

QUINSIGAMOND ROWING CLUB

MEMBERSHIP MANUAL



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SECTION I - MEMBERSHIP

MEMBERSHIP

The Quinsigamond Rowing Club (QRC) is a 501(c) 3 charitable organization that strives to provide quality, community-based rowing for its adult membership, aged 18 and over. The QRC accepts members without regard to race, gender, age, religious affiliation, or sexual orientation pursuant to its bylaws.

MEMBERSHIP CATEGORIES

- **Associate Member** – Entitles member to participate in QRC functions and events and gain entry into all QRC sponsored regattas.
- **Rowing Member** – Entitles member to use all QRC-owned rowing equipment located in bay 8 and the clubhouse facilities at the Donahue Rowing Center.
- **Bay 3 Rack Member** – Entitles member to use all QRC-owned equipment, except singles. This category is intended for those who keep a private boat stored in bay 3 at the Donahue Rowing Center and who pay annual rack rental fees directly to the town of Shrewsbury.
- **Bay 8 Rack Member** – Entitles member to keep a private boat stored in bay 8 and use all QRC-owned rowing equipment, except singles.
- **Coxswain Membership**– For coxswains only. No rowing, reservations or voting privileges.
- **Coach Membership**– For QRC coaches only. No rowing privileges. No voting rights

JOINING THE QRC

The membership process is as follows:

- Submit a membership application in paper or electronic form.
- Sign a USRowing waiver.
- Determine membership category and pay the corresponding fees.
- Attend a bay orientation that provides an overview of the QRC and discusses what is expected of its members. The orientation reviews the policies of the club in regard to safety, equipment usage, boathouse conduct, liability, facilities usage, and navigation patterns.
- Participate in a swim test or provide suitable documentation of swimming ability.
- Watch the USRowing Safety DVD.

BAY 8 ACCESS CARD

- Members in good standing are eligible to receive an access card. The member is responsible for paying for and picking up their card at the Shrewsbury Town Offices.
- Members must fill out the online application. The Director of the Parks and Recreation department will confirm membership with the QRC Secretary.

GUEST ROWING MEMBER'S GUEST – RESPONSIBILITIES

The QRC Guest Rowing Policy is designed to encourage non-members to join the club and become contributing members. The QRC encourages members to invite family members, friends, or other rowers to row with us. It is also designed to accommodate occasional out-of-town guests who are traveling and would like to benefit from our venue, our equipment, and our hospitality. This policy is not intended to cover coxswains who are coxing for a recognized QRC team or program.

Guest Row Policies

- Members have priority over guests in the use of club equipment.
- Guests must be at least 18 years of age.
- A guest must be sponsored by either a club member or a board member.
- The sponsoring member must be able to attest to the guest's ability (including but not limited to sculling and bowing/steering ability, coxing and swimming).
- Sponsored guests must be accompanied by the sponsoring member.
 - At the board's discretion, a guest may row unaccompanied by the sponsoring member after receiving an orientation to bay 8, the lake, and the procedures followed by the QRC.
- To bow or cox, a guest demonstrated evidence of ability to bow (at the discretion of the board).
- Guests are allowed 3 free guest rows per year. Membership is required thereafter.
- The sponsoring member is responsible for ensuring that before using any club equipment all guests must complete the following:
 - All guests must sign both QRC and USRowing waivers (located in binder above logbook).
 - Equipment must be signed in/out in the logbook.
 - Guest must register as a guest rower through Regatta Central before rowing.
- The sponsoring member takes responsibility for any damage caused by the guest rower (note: current deductible as of January 1, 2023 is \$500).
- One day of racing/rowing in a regatta as a composite rower counts as one guest row.

VISITING ROWER – RESPONSIBILITIES

Visiting experienced rowers from another club may use club equipment by following this procedure:

- Contact the QRC Bay Captain (baycaptain@qrcrowing.org) to initiate the request.
- The Bay Captain will confirm that the rower is a qualified rower who can use equipment safely and without causing damage, either by reference, demonstration, or both, to be determined by the judgment of the officer.
- The visiting guest must be given an orientation to bay 8, the lake, and the procedures followed by the QRC.
- Access to the bay may be via club members only (i.e., guests will not obtain a key card).
- Visiting privileges are free; however, donations to the club will be accepted.

SECTION II – ROWING

ROWING RULES AND REGULATIONS

The following rules and regulations, disseminated by the QRC, the Quinsigamond Rowing Association, the Lake Quinsigamond Commission and the Donahue Rowing Center Advisory Committee are meant to ensure that Lake Quinsigamond remains a safe place to row. As with any sport, especially one taking place on water, no amount of regulations can take the place of common sense. Please read the following rules carefully:

TRAFFIC PATTERNS

- Stay as far to the right as practical at all times. Stay out of the middle of the lake.
- Traveling north – stay to the Shrewsbury shore.
- Traveling south – stay to the Worcester shore.
- Do not turn or stop in areas marked “no turn/no stop zone.”
- Do not “sit” in areas marked “no sitting,” turn and move to the sides of the lake immediately.
- The areas marked shallow are indeed shallow. Stay clear of them.
- Be cautious navigating too close to shore around the route 9 bridge. There may be debris in the water.
- To reverse direction, turn 90 degrees, row directly across the lake and complete your turn on the other side.
- Scullers and crews must pass in single file through the Narrows.
- Scullers and crews may turn around an island but must do so counterclockwise. Give way to traffic in the main traffic lanes.
- No more than three crews may travel abreast in the same direction.
- Coaches must slow launch to minimum wake speed when passing other crews or scullers.
- Overtaking boats shall stay to the left of those being passed. The overtaking boat shall give way to the boat being passed.
- Pay attention to signage near the DRC docks on race days when the traffic pattern is reversed for the entire lake. It is particularly important to be vigilant for those rowers who may have missed the notice and may be rowing on the wrong side.
 - Traveling north – stay to the Worcester side.
 - Traveling south – stay to the Shrewsbury side.

