

SACRAMENTO STATE **AQUATIC CENTER**

A PROGRAM OF ASSOCIATED STUDENTS, INC.



Youth Rowing Programs Parent Handbook



Programs Supported by:



Welcome to the Sacramento State Aquatic Center Youth ROWING Programs!

Thank you for choosing the Sacramento State Aquatic Center youth rowing programs! We are excited to spend some time with youth this season and are looking forward to a great season, clinic, or camp experience!

This handbook contains detailed information, guidelines, and rules for the athlete and their family. This was written to ensure everyone is aware of their responsibilities as the athlete and parents of the athlete. If you have any questions about what is expected of you as an athlete or parent please contact one of the Capital Crew Coaches, Sac State Aquatic Center Director or Rowing Manager. The Aquatic Center Youth Rowing programs and camps are held at the Sacramento State Aquatic Center at Lake Natoma. The Sacramento State Aquatic Center is a cooperative operation of the Associated Students Inc. of California State University, Sacramento, the University Union of Sac State, California Division of Boating and Waterways, and the California Department of Parks and Recreation.

With the mission to provide high quality boating and safety programs through education, recreation, and competition, we hope you'll enjoy the experience!

Sacramento State Youth Protection Program

INTRODUCTION

Youth programs are initiatives designed to engage young individuals in various activities that promote personal growth, skill development, and community involvement. These programs often focus on education, leadership development, health and wellness, arts, and social responsibility.

Opportunities may include workshops, mentorship, sports, and volunteer projects, aiming to empower youth and equip them with tools for success. Local organizations, schools, and community centers typically offer these programs, providing resources and support to help young people realize their potential and positively contribute to society. Sac State Risk Management aims to promote Youth Programs operated and controlled by the University and Associated Students Inc. to ensure the safety of all involved.

POLICY STATEMENT

It is the policy of California State University, Sacramento (Sacramento State) to mandate the safety, protection, and well-being of all members of the campus community and visiting members of the public, including Youth on campus. Sacramento State has zero tolerance for the abuse or mistreatment of minors (hereinafter referred to as "Youth").

Sacramento State establishes the minimum requirements to provide oversight and training for all approved programs and activities, both on and off-campus, in which children under eighteen (18) years (Youth) participate. All Youth Programs shall be designed, created, and operated in compliance with state and federal law as well as this policy and related procedures, including Executive Order(s) of the Office of The Chancellor.

WHOM THE POLICY APPLIES:

This policy applies to all Faculty, Staff, volunteers, and students of the university, University Auxiliary organizations, university-affiliated organizations, and outside organizations regardless of the funding source, including individuals and entities with contractual relationships with the university. The Protection of Youth

applies to all involved or participating in activities, programs, camps, and educational and special events on and off campus.

WHY THE POLICY IS NECESSARY:

This university is dedicated to maintaining a zero-tolerance for abuse in all university-connected activities where Youth may be present. This policy is necessary to ensure a safe environment for Youth by implementing a University culture and program that is committed to the protection of Youth; To preserve and abide by federal and California State law, including Mandated Reporting of Child Abuse and Neglect ([CSU Executive Order \(EO\) 1083](#)) for reporting requirements as they pertain to Suspected Child Abuse or Neglect; To protect the University from liability; and to protect its students, faculty, staff, and administration from false allegations of impropriety. Compliance with this policy establishes a framework of reasonable precautions to protect the safety and well-being of Youth and the reporting obligations should an incident occur.

Sacramento State Risk Management Minors on Campus Visitor Form

As we are an auxiliary of California State University – Sacramento, the Aquatic Center must follow all safety protocols for Minors on Campus. As an effort to ensure safety of all visiting youth, all visiting youth organizations, groups, teams, and schools will be requested to complete the university's [Risk Management Minors On Campus Visitor Form](#). This [form](#) must be completed prior to your event. Adult chaperones involved in the program/event who have contact with minors will need to bring a valid Driver's License/Photo ID to clear a [Raptor Background Check](#). We thank you for ensuring the safety of all future young boaters.

Our Coaching Staff:

Our skilled and friendly staff have been interviewed and carefully selected for their background, education, and experience. Prior to employment, every staff member is required to pass a third-party pre-employment background check and be fingerprinted for FBI and State of California DOJ criminal background checks and tracking. Every staff member holds certifications in American Red Cross First Aid, CPR, and AED. Instructors and coaches have completed a Powerboat Safe Boat Handling course and hold a valid CA Boater Card. Rowing coaches hold a minimum of a Level 1 US Rowing coaching certificate. Coaches are also Safesport certified through US Rowing and have completed CSUS Minors on Campus training.

Athlete Safety:

Effective risk management for youth programs involves identifying potential hazards associated with activities, ensuring proper staff training, conducting background checks, implementing safety protocols, and regularly reviewing and updating policies. All Aquatic Center Staff have received training in risk assessment, emergency response, and child protection regulations to create a safe environment. Establishing clear communication channels with participants and their families, as well as maintaining appropriate supervision ratios further enhances safety and minimizes liability, allowing for positive experiences and development opportunities for youth. Should there be any concern of misconduct, please report it immediately to the Rowing Manager and/or Sacramento State Aquatic Center Director.

All Aquatic Center staff will be identified by a specific color shirt they are wearing

- GREEN CC LOGO - Rowing Coaches/Instructors
- RED SHIRTS - Boating Safety Instructors
- BLUE SHIRTS - Boating Safety Assistants (Counselors in Training)
- GREEN/GREY SHIRTS - Customer Service Staff (Dock Masters and Front Office Staff)
- GREY/TAN SHIRTS - Facilities Staff

We expect our staff to respect the Aquatic Center safety standards established to protect Athletes and ensure healthy relationships during practice, and outside of practice as well. Current and former Aquatic Center Staff and volunteers are not authorized to contact youth individually via text, email, social media, phone calls, or any other electronic communication. Please report any inappropriate behavior to the Rowing Manager.

The Aquatic Center phone number is (916)278-2842 #9. This phone line will be answered during business hours.

Free online training for third-party youth group leaders can be found: <https://mandatedreporter.ca.com/> . We do not request training certificates for third-parties, we expect that they manage this on their end, but there are resources out there for those contacts.

Sacramento State Aquatic Center at 1901 Hazel Ave, Gold River, CA provides the following Youth Rowing Programs:

Capital Crew (takes place at Lake Natoma) – is a competitive youth rowing program for athletes between the ages of 13-19 years old and runs during the Fall and Spring semesters.

Capital Crew Apprentice Program (CCAP) (takes place at Lake Natoma) – is a youth rowing program for athletes between the ages of 12-13 years old (7th and 8th grade) and runs during the Fall and Spring semesters.

Advanced High School Rowing Summer Training (takes place at Lake Natoma) – is a youth rowing program for athletes between the ages of 13-18 years old, who have prior rowing experience and runs select weeks during the summer.

Beginner Rowing Summer Camps (take place at Lake Natoma) – is a youth rowing program for athletes between the ages of 12-15 years old, and is overseen by the Sacramento State Aquatic Center Summer Youth Camps. This program is covered under the Sacramento State Aquatic Center Summer Youth Program and Camps Handbook.

