

## NRC BOAT USAGE GUIDELINES

<b>BOAT</b>	<b>USERS</b>	<b>WEIGHT RESTRICTION</b>	<b>NOTES</b>
<b>RECREATIONAL</b>	<b>New rowers (1 – 2 years experience)</b>		
Osprey		no restriction	
Cygnets		no restriction - small footstretcher	
Troup		130 kg	
Grohman		130 kg	
Kokanee		130 kg	
Sitkum		130 kg	
Taghum (Literiver)		110 kg	
Lasca (Literiver)		110 kg	
Nasookin (Literiver)		110 kg	
<b>RACING SINGLES</b>	<b>Experienced rowers (3 or more years)</b>		
Jaws I		145 lbs./65 kg	in rough conditions, turn around; in bad weather go to shore and leave boat on beach
Jaws II		145 lbs./65 kg	see Jaws I
Carbo	Suitable for novice rowers, especially with pontoons	heavyweight single	
Loomer	authorized only	heavyweight single	<b>high-value boat</b>
McMurphy	authorized only	130 lbs./59 kg	<b>high-value boat</b>
Dominique Preney	authorized only	170 lbs./77 kg	<b>high-value boat</b>
Kim Shea	authorized only	154 lbs./69 kg	<b>high-value boat</b>
<b>DOUBLES</b>	<b>New + Experienced rowers</b>		
Ducky		lightweight double	
Wong		heavyweight double	
Don Arnold		heavyweight double	
Kootenai	Experienced rowers only	mid-/heavyweight double	<b>high-value boat</b>
<b>QUADS</b>			
Columbia (recreational)			
Swan (racing)			

### **NRC members authorized to row our high-value boats:**

Wolfgang ANTON, Aaron BECK, Chantal BOISVERT, Ellie HEDGES, Jen KING, Sophie DEPAUW, Danielle DE ST. JORRE, Maurice DE ST. JORRE, Kurt EDMUNDS, Varun HOGADE, Petra KROMER, Andrea LEVIN, Alexandra FORSYTHE, Dominique PRENEY, Kim SHEA, Narelle SOOKORUKOFF, Alison TALBOT-KELLY, Sadie YANCEY

Last updated May 2022

If you would like to row any of our high-value boats and you are not on this list, please contact our coach (currently Kimberley Shea). She will refer you to an experienced member who will take you out on the water to make sure you have the rowing experience required to row these boats. Please keep in mind that the reason for this rule is solely to protect you from injury and our high-value boats from any unnecessary damage.