VISIBILITY

- Fog – A minimum of 200 meters of unrestricted visibility must be available before crews or scullers may begin rowing on the lake in foggy conditions. Coaches are responsible for determining that there is enough visibility to conduct a practice. Extra care should be exercised in the presence of any fog. Coaches should stay closer to their crews and should keep a sharp lookout for other crews

both ahead and behind. Scullers should check their course more frequently and be aware that they might be almost totally invisible to other crews on the lake. Rowers caught on the lake during a sudden fog should proceed with extreme caution. Crews should stop often to look for other crews or scullers and the shoreline. Stopping and listening in a fog is often more effective than looking when trying to locate other rowers.

- Lighting - Inadequate lighting on a shell is an invitation to disaster. It is important that lights be used so crews can see each other and so motorboats can see us. Any rower found to have rowed without appropriate lighting as specified below may, at the discretion of the Board of Directors, be temporarily suspended from using any QRA equipment and/or launching from DRC for a period of time. Proper lighting must be used by all rowers one half hour before sunset and continuing until one half hour beyond sunrise OR during any other low visibility conditions such as, but not limited to fog and dense cloud cover. Shell and coaching launches must have lights. A bright flashing strobe light is also recommended. Lights shall be visible at all times when turned on. This requirement enforced by the QRC and law enforcement officials on the lake.

COLD WEATHER

- The combination of low water and air temperatures in the spring often result in conditions that can result in hypothermia or frostbite for rowers. Immersion in near freezing water can be fatal in less than 5 minutes. Coaches and rowers should exercise caution during the early spring and late fall when the danger of hypothermia and frostbite is highest. This includes keeping boats closer together, carrying the proper safety equipment (see below) and not taking chances. Coaches and rowers are encouraged to learn the effects and warning signs of hypothermia and to practice emergency treatment when necessary.

INCLEMENT WEATHER

- Thunder, lightning and other sudden storms can come up quickly and without warning. Please listen to weather reports prior to launching. **DO NOT LAUNCH** if a severe warning has been issued. If rowing, get off the water as soon as possible upon hearing thunder or seeing lightning.

BLIND BOATS

- Look around often. Stay away from the middle of the lake. Follow the traffic pattern. If you see a boat approaching, make your presence known by shouting, blowing a whistle or some other method.

COXED BOATS

- Look often, especially near high traffic areas. Follow the traffic pattern. If you see a boat approaching, make your presence known by shouting, blowing a whistle or some other method.

COACHES

- Stay within hailing distance of all boats you are coaching. Do not let your

crews run unaccompanied down the lake. Electronic megaphones and radios are highly recommended. Carry the proper safety equipment in your launch. This includes PFDs for everyone under your supervision on the lake, a paddle, a fire extinguisher and any other equipment that may be required by law. Carry rigging tools in the coaching launch. Check your gas and drain plug before you leave the dock.

IDENTIFICATION

- All members competing in any formal regatta under a QRC entry shall have blades painted according to club colors.

TRAFFIC RULES – NORTH LAKE

General Traffic

Stay to the right at all times.

Traveling North - Stay to the Shrewsbury shore.

Traveling South - Stay to the Worcester shore.

Do not turn or stop in areas marked "No Turn/No Stop Zone".

Do not "sit" in areas marked "No Sitting", turn and move to the sides of the lake immediately.

The areas marked shallow are extremely shallow, stay clear of them.

Use the arches closest to shore on the Route 9 bridge at your own risk. Shopping carts often lurk in the shallows.

Do not use the center arch of the Route 9 bridge.

To reverse direction, turn 90°, row directly across the lake and complete your turn on the other side.






Crews must pass single file through the narrows.

Crews may turn around an island but must do so counterclockwise.