Youth Rowing Agenda

Daily activities vary depending on the season, weather and duration of the program. Below is a list of possible activities:

- General fitness - running, body circuits, core, etc.
- Flexibility – stretching and dynamic activities
- Coordination – doing things in time with each other whether land or water activities
- Skill – learning proper rowing technique on land (ergometer) and on water in rowing shells
- Fitness – many various workouts will be provided to increase overall fitness and rowing ability
- Fun and Team Bonding– social events, including the Ice Cream Social and the Boathouse Formal, kayaking, W.E.T. course, and swimming
- Video Review and classroom activities

Fees

For Capital Crew and CCAP - first year athletes have a two-week trial period for a nominal fee. After that two-week trial period in the fall semester and the first week of the spring semester, fees are due. For returning athletes, all fees are due during the first week of practice. To make it easier for parents to pay the fees, the Aquatic Center offers payment plans. Both the Aquatic Center and the Boosters Club offer financial assistance

through scholarship requests. Fees are lower for CCAP as it practices fewer days per week. There are no trial periods or payment plans for CCAP.

The fees payable to the Sacramento State Aquatic Center pay for:

- Use of the boathouse, Aquatic Center facilities, and associated expenses
- Fall racing shirt
- Coaching and trainer staff
- US Rowing organizational membership

What the fees do not cover:

- Race uniform – there is a team order from the JL store. Information is sent out late October – early November for ordering. If you miss the team order, you may order individually from JL at a higher cost.
- Travel expenses – this includes entry fees, trailer fees, rental equipment, transportation fees, hotel fees, meals, etc. Costs vary greatly depending on the number of days and travel distance. A one-day event can cost between \$40-\$150/athlete and extended racing such as Head of the Charles and Youth Nationals can cost between \$2,300-\$2,700 (2024 pricing).
- Logo wear – our Boosters club handles logo wear and will send out emails when pop-up stores are available for ordering
- USRowing individual membership (mandatory for all athletes that race)
 - [Membership - USRowing](#)
 - Our club name is: Capital Crew – Gold River, CA
 - Our club code is: ABACU

Financial Aid

For athletes of Capital Crew, there are two types of Financial Assistance available. Athletes and parents must complete forms and return them to the Aquatic Center front office. The Aquatic Center has two types of financial assistance programs available. Support is contingent upon the availability of funds, the level of need and is on a first come first served basis. We cannot guarantee or predict the availability of funds.

Capital Crew Boosters Financial Assistance

Partial financial support is available for teams who are unable to afford the full costs of being a member of Capital Crew. Members who would like to receive assistance need to complete and submit the [application](#). Financial assistance is evaluated for each semester individually. You must complete a form each semester. If aid is needed in the next semester, you must reapply and complete new [forms](#).

[Booster Financial Assistance Application Form](#)

Aquatic Center Financial Assistance

The Aquatic Center is committed to helping dedicated athletes be a part of our program regardless of financial circumstances. Financial aid will be awarded for Aquatic Center fees to four athletes according to established need, commitment to the sport and responsibility to the program.

All [application forms](#) are due to the Aquatic Center front office by the Friday of the second week of the beginning of the semester.

[Aquatic Center Financial Assistance Application Form](#)

Forms and Waivers

All registration forms and waivers can be found on our website - [Youth Rowing Programs - Sac State Aquatic Center](#). Please fill out the appropriate form for the program that your child will be participating in.

No team member will be allowed to participate until the registration packet, waivers, and swim test have been completed and turned in.

Attendance and Practice

Participating in crew requires a great deal of time and energy. It is imperative that all rowers and their parents take this commitment seriously. Crew is a unique sport that require tremendous team work. Continuity and consistency are key to creating effective boats. In the case of an emergency, efforts will be made to achieve an early pick up if necessary.

- **Capital Crew, CCAP and Advanced High School Rowing use Google Classroom for attendance. It is mandatory that athletes use the attendance sheet.**
 - Rowing is a team sport that is severely hampered by absenteeism. Being on a team is a serious commitment that must not be compromised by lack of dedication and poor time management.
 - An absence will be excused only if it is medical or school related, such as a special teacher conference or make-up test. There will be no other “excused” absences. In all cases it is expected that you notify your coaches ahead of time.
 - Excessive absences may result in a suspension from a race or regatta, losing a seat on your boat, and/or any other sanction to be determined at the coach’s discretion. Your seat cannot be held for you if you miss practice.
 - Notification to coaches is the responsibility of the athlete, not the parents. Athletes should use Google Classroom for these notifications.
 - Under no circumstances are fees refundable due to excessive absences.

Drop-Off and Pick Up Procedures: for CCAP, CC Introduction Clinics, and Summer Rowing Camp

To ensure the safety of all participants, parents and guardians are required to sign their children in at drop-off and sign them out at pick-up. Children cannot leave the program without a parent or guardian's signature. For participants who drive themselves, they must sign themselves in and out at the beginning and end of the program, but they still need written parental permission to leave during the program. This procedure helps maintain accountability and security for all minors involved.

Athletes will be dropped at Founder’s Grove and check-in with their instructor/coach.

1. Participants and parents/legal guardians are required to adhere to the protocols established for the designated areas within the various Youth Activity drop-off/pick-up zones to uphold the safety and security of everyone involved.
2. Upon arrival coaches/instructors will be stationed at the drop-off zone to receive participants and assist parents and guardians.
3. Staff will supervise the walk from the drop-off zone to the appropriate activity area.
4. If a participant is being dropped off late, it is the parent/guardian's responsibility to walk the participant to their appropriate activity area.
5. Participants will only be released to a parent or authorized adult.
6. Please park and walk to the designated pick-up zone to sign out participants. **DO NOT PARK OR LEAVE YOUR CAR UNATTENDED IN THE LOADING ZONE OR ANY RED FIRE ZONE OR YOUR CAR MAY BE CITED. Nimbus Dam Road should remain clear at all times!**
7. If curbside drop-off/pick-up is available, parents/ legal guardians must remain in their vehicle. Staff will assist in streamlining the process.
8. Please be prompt. If for any reason you are late for pick up, please call the Aquatic Center front office at (916)278-2842 #9.

Parking:

The Aquatic Center Parking can be very busy at the pick-up and drop off times, and we do everything we can to make the process as convenient as possible. Please park in the Aquatic Center outer parking lot and walk to the designated pick-up and drop off circle and please sign out every child you are bringing or picking up. Please only park your car in a designated parking spot. **DO NOT PARK OR LEAVE YOUR CAR UNATTENDED IN THE LOADING ZONE OR ANY RED FIRE ZONE OR YOU MAY BE CITED. Nimbus Dam Road should remain clear at all times!**

Please be patient and follow the instructions of staff who will help facilitate the pickup/drop off process.

What to bring:

Your Athlete will need to show up to practice each day ready! There are items that an Athlete is required to have, items that are recommended to have, and items you should NOT bring to practice. We recommend that you label all items that you bring with your name and phone number. If you are a Capital Crew athlete, all Athlete belongings will be stored in the Boathouse Shelves. If you are a CCAP athlete, all Athlete belongings will be stored in the Camp Cubbies. Each squad will have designated shelves labeled for Athlete belongings.

Required Items:

- Sunscreen
- Refillable water bottle
- Running shoes
- Workout Clothing (see attire note below)
- Sweatshirt for cool mornings and evenings
- A backpack big enough to hold all of your items (Please label bags with their name)
- Any medications needed during camp (please see Programs Supervisor)

Recommended Items:

- A hat or visor
- Sunglasses with floaties or a neck strap
- Change of dry clothes
- Lip balm with SPF (Please do not use oil-based chap sticks i.e. Carmex, Aquaphor)

What NOT to Bring to Practice

Be sure to keep all personal and valuable items to a minimum while attending practice. We are not responsible for any lost, stolen, or broken items.

