

North Allegheny Rowing Association

After-School Procedures from Dismissal until Practice Bus Arrival

Following further discussions between the NARA Board, NA Athletics and the Rowing Team Captains we are pleased to announce the following options relating to alternatives for those rowers who do not go home between end of school and practice bus departure:

Rowers are:

- 1. Permitted only in the NASH Cafeteria or Baierl Center.**
- 2. Prohibited from walking around or off the NASH Campus for any reason.**

NASH Cafeteria: The NASH Cafeteria will be supervised by a NARA representative

1. All rowers must follow NASH Cafeteria rules, including cleaning up after themselves.
2. Rowers using the Cafeteria as a place to do homework or gather must sign the sign-in/sign-out sheet, kept by the NARA representative, each day upon arrival.
3. The NARA representative has authority to deny any rower request to leave the NASH Campus.
4. As an alternative to local fast food, NARA and Coaching staff recommends packing extra lunch items or healthy snacks to eat while in NASH cafeteria.
5. Off campus establishments may only be driven to by car by licensed drivers.
6. Rowers without vehicles who have off-campus appointments must go home directly after school and return by 4:00pm.

Baierl Center: The Baierl Center is supervised by Baierl Center staff.

1. Rowers may go directly to the Baierl Center to work out if staying until bus arrival.
 2. Rowers leaving the Baierl Center before bus departure must return to the Cafeteria and follow sign-in procedure as above. No exceptions.
 3. To use the Baierl Center weight room, the age requirement is 16 years old.
 4. Appropriate behavior is expected at all times when using the Baierl Center facility.
- Rowers who do not follow the protocol outlined above will be subject to disciplinary action by the Coaching Staff.