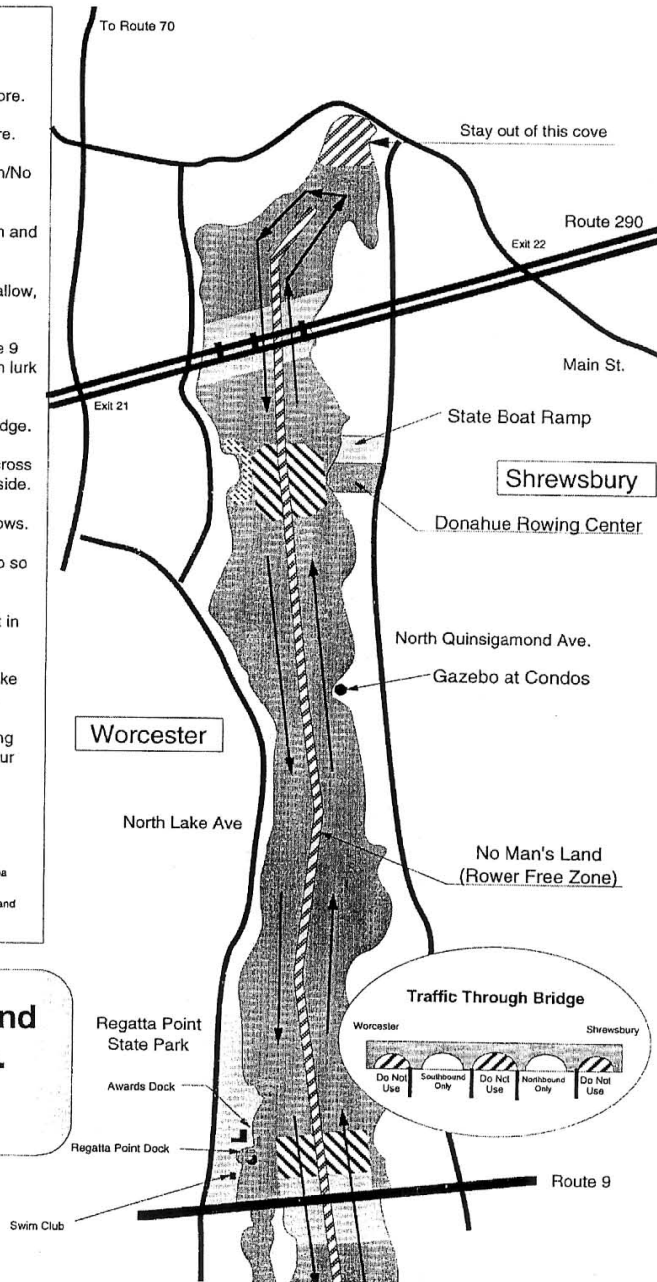
No more than three crews may travel abreast in the same direction.

Coaches must slow launches to minimum wake speed when passing other crews or scullers.

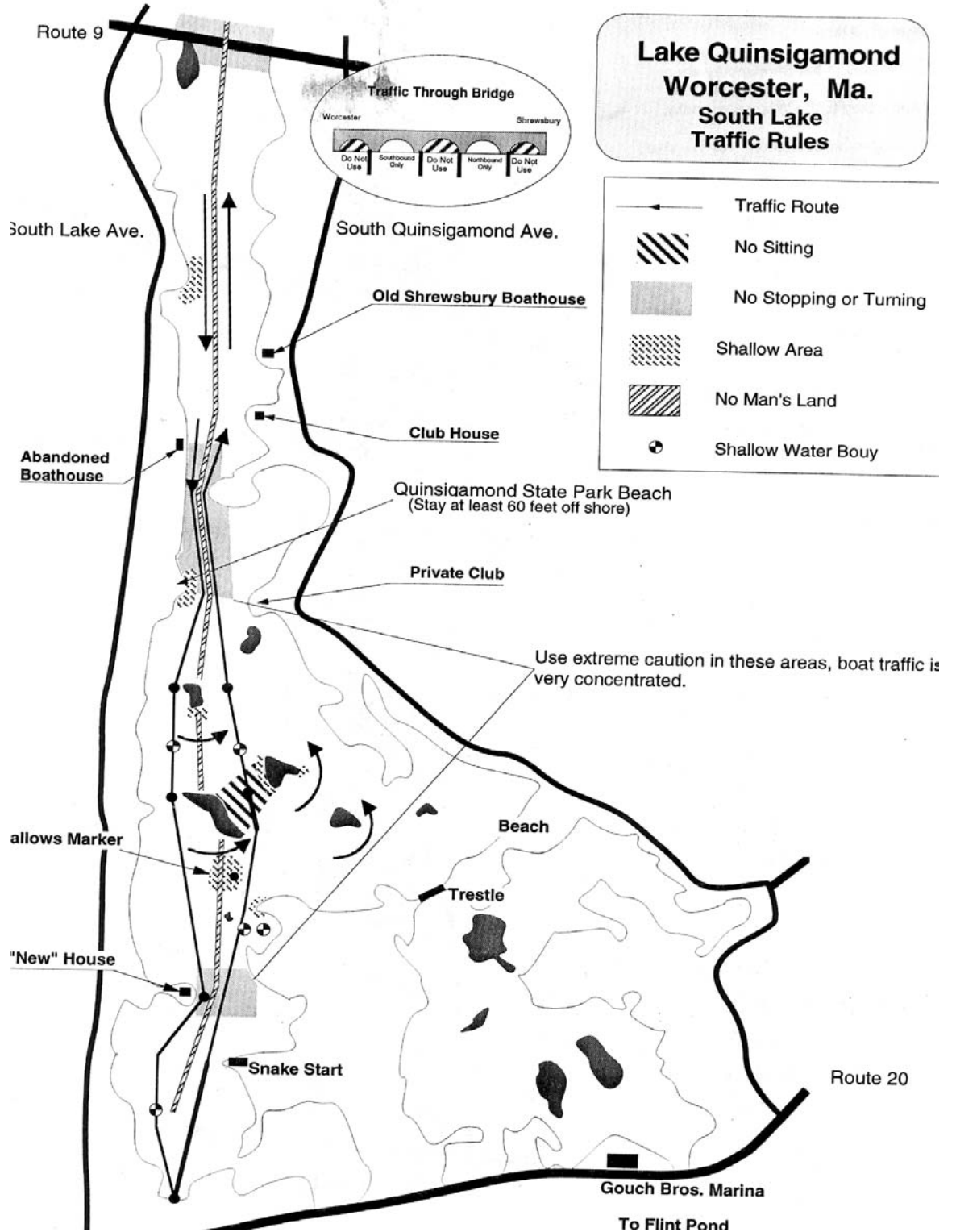
Appropriate lighting must be used when rowing from one half hour before dusk to one half hour after dawn.