The following items are prohibited at camp:

- Electronics** (video games, iPods, etc.)
- Expensive or fragile items (jewelry, toys, etc.)
- Weapons or sharp objects (pocket knives, etc.)
- Water guns, water pistols or water balloons
- Non-Coast Guard approved PFDs or water toys
- Drugs and/or alcohol
- Items that will be damaged by water



*** iPhones and other expensive electronics are especially susceptible to theft and loss and should be properly stowed if brought to practice or camp. Phones are not allowed during practice except in urgent/emergency situations.*

*If you need to get a hold of your Athlete during practice hours, please call our office at 916-278-2842 #9. ***

Attire

Wear comfortable clothing to work out as well as appropriate running shoes. No flip flops. Clothing should allow full range of motion and freedom of movement but should not be too loose. Shorts or shirt tails that are too loose can get caught in the seat tracks. Also, it is important to bring a bottle of water. If you need workout clothes, check out the Capital Crew Logo Wear on the website. For racing, Capital Crew athletes wear unsuits and CCAP wear black trou (rhymes with now) and Capital Crew tank top.

The rowers' clothing should be clean and not offensive at practice and races. Athletic attire must be worn for all practice. No jeans. Dress appropriately for the weather and it is suggested to dress in layers as it can be wet in the winter and hot in the spring. No bathing suit tops are allowed at practice or at regattas. At all events and regattas, unsuits will be worn as intended, i.e. over the shoulders prior to handling the boat for launch, during the launch, racing, medal ceremony and pictures.

Sunscreen

Sunscreen is an important part of athlete safety. Our staff works hard to ensure that Athletes reapply sunscreen throughout practice as needed. Please take time before practice to reinforce the importance of sunscreen and be sure to apply sunscreen over all exposed skin. Parents/guardians should provide 50+ SPF sunscreen with broad spectrum UVA/UVB protection. Spray style lotion is preferred by camp staff in helping facilitate application. Please be sure athletes arrive to practice with their first layer of sunscreen already applied!

Lost and Found

We do our best to prevent Athletes from losing items by keeping them safely stored in their backpacks in our Cubbies. You can help reduce the chances of lost belongings by:

- Labeling all belongings with your Athlete's name and phone number
- Only bringing necessary items and an adequate bag or backpack to carry them
- Leaving important, sentimental, or irreplaceable items at home
- Not wearing jewelry

Should your Athlete lose something at practice, the lost and found rack is located by the Youth Rowing shelves. We sweep the area and move items to lost and found at the end of each day. If you cannot find something in lost and found on the day it was lost, please check again the following few days. Unclaimed items will be donated to charity after two weeks.

Medical Concerns

For Sac State Aquatic Youth Programs, it's crucial to be aware of medical concerns such as allergies (especially food allergies), asthma, diabetes, and mental health issues, including anxiety and depression. Additionally, please note any injuries or limitations related to physical activities, the need for medications (like inhalers or epinephrine auto-injectors). Please include all necessary information on the medical consent form in the Athlete packet.

Medication Management:

Participants requiring medications during their stay must check in all prescribed and over-the-counter medications with program staff upon arrival, ensuring that these medications, except for emergency rescue medications, are in their original containers and securely placed in a zip-top bag labeled with their full name and date of birth. Program staff will ensure that medication bags are secured and accessible to participants according to the [Medication Management Form](#) instructions while refraining from handling the medications

or offering guidance on their use. Participants are responsible for consulting their parents or guardians if they are uncertain about dosages or timing. Staff will provide reminders for medication times but will ultimately return all medications to the participant's parents or guardians at the end of the program.

Please ensure that each [Medication Management Form](#) is filled out in detail, specifying the exact dosage, timing, and method of administration for each medication. This information is crucial for the proper management and safety of the child's health.

Safety

EVERYONE at a practice or competition is responsible for safety, both on the water and off. By its nature, there is a personal maturity and physical strength and stature required to row. The measures below are the minimum daily steps athletes must take in practices or competition to mitigate potential safety risk.

1. Coxswains and rowers will not row outside of hailing distance of the safety launch.
2. Rowers must be quiet in the boats and listen to the coaches' and coxswains' instructions and directives.
3. Coxswains and rowers must be alert to the boat traffic on the water and avoid obstacles or collision at all costs. This includes yielding to other lake users when and if necessary and following the established traffic pattern.
4. Coxswains and rowers are to return to the boathouse or nearest accessible shoreline in the event of lightning, rising winds, excessive debris in the water, or white caps.
5. Coxswains and rowers are expected to inspect their seat before launch to reduce safety issues on the water and let the coaches know if there is an issue.
6. Given our practice site's location and the fact that practice often ends in the dark, athletes will utilize the "buddy" system: no one should be left alone. All athletes are to remain inside the electric fence when waiting for rides home.
7. For warm-ups the team often runs on the bike trail. The bike trail is large and there will be times during runs and occasional land workouts when the athletes will be out of eye contact of a coach. It is the athlete's responsibility to stay with the group. All athletes should always be with their buddy when doing these types of workouts.

Emergency Information

Emergency Action Plan

In compliance with California State University *Executive Order (EO) 1056* which guides campuses on developing and maintaining an emergency management program (Building Emergency Action Plan) that will be activated in the event of an emergency. A Building Emergency Action Plan (BEAP) is a safety plan in which faculty, staff, students, and guests need to follow in the event of an emergency. This plan is a supplement to the comprehensive Sacramento State Emergency Operations Plan.

In the event of an emergency, Aquatic Center staff will notify the Front Office of the emergency. If deemed necessary, the Front Office will call 911 and Aquatic Center Management will notify the parent or legal guardian. Incident Reports will be filled out by all staff involved in the situation and documentation will be given the Aquatic Center Director.

In the event of an evacuation, please follow the instruction of the Aquatic Center Staff. The meeting point for evacuations is located in the outer parking lot along the bike trail near the entrance from Hazel Avenue. Rowing Coaches will be responsible to ensure proper head count of participants.

Protocols for Injury/Illness (at practice)

In the case of any injury/illness, staff will assess the seriousness of the injury/illness to ensure appropriate treatment.

If your Athlete becomes ill while at practice, they should immediately notify their coach. They will be taken to the Front Office and our staff will call the parent/legal guardian. If you are unable to pick up your child, they will be allowed to rest in the office until pick up.

For minor injuries (e.g. first-degree burns, scrapes, cuts, etc.), participants will be treated onsite as authorized by the parent/legal guardian's signed Medical Consent Form. If warranted, a staff member will call the parent/legal guardian to notify them.

In the case of an emergency, 911 will be called. This will dispatch the University Police Department (Sac State PD) if on campus. The parent/legal guardian will be notified right away. The parent/legal guardian must be available, via an emergency contact, to pick up the participant should that be required.

Any of the following conditions would be considered an **EMERGENCY**:

- Loss of consciousness, disorientation, lack of coordination, and/or slurred speech (especially following a head injury)
- Severe and/or uncontrollable bleeding
- Partial or full amputation of a digit or limb
- Fracture with deformity and /or bone exposure
- Seizure
- Wheezing or facial swelling associated with an allergic reaction or insect bite/sting
- Animal bite
- Chest pain/pressure or unusual shortness of breath lasting more than 3 minutes

The Rowing Manager / AC Director Staff will **report** the injury/illness to Risk Management Youth Protection within 24 hours of the incident.

