



Texas Rowing Center  
Summer Camps - Information Packet

**Parents / Guardians:**

**Please review the information contained within this packet with your child.  
Return the signed forms to TRC no later than the first day of camp.**

Texas Rowing Center  
512-467-7799  
Open All Day, Everyday!

# Texas Rowing Center General Safety Rules

**Life Jackets:** Life vests are required for everyone by law. Passengers under age 14 must wear a life jacket at all times – no exceptions. (During summer camps, ALL Elementary and Middle School campers wear a life vest for all water activities, regardless of age)

**Traffic Pattern:** Stay to the right side of the river (similar to traffic on a roadway). Never paddle or float in the middle of the river. Stay on the north shore when travelling west and on the south shore when heading east.

**Alcoholic Beverages:** Alcoholic beverages are not permitted.

**Smoking:** Smoking is not permitted.

**Avoid Collisions:** Always be aware of rowing teams, scullers, and coaching launches on the river and at the dock. Yield to rowers and avoid collisions. Rowers sit backwards; if a rower is getting too close to you, yell to get their attention and stay to the right.

**Capsized Boats:** If your boat capsizes, try to lift yourself back into the boat. If unsuccessful, stay with boat until assistance arrives or kick the boat to shore.

**Abandoned Boats / Boards:** Do not abandon boats or boards. TRC will hold you responsible for replacement costs.

**Windy Days:** Paddle into the wind when leaving the dock; and paddle with the wind when returning to TRC.

**Returning:** Always return boats to west end of the dock near the kayak racks.

**Paddling in the Dark:** All boats/boards must have proper navigation lights if launching between sunset and sunrise, or in limited visibility, such as fog.

**Lightning or Fog:** No boats/boards may launch when thunder or lightning is in the area, or if fog is too dense to clearly see the opposite shoreline. If caught in a storm, seek shelter at another dock, under a bridge, or along the shoreline.

## **ADDITIONAL RULES FOR STAND UP PADDLE BOARDS**

**Equipment:** SUP boards, fins, leashes, and paddles are fragile. Avoid shallow water where fin could drag or break. Use paddles with care and avoid collisions. Do not “tow” other boards or boats with the ankle leash.

**Multiple Passengers:** Only one person per SUP board at all times. Small children may accompany adults on boards, when necessary.

In addition to the General TRC Safety Rules (see previous page), there are the following

**Summer Camp Rules**, that will be strictly enforced.

1. Listen to TRC employees, managers, and counselors and follow instructions at all times. Stay with your group. It is NEVER acceptable to paddle your boat ahead of the group or wander away from the dock without permission from your camp counselor.
2. It is absolutely necessary that all campers are respectful and thoughtful of one another. Teasing or bullying is unacceptable and will be addressed, case by case, by the counselors.
3. No Horseplay. This rule applies anytime during camp, on the dock, in the boathouse, and any other locations campers visit. The term "horseplay" will be broadly interpreted to include abusing equipment, cussing or other inappropriate language or topics of conversation, public displays of affection, and other more traditional acts of horseplay. If you think it might be horseplay, it probably is.
4. Life Jackets must be worn for water activities at all times by all elementary and all middle school campers. This includes wearing PFDs while rowing, kayaking, stand up paddling, and canoeing.
5. No swimming at the TRC dock. The City of Austin prohibits swimming in Lady Bird Lake.
6. No crowding the trail or the office. Upon arrival, campers should go directly to the picnic tables on the dock, and should not be in the office or anywhere near the trail.
7. Always use ramps on the dock. No jumping between the lower dock and the upper dock, or between the dock and the shore. Please think safety first!
8. We recommend having close-toed shoes that can be worn in the water and are comfortable for walking. We do not permit bare feet on the grounds or dock.
9. Throw away all trash in proper receptacles; do not litter or leave it on the dock.
10. Respect wildlife. Do not disturb the birds, ducks, swans, turtles, etc that live in and around the dock or in Lady Bird Lake.
11. Equipment handling and care:
  - Do not stand on or flip over the kayaks
  - Do not sink kayak paddles (you will be charged \$35)
  - Rowing shells are fragile, so use caution around boats and listen to instructors
  - Wash rowing shells before putting them away (hatch cover and stern plug must be open)
  - There is a skeg on the bottom of a rowing shell that can break if you are not careful. If it breaks you will be charged \$35 to repair the boat
  - Do not play with buckets, sponges, or other boat cleaning materials on the dock
  - Do not sit on boat slings

## **Camper's Belongings**

Campers are expected to arrive at camp everyday with the following items:

- **Water bottle** – refillable. (Note: There will be a \$2 charge for a water bottle if your child forgets (or throws away) theirs.

- **Snacks & Lunch**

We recommend a healthy lunch and discourage packing soda and candy. We do not have a refrigerator available at the club, so make sure the lunch will stay cool with a small cooler / icepacks.

- **Sunscreen**

- **Towel**

- **Hat**

- **Sunglasses**

- **A bag / backpack that will fit all your child's belongings**

- **Close-toed shoes such as Crocs or water shoes. Flip-flops are not acceptable.**

- **If applicable, medications or allergy treatments. (Inform the camp counselor of any meds, inhalers, etc).**

- **Please do not bring electronics, such as ipods or cell phones.**

\*\*\*\*\* TRC encourages parents to label their child's belongings. \*\*\*\*\*

\*\*\*\*\* TRC is not responsible for any lost items. \*\*\*\*\*

### **PLEASE NOTE:**

Elementary School camps are 9:00 AM – 1:00 PM Mon – Fri.

Middle School camps are 8:00 AM – 5:00 PM Mon – Fri.

***Parents must make arrangements with TRC in advance if their child is being dropped off or picked up at any other time.***

## **SIGNATURE PAGE**

(TO BE RETURNED TO TRC NO LATER THAN THE FIRST DAY OF CAMP)

This is to verify that I have received a copy of the Texas Rowing Center Summer Camp Packet. I understand that I will be held accountable for complying with all applicable rules and policies. I understand that TRC counselors and staff will strictly enforce these rules.

Child's Printed Name: \_\_\_\_\_

Child's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

As a parent/guardian of the above named child, I understand the rules contained within the TRC Summer Camp Packet and have discussed them with my son/daughter. I understand that my child will be responsible for complying with these rules.

Parent/Guardian's Printed Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Texas Rowing Center**

**Junior Health Assessment and Emergency Contact Information**

(Please Print Neatly)

Name of Participant:			
Address:			
Gender:	Age:	Date of Birth:	Grade:
Parent / Guardian Name(s):			
Parent / Guardian Email Address:			
Emergency Primary Phone Number(s):			
Alternate Phone Number(s) or Contacts:			

Date of participant's last physical exam:	
Name of primary physician:	
Medical / Cognitive / Psychological / Physical Conditions or Limitations:	
Surgeries or procedures within last 12 months:	
Allergies / Dietary Restrictions / Medications:	
Has a doctor ever told the participant not to exercise?	YES NO

<b>Parental / Guardian Consent</b>		
I acknowledge, to the best of my ability, that my child is in good health and has no known medical conditions that would restrict their ability to participate in this exercise program. In the event that I cannot be contacted, I give my consent that TRC staff may determine the appropriate course of action in cases of emergency.		
Print name:	Signature:	Date: