

Getting to the Marina Aquatic Center :

We have limited parking so please allow extra time to park offsite see www.marinaaquaticcenter.org/Directions/index.htm

What to Bring (and NOT Bring) to a Sculling Class.**Overview**

We want you to enjoy your sculling class at the MAC and being warm and comfortable, particularly during the cool winter months, is a must. Sculling is a water sport and as such, you should always bring a change of clothes, just in case. **Additionally, the Sculling 1 class includes a capsized recovery requirement, so you will get wet in one of the classes.** Please take a look at the following suggestions so you can be prepared for the class.

Clothing

The object is to be warm and comfortable on the water because it won't be fun if you are cold! Remember that even when it is warm inland it can be 20 degrees cooler at the MAC. As with most physical activities, the best approach is layers of clothing. Wear workout clothes (shorts, tights, t-shirt) with a jacket or windbreaker that can be removed if you get too warm. It's easier to remove an extra layer than not have one to add. Don't wear anything too loose or bulky; they will just get in the way and may catch on an oar handle. The best fabric is one that dries quickly or wicks the water away or keeps you warm even when wet, avoid cotton if you can. Sweatshirts can also be a problem and are sometimes referred to as "suicide suits". They don't do anything to keep you warm once they're wet. Synthetic fleeces are generally better at keeping you warm even when wet.

Please keep in mind that you are likely to get wet and might even get soaked. Always bring a dry change of clothes.

Shoes

Wear close-toed shoes with some type of non-skid soles. During the class, you'll be walking and moving boats on a wet dock that has other boats and equipment on it. We want you to stay upright and not jam your toes on something. Keds[®] or Converse All Stars[®] and similar types of shoes work just fine. Shoes to avoid are sandals, Tevas[®], flip flops, hard soled shoes, hiking boots, and expensive designer shoes (they will get salt water on them).

Most of our scullers row in their socks or bare feet since most shoes do not fit in the "foot stretchers" (you'll learn about this in the class). An alternative to bare feet is "surf socks". These are the rubberized slippers that many divers and surfers wear. If you have them great, but don't rush out and buy a pair just for the sculling class.

Miscellaneous

Bring a towel with your change of clothes and a padlock to secure your gear in one of our lockers. We also have showers to rinse off the salt water.

Be prepared to protect yourself from the sun. In the summer and fall, the mornings can be bright and warm. Always bring sun screen, a hat and sun glasses with you, even if they stay in the car on the cooler mornings. Use a Croakie[®] or some other device to keep your glasses on your head (an old shoelace and/or rubber bands are an inexpensive way to be retro geek-chic and hang onto your specs). Bring a bottle of water to keep from getting thirsty – you can get dehydrated quickly on the water.

Review the Rowing Manual in advance so you will have an idea of the material that is being covered in class. The Rowing Manual is available online as a PDF file at:

http://www.recreation.ucla.edu/site_pdfs/MAC/Rowing_Manual.pdf

Be well rested for your class. You'll be learning a lot and sculling can be physically demanding!

What Not to Bring

Leave anything particularly valuable like expensive jewelry on shore, preferably home.

Flotation is inversely proportional to value! Leave your electronics (cell phones music players, etc) on shore. If you wear a watch, make sure it's water proof.

Remember, be prepared to get wet!

Be prepared to have Fun!



The goal of the class is to qualify you so that you can rent and safely row a single scull at the MAC. The requirements for qualifying are:

- Pass a multiple choice written test at the end of the class,
- Pass a capsize recovery,
- Demonstrate that you can maneuver and row a boat in a safe manner.

During the class, the Instructor will work with you so that you are prepared for each of these requirements. The capsize recovery is normally done at the end of the second class and involves getting back in the boat from the water, so be sure to have a towel and change of clothes. Further, since sculling is a water sport, I encourage you to always be prepared with a towel and a change of clothes.

This is a very compact schedule and it's important that you attend each session.

Prior to the first class, please be sure to look at the Rowing Manual at

http://www.recreation.ucla.edu/document_preview.aspx?uid=271

Sculling is a great activity and the weather in Southern California allows us to do it throughout the year.

I hope you find sculling as enjoyable as I do. If you have any questions, please give me or the MAC office a call.

I look forward to seeing you on the water.

Dennis Labriola
Head Rowing Instructor
denlab@verizon.net

Refunds or Transfers:

Please contact mac@recreation.ucla.edu or call 310-823-0048

Refund requests received at least 3 weekdays prior to the first class meeting(Wednesday before by 12noon)are eligible for a 90% refund or 100% transfer towards another class in the same quarter. **There are no refunds or transfers after this point.**

- No refunds or deferments are honored after the request deadline.
- If a class is cancelled, you will be eligible for a full refund or deferment.
- All refunds are processed through UCLA General Accounting. Refund check processing requires 4 to 6 weeks.

Swimming Proficiency

To participate in any water-based activity, you must be "water safe," able to swim 100 yards and tread water for 5 minutes, and capable of calmly handling yourself in the water. If you have any question as to whether you are "water safe," we encourage you to take advantage of a complimentary swim test, offered at any one of the campus pools during open swimming hours. Coast Guard approved personal flotation devices are provided by the Center and are required to be worn during the following activities:

- sailing
- canoeing
- kayaking
- monohull sailing
- catamaran sailing
- at the instructor's or dockmaster's discretion

Lifejackets are also available upon request for rowers and windsurfers during rentals and lessons.

Important Please Read

- Injuries to participants in watercraft programs may occur from risks inherent in the sports or activities, from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques, from failing to follow training, safety or racing rules; and from the administration of first aid.
- For example, you might slip and fall; you might be struck by a part of a boat; your boat may capsize and/or you might be thrown overboard into cold water; or you might be injured in a collision if your boat hits another boat, or runs into an obstruction or the shore.

- Boating can be fun, relaxing and enjoyable. By observing rules and boating etiquette and demonstrating care and caution for yourself and others, you will reduce your exposure to injuries and help insure that your boating experience is a pleasurable one.
- You will be asked to sign a release on the first day of your course, stating that you are watersafe (see swimming proficiency statement) and understand the risks involved in boating.

[**www.recreation.ucla.edu/mac**](http://www.recreation.ucla.edu/mac) 