Protocols for Injury/Illness (at home)

If your athlete becomes injured or ill are will be unable to attend practice, please notify their coach as soon as possible.

You should self-screen your Athletes daily to meet the following health parameters prior to attending practice or camp:

- The answer must be NO to the following screening questions:
 - Has your Athlete(s) had any of the following symptoms:
 - Cough • Shortness of breath or difficulty breathing • Fever • Chills • Muscle Pain • Sore throat • New loss of taste or smell • Nausea • Vomiting • Diarrhea
- Temperature check – No fever of 100°F or greater in the last 24 hours without medication
- No observed symptoms of illness

Additionally, if your athlete tests positive for COVID after attending practice, please notify our office at (916)278-2842 #9.

Communication Protocols

In the event of an emergency, we will use the emergency contact information provided in your registration materials. Participants who carry cell phones will be allowed to use them to contact their parents/guardians if necessary.

In the event your child is involved in an incident or accident during rowing activities, a staff member will call the parent/legal guardian to notify them, and a completed Incident/Accident Report for Parent/Guardian Form will be sent home with your child to document the occurrence.

If you need to get ahold of your Athlete during the practice, please call our Front Office at (916)279-2842 #9.

Racing Lineups and Boat Selection:

Coxswains - The term “coxswain”, or “cox’in”, is an old naval term for the commander of a small boat. Coxswains are expected to be leaders on the team. In a coach’s absence, the coxswain has the responsibility for implementing the race strategy, correcting technique, and executing the workout as planned – all while extracting the maximum possible effort from their teammates. Often a role taken by athletes who are smaller in stature, becoming a coxswain is an incredibly mentally and intellectually challenging position, which builds leadership, confidence, and technical acumen. Rowers, too, may be asked to rotate as coxswains on occasion. Selection for coxswains is based on steering ability and often athlete evaluation forms.

Rowers - Rowers are constantly assessed throughout every practice, workout, and team event. Selection is based on a mix of:

- Physical ability: Height, strength, erg scores, and other factors.
- Technical ability: Knowledge and utility of the rowing/sculling stroke.
- Mental maturity: The ability to follow directives, to overcome mental stress associated with racing, to handle equipment safely and responsibly, and to hold oneself accountable for performance.
- Sound Judgment: The ability to make good decisions in high-pressure situations.
- Attitude: One’s demeanor when subjected to rigorous physical and mental demands and behavior towards teammates and coaches.
- Compatibility: How a rower interacts with teammates in a boat’s specific lineup.

Selection is the sole responsibility of the coach and decisions of the coaching staff are final. No athlete’s seat is guaranteed because of experience, seniority or past results. Whatever the decisions of the coaches, all athletes are expected to fulfill their assigned responsibilities to their best. Parental intervention to sway a coach’s decision is not permitted.

Age Requirement

Capital Crew athletes will need to be ages 13-19 years old and if 19 must be a full-time high school athlete. Capital Crew Apprentice Program (CCAP) athletes will need to be in middle school and ages 12-13 years old (7th and 8th grade). Advanced High School Rowing Summer Training athletes will need to be 13-18 years old. Beginner Rowing Summer Camp campers will need to be 12-15 years old.

Swimming Requirement and Assessment:

To participate in rowing activities, Athletes must be water safe and able to swim. There will be a swim assessment on the first day of rowing consisting of swimming approximately 50 meters followed by demonstrating treading water comfortably, putting on a PFD while in the water, and then being able to pull

yourself onto the dock without assistance. The assessment is performed on the dock area and is meant to determine your Athlete's comfort in the water. There is no specific stroke or time limit for the assessment. Every Athlete must participate in the swim assessment to ensure they are water safe. If your Athlete is unable to complete their swim assessment, they will be unable to participate, and you will be given a refund.

Physical Requirements

The rowing activities offered at the Aquatic Center require swimming, walking or running over rough or uneven surfaces, erging, rowing, and involve exposure to cold water, sun, wind, sand, lakeweed, lake current, wildlife, and other outdoor elements. The Athletes should also be able to lift their own weight. Athletes rowing in pairs and singles will learn to capsize each vessel and do a self-rescue.

If Athletes have needs that require special consideration, parents must contact the Program Supervisor at least 7 days in advance of attendance so we can ensure the availability of necessary staff and equipment.

Training and Conditioning

Training and conditioning are equally important as well as nutrition, rest and exercise. The following are guidelines recommended for a balanced workout.

A consistent amount of sleep each night is more important than one long night before a race. Sleep is important to rowers because it gives their muscles time to recover and rebuild. If a late night is necessary, it is crucial that it does not fall on Thursday or Friday, since the sleep two days prior to a race is the most important to a good race day performance.

Diet should be high in protein and carbohydrates, including lots of fruits, vegetables, white meats (chicken and fish) and complex carbohydrates like pasta, potatoes, and rice. A good breakfast and lunch are a must.

A healthy snack low in protein and fat before practice is recommended for energy.

Diet should be low in sugar since it tends to lower the body's tolerance for pain and doesn't provide the long-term energy supply needed for endurance workouts.

Since carbohydrate loading is only effective one to two hours before an event, the most effective strategy is carbohydrate storage during the entire week throughout the rowing season.

If Athletes have needs that require special consideration, parents must contact the Program Supervisor at least 7 days in advance of attendance so we can ensure the availability of necessary staff and equipment.

Travel Regatta

CAPITAL CREW TRAVEL REGATTA CODE OF CONDUCT

Capital Crew athletes are student athletes that have been given the opportunity to compete at a high level in a sport they love. As members of our program, we want each athlete to realize it is a privilege to participate in athletic activities and represent our program. Working hard, rowing hard, and living up to high behavioral standards will help students in their future endeavors. All athletes are expected to abide by the following regulations. **All athletes are to respect...**

- The facilities in use and keep our designated areas clean
- Other teammates and opponents
- All coaches and supervising staff
- Regatta and hotel staff

- Another people's property
- Capital Crew Boosters: Be polite and respectful of their space and efforts
- CAPITAL: represent your team with pride at all times [this includes all social media]

Prohibited Items/ Actions

- Weapons
- Alcohol
- Drugs
- Other Illegal Substances
- Physical/ Verbal Assault
- Swearing or Inappropriate Gestures
- Theft
- Lewd Behavior

Hotel Protocol

- Only athletes assigned to a specific room may be in that room. If you wish to hang out do so in the lobby or public area within appropriate times.
- Appropriate behavior in hotels. No running in hallways. No ordering food or movies on the room's bill, no
- Curfew must be abided by. If our curfew is 10PM everyone is in their designated rooms by this time. We set these times based on the number of hours needed to be able to perform the next day.
- No traveling outside of the hotel or given area without asking permission of head coach or supervising staff member.
- When traveling outside of the hotel or race area you must be accompanied by at least three other athletes from our team or your parents with coach's approval. [groups of 4 or more]
- Financially responsible for all damage and/or missing items to assigned rooms

Violation of this contract will result in a re-evaluation of boatings and/ or scratching of entries at the regatta. If the actions are extreme it may result in removal from our rowing program.

Housing Information and Policies

Staff are responsible for overseeing the daily implementation and operation of rowing events that require Overnight stays.

1. Housing Rules:

Curfews will be followed. Adults and minors won't share rooms unless related.

2. Participants housed overnight will:

Keep noise to a minimal level as a courtesy to other residents.

