

2024 Getting Started Guide



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Welcome to BCR!

Thank you for joining in the camaraderie and commitment to our community that defines Berkshire Community Rowing. We hope that you enjoy many great rows with us and that you spread the word about what we do to bring rowing to the Berkshires.

Our 2024 Crew:

Head Coach and Director: Becca Cadoff

Assistant Coaches: Ted Humphrey, Randy Oberle, Eric Hatcher, Don Roche, Mike Piotrowski, Jon Hunt, Adam Pomerantz, Patrick Dent, Foster Savitsky, Maya Tait, Sofia Bove', Myer Liebman, Kyle Gwilt

Board of Trustees: Connell McGrath, Randy Oberle, Chris King

Dockmaster: Loren Paduano

Two Ways to Participate

Coached sessions (e.g. Learn-to-Row classes, Masters (adult), Juniors (youth))
Membership without coaching (Reserve a club boat and row on your own)

General Boathouse Information

The following information is very important and up to date as of June 2024. Terms may change, so please help us by remaining flexible.

- The staffed hours of operation for the boathouse are 6:00 AM to 10:00 AM Monday, Wednesday, Friday, Saturday and 6:00 AM to 9:30 AM on Sunday.
- **Please be aware that in the Summer, Juniors practice starts at 9 AM on weekdays. We strongly encourage Masters to be off the water by 9; the dock gets very busy after that and there may not be a convenient place for you to dock.**
- High winds, fog and storms will affect boathouse hours. Notifications are sent out via Remind (see below).
- Information and club news is available at berkshirecommunityrowing.org.
- Please like us on Facebook. Search for Berkshire Community Rowing (Berkshire

Rowing and Sculling Society a/k/a BRASS is our original name).

Contacting Us

The best way to contact us is to send an email to info@berkshirerowing.com. You can also call the boathouse phone, but this method is notoriously unreliable: (413) 442-7769.

Membership Options

- Everyone who uses BCR facilities must have a current membership or be in a program before they participate.
- A detailed list of Membership options and programs is available at [RegattaCentral>Clubs>Berkshire Sculling...](#) See more details below for how to sign up.
- Any membership that includes coaching also comes with a full membership to the Pittsfield YMCA. Once you register for your program, fill out a waiver for the Y, and we will put your name on their list. Go to the Y to get a card, and then use all the facilities!
- When practices cannot be held on water due to weather, they will take place at the YMCA.
- Membership fees may be prorated on a case-by-case basis. Email us to discuss.
- **Our juniors programs** run by season. See details below for how to sign up. Juniors cannot row outside of practice hours or without coaches.

Scholarship Policy

BCR does not want money to be a barrier to participation. If you want to join us but cannot afford the fees, please contact scholarships@berkshirerowing.com and your request will be handled anonymously and with tact.

Members Bringing Guests

- Members are encouraged to bring guests. Guests of members may use club equipment and facilities at no charge for a single visit per year; guests who row more than once must purchase a membership or program.
- Each member may bring up to four guests a year, but may not bring the same guest more than once.
- Guests must sign liability waivers before rowing.
- Guests who row at other clubs and are visiting from out of town are welcome to row with us! Email us to make arrangements.
- Please bring a sticker from your club for us to put on our wall, and we'll give you one of ours!

Joining BCR and Registering for Memberships and Programs on RegattaCentral

RegattaCentral.com is our registration and boat reservation platform.

1. Go to RegattaCentral.com. If you already have a RegattaCentral account, **do not log in** to join a program or membership. First...
2. Click the "Clubs" tab and scroll down to select—Berkshire Sculling Association.
3. Click the various categories (memberships, programs, learn to row) to find what you are looking for.
4. Click either the Join/Renew or Register button for what you want to register for, and you will be taken to the next screen.
5. You will see an option to sign in or create an account. Once you do that...
6. You'll see a drop down that reads "Select Participant." In most cases you will select yourself, but if you are registering an additional family member, click the "Add Participant" hyperlink and add their information.
7. Click the "next" button and fill out the information on the next screen. Hit the "next" button again.
8. On the payment page, you may pay via credit card or PayPal. You can also pay by check by selecting the "Check Pay" option. We must receive your payment before your first row, unless you've made other arrangements with us by email.

9. You will receive a registration confirmation email from RegattaCentral.

Reserving Boats on RegattaCentral

Once you have a club membership on RegattaCentral, you can follow these steps to reserve boats. Please allow us at least 24 hours to add your membership into our reservation system.

