

Practice Parent Document

Beginning of practice

- Both
 - Combine into one car (we do this consistently well, thank you!)
 - Take ONLY rowers that have coach approval in the car with you
 - Sign in at dock master's house
- Parent 1 (take care of the rowers)
 - Grab 3 black shoe baskets (laundry baskets) from back of boathouse
 - Hickory tends to use their white ones. If we use our black ones, it's easier for the rowers to differentiate.
 - Take baskets to rowers' dock, **leave in one stack** in the middle of the dock, side opposite what the rowers use
 - Move "duck gate"
 - set ballasts away from the side where the boats enter the water
 - Go help Parent 2 with the coaches' launches until the rowers start launching.
 - As GB rowers fill a basket with their shoes & clothes, take the full basket and move it out of the way.
 - The empty baskets remain stacked until they are filled.
 - Just because Hickory spreads out their baskets, doesn't mean we copy them.
 - If one basket is available, the rowers only have one choice, & there stuff doesn't get mixed with other boats.
- Parent 2 (take care of the coaches)
 - Place the stern plugs & get launches into the water
 - Load the launches
 - TWO bags of life jackets
 - TWO seat cushions
 - One crate (the one labeled to match the launch)
 - One paddle
 - One gas tank (the one labeled to match the launch)
 - Turn on the launch lights
 - Bonus- this will be helpful as the weather is colder & the launches need time to warm up.
 - Lower the motors into the water
 - Connect the gas lines
 - Start the motor
 - Double Bonus
 - Turn on 2-way radios
 - Turn on marine radio, ch13 (launch 1 only)
 - Keep electronics out of the rain (either in shed or plastic bags)
 - Triple Bonus
 - Fixing things that aren't working
 - Replace radio batteries
 - Replace launch batteries

- Replace bull horn batteries
- Make lights work when they don't want to, but should

During practice

- Parent 1 & Parent 2
 - Set out slings
 - Coordinate with Hickory, 3 sets seem to be enough
 - One towel per sling is sufficient
 - Set up hose
 - There is a time of year when the water is off. Don't set up the hose those days.
 - Monitor radios (2-way & marine) & communicate with coaches what they need to know
 - Socialize with other practice parents, avoid other practice parents

End of practice

- Parent 1 (take care of the rowers)
 - Set the baskets back toward the middle of the dock
 - Help the boats arrive to the dock safely
 - Keep boats from hitting the dock. You are allowed/encouraged to reach down, grab the boat, & push it away from the dock to prevent damage.
 - You are also allowed to grab the oars and use them to help pull boats closer to the dock.
 - Please keep the oars **BELOW** your **KNEES**. Lifting the oars high traps the rower & starts to flip the boat. If you are a rower, this is an uneasy feeling, to say the least.
 - Help Parent 2 with retrieval of coaches
- Parent 2 (take care of the coaches)
 - Help coaches store launches & equipment
- Both/Either
 - Make sure everything is turn off, closed, & locked as necessary
 - Remain in the parking lot until all rowers have been picked up

In the event there is only one Practice Parent, the priority is to the rowers. Take care of the rowers first & the coaches afterwards.

- Before
 - Rowers' dock
 - Set out shoe baskets
 - "Open" duck gate
 - Coaches' launches
 - Stern plugs in & load the launches
 - Launches into the water
 - Turn stuff on (motors, lights, radios)
- During

- Same
- After
 - Rowers' dock
 - Set out shoe baskets
 - Help boats dock until there are rowers available to do that job
 - Coaches' launches
 - Same