Observe quiet hours from*: 9:00pm – 6:00am

3. Curfew

Lock the door at night and when they are away from the room. Leave the room clean upon check-out, removing all personal belongings and trash. All participants must be in their rooms by*: 9:00pm each night. *Leaving the rooms after curfew is prohibited and may be grounds for being dismissed from the program. Curfew is at 9:00pm every night. All athletes must be in their assigned rooms by this time. Quiet hours are from 10:00pm to 6:00am daily. Please be considerate of others by keeping noise to a minimum. Bed Check Schedule will occur between 9:00 and 10:00pm each night and conducted by the coaching staff.

4. Visitors

No outside visitors are permitted in the hotel rooms at any time. No participant visitors after 9:00 pm. Visitors should arrange with coaches for the best times to meet up with athletes in the hotel lobby only. Athletes may not leave the premises.

5. Safety and Security

Do not prop open any doors or allow strangers into hotel rooms.

In case of emergency, contact the group leader, you will find their information in the travel itinerary sent to each parent before the travel trip.

6. Meals and Dining

Meals will either be purchased by the athlete or provided by the CC Booster Club. Times for meals are based on competition times and may vary by event. Always refer to the team travel itinerary for the most up to date information on this.

Please notify us of any dietary restrictions or allergies before arrival.

7. Room Assignments

Room assignments will be provided upon check-in. Requests for room changes will only be considered for valid reasons and must be approved by the head coach or rowing manager. Switching rooms is prohibited. Any changes in room assignments can only be made by the Rowing Manager.

Capital Crew Code of Conduct

The following items apply to all Capital Crew Athletes during Capital Crew events, practices, races, functions, etc. Failure to comply with any of these guidelines may result in suspension or expulsion from Capital Crew.

- Respect the Aquatic Center facilities and keep it clean (please pick up after yourself, i.e. water bottles, socks and misc. clothing. All items left will be put in lost and found. Lost & found will be cleaned out monthly and all items will be donated.
- Be respectful to other teammates and opponents
- Be respectful to all Aquatic Center patrons (the Aquatic Center is a multi-use facility and may have many programs running at the same time, please be mindful of other patrons.)
- Always represent your team with pride
- Consumption of alcohol is prohibited
- Capital Crew and the Aquatic Center does not condone bullying and/or hazing
- Use of any illegal substances (drugs) will result in expulsion
- No swearing or inappropriate gestures
- Disrespect to the coaching or Aquatic Center staff will not be tolerated
- Abide by all posted Aquatic Center Signage
- Mind all Aquatic Center staff and their instructions
- Physical assault of any type is prohibited
- Respected others personal property
- Theft is prohibited
- Weapons or firearms are not allowed
- Follow the 15mph speed limit in AC parking lot and outer lot
- "Horse play" in parking or in/on vehicles is prohibited
- **Stop** at all posted stop signs
- Abuse of equipment will not be tolerated
- Report all broken equipment to coaching staff ASAP
- No pets are allowed on the Aquatic Center grounds
- Abide by all California State Parks Rules and Regulations
- **Athletes only have use of the facility during scheduled practice times**

- If witness to any other athletes in violation of these guidelines, please report it to a coach ASAP (Anonymously if desired)
- All Fees/Paperwork must be turned in before athlete will be allowed to participate.

****Please review the Capital Crew Code of Conduct with your Athletes and sign before they attend can attend practice. ****

Capital Crew Social Media Agreement

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, and more. Social media can also be dangerous if not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when it will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life. This includes parents and guardian's social media presence also.

Recognizing all of the above:

- Social media includes all electronic communication including emails, texts, YouTube and all social media platforms.
- I [the athlete] take responsibility for my online profile, including posts and any photos, videos or other recordings posted by others in which I appear.
- I [the athlete] will always represent Capital Crew and Sacramento State Aquatic Center in a positive manner and not degrade my opponents before, during, or after races or during the season.
- I [the athlete] will post only positive things about my teammates, coaches, opponents and officials and not comment on injuries, roster, or other confidential information.
- I [the athlete] will use social media to purposefully promote abilities, team, community, and social values.
- I [the athlete] will consider 'Is this the me I want you to, see?' before I post anything online.
- I [the athlete] will ignore any negative comment about my team or me and will not retaliate/ when appropriate I will inform my coaches.
- If I [the athlete] see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain or a coach.
- I [the athlete] am aware that I represent my sport, school, team, family, and community at all times, and will do so in a positive manner.

Inappropriate use of violation may result in loss of water time or suspension from the team.

****Please review the Capital Crew Social Media Agreement with your Athletes and sign before they attend can attend practice. ****

Youth Program Rules, Regulations, and Policies for Disciplinary Action and Dismissal

All Athletes have the responsibility to conduct themselves in a way that supports a fun and safe program environment. Athletes must respect the rights of all individuals, including fellow Athletes and staff. To ensure a safe and inclusive environment, we will not tolerate any behavior that may take away from other Athlete's potential enjoyment of practice or camp. Bullying (physical, verbal, or cyber-bullying), hazing, and irresponsible behavior are not acceptable and will not be tolerated. We train our staff to recognize and deal effectively with such behavior.

A. Offenses calling for immediate dismissal from a rowing program with no refund of money include:

1. Possession of any weapon or dangerous instrument. (May include but not limited to firearms, knives, or any other sharp object).
2. Physical assaults or any act that shows substantial threat to harm or endanger the safety of others. (NO FIGHTING OR ROUGH-HOUSING OF ANY KIND IS PERMITTED!)
3. Sexual harassment, sexual abuse, and other sexually inappropriate conduct.
4. Any violation of the [University Anti-Discrimination Policy](#) .
5. The inappropriate use of camera, imaging and other digital recording devices, including smart phones, tablets and mobile devices, in showers, restrooms, lock rooms and any other areas where privacy is expected by participants.
6. Any substantial threat to destroy property, or use of equipment without permission from the camp instructor.
7. Possession or consumption of alcoholic beverages or drugs.
8. Disrespectful behavior will not be tolerated!

B. Disciplinary action will be taken against students for:

1. Misbehaving, disrupting the class or bothering fellow students.
2. Abusing and/or not taking care of proper equipment.
3. Not listening to the instructor and not following instructions.

C. Procedures taken following dismissal:

1. The student/Athlete will be escorted to the office.
2. A camp supervisor will call the parent and tell them the situation, ask them to come pick up the student/Athlete.
3. The student will not be allowed to return to camp.

D. Procedures for disciplinary action:

1. There will be one verbal warning to the student/Athlete.
2. If the student continues the same behavior, they will be asked to sit out of the lesson.
3. The student will only be allowed back into class when they ask to return, and the problem has been and is recognized, acknowledged, and resolved.
4. There is no specific time period the student must sit out – it is up to the student and instructor.

Aquatic Center Rules and Regulations

1. Dock Fights and water wars or pushing other children are not allowed on the docks at any time.
2. No running! Please walk for your own safety.
3. Do not feed or chase the geese!
4. No throwing or skipping rocks allowed.

