

LOW Water Ski Club, Inc.



Handbook For Skiers and Parents of Skiers



**LOW Water Ski Club, Inc.
PO Box 942
Locust Grove, VA 22508**

Board members 2026

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History of the Club

The LOW Water Ski Club, Inc. is located in Locust Grove VA. The original club formed more than 35 years ago. The club has continued to evolve and has anywhere from 30-100 skiers each season. Parents and friends of the club donate use of their personal boats during practices and shows. The club usually conducts two ski shows each summer. The first is an Independence Day show, in conjunction with the LOWA organized events. The second show is on Labor Day weekend, which ends the formal ski season. Although the formal season typically ends after Labor Day, we normally continue to have “fun” ski days for a few more weekends, weather permitting.

Team Philosophy

The charter of the organization is to teach children life skills relating to athletics, sportsmanship, exercise, health, fitness, team dynamics, competition, and water safety. The organization also has a number of adult skiing members and continues to foster a love of the sport for all that are interested. Parents or family members of youth skiers are required to be a part of the club to assist with operations and promote family dynamics. Throughout the summer months, the club provides training for its members.

New Skiers

The club allows a maximum of ten (10) new beginner skiers a season. Beginner skiers are those that have not been on water skis before or cannot get up on long line. Should more than ten (10) beginner skiers apply for membership with the club, the additional applicants will be added to the “waitlist” for the following season.

Mandatory Parental Participation

At least one parent, grandparent, or guardian for children under the age of 18, participating in the club, is required to support activities, club practices, shows, and committees. There are many opportunities for parents to participate. Our club cannot function without parent commitment. We need assistance at every practice, and during shows. There are opportunities to help with dock operations, spotting for boat drivers, aiding with costumes, and other activities as necessary.

*****For children under the age of 13, a designated adult that is responsible for the child must be at every practice and willing to spot. *****

DUMPING & RUNNING WILL NOT BE TOLERATED.

Team Expectations and Guidelines

Personal Responsibility: Safety is the responsibility of all members. All new and returning members will be asked to declare that they accept responsibility for their own safety, and that they will show a duty of care to all other members and water users. They must also declare to abide by all safety rules.

Participation in the shows is dependent on practice participation and conduct.

Cooperation and Respect: It is important to treat all team members and volunteers with respect. Keep in mind that people may be new, and it is all of our responsibility to help one another. Negative comments do not help. Be positive, constructive, and encouraging. Remember, we do this because we like water skiing, and we want to put on the best show we can.

Boat Behavior: The boat drivers volunteer their time and boats to support this club. It is mandatory that all skiers respect the driver, and the condition of their boats. Make sure that you let excess water out of wetsuits before entering the boat after skiing. Also ensure that you do not track sand into the boat. When on the water, do exactly as instructed by the driver. A kind “Thank-you” is appropriate to the driver after each pull.

Alcohol Policy: Members will not be under the influence of alcohol/drugs at any sanctioned event/practice. **Consumption during practice and shows will not be tolerated. One bad decision will affect the whole team.**

Showmanship: We are a show TEAM, and we have to keep a positive attitude at all times. That means enthusiasm, smiling, and waving. You are an entertainer. The show must go on, even if mistakes are made. Work together and keep the team and show in mind.

Boat Drivers: The club has a core group of volunteer drivers who donate their boats and time. If you are considering volunteering your boat and time, please speak with a board member about the requirements. Drivers are expected to provide proof of insurance on their equipment, have USA water ski listed additionally on your boat insurance policy, be certified NSSA drivers, and complete SafeSport training. New members willing to support practices and shows will be considered based on club needs. All drivers are required to meet a 10 hour driving minimum for the season as this is what is required to maintain your USA Water Ski Class A renewal. We ask that drivers with skiers on their membership drive a minimum of 25 hours throughout the season in order to be exempt from paying FRO and to receive FRO payments for hours driven at the end of the season. New drivers are only required to meet the 10 hour minimum *****USA WATER SKI MUST BE LISTED AS ADDITIONAL INSURANCE ON ALL BOAT DRIVER INSURANCE POLICIES***** Please see the USA Water Ski website for all boat driver regulations.
<http://www.usawaterski.org>

Driver Certification: Boat drivers must have taken and passed the LOWA lake users test and show proof. Drivers must be NSSA Driver certified and have USA water ski listed additionally on your boat insurance policy. In order to be NSSA certified, you will need to be a current active member of USA waterski (not a grass roots member), have a driver’s license, pass the motor vehicle record (MVR) review, obtain a NSSA class A driver learner’s permit (the online course and written exam), and pass the on-water practical evaluation by a NSSA rated driver. To access this information please log into your members only page on the USA Water Ski website at **<http://www.usawaterski.org/pages/Join.html>**. Click on driver programs in the left-hand column.

Click on “Purchase/authorize a motor vehicle record (MVR) review” and complete this process. You will also need to click on the “Purchase/register for NSSA (show ski) online boat driver course” and complete the class and test for the class A driver learner’s permit. You will need to speak to a board member to find out when the test dates will be for the on the water NSSA practical. In order to maintain Class A certification, drivers are required to put in a minimum of 10 driving hours per season. Boat drivers in exchange for their service will receive reduced membership fees (due to their Fundraising Obligation being met through driving). The club requires that drivers put in a minimum of 10 hours if they are single, or 25 hours if they have family registered on their membership. First year drivers are exempt from meeting all but the required 10 hours in order to maintain their Class A renewal.

Safety Coordinator: Safety Coordinators must be 18 years of age or older. This is the minimum age required for the safety clinic certification. Safety Coordinators must maintain a current certification with USA Water Ski. There must be at least one safety coordinator present to hold a practice or show.

Practice

All practices are held at the Clubhouse dock.

Dock Master: The Dock Master controls all activities on the Dock. Skiers must follow the Dock Master’s instructions at all times. Boat drivers will consult with the Dock Master prior to pulling any skiers.

Practices Times:

The first practice begins on April 25th at 8:30 am, and ends approximately at 11. Saturday practices will move to 8am, beginning the first Saturday in June.

After Labor Day, we will begin at 8:30am on Saturdays.

Weekday practices are scheduled Tuesdays and Thursdays from 5:30 pm to dusk. Skiers are encouraged to get to practice early enough to be set up for practice to begin at the scheduled time.

Skiers are required to check their equipment before each use to make sure everything is in good working order. They are also responsible for carrying equipment and ropes from the ski-shed to the dock, and returning all equipment to the shed as soon as practice is over. **All skiers are required to help with ALL clean-up after each practice.** This includes storing all equipment and ensuring the dock area is clean. If everyone works a little bit, the practice is fun for everyone.

In an effort to encourage a team atmosphere and help prepare for shows, each practice will begin with group pulls for all skiers, (beginner skiers are not expected to participate until they are ready). Those participating in the group pulls will have priority over skiers who missed them once individual runs start.

What to bring to practice: Wear your swimsuit and always dress in layers, especially at the beginning of the season. **You must have a life jacket** and or floatation suit. The club provides skis, wakeboards, helmets, and other special equipment needed for practice. Skiers **ARE** allowed to bring personal equipment, but it must be marked with the owner’s name. **The club is NOT responsible for any personal equipment used in practice.** Remember to always bring sunscreen and water.

Borrowing Equipment

Registered skiers are allowed to borrow equipment from the club on a short term basis - item must be returned by the next scheduled practice. Skiers interested in borrowing equipment must speak directly with a board member before taking any equipment and they must sign the items out using the sheet on the ski shed door. Skiers accept any and all responsibility and liability for the equipment in their care. If something happens to it while they have it, they are fully responsible for its replacement. Please note that not all equipment can be taken from the shed, and borrowing may be halted during the week leading up to a show.

Putting on the Show

Location & Time: LOW (Clubhouse dock). The show director will communicate both the show time and when all participants need to report to dock.

Participation: Duties will be assigned by the show director, **and at least 1 parent of all participants will have mandatory participation in each show.**

What to bring: wear your costumes; bring towels, sunscreen, sunglasses, water and clothes for cover up. All spotters should bring their Coast Guard approved Class III lifevest.

Costumes: keep costumes in a bag and mark personal belongings with your name. Try to keep your equipment in a single place and out of the way for safety.

Parking: Parking is not allowed at the upper level of the Clubhouse. Violators are subject to tickets from LOW Security. Parents are allowed to drop off children and equipment at the upper level, but must move their vehicles to the lower level.

Rehearsal: We will be conducting a complete rehearsal before both shows. It is a mandatory practice for all skiers wishing to participate in the show.

Club Fees

The club fees are broken down into three parts: insurance (purchased through USA Waterski), club dues, and the Fundraising obligation (FRO). Insurance through USA Waterski is mandatory in order to participate in sanctioned ski events and must be held by the skier and any participating parents. It provides participant accident insurance coverage and other benefits. Club dues cover our operating costs, as well as equipment maintenance. Finally, FRO goes directly to our drivers to help compensate them for all they do. Our boat drivers provide all their own gas, maintenance, and insurance for the season and FRO only covers a small portion of this. While the cost of participation may feel high, it covers three practices a week for at least four months and all equipment short of a life jacket is provided. For a complete breakdown of club fees, please see Appendix A.

Insurance Coverage

Only *Active USA Water Ski Association* members may participate in USA Water Ski-sanctioned events (LOW Water Ski Club, Inc. practices and shows). **Supporting members must upgrade to Active status to participate.** Members are responsible for addressing insurance claims directly with the USAWS. ***It is important to note that parents, as well as kids, must be an active USA Water Ski member in order to ride in a boat or be on the dock. Also, any adult participant or***

volunteering parent must be SafeSport certified in order to participate. SafeSport training is included free with your USA Water Ski membership.

<http://www.usawaterski.org/pages/Join.html>

Fundraising

Fundraising is a mandatory requirement for ski team membership. To provide our kids with safe equipment to meet the variety of skills the team offers, monies beyond the membership fees are necessary. Therefore, we need parents to participate in fundraising to offset these costs. The club runs a few fundraising events and all members are expected to participate in some capacity. Fundraising is critical to maintaining current club fees.

Safety

Safety is the #1 priority on the team. All ski team members must follow the safety rules, and abide by the directions of the team leaders. The show leaders have the authority to stop the show or act at any time they feel a skier / act may be in danger. If a show is stopped, skiers must stop skiing immediately, and follow all directions. It is important to be alert and keep safety in mind at all times. This is important for skiers, boat personnel, and anyone helping out with the show.

- 1 Every skier must bring and wear a coast guard approved floatation device, unless otherwise approved by dockmaster or a BOD member.
- 2 Every spotter is required by USAWS to **wear a coast guard approved floatation device** while spotting, without it, the club could be subjected to heavy fines.
- 3 Horse play is not tolerated during practice and shows. This includes no running on the dock, and no pushing skiers off the dock
- 4 The dock is reserved to include only LOW Water Ski Club, Inc. members during practice and shows. Parents, relatives, or friends who are not active members of USAWS are **NOT** allowed on the dock during practices and shows.
- 5 Use ski equipment that is appropriate for your size and skill level.
- 6 Always be aware of your surroundings when skiing or riding in the boat.
- 7 Helmets are required for all jump acts and some other specialty acts. Mouthpieces (provided by the skier) are recommended for jump acts.
- 8 Don't ski into the dock. Always try to release so that when you come to a stop, you are at least 5 feet from the dock.
- 9 Learn and know the water ski hand signals (see Appendix B)
- 10 When you fall and are fine, **always wave a hand above your head**. Make sure the towboat and pick up boat can see you are all right. Look directly at the towboat driver. The tow boat or the pick up boat will get you.
- 11 If you fall as a group, **STAY TOGETHER**. It helps the boat get the skiers regrouped faster. People come first, not equipment.
- 12 If you are skiing alone and become injured, **DO NOT WAVE**. If you can, cross your arms over your head in an **X FIGURE**. Medical attention will arrive ASAP.
- 13 If you are injured, listen and follow the directions of the safety person. If you need to be back boarded, an ambulance will be called. This is mandatory.
- 14 Always be aware of sun exposure and wear sunscreen and/or hat. Bring water to all practices and shows to stay hydrated.
- 15 **No gum** or food while skiing. This is a choking hazard.
- 16 **No accessories**, including jewelry, hats, or sunglasses while skiing.
- 17 **No cell phones**, or similar devices are to be used on the dock by minors.
- 18 **The club is not responsible for personal items left in the shed.** Understand that if a club member chooses to leave a personal item in the shed, it is at their own risk. Other

club members may choose to use said item, as items in the shed are considered club property.

Appendix A: Club Fees

Club fees consist of three parts: club dues, USA Water Ski Membership, and Fundraising Obligation (FRO). Skiers are not allowed to begin skiing until all paperwork has been submitted, dues are paid, and proof of USA Waterski Insurance is shown. If an individual or family fails to meet the Fundraising Obligation (FRO) for a prior year, they will be expected to pay in full before the start of season the following year. Club fees are \$100 for the first skier, and \$50 for each additional skier. **NOTE:** We have combined the previous Dues and FRO into one fee when registering online to simplify payment. If you are raising FRO, make sure to use the raising FRO form when registering, so you will only be charged the club fee.

Fundraising Obligation (FRO) Explained

Every skiing member of the LOW Ski Club is required to contribute to fuel expenses either through direct payment or fundraising. The fundraising obligation is a token of appreciation to our boat drivers and by no means covers what they spend in gas each summer for the ski team. All money collected through the FRO is given proportionately back to the drivers to help offset their fuel expenses. Membership dues do **NOT** cover the fuel expense of our club (The average ski boat's fuel consumption is 4 - 6 gallons per hour). Boat drivers are not required to pay the FRO. Boat drivers with skiers on their membership must meet the minimum hour requirement (25 hours), in order to be exempt from FRO.

Included with Membership

- 22+ week season
- Practice up to three times a week (with some exceptions)
- Club insurance
- Equipment - skiers are only required to provide a life vest, the club owns a host of equipment (skis, ropes, etc) and purchases new items and maintains old ones
- USA Waterski Certified Drivers and their personal boats
- Safety Coordinator at every practice
- Basic Tips, helps, and encouragement
- Access to clinics and other ski opportunities
- USA Water Ski Club Registration
- USA Water Ski Sanctioning for practices and events
- Website
- Two ski shows per season
- Safesport certification for all adult participants and volunteers
- Costumes for ski shows
- End of year awards
- Scholarships

Membership payment options include:

- Personal contribution
- Obtaining a sponsorship

The two options are explained below:

1: Personal Contribution:

Pay all fees directly up front. This can be from personal funds or soliciting donations from friends or family members.

2: Sponsorship Opportunities:

Members can raise the money needed for their membership by finding outside sponsors through local businesses. The amount raised must equal or exceed the total due. Sponsor packages are as follows:

Major Sponsor Package

\$500.00

- 3’x9’ full color banner displayed at our events (Independence Day show, Labor Day show)

Supporting Sponsor Package

\$300.00

- 3’x6’ full color banner displayed at two of our ski shows

Banner Renewal

\$150.00

- Renewal of an existing sponsorship will be a flat charge of \$150 for the season with approval of the previously printed banner.