1. Log into your RegattaCentral account. You should be on the home screen already, but if you aren't, click the "Home" tab in the navigation bar to get there.
2. Click on blue Reservations link.
3. Click New Reservation and fill out the requested information.
4. You may only reserve a boat for one hour, and you may not reserve more than one boat per day.
5. PLEASE – if your plans change, cancel your reservation as soon as possible, even on the morning of your row.
6. Members may simply show up during boathouse hours without a reservation, but we cannot guarantee your shell of choice.

REMIND for Boathouse Hours Text and Email Notifications

BCR uses a system called Remind to send notifications to its members regarding boathouse hours. These notifications are typically weather alerts, boathouse closings, delays in opening, fog reports, etc.

- To receive text notifications, send a text to 81010. In the body of the text type @brass787.
- To receive email notifications, go to remind.com, click sign up and select the student option. Enter your email and register for our "class" using the code @brass787.

NOTE: Coached programs use a separate communication app regarding practices (which often take place outside of boathouse hours and only include coached athletes). You will receive this information when you register for a coached program.

Boathouse and Lake Rules

- Reserve a boat before you arrive. Please arrive 5 or 10 minutes early as the one-hour boat reservation starts at the time you've reserved. You may row for the full hour, but leave enough time at the end of your row to clean the boat and help put it away. If you arrive late, the boat is still due back an hour after the beginning of your reservation.
- When arriving at the boathouse for the first time, fill out our Liability Waiver. If you are new to the club but have some rowing experience, prior to your first row you must take a tour of the lake with an experienced club member, as there are hazards and lake rules that we follow. Please drop us an email and we'll arrange for somebody to row with you.
- We follow the Hundred Degree/Four Oar Rule. If the combined water and air temperature is below 100°, there must be a minimum of four oars on the water (i.e., no singles or pairs) and life jackets (provided) must be in shells at all times. Athletes may use a life jacket at any time if they choose.
- When rowing singles, stay within 100 meters of shore unless you have passed a flip test or are accompanied by a coach in a safety launch.
- Wear high-visibility shirts: neon green, yellow, pink or orange.
- From May 15 - September 15, athletes do not need to bring a life jacket in the shell.
- Other seasonal rules may be in place, so please check in boathouse staff.
- Check in with boathouse staff before every row. They will enter your name and boat on the daily sign-in sheet.
- Row counterclockwise around the lake staying close to shore.
- Share the lake and be courteous to other boaters.
- Watch out for swimmers!
- Once you've finished your row, wash the boat and oar handles. Rinse and towel them.
- Help staff get your boat back in the house unless they tell you it's not necessary.

Zebra Mussel Policy

If you bring your own boat to Onota, please wash it thoroughly before your first row and after you leave to row elsewhere.

Volunteer Requirements; 10 hours per season per member

BCR relies on its members' generosity and investment in our club to sustain itself. There are plenty of ways to volunteer:

- **Serve on the Board of Trustees.** Email us for more information.
- **Serve on a Committee.** We have four committees: Outreach (events & marketing), Finance, Infrastructure, and Development (fundraising). We need more members on each committee. Learn more about each committee online, and email us if you are interested in joining a committee.
- **National Learn to Row Day** is an annual event in early June with volunteer jobs for members of every skill level. It takes a fair amount of planning, a lot of good spirit, and as many hands on deck as possible!
- This year, we need to do a LOT of cleaning and organizing at the boathouse. If you have a half day to help us, email us and we'll find an appropriate volunteer opportunity at a mutually convenient date and time.
- We also need to **repaint all our oars!** This requires a lot of work, a lot of steps, precision, and patience. If you want to come help out at an "oar painting party," make sure you are on our email list for those announcements.
- **Our boats need some TLC.** If you want to learn about boat maintenance and care, sign up to help us repair and make small improvements to our fleet.
- Bring a few dirty towels home from the boathouse, and bring them back nice and fresh! (15 mins volunteer time)
- **Bring us an idea** for a fundraiser or event or campaign that you would like to sponsor! Email us to discuss the idea.
- We will post additional volunteer opportunities on our website and at the boathouse, as they come up.

Once you volunteer, please log into RegattaCentral and select the "volunteer" tab. Select 1, and then on the next page, type:

1. The number of hours you volunteered (rounded to the nearest 15 minutes)
2. The date you volunteered
3. What you did

For example:

4.25 hours, June 2, Learn to Row Day

Version Date: July 9, 2024