****Please review the Rules, Regulations, and Policies for Disciplinary Action and Dismissal with your Athletes ****

Capital Crew Boathouse Polices

Speaker Use and Erg Loft Sound

- No offensive lyrics! Should be “radio friendly”, no words derogatory to race, gender, sexual preference and/or sexual identification
- Volume must allow others to hear each other
- Honor request to change lyrics or volume
- Say something if you find the music offensive or loud

Personal Items

- Please clean up after yourself
- Do not leave your clothing, shoes, or water bottles in boathouse
- Athletes should leave their personal belongings in the appropriate racks located at the bottom of the erg loft stairs

Erg Loft

- Ergs should be wiped down after each use
- Clean up personal belongings after use
 - Any items left over should be placed in the Lost and Found

Dock Policies

The Aquatic Center docks are utilized by Capital Crew, CCAP, Masters, General Public patrons, classes, and staff. Please remain mindful of fellow staff, squads, renters, and classes when on the docks.

Dock Expectations

- Be efficient and timely when launching and returning to the docks
- Athletes should keep their shoes in the labeled bins on the docks to avoid tripping hazards
- Oars should be stored in the white oar racks or placed in a concise manner on the docks
 - Be mindful of Dock Masters and renters needing to launch and return equipment

Communication and Relations

General Team Communication

- Google Classroom is used by the coaches to communicate with the girls and boys squads
- Emails and Google Classroom are used to communicate with parents and guardians
- The Capital Crew Boosters Club also send out a newsletter to keep parents informed

Coach Relations

- An important goal of the club is the development of a strong and mutually respectful relationship between Coach and Athlete. With this goal in mind, we encourage athletes to take the lead in their role and participation on the team, with parents playing a secondary, or background role.
- We hope that most of the time, our athletes can represent themselves in a mature and effective manner.
- However, if a parent feels it necessary to get involved for any reason, we strongly encourage contacting the Rowing Manager.
- All matters will remain confidential when we are able. We will let you know if as mandatory reporters if there is information that we must report.

Safe Sport

Capital Crew is committed to creating a safe and positive environment for athlete's physical, emotional and social development and to ensure that it promotes an environment free of misconduct. In the event that any staff member or volunteer observes inappropriate behaviors (i.e. policy violations), suspected physical or sexual abuse, or misconduct, it is the personal responsibility of each staff member and volunteer to immediately report his/her observations to an immediate supervisor.

This policy applies Capital Crew staff members, volunteers, and athletes. Capital Crew strives to prevent, recognize, and respond to inappropriate and harmful behaviors while reinforcing appropriate behaviors.

While Capital Crew has a formal reporting policy, staff members and volunteers should be prepared to respond immediately to inappropriate or harmful behavior, potential risk situations and potential boundary violations. Staff members and volunteers will redirect inappropriate behaviors to promote positive behaviors, confront inappropriate or harmful behaviors, and report behaviors if necessary.

Staff members and volunteers are required to report policy violations, misconduct and physical and sexual abuse consistent with Associated Students, Inc. Protection of Minors on Campus Procedures. We do not investigate suspicious or allegation of child physical or sexual abuse or attempt to evaluate the credibility or validity of such allegations as a condition for reporting to appropriate law enforcement authorities.

Introduction

There are a lot of reasons to play sports – at any level. A life-long activity, people often play sports to have fun and spend time with friends. Sports also encourage a healthy lifestyle, build self-confidence; athletes also do better off the field. They learn goal setting, teamwork, and time management skills. Athletes are less likely to use cigarettes, drugs and alcohol; they have higher graduation rates and are more likely to attend college. Unfortunately, sports can also be a high-risk environment for misconduct, including child physical and sexual abuse. Here, we identify six primary types of misconduct:

- Bullying
- Harassment
- Hazing
- Emotional Misconduct
- Physical Misconduct
- Sexual Misconduct, including Child Sexual Abuse

Misconduct may damage an athlete's psychological well-being; athletes who have been mistreated experience social embarrassment, emotional turmoil, psychological scars, loss of self-esteem and negative impacts on family, friends and the sport. Misconduct often hurts and athlete's competitive performance and may cause him or her to drop out of sports entirely.

Supervision of Athletes and Participants

During training and competition, we strive to create two-deep leadership and minimize one-to-one interactions to create a safe training environment and to protect athletes and participants.

Appropriate One-on-One Interactions

Individual Meetings

An individual meeting may be necessary to address an athlete's concerns, training program, or competition schedule. Under these circumstances, coaches, staff members and/or volunteers are to observe the following guidelines:

- Any individual meeting should occur when others are present and where interactions can be easily observed
- Where possible, an individual meeting should take place in a publicly visible and open area, such as the corner of the boathouse or the boathouse grounds.
- If an individual meeting is to take place in an office, the door remains unlocked and open
- If a closed-door meeting is necessary, the coach, staff member and/or volunteer must inform or have another coach, staff member and/or volunteer present and ensure the door remains unlocked

Prohibited One-on-One Interactions

Expect as set forth above, minor athletes and participants will not be left unattended or unsupervised during Capital Crew activities and Capital Crew coaches, staff members and/or volunteers are prohibited from being alone with an individual athlete or participant in any room or building.

Physical Contact with Athletes

Appropriate physical contact between athletes and coaches, staff members, contractors or volunteers is a productive and inevitable part of sport. Athletes are more likely to acquire advanced physical skills and enjoy their sport participation through appropriate physical contact. However, guidelines for appropriate physical contact reduce the potential for misconduct in sport.

Appropriate Physical Contact

Capital Crew adheres to the following principles and guidelines in regard to physical contact with our athletes:

Common Criteria for Appropriate Physical Contact

Physical contact with athletes – for safety, consolation and celebration – has multiple criteria in common which make them safe and appropriate. These include:

- The physical contact take place in public
- There is no potential for, or actual, physical or sexual intimacies during physical contact
- The physical contact is for the benefit of the athlete, not to meet an emotional or other need of an adult

Safety

The safety of our athletes is paramount, and, in many instances, we make the athletic space safer through appropriate physical contact. Examples include:

- Spotting an athlete so that they will not be injured by a fall or piece of equipment
- Positioning an athlete's body so that they more quickly acquire an athletic skill, get a better sense of where their body is in space, or improve their balance and coordination
- Making athletes aware that they might be in harm's way because of other athletes practicing around them or because of equipment in use
- Releasing muscle cramps

Celebration

Sports are physical by definition and we recognize participants often express their joy of participation, competition, achievement and victory through physical acts. We encourage these public expressions of celebration, which include:

- Greeting gestures such as high-fives, fist bumps, and brief hugs
- Congratulatory gestures such as celebratory hugs, "jump-arounds" and pats on the back for any form of athletic or personal accomplishment

Consolation

It may be appropriate to console an emotionally distressed athlete (e.g. an athlete who has been injured or has just lost a competition). Appropriate consolation includes publicly:

- Embracing a crying athlete
- Putting an arm around an athlete while verbally engaging them in an effort to calm them down (“side hugs”)
- Lifting a fallen athlete off the playing surface and “dusting them off” to encourage them to continue competition

Prohibited Physical Contact

Prohibited forms of physical contact, which shall be reported immediately under our Reporting Policy include, without limitation:

- Asking or having an athlete sit in the lap of a coach, administrator, staff member or volunteer
- Lingering or repeated embraces of athletes that go beyond the criteria set forth for acceptable physical contact
- Slapping, hitting, punching, kicking or any other physical contact meant to discipline, punish or achieve compliance from an athlete
- “Cuddling” or maintaining prolonged physical contact during any aspect of training, travel or overnight stay
- Playful, yet inappropriate contact that is not a part of regular training (e.g. tickling or “horseplay” wrestling)
- Continued physical contact that makes an athlete obviously uncomfortable, whether expressed or not
- Any contact that is contrary to a previously expressed personal desire for decreased or no physical contact, where such decreased contact is feasible in a competitive training environment

Violations

Violations of this policy must be reported to the Aquatic Center Rowing Manager or Aquatic Center Director. Some forms of physical contact may constitute child physical or sexual abuse that must be reported to appropriate law enforcement authorities.

