



Orleans Sweeps and Sculls: 2022 Rowers' Guide

The Orleans Sweeps & Sculls (OSS) rowing club is located on Al and Antje Flanders' private property at 31a Cove Road in Orleans, MA. This guide outlines the rights and responsibilities of all those who participate in OSS-related rowing activities.

1. Boatyard Use

The OSS boatyard, and OSS-owned equipment stored within the boatyard, is available for use during regular coached group rowing sessions as outlined in the annual OSS Rowing Schedule. Rowers must sign in for each coached session. Rowers must do a quick inspection of their rowing equipment prior to and following each row.

Private rowing shells and oars stored in the boatyard are considered private property and should not be used by anyone other than the owner (unless explicit permission is granted by the owner).

All OSS-owned rowing shells and oars must be washed with soap and water and returned to their proper racks after each use. Due to the boatyard's proximity to wetlands, only biodegradable soap may be used. Rowers should be prudent with their water use.

Damage to any OSS equipment including any part of the boats, rigging, or oars, must be reported immediately to the OSS coach or Al Flanders (if rowing unsupervised). Rowers may be held financially responsible for any damage they caused.

While in the boatyard and the launch area, rowers should strive to keep noise levels down, respecting the surrounding private residences.

2. Unsupervised Rowing

Unsupervised rowing may take place between 5:30 a.m. and 9 a.m. during the season (generally between May 1st and October 31st). Any exceptions need to be approved by OSS. The use of club boats is on a first-come, first-served basis. Certain boats may be unavailable for unsupervised rowing due to lessons. Anyone using club boats for unsupervised rowing needs to receive prior approval from Al Flanders with respect to (1) their eligibility to participate in unsupervised rowing, based on their level of proficiency, and (2) which boats they may use. Unsupervised rowers using club boats must row with at least one other person. All unsupervised rowers should row in groups, if possible, and must wear a safety whistle.

Rowers using OSS equipment must sign out in the logbook before launching and sign back in after their return.

3. SafeSport Policy

OSS is a friendly, welcoming rowing club. Rowers are expected to be cordial, helpful, and respectful to each other. We adhere to US Rowing's SafeSport policies and do not tolerate any form of discrimination on the basis of race, religion, or sexual preference or abusive behavior including bullying, hazing, and physical, sexual, or



emotional misconduct or harassment. If you observe or experience any such behavior, please report it confidentially to any board member (see current list of board members and their contact information on page 4 of this document; you may use the Incidence Reporting Form at the end of this document) so that the matter can be addressed. Such behavior will not be tolerated and may result in the suspension of rowing privileges.

OSS coaches and staff members who are in frequent contact with athletes are required to participate in annual SafeSport training and undergo a background check every two (2) years.

4. Rowing Safety

Rowing activities involve risks and dangers. Individuals participating in OSS-related rowing activities, including those launching from the OSS boathouse, must be in proper physical condition to participate in such activities. Individuals participating in on-water activities must be proficient swimmers or wear a life preserver while rowing. All rowers must wear a safety whistle and should wear high-visibility clothing.

5. Volunteer Time

OSS relies on the volunteer efforts of its members. To keep OSS thriving, all members are strongly encouraged to volunteer to assist in work parties or with other projects. OSS will develop a list of the areas where members can assist each year.

6. Private Boat Storage

OSS will designate private boat rack locations in the boathouse. Anyone wishing to store their boat must be a fully paid member including initiation and annual dues. Members must secure their own insurance for equipment stored on OSS racks. Neither OSS nor the Flanders family will be liable for damage to or theft of private equipment.

7. Parking

For coached group rowing, cars may be parked on the Flanders' property: (1) at an angle, along the grassy area adjacent to the fence between the 31a Cove Road property and the Pike's property; (2) in the spot under the apple tree; or (3) next to or in front of the free-standing garage. Cars should not block in the Flanders' vehicle(s).

For unsupervised rowing, rowers should use publicly available parking areas and not the Flanders' property. During summer months, parking near the boat ramp is restricted to Orleans residents, and violators may be ticketed. At any time, rowers should avoid using the long parking spaces designed for cars with trailers.

8. Liability

Individuals participating in OSS-related activities, including those launching from the OSS boathouse, must sign a waiver of liability prior to their first participation of the calendar year. In addition, members must complete the annual registration form at the beginning of each season.



Violation of the responsibilities outlined in this document may result in the suspension of rowing privileges.



OSS Board Members as of 1/1/2021

Flanders, Antje	617-251-3676	antje_siems@hotmail.com
Livingstone, John	508-487-0455	jlivingstoneservices@comcast.net
McCabe, Joan	914-414-6765	jmccabe064@gmail.com
McCormack, Marie	914-325-4399	mlm5484@gmail.com



INCIDENCE REPORTING FORM

Orleans Sweeps & Sculls strongly encourages the reporting of misconduct. We appreciate your willingness to report inappropriate behavior.

Section I

This section is about the individual you are reporting. Please provide as much information as possible.

1. Name of Individual you are reporting (First & Last): _____
2. Age or Approximate Age: _____
3. Gender: Male Female Other
4. Position(s) this individual holds or held: _____
5. Comments: _____

Section II

This section asks questions about the incident or incidents you are reporting. Please provide as much specific information as you are able.

1. Type of Offense (i.e. what happened?) _____

2. Where did the incident or incidents take place? (City, State and any other available location information) _____

3. Please Describe what happened: (Including... Who, What, When, Where) _____



4. Comments: _____

Section III

This section is for information about the victim or victims. If you are the victim and wish to remain anonymous, you may do so. In that case, please enter only your age.

1. Name: _____
2. Age (or approximate age): _____
3. Gender: Male Female Other
4. Contact phone number (*if this person is under 18, please provide contact information for his/her parent or guardian*): _____
5. Contact Email address (*if this individual is under 18, please provide contact information for parent or guardian*): _____
6. Comments: _____

Section IV

This section is for information about you (the person reporting the incident).

You may remain anonymous if you wish. However, providing your information is vastly helpful to a swift and effective investigation. A person reporting alleged misconduct should not fear any retribution and/or consequence when filing a report he or she believes to be true.

1. Name: _____
2. Phone Number: _____
3. Email Address: _____
4. Relationship to victim (if any): _____
5. Other Information: _____