 Traffic Route	 Shallow Area
 No Sitting	 No Man's Land
 No Stopping or Turning	

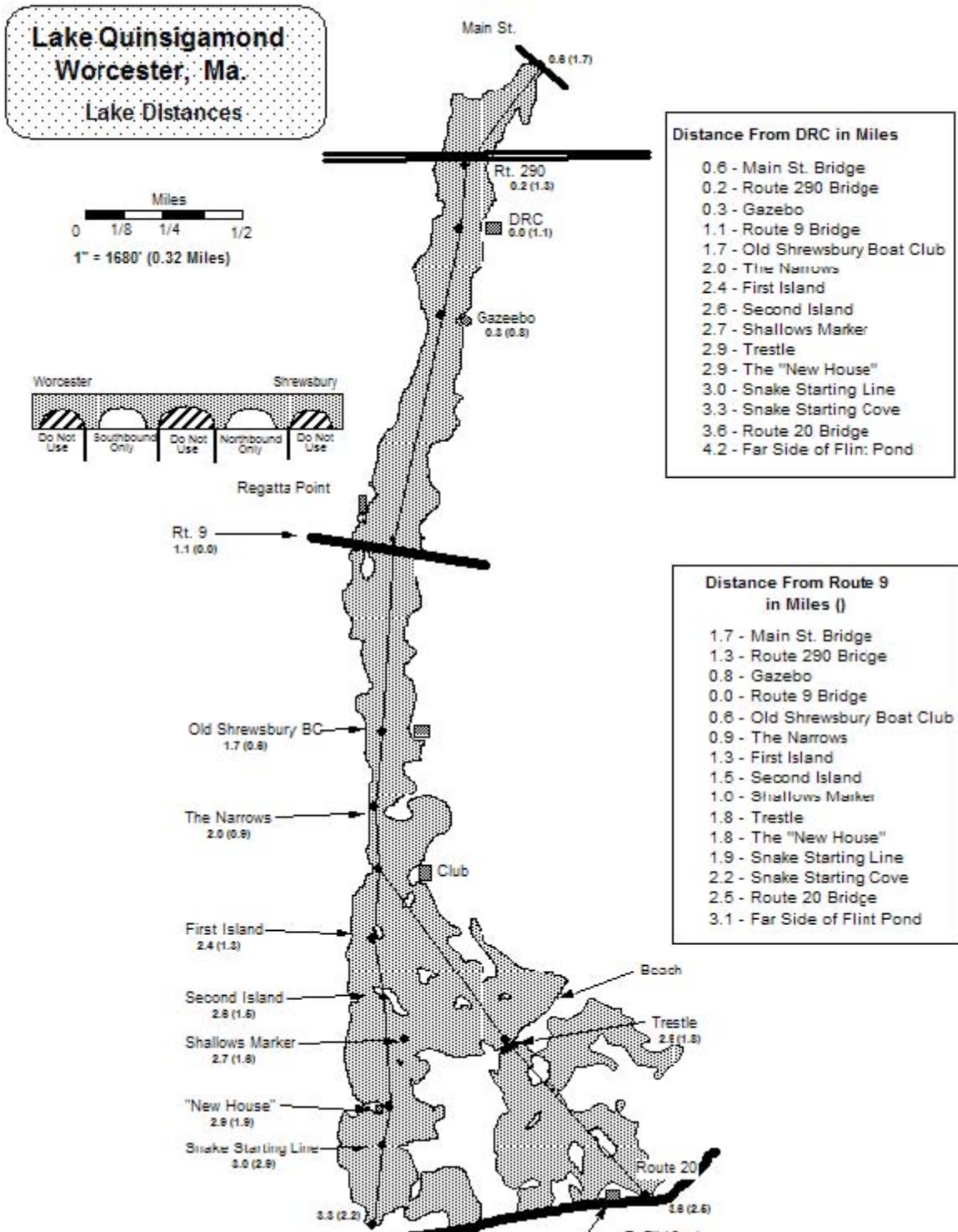
**Lake Quinsigamond
Worcester, Ma.
North Lake
Traffic Rules**



TRAFFIC RULES – SOUTH LAKE



DISTANCES



SECTION III – EQUIPMENT

BOAT CLASSIFICATION

The QRC attempts to provide equipment that matches the skills and physical characteristics of its members. Please use appropriate equipment. Specific boat classifications will be posted in the bay. If in doubt, ask an experienced club member or a member of the coaching staff to assist you.

- Lightweight – under 165 pounds
- Midweight – up to 185 pounds
- Heavyweight – over 185 pounds

EQUIPMENT USAGE

Rowing shells are delicate pieces of equipment and are subject to damage if mistreated. Club equipment also includes launches/motors, ergometers, oars, lights, cox boxes, slings, tools, straps, extra shoes, etc. Because the QRC equipment is shared among many members, it is extremely important that it be treated with care. Please observe the following guidelines when using QRC equipment:

- Make sure you are familiar with the general QRC rowing guidelines in the Members Manual, the Safety and Traffic Rules of the lake (Section II Traffic Rules,) the DRC Rules and Regulations (Section V) and the Lake Quinsigamond Commission Rules (Section VI).
- If you reserve a boat, please follow the guidelines. (See Reservation Policy.)
- Inspect all moving parts of the boat to ensure proper working order. Report issues to the Bay Captain. (See Broken Equipment Policy.)
- Take care when taking boats on and off racks. Beware of racked boats, riggers, and other rowers.
- When returning the boat to its rack, orient it facing the same way it was when you took it out.
- Keep bow balls together for those boats sharing a rack arm. This prevents damage to the skegs when moving boats on and off the rack.
- Wipe down the boat and clean the seat tracks upon returning it to the rack.
- Make sure oarlocks are closed.
- If you cannot get the boat from the rack to the water safely or vice versa, ask someone for help.
- QRC-owned boats may be used by members in good standing in accordance with their membership level.
- All members must take the QRC captain's test prior to using racing-level equipment.
- Members may only use equipment appropriate for their skill and weight class.

