:info@orlandorowingclub.com). within 2 days of practice.