



“Building Long Island’s Rowing Tradition”

P.O. Box 248, Oyster Bay, NY, 11771 • (516) 714-3247

Personal Trainings Protocol

Starting on April 1st, 2015, **ALL trainings** must be scheduled through the program director

- The program director will match clients with the trainer of your preference. If no preference is given, a coach will be assigned based on schedule availability. Only in the instance that no assistant coaches are available should the head coach/program director take on private trainings; this must be done with approval from a designated board member.
- **“2 in the BH rule:”** Private Lessons must happen while a 2nd coach/staff/designated board member is present in the boathouse with the following exception
 - Any coach and athlete may partake in a 1-on-1 training, un-supervised in the boathouse, as long as the parent has given written email acknowledging awareness of the environment & the program director is aware of the start and end times of these trainings.
- Coaches, Staff, and Designated Board Member should be available to communicate via email and respond within 24 hours if they are already planning on being in the boathouse (to satisfy our 2 in the BH rule); lack of response will be considered not available.
- Any trainings found to happen at the boathouse or using SRA equipment without approval from the program director will take the following progression:
 - 1st offense: Client--Loss of Rowing Privileges for 1 week; Coach--Loss of Session Pay
 - 2nd offense: Client--Loss of Membership; Coach--Termination
- Trainings that do not happen at the boathouse/do not utilize boathouse equipment are NOT sanctioned SRA training sessions. SRA will not be responsible for bookkeeping or insurance for those sessions.
- Private Lessons for non-members will be \$100 dollars for 90 minutes
- Private Lessons for members will be \$80 dollars for 90 minutes
 - Price increase reflects cost of gas, insurance, overhead, and equipment use that has previously gone unpaid
 - 20% will go towards the club overhead, 80% will go directly to the trainer.
- Conflict of Interest Clause
 - Any new junior rowers who join the program and want private trainings will be assigned a coach that is NOT their On the Water coach.