RULES AND REGULATIONS FOR CAPTAINS TESTING AND COXWAINS

Note: *Approved board members* are agreed upon by the remainder of the officers as competent to undertake the tasks outlined in this policy. Approved board members must possess the proper qualifications to conduct and approve the captain's test for sculling. Qualifications include completing a captain's test in all sculling categories and a minimum of one full season of rowing. Approval of a coxswain requires a minimum of Level 2 coaching certification. The Director or Rowing will have input into these decisions.

Coxed Shells

Coxswains are to be approved by the director of rowing or approved board member before taking out a coxed boat unsupervised.

Inexperienced and novice coxswains must be under direct supervision by the director of rowing, approved board member or appointed coach. The coxswain is considered competent to proceed unsupervised when he/she possesses the following skills to the satisfaction of director of rowing or approved board member. The board will maintain a list of approved coxswains.

Primary skills:

1. boat house safety - getting in and out safely - both the boat and rowers
2. launching and landing
3. on water - sudden stopping and turning commands
4. lake traffic patterns
5. signing log book + coxbox
6. watch or other time piece
7. weather awareness
8. lights when indicated

Sculling Shells

1x: Singles are classified as novice or advanced. Currently the Alden and Explorers are novice and listed appropriately on Regatta Central. Novice members must have assistance when transporting boats to/from the dock. Novice rowers must be supervised by the director of rowing, approved board member or designated coach until approved to row unsupervised. Novice rowers must stay north of the Rt. 9 Bridge. Members must pass a captain's test prior to rowing unsupervised in an advanced shell. The board will maintain a list of captain's tested members.

Double/Pair: Only members who have passed the singles Captain's Test may bow a double/pair.

Quad: A prerequisite to bowing the quad is gaining appropriate experience under supervision and having passed the singles Captain's Test. To bow the quad unsupervised, the member must pass a quad specific captain's test. This test includes the ability to

ensure the safety of the boat and crew while rowing at a high speed and the ability to row while using a toe-steering mechanism. The test will be administered by an approved board member or director or rowing. The board will maintain a list of quad captain's tested members.

Captain's Test

This is a test to make sure that everyone who joins the Quinsigamond Rowing Club and desires using club equipment is able to do so while ensuring safety to both rower and equipment and understands general procedures of using club equipment. It will be administered by an approved board member or director or rowing. The results of the test will determine whether the rower is allowed to use the club's advanced equipment. If the rower has little or no sculling experience or fails the Captain's Test the rower will need to complete 60 miles in the Alden or Explorer singles. Below are the elements of the test:

1. Boat sign out
2. Carrying boat to dock and launching without incident
3. Rows through 290 bridge, turns and rows back

Demonstrates ability to

1. Paddle both square and feather
2. Stop quickly (hold water)
3. Row backwards (backing the boat)
4. Row on the square
5. Docks successfully
6. Returns boat to rack without incident (i.e. hitting adjacent boats)
7. Wipe down boat
8. Sign boat in

Failure to comply with these rules will be subject to board review and potential disciplinary action up to and including revocation of equipment usage.

RESERVATION POLICY

The QRC strives to maintain a fleet of boats of varying types to meet the needs of its membership. Certain boats and boat types are rowed more frequently than others. In an effort to maintain fairness, it is recommended that members follow the Reservation Policy when reserving boats in advance. If a member wishes to row a boat, he or she must check the reservation board first to insure its availability. Any boat not reserved is considered available for ninety minutes.

- Boats may be signed out up to seven days in advance.
- Members may not reserve/row* any club boats for more than 90 minutes.
- Members may not reserve/row* the same club boat more than a total of three days at the same time of day in any seven-day period.
- Reserved boats not launched within 15 minutes shall forfeit the reservation.
- Boats may be used on a first come, first serve basis if not reserved.

*"Row," as used above, does not apply to rowing as part of a club program.

LOGBOOK

The logbook serves two important purposes. It documents how far you have rowed which, if you are a rack holder, determines your eligibility. More importantly for safety reasons, the information in the logbook lets others know your intentions and if/when you have returned.

- All boats launching must be registered in the logbook located on the desk in bay 8. Make entries legible including: date, name, time out, time due back, time actually back and cumulative miles (for rack holders.)

LAUNCHING/LANDING

- Select an appropriate set of oars and carry them down to the dock, blades first. Do not carry oars over your shoulders.
- Use care when carrying the boat and placing it into the water next to the dock. Be aware of others around you.
- When launching, use the North dock.
- Get on and off the dock as quickly as possible. Do not “park” your boat nor leave it unattended.
- Make any mechanical adjustments to the boat either in stretchers prior to launching, or while on the water.
- When landing, use the South dock.
- Quickly exit your boat and take oars to the dockside oar rack.

BROKEN EQUIPMENT/MAINTENANCE OF EQUIPMENT

Club owned equipment (shells, oars, ergs, etc) is used by many members. It is expected that members will leave equipment in the same condition in which it was found, if not better. Each member is responsible for any equipment he or she uses. It is the responsibility of each member to either report a maintenance issue (loose oar collar, rigger pitch, etc) or compensate the QRC for any damage that occurs while the member is using said equipment, including but not limited to any insurance deductible payment listed on the QRC’s insurance policy.