Electronic Communications and Social Media

As part of Capital Crew’s emphasis on athlete safety, all electronic communication between a coach and athlete must be professional in nature and for the purpose of communicating information about team activities. As with any communication, the content of any electronic communication should be readily available to share with the athlete’s family. At the request of a parent or guardian, any email, electronic text, social media or similar communication will include the athlete’s parents or guardians.

Facebook, Snapchat, Blogs, and Similar Sites

Coaches may not have athletes of Capital Crew join personal social media pages. Athlete members and parents can friend the official Capital Crew page. Capital Crew members who access social networking sites (Facebook, Instagram, Twitter, etc.) should act responsibly and show respect for the rights and feelings of others. Gossip insults, libelous, demeaning, derogatory pictures or comments about others, especially teammates, coaches, staff, or Capital Crew are strictly prohibited. Members and staff should exercise appropriate discretion when using social networks for personal communications with the knowledge that behavior on social networks may result in disciplinary action.

Email and Similar Electronic Communications

Capital Crew uses Google Classroom for communication regarding team information.

Electronic Imagery

From time to time, digital photos, videos of practice or competition, and other publicly obtainable images of the athlete – individually or in groups – may be taken. These photos and/or videos may be submitted to local, state or national publications, used in Capital Crew’s videos, posted on Capital Crew or Capital Crew associated websites, or offered to the Capital Crew families seasonally on disc or other electronic form. A photo release form is signed by parent/guardian as part of the registration packet.

Request to Discontinue All Electronic Communications or Imagery

The parents or guardians of an athlete may request, in writing, that their child not be contacted by any form of electronic communication by coaches (photography or videography) or not sign the photo release in the registration packet.

Misconduct

Social media and electronic communications can also be used to commit misconduct (e.g., emotional, sexual, bullying, harassment, and hazing). Such communications by coaches, staff, volunteers, administrators, officials, parents or athletes will not be tolerated and are considered violations of our Policy Manual.

Violations

Violations of Capital Crew’s Electronic Communications and Social Media Policy should be reported to your immediate supervisor and Rowing Manager for evaluation. Complaints and allegations will be addressed under Capital Crew’s Disciplinary Rules and Procedure.

Participants who violate University and Aquatic Center policies or rules may be dismissed and removed from the program.

Child Abuse Reporting Obligations

Sac State has steps to ensure that all youth program staff are aware of their responsibility to report known or suspected child abuse, but it is also important for participants and their parents/guardians to report suspicious behavior.

If you see something, say something!

If you or your child become aware of known or suspected child abuse on our campus or involving program staff or participants, please report it immediately to the University’s Police Department by calling **916-278-6000**, when outside of campus, call **911**.

Sacramento State Campus Policies

[Youth Protection for Children Under 18 - Sacramento State Policy # 13764066](#)

[Executive Order 1083](#)

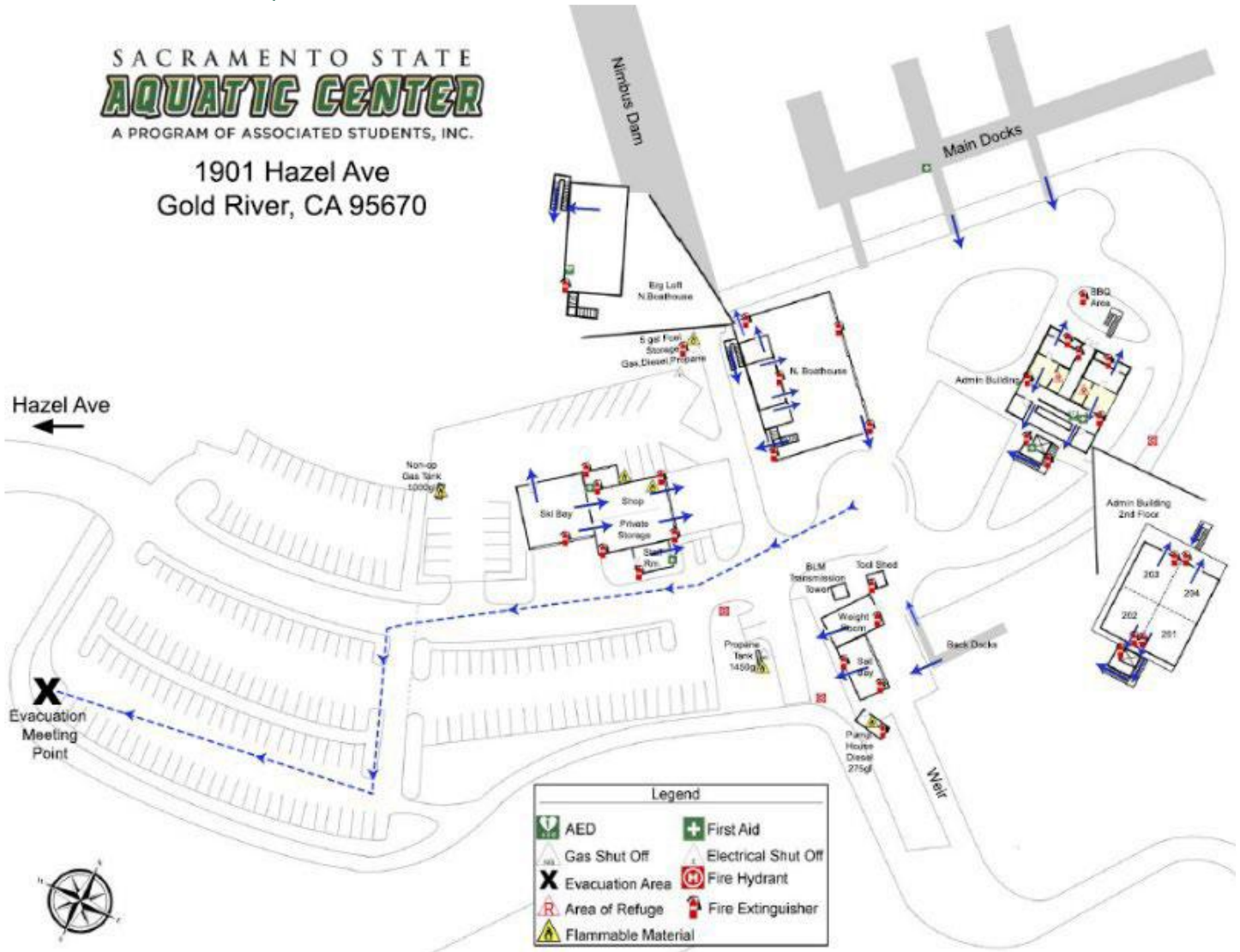
[Alcohol Beverage and Drug Policy](#)

[Student Code of Conduct](#)

SACRAMENTO STATE AQUATIC CENTER EMERGENCY EVACUATION MAP

SACRAMENTO STATE
AQUATIC CENTER
 A PROGRAM OF ASSOCIATED STUDENTS, INC.

