

**DOLPHIN SWIMMING & BOATING CLUB**  
**NEW MEMBER INFORMATION**  
**ABOUT THE COMMUNITY AND THE CLUBHOUSE**

## Dolphin Club Top 10

### YES!

- The Dolphin Club warmly welcomes all people.
- Be safe and keep others safe.
- All members are encouraged to volunteer: the Dolphin Club is more than a gym.
- If you're not sure, ask.
- Care for the club as you do your home - clean up after yourself; leave it better than you found it.
- Speak up when you see things. We all play a role in keeping the club great.
- We welcome guests with their hosts - that's you - according to the guidelines.
- Enjoy!

### NO...

- No wetsuits in the building; no open flames, candles nor smoking inside or outside; no talking on cell phones inside; no parking in front of the gate (deliveries/official business exception).
- No dogs inside any part of the club (appropriately tethered away from foot traffic and personally attended at all times outside is an exception.)

## General Logistics /House Rules

(COVID-19 NOTE: Our building access has been and may continue to be subject to Public Health restrictions until the pandemic is over. See latest guidelines on club [website](#).)

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- The clubhouse is open daily 5:00 AM – 9:00 PM - hours may be extended in the Summer.
  - Please bring your own swimwear, towel, toiletries , as the club does not supply.
  - The front door and side gate open with an electronic keycard or keyfob.
  - A public payphone is available at the club; the number is (415) 441-9329.
  - The Dolphin Club website is <https://www.dolphinclub.org/> The bulletin boards and display cases also have valuable club information. You will be signed up for the club listserv at <https://dolphinclub.groups.io/>
  - The Dolphin Log is the club's newsletter and is mailed to members quarterly. Keith Howell is the editor and welcomes submissions.
  - Bike racks are provided for storing and locking your bike while at the club; no dedicated car parking is available. Parking in front of the gate is prohibited except for deliveries and official club business.
  - Please take the time to read rules and guidance documents relevant to your activities at the club. These can be found in the club's groups.io files called *Club Guides & Rules*. Members are expected to abide by all rules and guidelines cited and any others posted around the club. Your signature to this document represents your agreement to do so. If you need paper versions, just ask.

## Membership Opportunities and Responsibilities

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Founded in 1877, the Dolphin Club has expanded from a small club of 25 men to a club of 1800 people of varied life experience and backgrounds. We pledge to continue our growth, by honoring, respecting and taking collective responsibility toward equity for every member. We pledge to be a club that includes and honors all members' cultures and experiences.

- Members' conduct must conform with Dolphin Club's articulated values, rules and guidelines.
- Public access day-use is shared with the South End Rowing Club, each with either Tue/Thur/Sat or Mon/Wed/Fri. The club is not open to the public on Sundays.
- Members may bring guests to the club on any day.
  - Hosting a small group of immediate family? Great, and welcome all Dolphins to your gathering, too.
  - If you bring children, be very attentive and bear in mind that the club is designed for adult members. Children should be supervised at all times, with special care near the water. The club is not available for children's parties.
  - Members are limited to 4 guests, not counting immediate family. Members are responsible for their guests and family members at all times.
  - If guests (including family members) swim, workout, use locker room/shower/sauna, or ride with a member in a rowboat, they must pay the \$10 day-use fee and sign a waiver.
- The Dolphin Club Board of Governors approves all social and sporting events involving club use. Four general interest parties are held annually:
  - Old Timers' Luncheon (February)
  - Rowers' Dinner (Spring)
  - Pilot and Swimmer Appreciation Dinner (November)
  - Christmas/Holiday Party (December)
- Any gathering that involves more than 4 non-members (not counting immediate family), even if shared among several members, is prohibited absent prior approval by the Board (see below). Requests: [events@dolphinclub.org](mailto:events@dolphinclub.org)
- Parties, events, or gatherings must be of general interest to the club to be considered. The Dolphin Club facilities are never rented out for private parties or commercial use.
- Private social gatherings, whether members only or including non-member guests, that impair the enjoyment of other members are not permitted. Also not permitted:
  - exclusionary gatherings that monopolize the kitchen or other spaces.
  - gatherings that conflict with Dolphin Club-sponsored activities.
  - use of the kitchen or grill without the presence of a hosting member.
- Galley use:
  - Share the space
  - Clean up after yourself and your guests. This includes washing, drying, AND putting away dishes, and making sure all burners and ovens are turned off.
  - Pay attention to recycling and composting guidelines. Ask if you're not sure.
- The Dolphin Club hosts Club Mixers on Fridays, alternating with the South End Rowing Club.

