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OIRA Physical and Emotional Expectations Policy

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In order to ensure the safety of all participants in the OIRA youth rowing program, rowers need to:

1. Have the **physical ability** to participate in strenuous practices, lift and move equipment safely, and keep themselves safe in and on the water.
2. Have the **mental maturity** to follow directions, take care of equipment, and hold themselves accountable for their performance.
3. Have **sound judgment** and an ability to make good decisions in high pressure situations.
4. Demonstrate a **good attitude** when subjected to rigorous physical and mental demands and behave in a positive and cooperative way toward teammates and coaches.

Rowers must be able to:

- Competently pass the annual swim test, including being able to pull themselves out of the pool or onto the dock without the use of the ladder or any other assistance.
- Run around Cascade Lake without walking or stopping.

Coaching Staff Responsibility and Authority:

- At practices, a coach may restrict any rower from participating in any activity if, in their judgment, allowing participation would jeopardize that participant's safety or the safety of any other participant.
- With the concurrence of the majority of the coaching staff, the head coach may cut a rower from the program if they are not able to meet the safety standards set forth in this policy.