- All members must report damaged equipment or equipment in need of maintenance as soon as possible to the Bay Captain.
- Register this information in the Damage Log located on the desk in the bay as well as on the white board located near the oars. Contact the Bay Captain by email or in person with details of the issue. Contact information is on the bulletin board.
- If a piece of equipment is unusable, take steps to disable the equipment (take out shoes, remove seat) and put a note on the equipment.
- The Bay Captain will assess the issue and determine the course of action to be taken. He or she is responsible for insuring proper repair work. Should more than \$100 be required to affect the repair, the Bay Captain will contact the QRC officers for authorization.
- Once the equipment is properly repaired and/or usable, the Bay Captain will post a notice on the bulletin board and the white board in the QRC bay.

SECTION IV – SPECIAL SITUATIONS

FLIPPING

Flipping most often occurs in sculling boats; however, it occasionally occurs in sweep boats as well. Your primary concern should be your own safety first, then the boat.

When/if you flip:

- Try to right the shell. This makes it easier to move the boat.
- Swim the boat to shallow water before getting back in.
- Re-entering the boat in deep water should be the LAST ALTERNATIVE. Unintended damage to the boat can occur such as bent riggers and split gunwales.

TOWING

If a shell is to be towed by a motorboat, make sure to:

- Take all oars out of the oarlocks.
- Close the oarlock gates.
- If not already so, flip the boat onto its hull. No boat should be towed cockpit down.
- Keep the boat away from the engine propeller.
- Go slowly
- If the boat is broken, follow the steps listed in the Broken Equipment Policy upon your return to shore.

WATER RESCUE

It is natural to want to help someone in trouble in the water. In the unlikely event that rowers come upon an emergency water rescue situation, the QRC has adopted the Quinsigamond Rowing Association's recommendations for water rescue while in a rowing shell:

- Do not attempt to jump out of your rowing shell to assist in rescue of a person in the water. Unless you have rescue or lifeguard training, experts agree that an untrained would-be rescuer very often ends up in a position of distress themselves, and potentially a victim of drowning. People in distress in the water are often panicked and will desperately grab and claw at a rescuer in an attempt to stay afloat. Lifeguards always keep their flotation device between themselves and a victim for this reason.
- If you are in a position to assist someone AND are a capable swimmer, you must consider: How would you exit your boat safely? How would you regain entry into your boat? How cold is the water? How large, or small, is the victim? Are there possible hazards beneath the surface that you cannot see (debris, weeds, etc)? Is anyone else nearby to assist? How will you keep the victim, and yourself, afloat if you are in the water?

- Often the best course of action for a single sculler is to position your boat so that a rational and conscious victim can hang onto the stern while you row to shore and safety. This is the recommended course of action when assisting a sculler who has flipped. Tow them and their boat if possible, to the nearest shore. This would truly be a lifesaving action in cold water, and a much-appreciated action any time.
- Consider carrying a cell phone at all times in a waterproof container. Dial 911 in an emergency and provide your exact location and situation. A whistle is also recommended to have on board to alert others to assist you.

SECTION V – DONAHUE ROWING CENTER

DONAHUE ROWING CENTER RULES AND REGULATIONS

- Only QRC or QRA members may park in the paved lot behind the boat bays.
- Cars are not permitted beyond the chain and sign in the driveway.

ROWING

- Boats should observe regulations regarding launching on the north and docking on the south.
- Observe the two-minute rule of using the dock.
- Obey the “rules of the road” when rowing. Watch wakes.
- Coxswains must use judgment in yielding to single rowers carrying boats.
- Water fowl deterrents must be put up on dock ends after launching or recovering boats.
- Last persons on premises (bay or clubhouse) must lock up and shut off lights.
- Coaches’ launches must be equipped with lights.

SPECIAL FUNCTIONS

- Special functions on the grounds or in the clubhouse must be booked ahead with the Shrewsbury Parks and Recreation department. A request form must be filled out in advance and returned to the office for each function. You will be notified of your approval. Members are responsible for any set up, clean up, and trash removed to the dumpster for any functions held. Staff is not provided for functions without a rental fee.

OTHER

- The DRC is a smoke free facility.
- Gas tanks must be marked with the organization’s name.
- Unused equipment must not be allowed to accumulate on the outside of the boathouse.
- All parties are referred to DRC general rules and regulations regarding general rules, boathouse, clubhouse, gasoline storage and usage and dock rules.
- Bay captains and coaches are asked to review these rules each season with their rowers and guests.
- All rules and regulations as established by the Lake Quinsigamond Commission must be followed and adhered to.

SECTION VI – LAKE QUINSIGAMOND COMMISSION

LAKE QUINSIGAMOND COMMISSION RULES

The Lake Quinsigamond Commission acting under the authority of Chapter 294 of the Special Acts of Legislature of Massachusetts of the year 1916, as amended by Chapter 357 of the Acts of 1973 and other amendments thereto, adopted the following Rules and Regulations pertaining to Lake Quinsigamond.

By order of the Lake Quinsigamond Commission:

Peter Collins, Chairman

Michael Paika

Kenneth Polito

James Hester Jr.

Captain Steele

Shawn Valliere

Amanda Amory

Scott Conway

Richard Simitis

Bill Nelson

RULE 1

Any vessel, vehicle or recreational vehicle of any nature operated on Lake Quinsigamond must meet the statutory requirements of the General Laws of the Commonwealth of Massachusetts. All operations of water craft on the water of Lake Quinsigamond shall be in strict compliance with the U.S. Coast Guard Rules and Regulations, the General Laws of the Commonwealth of Massachusetts and Rules and Regulations of the Lake Quinsigamond Commission as ordered.

