

## **PITTSBURGH PADDLEFISH MEMBER RULES AND RESPONSIBILITIES**

To be a member of the Pittsburgh Paddlefish, an individual must first submit a membership application and team dues to the Membership Coordinator. In addition, one must join Three Rivers Rowing Association (TRRA), to which Paddlefish is an affiliated community member, with registration and payment of the applicable association dues made directly to TRRA. The payment of dues to both organizations and TRRA registration are ongoing, yearly requirements for continued membership.

The Paddlefish operate under a set of By-Laws (available on the team website) and are under the direction of a Steering Committee which acts as the administrative body of the organization.

Members are expected to have a “safety first” mindset while on any TRRA campus and while on the water.

- Members should be familiar with TRRA safety rules, procedures, and guidelines, found on the TRRA website.
- Members are to read the dragon boat Safety Matrix, the rules and guidelines specific to dragon boating and to watch the TRRA safety video which are available through the Paddlefish website.
- All members are required to follow the TRRA Safe Sport Policy and must have up to date SafeSport training and certification.
- All members are required to complete the TRRA swim test.

SafeSport and swim test certificates are provided to the Membership Coordinator who passes them onto TRRA or they may be submitted directly to the TRRA Administrator as individual pdfs. (It is recommended to take Safe Sport training through USRowing membership as it is then free, and the certificate is electronically provided to TRRA.)

Membership communication is enhanced by a weekly email "update" and the Paddlefish website ([www.pittsburghpaddlefish.org](http://www.pittsburghpaddlefish.org)). Members should check email frequently as fast breaking information is sent by email.

### **When practicing on the water, the following rules are to be followed:**

**\*Prior to each practice, sign up online via the Paddlefish website or by link in a current weekly update email.** This is to reserve a seat in the boat, to account for everyone in the boat, and to determine the number of boats necessary to put into the water.

#### **\*Show up on time for practices.**

Not to do so is a discourtesy to team members. Individuals who are late may be left behind. In addition, if one is late, a second boat may be needed and the whole practice is delayed in bringing a second boat down to the dock.

**\*Seating in the boat is determined by the Coach(es). The boat is loaded and unloaded, bench by bench, starting with bench #1.**

**\*A PFD (personal flotation device) must be worn at all times when required by the Safety Matrix.\*\* Individuals who have not passed the TRRA swim test, wearing a PFD is a requirement.** Low profile PFDs such as a belt packs are allowed unless vest type is required by the Safety Matrix. Vest type must be worn at all times for some paddlers, such as those 18 y and under and non-TRRA members.

\*\* Paddlefish members who have completed the swim test have the option to not wear a PFD between May 1<sup>st</sup> and October 31<sup>st</sup> (unless required by the Safety Matrix) but must have one close at hand in the boat.

**\*PFDs and paddles are provided by TRRA and are available for practice.** Though not a requirement, many Paddlefish members have their own PFDs and paddles. Don't be in a hurry to purchase a paddle as it takes considerable time to determine the paddle size that works best. Inquire with the Membership Coordinator to purchase a team jersey. If a team jersey is needed for a race, a few loaners may be available.

**\* It is recommended that paddlers wear a high visibility above the waist top layer, such as a cap, vest, or shirt.** (The drummer and the steers person must wear a Hi-Vis top layer above the waist.)

**\*When in the dragon boat, keep non-essential talk to a minimum so all in the boat can hear instructions from the coach, captain, steersperson and/or drummer.**

**\*If you have and comments/criticisms, please make them constructive and direct them to a Steering Committee member and/or the team Captain or Coach(es).** Also, refrain from correcting or "coaching" fellow paddlers on and off the water.

### **Race Responsibilities:**

Each paddler is responsible for her/his own transportation and lodging for a race. The team's Logistics Coordinator will arrange for a block of rooms at a specific hotel/motel. Each paddler should arrange for roommates and carpools if he/she wants to decrease costs.

Additionally, a TRRA paddle and/or a Paddlefish PFD can be borrowed for a race. The borrowed equipment must be signed out, then signed back in following the race