The Board is happy to provide a list of potential sponsors to anyone that is interested. Understand that this list by no means guarantees sponsorship, but rather acts as a starting point of potential businesses to contact.

USA Water Ski Membership

The USA Water Ski Association is the national governing body for the LOW Water Ski Club, Inc. Each club member is required to join the **USA Water Ski Association** as an *active member* to be covered by insurance while participating with the team.

- **At minimum, one parent/grandparent/guardian of children under the age of 18 must become an active member of the USAWS for their child to participate in LOW Water Ski Club, Inc. activities.**
- Parents of young adults over the age of 18 who are self sustaining (college students, etc.) are encouraged to join USAWS and participate in club activities.

USA Waterski Individual Memberships

- Individual Active (25 and Older) - **\$90**
- Under 25 Active - **\$60**

USA Waterski Family Memberships

- **Family Active (FA) - \$190**

Consists of **up to Six** family members including head of household (HOH) and spouse/dependent children age 17 and under who reside at the same address as the HOH
On-line USA Water Ski membership registration is available at

<http://www.usawaterski.org/pages/Join.html> . Click the “apply online” button. Then scroll down to where it says “new members” and begin entering your information. Make sure you register as an active member, and make sure you register as a member of the LOW Water Ski Club, Inc. when it asks for your club/team. You **MUST** register under National Show Ski (NSS).

	Total Cost	Dues	USA Waterski (not paid to club)
Adult Skier	\$440	\$350	\$90
Minor Skier & Parent	\$500	\$350	\$150
2 Skiers	\$740	\$550	\$190

3 Skiers	\$890	\$700	\$190
More than 3 skiers		Add \$50 per additional skier	\$190

Appendix B: Hand Signals

1	Speed up the boat: Thumb up.	
2	Slow down the boat: Thumb down.	
3	Cut Motor/Stop (also used by driver or observer): Slashing motion over the neck.	
4	Turn the boat (also used by driver): Circle motion with arms over-head then point in desired direction.	
5	Return to dock: Pat on the head.	

Appendix C: Infection Prevention Measures

Please stay home or keep your children home if:

- You have had a fever in the last 24 hours
- Generally do not feel well

Appendix D: Required Parental Duties

In order for our club to function, we need volunteers to fill the following roles at every practice:

Dock Master – Checks in the skiers each practice, maintains and disperses the radios at each practice, logs each boat driver’s drive time, organizes the skiers on the dock, and polices the non-ski club boats when they want to dock. The club really needs 2-3 people as Dock Master throughout the season.

Spotters – Must be a minimum of 14 years old, handle ropes of fallen skiers, notify driver of a fallen skier, and handle the skier down flag. The spotter is also responsible for the safety of the skier anytime they are in the water. Spotters must be familiar with the hand signals from the handbook, and the USAWS Basic Skills program. We will conduct a spotter class/workshop at the beginning of the season. All spotters must wear Coast Guard Class III approved floatation devices at all times according to NSSA regulations. Spotters that are under the age of 18, must have permission of their parent or guardian, as well as the permission of the boat driver, in order to act as spotter. Only one minor (age 14 or above), acting as spotter, will be allowed to ride in a given boat at one time for the safety of the skier(s).

Additional Volunteer roles:

Apparel Sales

Costumes

Fundraising Events – Concert on the point

End of the Year Picnic Setup and Planning

Special Events Planning

Appendix E: Calendar of Important Dates

April 8-10 - Florida Training with the Carolina Show Ski Team

April 25th - First Practice of the Season

June 6th - No Practice, Adaptive Wounded Veterans Event

June 13th - Saturday Practices Move to 8am

June 13th-14th - Knotty Girl Clinic

June 27th - July Show 6:30 and Parade (show starts at 6:30pm, dock at 4:30pm)

July 26th - Eastern Regionals

August 8th - Adaptive Smiles Carnival

September 6th - Labor Day Ski Show (show starts at 1pm, dock at 11:00am)