

ROWING POLICIES

THE FOLLOWING POLICIES

- THERE ARE 10 ROWERS AVAILABLE FOR EACH CLASS (UNLESS OTHERWISE NOTED DUE TO MAINTENANCE).
- ROW PASSES WILL BE AVAILABLE TO PARTICIPANTS **20 MINUTES BEFORE CLASS**. PARTICIPANTS ARE ONLY ALLOWED TO PICK UP ONE PASS, THEY CANNOT PICK UP A PASS FOR ANY OTHER PERSON (THIS INCLUDES SPOUSES, SIBLINGS, SIGNIFICANT OTHERS OR CHILDREN). THE WELCOME DESK STAFF WILL HAND OUT THE 10 LAMINATED TICKETS IN ORDER AS PARTICIPANTS SHOW UP FOR THE CLASS.
 - We do ask that there is no loitering in the lobby area around the front desk, if you are early please be respectful of front desk staff and their need to answer phone calls, check members in, etc.
- THE INSTRUCTOR WILL COLLECT TICKETS AS THE ROWERS ENTER THE CYCLING ROOM OR DURING WARMUPS. IT IS THE INSTRUCTORS RESPONSIBILITY TO COUNT AND RETURN ALL OF THE TICKETS TO THE WELCOME DESK AFTER CLASS. THE INSTRUCTOR SHOULD REPORT ANY MISSING TICKETS TO THE WELCOME DESK ATTENDANT SO THEY CAN MAKE A NOTE FOR JOHANNA.
- **WELCOME DESK ATTENDANTS MUST SERVE THE NEEDS OF ALL CUSTOMERS; THEREFORE YOU MAY HAVE TO WAIT IN LINE TO OBTAIN A TICKET. PLEASE BE PATIENT AND POLITE WHILE WAITING.**

The Quincy Family YMCA reserves the right to change the rowing class signup process if there becomes a problem. Any changes to the process will be communicated with all rowing participants well in advance of any changes.

QUINCY FAMILY YMCA ROWING SAFETY GUIDELINES

- **ATHLETIC SHOES ARE REQUIRED.**
- ROWING PARTICIPANTS ARE ENCOURAGED TO BRING A TOWEL AND WATER BOTTLE TO **EVERY** CLASS.
- SOME INSTRUCTORS ENCOURAGE ROWING PARTICIPANTS TO BRING AND WEAR A HEART RATE MONITOR. DURING CLASS, HEART RATE MONITORS HELP TO GAUGE WHETHER OR NOT YOU ARE WORKING OUT AT YOUR MAXIMUM HEART RATE TO BURN THE MOST OPTIMAL AMOUNT OF CALORIES.
- **PARTICIPANTS ARE NOT ALLOWED IN A CLASS AFTER 5-MINUTES HAVE PASSED FOR YOUR SAFETY AND THE SAFETY OF THE CLASS.**