RULE 2

No person shall illegal discharge sewage, thermal pollution, siltation or any other substance which by itself or in combination with any other substance might tend to create a public nuisance into Lake Quinsigamond or into Flint Pond or Hovey Pond, or tributaries thereto, or all of them, in the county of Worcester. Nor shall any person illegally fill in said lake or said ponds or illegally obstruct the flow into or from said lake or ponds, including all waste or refuse from any dwelling building factory or other establishment. No person shall litter the lake or its shoreline or its tributaries.

RULE 3

All boats or any water craft must, if equipped with toilet facilities have a marine approved holding tank. Boats or any water craft having toilet facilities equipped to discharge effluent overboard will not be permitted on the water of Lake Quinsigamond unless the thru hull fitting for discharge is plugged from the outside of the boat or craft.

RULE 4

No person shall annoy another person or utter any profane, indecent, threatening or abusive language or loud outcry, or play any game of chance, or have possession of any instrument of gambling or do any obscene or indecent act, or use, for the purpose of annoying another person a flashlight or any light or horn or other device, in or upon the waters of Lake

Quinsigamond. The use of a bull horn, megaphone, or other amplification device after 8:00 PM or before 7:00 AM, except in an emergency, shall constitute a disturbance of the peace.

RULE 5

No person shall operate any boat, vessel, snowmobile, motorcycle or other vehicle of any type at a speed greater than 40 m.p.h., or a safe and reasonable speed depending on existing conditions, except during an official supervised race for which the Quinsigamond Commission has issued a permit in writing. The operator of any boat, vessel, snowmobile, motorcycle or other vehicle of any type shall reduce boat to headway speed where operator's vision is obscured by bridges, curves or bends. Speed at all times must be reasonable and proper for existing conditions.

RULE 6

All persons using the water of Lake Quinsigamond must obey official marker buoys and signs. Craft shall not be tied to buoys or moorings.

RULE 7

No person shall post, paint, affix or display any sign, notice, placard or advertising device on any part of the waters of said lake up to the high water mark, except with the written authority of the Lake Quinsigamond Commission.

RULE 8

No person shall moor any vessel, boat, canoe, raft, buoy or float or erect a wharf, wharves or other structures in the waters of Lake Quinsigamond which presents any hazard, or is not consistent with the reasonable and safe use of the lake as determined by the Lake Quinsigamond Commission. The Commission may order the removal of any such item which it deems hazardous.

RULE 8A

Any person installing or placing a dock in the waters of Lake Quinsigamond, Flint Pond, or that portion below Stringer Dam shall apply for and construct said dock in compliance with —New Dock Permit Application Process“ and —Dock Construction Regulations“ as enacted by the Lake Quinsigamond Commission on May 19, 1999.

RULE 8B

All docks must be maintained in a safe structural condition. Any dock or part thereof deemed hazardous by a commissioner or police officer authorized by the commission may order the repair or removal of said dock. If a dock is deemed a hazard, the owner shall be given 30 days to either repair or remove said dock. The failure of the owner to repair or remove said dock may result in an order by the Commission to remove said dock at the expense of the owner in addition to fines and court fees.

RULE 8C

No boat, vessel or vehicle of any type shall be moored or secured to any unregistered dock or to a dock that fails to display a valid registration plate and sticker. The registered owner of said boat, vessel or vehicle shall be subject to a fine of fifty dollars (\$50.00). Each day that said boat, vessel or vehicle is moored to said unregistered dock shall constitute a separate violation.

RULE 8D

Each valid registration plate shall/will entitle said registered owner to moor their boats, vessels or vehicles for residential property and one boat, vessel, or vehicle for condominiums and commercial docks. Any vessel not registered to the dock owner and so moored for more than seven days in a calendar year, shall constitute a commercial dock space requiring approval of the Commission for a commercial permit.

RULE 8E

All wharfs or docks must display a valid registration sticker by May thirtieth of each year.

RULE 9

No person shall abandon a boat, canoe or other vessel, or leave the same unfixed, or allow boats, wharves, floats and barrels to go adrift upon the water of Lake Quinsigamond.

RULE 10

Swimming is prohibited at any point in the lake more than 50 feet from land and in those areas officially marked “no swimming.” Swimming across the lake is prohibited.

RULE 11

Jumping and diving off bridges, buildings or other structures into the lake is prohibited, except wharves and designated diving structures. Jumping or diving from ropes or lines attached to trees or structures are also prohibited.

RULE 12

Ski-Kites are permitted only with written authorization from the Lake Quinsigamond Commission.

RULE 13

No person shall use the waters of Lake Quinsigamond for the taking off or landing of aircraft, except in case of emergency or authorization from the Lake Quinsigamond Commission.

RULE 14

No person shall conduct a powerboat rental agency or carrying of passengers for hire on the waters of Lake Quinsigamond except as prescribed by and specified in a permit to be issued by the Lake Quinsigamond Commission.

RULE 15

No person shall at any time make an opening in the ice of Lake Quinsigamond exceeding ten inches in diameter, unless in case of emergency, except by permission of the Lake Quinsigamond Commission.

RULE 15A

No person, vessel, aerators, water pumps, heating – ventilation system, or device of any kind may be used that would interfere with the natural cycle of icing on Lake Quinsigamond. Except by permission of the Lake Quinsigamond Commission.