- Two 503 (c) Funds are available for tax-deductible donations: There are links on the Support page on the club website to the DC Foundation ([dolphinfoundationsf.org](http://dolphinfoundationsf.org)), where the capital campaign resources for the renovation go and to the DC Youth Swim Fund (at San Francisco Foundation).
- How to get involved? Consider these opportunities below and check with any Board member for other volunteer opportunities and ways to offer support:
  - Volunteer at stewardship events: Boat Night (every Tuesday); Beach Clean-ups; Locker room clean-ups, you can even adopt a room to keep it clean!
  - Support organized swims by piloting and other volunteer roles
  - Help serve and clean up at the four annual events and Club Mixers (every Friday)
  - Help on Dolphin Club Archives project (email Morgan Kulla at [archives@dolphinclub.org](mailto:archives@dolphinclub.org),
  - Attend monthly Board and Committee meetings: Building Committee (first Monday); People & Culture Committee (first Thursday); Boat Committee (second Monday); Board of Governors (third Wednesday)
  - Run for the Board of Governors (after one year of membership): the Board has seven officers and eight governors, with terms limited to two sequential one-year terms. Election petitions are due at the November Board meeting.
  - Contribute financially to the Youth Swim Fund and the Building Fund.

## Sports at the Dolphin Club

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### Swimming

**(Commissioners: Elaine Van Vleck, Tim McElligott, Tom Neill [dolphinswimcommissioner@gmail.com](mailto:dolphinswimcommissioner@gmail.com) )**

- Participation in all sports activities must be in compliance with the Dolphin Club Safe Sport Policy. Please read and incorporate into your participation.
- Bay swimming is risky. Know your own limits and the water conditions every time you swim:
  - The water temperature - a small change can make a difference,
  - The tides and currents of the cove and the unique higher risk areas,
  - Your own physiology and the changes in your tolerance for cold based on food, rest, other.
- There is no lifeguard on duty.
- All swimmers must be aware of the club's swim boundaries. To swim outside the cove, you must have adequate pilot coverage and written approval from the Boat Captain and a Swim Commissioner for a private out-of-cove swim, or be participating in the pilot out-of-cove program. Application forms for private out-of-cove swims are provided on request ([swim@dolphinclub.org](mailto:swim@dolphinclub.org)).
- Take off your wetsuit outdoors and hang it on the rack. Wetsuits live outside. The clubhouse is an old wood building and additional moisture contributes to deterioration.
- Wash sand off outside (especially your feet). Sand damages plumbing and wood floors. If you or your guests track sand in, please clean it up promptly.
- New members must wait six months before participating in any out-of-cove swim OR must successfully complete the winter Polar Bear Swim or the summer 100 Mile Swim OR complete an accelerated process (ask a Swim Commissioner).

- Volunteers are always welcome at the swims. This is useful for you during your first 6 months to meet other Dolphins, and useful to the club to make the events run smoothly. Watch for sign-ups two weeks prior to each swim.
- To participate in out-of-cove swims, you must:
  - Pay the annual out-of-cove swim fee (\$60)
  - Be a member of the US/ Pacific Masters Swim Association
- If you participate in non-Dolphin Club (third-party) swim or boating events, you are not allowed to use the facilities, boats, or other assets of the Dolphin Club in association with that event except when previously approved by the Board. Please see “Rowing & Kayaking” for additional specifics related to boat usage.

### **Boating – Rowing, Kayaking and Motorized - Boat Captain: James Dilworth [boats@dolphinclub.org](mailto:boats@dolphinclub.org) )**

