



Dolphin Club Rowing Training and Certifications

Rowing is not only an exceptionally good form of exercise, it is a foundation activity for the Dolphin Club, and all club members are encouraged to become certified rowers and to participate in our rowing events.

Dolphin Club members row in three different venues/contexts. Each has its own requirements. Some members row in one exclusively and others participate in all three.

1. Wooden "Heritage" boats at the main clubhouse
2. Open-water rowing shells at the main clubhouse
3. Flat-water shells at the Lake Merced boathouse

Certification Requirements:

Only *current Dolphin Club members* who have been certified for boat use may use Dolphin Club boats and rowing facilities.

1. Wooden Boats (and other "Heritage" boats):
 - a. Regular Rowing Training class at the club
 - b. Six practice rows within the cove
 - c. Attend at least one "Boat Night" on Tuesday evenings
 - d. Written test of club rules, boat knowledge and tide and current calculation
 - e. On-the-water test of boat skills

The Dolphin Club Rowing Training class is offered monthly, usually on the third Saturday of the month. All prospective rowers are asked to take this class in order to become familiar with our rowing program and procedures, even if you do not intend to row the wooden boats.

2. Special Wooden Boats (Vikings)
 - a. At least 50 launchings and recoveries after Wooden Boat certification (see above)
 - b. Special Viking Certification class

This training is provided to individuals on an as-needed basis.

3. Open Water Shells
 - a. Take regular Rowing Training class
 - i. If no prior shell rowing experience, complete wooden boat certification and gain some experience rowing outside the cove.
 - b. Shell-rowing training/orientation and certification class
 - i. May require multiple classes over multiple days

Training in the Open Water shells is offered to experienced rowers in the early morning before the regular rowing training class, or can be scheduled at other times by arrangement with the trainer. Only one or two can be trained at one time, so prior arrangement is required.

4. Lake Merced Rowing
 - a. Open Water Shells certification process (see above)
 - b. Lake Merced orientation at that boat house

Our Lake Merced facility houses member's personal boats along with several club boats, which are available for club members certified as shell rowers.

Rowing Practice Opportunities:

1. **Fourth Thursday row:** On the 4th Thursday of each month a group of Dolphin Rowers meets at 6:30 am at the boat house to enjoy a group row out of the cove. All Dolphins who have taken the Rowing Training (whether or not they have completed certification) are welcome to join. Beginners may be placed in a double with an experienced rower to get extra experience. This is a chance to meet other rowers, get some good practice, and get some experience outside the cove.
2. **In cove practice sessions:** At 8am before the regular Rowing Training class, rowers looking for some practice and a little help are invited to come down and row as a group. Get help launching and recovering, get tips and reminders, and meet other rowers.
3. **Personal mentoring and help:** If you would like to get some additional instruction or just get some experience under the supervision of one of the trainers, email one of the club rowing trainers listed in this document. We are often available to meet and join in some rowing practice at times of mutual convenience.

Boat Night:

Every Tuesday evening, beginning at 6:00 pm, club members and other wooden-boat enthusiasts gather in the boat shop to do important maintenance on our fleet. Volunteers work under the supervision of our Master Boat Builder, Jon Bielinski, from 6 to 9pm, after which we share a "family style" meal together in the boat house. The evening is fun, social, and educational, but can get dirty; come prepared to sand and/or varnish. You are welcome to bring a non-member friend. You need know nothing of woodwork or boat building, just bring your enthusiasm.

Other Boating Training:

1. **Piloting a Club Swim:** Certified rowers are encouraged to participate in club swims as a pilot. No special training is *required* to pilot from one of our Whitehalls, but you should speak to a rowing trainer about piloting and the demands of the particular course (some are quite long and demanding) before participating. There is no better way to become involved in club activities and meet other members.
2. **Piloting in Kayaks or the Powered boats:** We also pilot swimmers from kayaks and, importantly, from our inflatable powered boats. There are special training courses for both.

Rowing Training Contacts/Mentors:

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