RULE 16

All powerboat racing and water-ski competition, snowmobile races, iceboat races, canoe races and regattas are prohibited without the written permission of the Lake Quinsigamond Commission.

RULE 17

Snowmobiles, motorcycles, iceboats and other winter recreational vehicles shall exercise reasonable caution and are prohibited from operating over open water at any time, and shall follow the laws of the Commonwealth of Massachusetts and shall keep a reasonable distance from all persons, structures and cleared skating areas. Automobiles and trucks are not permitted on the ice. All ice racing must be with the written permission of the Lake Quinsigamond Commission. The race course must be clearly marked to ensure the safety of the general public.

RULE 18

Racing by ice boats, whether propelled by motors or otherwise, motorcycles, snowmobiles or other recreational vehicles, powerboats or sailboats must be held on the portion of the lake that is north of the Lake Quinsigamond Bridge, Route 9, and only on a special permit that will be issued by the Lake Quinsigamond Commission. The race

course must be marked and protected so as to ensure the safety of the general public.

RULE 19

All craft not covered by state or federal regulations must carry and display appropriate lighting from sunset to sunrise, including at least one portable flashlight.

RULE 20

Sailboats shall have the right-of-way over racing shells, canoes and row boats on Lake Quinsigamond.

RULE 21

The Rules and Regulations of the Lake Quinsigamond Commission shall be enforced by any state or municipal officer empowered to enforce the State Boating Laws of Massachusetts. Each such officer shall have jurisdiction over all waters of Lake Quinsigamond and its adjoining shores and may in the performance of his duties cross over or through public or private lands and property whether covered by water or not.

RULE 22

No boat, vessel, or vehicle shall be left moored or unattended within the loading area of any public boat ramp.

RULE 22A

Fishing, sun bathing, or loitering is prohibited in or on any public boat ramp actively being used for the loading or unloading of boats.

RULE 22B

Swimming is not allowed within fifty feet of any public boat ramp.

RULE 23

No person shall feed any wild animal including birds, ducks, geese, or similar water fowl in or on Lake Quinsigamond or within its adjoining shores.

RULE 24

All structures including ice fishing houses built on or moved onto the ice over Lake Quinsigamond, Flagg Pond, and Flint Pond are subject to the following: Structures must identify and display the owners name and address with at least two inch block letters; Structures must be removed prior to ice out, no later than February 15th of each year; If the structure is not removed the owner will forfeit the privilege for future permits and be subject up to a \$500.00 fine; Permit fee of \$20.00 per year.

RULE 25

An event fee of \$100.00 per event day, shall be assessed any organization granted a permit by the Lake Quinsigamond Commission to conduct activities on Lake Quinsigamond that substantially use or interfere with the general use of Lake Quinsigamond, Flint Pond or Flagg Pond.

RULE 25A

Events: A race, regatta, parade, exhibition or practice for a race which is conducted according to a pre-arranged schedule and which by its nature, circumstances or location will introduce extra or unusual hazards to the safety of life or property on the waters of Lake Quinsigamond may not be conducted without a permit issued by the Lake Quinsigamond Commission.

RULE 25B

The Commission may impose restrictions or special conditions upon any applicant or organization in the issuance of a Special Use Permit. The failure of any applicant, organization or participant to perform those special conditions set by the commission

shall make the Special Use Permit, null and void. Any law enforcement officer, who has knowledge that the special conditions are not being enforced, shall terminate the event if the conditions cannot be immediately conformed to.

RULE 25C

No person, organization (public or private), participant, vendor, school, coach, or volunteer may participate in an event that does not have in possession a valid Special Use Permit from the Lake Quinsigamond Commission.

RULE 26

Upon public notice as required by Massachusetts General Law, the Lake Quinsigamond Commission shall meet in a public place, located within the Town of Grafton, Town of Shrewsbury, or the City of Worcester.

RULE 27

The Chief of Police of the Town of Shrewsbury, ex officio and the Chief of Police of the City of Worcester, ex officio may appoint a designee to represent them and act on their behalf to conduct business of the Lake Quinsigamond Commission.

RULE 28

No person, company, or organization of any type may “power load” a vessel onto a trailer or “Power clean” any engine or conduct any mechanical work or analysis within a boat ramp area of Lake Quinsigamond.

RULE 29

The Lake Quinsigamond Commission may ban an operator of any vessel from the waters of Lake Quinsigamond for a period of up to one year if the Commission finds after a public hearing that the person operated a vessel in a manner that was negligent or endangered the public.

RULE 30

The Lake Quinsigamond Commission may order the removal of any vessel from the waters of Lake Quinsigamond for a period of up to one year if the Commission finds after a public hearing that the vessel was operated in a manner that was negligent or endangered the public.

RULE 31

Motorized boats or vessels of any nature exceeding 30 feet in length are prohibited on Lake Quinsigamond. (Does not apply to Crew boats.)

RULE 32

Persons or vessels participating in the Coaching, Practicing, or Training of rowing or crew shall have distinctive identification as determined by the Commission after consultation with representatives of the participating schools.

Whoever shall violate any of the above rules and regulations shall be subject to a fine not less than \$50.00 and not more than \$500.00 for each offense. Any person having law enforcement powers or a member of the sworn police service of the Commonwealth of Massachusetts, upon observing any violation of these rules may arrest without a warrant and bring such person before the appropriate court. This power of arrest is in addition to any powers of arrest granted under existing laws. The above rules voted and approved on November 16, 2005 by Commissioners of the Lake Quinsigamond Commission.