- **The source of all up to date Boating Information can be found in the [Boating Guide](http://www.dolphinclub.org/boating-guide/) [<http://www.dolphinclub.org/boating-guide/>]**
- The club has a fleet of wooden rowboats, lightweight fiberglass shells, kayaks, surfskis, standup paddleboards, and motorized craft for your use.
- An orientation is required before you may use any of the club boats. [Request training](https://dolphinclub.org/boating-guide/request-training/) [<https://dolphinclub.org/boating-guide/request-training/>]
- Learn to Row classes typically start out with our wooden fleet. You'll learn how to take care of the boats as well as Bay currents & tides. An initial orientation is usually done on request. Scott Stark, Diane Jackson & John Robiola lead the training. You can reach them at [learntorow@dolphinclub.org](mailto:learntorow@dolphinclub.org)
- Team Rowing in our Coastal Quad is organized by Gabriella Wong - [crew@dolphinclub.org](mailto:crew@dolphinclub.org)
- Orientation for for experienced rowers in our shells and coastal boats with - James Dilworth [shells@dolphinclub.org](mailto:shells@dolphinclub.org)
- Shells are also available at Lake Merced for use by experienced shell rowers. (Jim Storm is the Lake Commissioner – [lakemerced@dolphinclub.org](mailto:lakemerced@dolphinclub.org)).
- Kayak training is conducted by James Dilworth, Nathaniel Berger and Terry Horn on monthly on weekends. If you've kayaked before you can also join Wednesday evening kayak club for a quick orientation. [kayaks@dolphinclub.org](mailto:kayaks@dolphinclub.org)
- Swim Pilot training on motorized craft is held occasionally with frequent opportunities to practice on group swims. Tim Kreutzen, Chief Pilot can arrange training. [pilots@dolphinclub.org](mailto:pilots@dolphinclub.org)
- Only qualified members are permitted to use our boats. Guests may join in rowboats as passengers. An experienced rowing guest may join you in a double, with special permission from the Boat Captain.
- Boats may not be launched in winds over 15kts, or taken west of the Golden Gate Bridge, or be out after dark without special permission from the Boat Captain.
- Club boats may not be used to assist any third party swim or triathlon unless previously approved by the Board.

### **Running (Commissioner: Anna Olsen)**

- Club runs are organized throughout the year and are more frequent in the late summer, leading up to the inter-club triathlon held in September or October.

**Weight room (Fitness Commissioner: Deborah Sherwood [weightroom@dolphinclub.org](mailto:weightroom@dolphinclub.org) )**

- Please replace weights and other equipment after use.
- Wipe up your sweat and pick up your trash.
- No children allowed in the weight room, ever. Please keep sand and water out, too.
- Share the radio and ask before changing the station or volume level.

**Handball (Commissioner: Paul Brady)**

- There is one court at the Dolphin Club. It is generally used for yoga, Pilates and stretching in the morning, and for handball the rest of the time. Reservations are easily made at the court. There are two courts at South End.
- Meet the regular players on Thursday nights; new players are welcome.

**At the Dolphin Club, everybody's welcome; everybody's safe from harm.**

We have guidelines and rules to support safety and well-being and we want you to know what to do where to turn, if an issue arises with the boats, the building, or another member.

If you witness a member not following guidelines with the boats or building, help them out and share what you know. If that isn't possible, ask the Rowing Commissioner or Boat or House Captain to help.

Let's say you find unwelcome behavior from another member. How best to move forward?

1. Talk to the person, and try to resolve it. Or
2. Talk to a friend for counsel, then to the other party, resolve it. Or
3. Reach out to the Dolphin Club Peer Support Team [dsbcfps@gmail.com](mailto:dsbcfps@gmail.com) for coaching on how to address it.
4. In cases of heightened, repeated or protracted conflict, the President may convene a House Committee to consider and move to resolution.
5. A non-Club member ombudsperson may be made available, as needed.

Violations of Club policy on the boats and building are most often dealt with through the relevant Board Member, the Membership Director and the House Committee process. Examples of sanctions are explaining the rules to new members, foregoing use of equipment for a period of time, and loss of relevant privilege.

**Got questions? Ask!**

We have over 1800 members and the responsibility to care for the Club—its community, facilities, boats, and otherwise—falls to each of us. Ask any Club member if you have questions. If you see something awry, say something!

We want you to enjoy the Club, participate fully as a member, and help us keep the Club as a great place to set and meet individual goals, to connect with like-minded swimmers and rowers, and to enjoy this magnificent bay.

Please sign and date this document, photograph or scan this page with your signature \below and send image to the office email address:

[membership@dolphinclub.org](mailto:membership@dolphinclub.org)

*Karen Heisler, Membership Director*

*Ward Bushee, President*

My name is \_\_\_\_\_ and I understand and agree to participate as a Dolphin Swimming and Boating Club member according to these and all other Club rules, guidelines and values.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_