1901 Hazel Ave
 Gold River, CA 95670



Location of Sacramento State Aquatic Center (next to Nimbus Dam)



Lake Natoma Traffic Pattern

Lake Natoma Rowing Traffic Pattern

Normal Traffic Pattern Rules:

Read the entire map carefully for additional safety and navigational information.
 See the expanded views below for additions and exceptions to these rules on race days and when the race course is installed.
 Rowing boats are not allowed on the lake unless there is at least 200 meters of visibility.
 You must be able to see the opposite side of the lake.
 Rowers use a clockwise pattern. Stay as far left as practicable and keep the shore close to the port side of your boat at all times.
 • When traveling up the lake stay on the North Shore. • When traveling down the lake stay on the South Shore.
 Overtaking boats should pass to the right (towards the center of the lake). The overtaking boat is responsible for making a safe pass and must give way or slow down as necessary.
 Be aware of your surroundings at all times. Lake Natoma is host to a variety of other boaters, swimmers and users who will not be aware of the rowing traffic pattern and "rules of the road".

Race Course Rowing Rules:

If some or all of the buoy lines for the 2000 meter race course are installed, then the following rules apply.

The traffic pattern remains clockwise and boats should stay to port. Slower boats should still stay closer to shore and faster/ passing boats should go towards the center/starboard.

- Lanes 1-4 are for rowing down the course from the start line to the finish line.
- Lanes 5 is a buffer zone and should be left open.
- Lanes 6-7 are for rowing up the course from the finish line towards the start.

These rules remain the same even if only some of the buoy lines are installed.

If only one buoy line is installed, then it is considered the center line of the lake and the normal traffic pattern applies.

Race Day Traffic Pattern:

Race Day Traffic Pattern is a special circumstance that is only in effect during major rowing events.

DURING RACE DAY PATTERN, THE ENTIRE LAKE IS ON A COUNTER-CLOCKWISE PATTERN.

- All boats will go up the Lake in the return lane (lane zero) closest to the Nimbus Flat beach.
- Boats should not cross into the racing lanes and should not row up the North Shore of the course.
- Once you pass the start line, you should not cut over to the other side. Keep the shore on your starboard side.
- All other rowing rules remain the same for the rest of the lake, but in the reverse direction.

Blades on the Lake

- Sac State Men & Women
- Sac Masters
- Capital Crew
- Upper Natoma

Other Map Labels: Negro Bar State Park, No Row Zone, 5K Buoy, Willow Creek State Park, Willow Creek Buoy, Start Line, Race Course Area In Above Cut-outs, Sac State Aquatic Center, Nimbus Flat State Park, Power Lines.

Additional Notes:

- No Passing of boats at "Texas hill" island. This is the narrowest point in the traffic pattern. Watch for boats coming in the opposite direction and use extreme caution. **DO NOT ROW ON THE WEST SIDE OF THE ISLAND.**
- All boats must turn in the 5k buoy area. Do not proceed around the Negro Bar Turn to the bridges.
- When the lake is congested with other users **REDUCE SPEED** in the last 1000 meters of the course. **NO POWER PIECES.**

Extreme Weather

Our programs are designed to operate outside. In the event of adverse weather, regularly scheduled activities may be canceled or modified. In the case of rain or other conditions that may prevent the ability to hold outdoor programming, you will be notified of the cancellation of activities. Please have a backup plan ready in the case of cancellation.

Wind

15 knots+	Sailboats not permitted on the lake
20 knots+	Rowing shells not permitted on the lake
25 knots+	Paddle craft not permitted on the lake

Weather

5-mile radius for lightning and thunder – all boats off the lake and water instructions must pause for at least 30 minutes after

Water-Air Temperature

Students should not practice capsizing drill or be in the water if the combined air and water temperature is below 110°F.

Lake Contaminates

Any sewage reported – all boats off lake

Air Quality

When air quality is unsafe for staff, students, renter and the public the AC will close.

Air Quality Index (AQI)	Color	Description	Practice/Competition Restriction Recommendation
0-50	Green	Good	Air quality is satisfactory and air pollution poses little or no risk
51-100	Yellow	Moderate	Air quality is acceptable, however student-athletes with respiratory illnesses should be closely monitored
101-150	Orange	Unhealthy for sensitive groups	Those student-athletes with respiratory illnesses should be removed from outside activity
150-200	Red	Unhealthy	Those student-athletes with respiratory illnesses should be removed from outside activity. All other student-athletes should be closely monitored
201-300	Purple	Very Unhealthy	ALL student-athletes should be removed from outside activity
>300	Maroon	Hazardous	ALL student-athletes should be removed from outside activity

Lake Closures

The first core value of the Aquatic Center is to assure the public a safe environment. For this the lake will be closed on occasion for safety reasons. If this happens, a supervisor will make the call whether or not the lake will be closed. The Sac State Aquatic Center will close access to our docks and the water front in the following conditions:

WATER RELEASE GUIDELINES SET BY CALIFORNIA STATE PARKS

The following procedures will be in effect when water release from the Folsom and Nimbus Dams exceeds 7,000 CFS and is below 20,000 CFS.

1. All AC launching must be approved by manager and logged with the front office.
2. The GO Dock Is Closed to all launching
3. Launching can also take place at the back docks and/or beach.
4. For rowing only fours, quads, and eights will be allowed on the water and must have a safety launch.
5. All launches must have 2 (two) personnel, 1 (one) driver + 1 (one) safety/rescue on board and they must be wearing visible PFDs (Type III or V). (+18,000 CFS)

6. All launches must have all safety/rescue equipment on board (PFDs, throw ring, throw rope, blankets, first aid kit, Nextel/cell).
7. On water emergencies - always contact the front office at (916) 278-4052 Or (916) 393-0911 AC EMS Only Line.

Aquatic Center Operations Guidelines

7,000+ CFS Check with the front office on weather, wind condition, fog, and predicted water flows. Lake Access is restricted for novice paddlers and rowers. Contact Rowing Manager for approval.

10,000 CFS Aquatic Center Closes Go Dock

15,000 CFS Small rowing shells allowed for experienced/competitive/approved rowers by Rowing Manager only

18,000 CFS Aquatic Center Closes SAC Dock. No Boats other than 4 and 8 and Outrigger must be accompanied by a safety launch.

20,000 CFS Lake Natoma Closed to All Boaters Willow Creek to Nimbus Dam

30,000 CFS Lake Natoma Closed to all boaters

The Aquatic Center reserves the right to close access to the lake when conditions such as flow and weather effect safety. These restrictions are subject to change by Aquatic Center and/or California State Parks.

Feedback

We love to hear from our Athletes and parents. Please feel free to contact us at any time to provide feedback.

Should you have any issues or concerns, the Front Office is located in the main admin building next to our rental kiosk and across the main turf. Our email is aquaticcenter@csus.edu and our phone number is 916-278-2842 #9.

Required Youth Camps and Youth Group Forms

[Capital Crew Athlete Information Packet](#)

[Liability Waiver for Sacramento State Aquatic Center](#)

[ASI Photographic, Visual, Audio, Image Release](#)

[Rules and Regulations Acknowledgement](#)

[Medical Consent Form](#)

[Capital Crew Code of Conduct](#)

[Capital Crew Social Media Agreement](#)

[Liability Waivers for Youth Groups](#)

Other Helpful forms

[Booster Financial Assistance Application Form](#)

[Aquatic Center Financial Assistance Application Form](#)

Sacramento State Aquatic Center

1901 Hazel Ave.

Gold River Ca 95670

(916)278-2842

www.sacstateaquaticcenter.com

www.sacstateaquaticcenter.com/post/youth-rowing-programs