

LAKE RIDGE PARK and BOATHOUSE RULES

The rules listed below are specific to rowing at Lake Ridge Park. Please read and sign the bottom of this form stating you understand and will abide by these rules. The purpose of these rules is to ensure the safety and enjoyment of rowers and all other park visitors.

1. Rowers are to be dropped off and picked up in the upper parking lot. **Parents MAY NOT drop off or pick up rowers at the boathouse parking lot.**

(Exception—rowers may be picked up in the lower lot if there is thunder/lightning in the area. Rain without lightning is not an excuse to pick up rowers in the lower lot.)

2. Rowers must walk down the crew path by following the sign in the upper parking lot. If rowers walk alongside the road, they must walk in single file and stay to the side and off the hardened road surface wherever possible.

3. All drivers in the park must adhere to the 25 MPH speed limit. Park rangers do have the authority to issue citations and ban individual drivers from the park if there is a violation.

4. Foul language will not be tolerated by anyone in the park. Remember this is a public park and there are young children around.

5. Trash is to be deposited in one of the many trash cans located at the boathouse and throughout the park.

6. Rowers are to meet or wait for their rides in the upper parking lot. Rowers may not go to the playground, the restrooms in the woods or anywhere else in the park without permission.

7. **Parents are expected to pick up rowers on time. Rowers who drive themselves are to leave the park immediately after practice.**

8. Rowers will not be permitted in the park unsupervised.

AT THE BOATHOUSE

- Do not touch, move, or handle anything until told.
- Rowers must carefully follow the instructions of the coaches and coxswains, both to protect themselves and to safeguard the equipment.
- The rower will be responsible for replacing/repairing equipment that is broken because of failure to follow instructions.
- No swimsuits or jewelry are allowed. They can be a safety risk.
- No swimming is allowed in the Occoquan.

Rower's Name

Rower's Signature / Date Parent's Signature / Date