

Bewdley Rowing Club PUB & CLUB REGATTA May 30th 2009

Notes for Competitors

Dear Competitor

Welcome to Bewdley Rowing Club Pub & Club Regatta 2009. In order that your time at the Regatta is as enjoyable and safe as possible please note the following information:

- **All competitors MUST complete an application form before using club equipment and facilities and boating.**
- Will all competitors please note that river safety and first aid are not available outside the hours of racing and therefore practising on the river is strictly at their own risk. River Safety during the regatta is covered by a launch, which is in attendance during racing and will follow boats down the course. **In the event of an accident on the river racing must stop immediately.**
- A pay phone is located inside the Clubhouse where information on all local services is detailed. In an emergency, 999 calls can be made from the phone just inside the Boathouse.

Safety on the Water

The Amateur Rowing Association Water Safety Code covers all aspects of safety in rowing activity and a copy of the code is displayed in the gym.

Accident Book

The accident book is kept in the boathouse and any incident that involves injury to an individual or damage to equipment, however small, **MUST** be entered in this book.

Clothing

When training, especially in cold conditions, make sure that you wear lots of thin layers rather than one or two thick ones, a hat is a useful piece of equipment which minimises heat loss. **Wellington Boots must never be worn in the boat.**

Warming up and stretching

This is essential at any time of year, but especially during colder conditions, as muscular injuries are far more likely to occur if you undertake activity without warming up. Your coach will be able to tell you the correct way to do this.

Child Protection Procedures

Bewdley Rowing Club adheres to the ARA Child Protection Procedures and a copy of this policy can be found in the Clubhouse.

Gymnasium

The gymnasium contains ergometers (rowing machines), free weights and a multigym. New members must not use equipment without first being instructed by a club member and please note that : **MEMBERS UNDER EIGHTEEN YEARS OF AGE MUST NOT USE EQUIPMENT UNSUPERVISED**

Notice Board

There will be a Pub & Club Notice board in the club house. Please ensure that you look at this regularly as it will be used to provide you with useful and important information.

Boat Booking

A Boat Booking sheet will be available on the notice board. This booking sheet must be filled in to reserve the boat you wish to use for each training session. Only book a boat for a 1 hour session at a time and ensure that the boat is returned on time for the next crew.

Rowing Terms and Phrases

As with any sport, rowing has a wealth of terminology that is often incomprehensible to a beginner. The following list, while not exhaustive, should give a basic knowledge to beginners to enable safe and enjoyable outings while learning.

The Boats: Bewdley Rowing Club owns a variety of boats including eights, fours, pairs, double sculls and single sculls.

Coxswain (COX)	Person who gives out commands and steers the boat
Stroke person	Rower nearest the cox, who sets the pace /stroke.
Stern pair	The two rowers nearest the cox.
Bow	Front of the boat, furthest from the cox.
Bow Pair	The two rowers furthest from the cox.

Each seat place in a boat is numbered and commands from the cox will be directed at that number seat, rather than the name of the rower.

Sax Board, Gunwhale	Top edge of the sides of the boat
Rigger	Framework support for the blade/Oar
Swivel (sometimes called the Gate)	Where the blades are secured in place
Blades with green marking	Bow side
Blades with red marking	Stroke side
Slide	the runners that hold the seat

Rowing terminology

Square Blades	the blades are at right angles when out of the water
Feather	the blades are parallel to the water when out of it
Easy Oar	stop rowing at the end of the next stroke & place the blade on the sax board in front you with arms straight
Stop/Hold the boat	It is essential that you listen to the commands that the cox gives and this is one of the most important. The blades are placed under the surface of the water to slow the run of the boat. This manoeuvre will be demonstrated by your coach.
Balance/sit the boat	All blades resting on the water at the back stop position.
Back stops	Seat to the back of the slide – legs are flat and blade handle tucked under chest. This is the starting position for the rowing stroke.
Front stops	Front of the slide – knees bent (shins vertical), thighs drawn up to the chest, arms straight in front
Tap Down	The blade handle is pushed down lightly to enable it to clear the water at the end of the stroke.
Quarter slide	Distance down the slide – legs very slightly bent
Half slide	Distance down the slide - Legs half bent
Three quarter slide	Distance down the slide – legs raised near the chest, knees together.
Full slide	Distance down the slide – outside arm through the legs with the inside leg raised vertical and the outside slightly open – shins should be vertical.

General rules

- When getting into a boat, rowers with their blades on the bank hold the boat whilst the others get in first and secure their blades into the riggers.
- Take commands from the cox
- No talking in the boat, unless in an emergency or resting
- Always make sure someone is holding the boat when getting in and out and that the boat is not left unattended.
- NEVER wear wellingtons in a boat.

Bewdley Rowing Club Pub & Club Regatta Application Form

To the Hon. Secretary of Bewdley Rowing Club - I wish to become a Member of Bewdley Rowing Club. I agree, if elected, to conform to the Rules and the Health and Safety Policy of the Club.

(It is a condition of membership of Bewdley Rowing Club that all members abide by the Child Protection Procedures, which are in place as required in the Club's affiliation to the Amateur Rowing Association)

Pub & Club Competitor 2009

Name.....

Address.....

.....

.....Home Phone.....

Emergency Contact No.....

Injuries or Illness

Rowing is a sport which requires high intensity work over long periods of time and if you about to begin training for the first time or haven't exercised for a while it is advisable to check your general health with your doctor before commencing any form of strenuous exercise.

Please note: *It is important that you notify the club of any medical condition that develops during your membership that could affect your safety, or that of others, when taking part in club activities.*

Please complete the following declaration:

I declare that I am in good health and have not suffered from any serious illness, such as serious heart disease, epilepsy or high blood pressure and that I do not suffer from any of the following (*delete as applicable*)

Asthma	yes/no	Epilepsy	yes/no	Diabetes	yes/no
Bronchitis	yes/no	Blackouts	yes/no	Ear Problems	yes/no
Muscular/skeletal injuries : e.g. Back injury			yes/no		
Are you currently taking any form of medication			yes/no		

If the answer to any of the above is yes, please confirm with your GP that you are able to take up rowing without causing risks to yourself or others participating in the sport.

I declare that I can swim at least 100 metres in light clothing and that I will abide by the Health & Safety Policy of Bewdley Rowing Club (Copy in Clubhouse)

Print Name

Signature : **Date**

Notes for Club Members Coaching Pub & Club Crews

Dear Member

Thank you for coaching a Pub & Club Crew. In order that the event is enjoyable and safe for you all, will you please ensure that you follow these guidelines.

- All members of the crew **must** complete application forms before taking part in any activity on the water (insurance cover)
- Make sure that your crew reads the 'notes for competitors' and are dressed appropriately.
- Explain the procedure in event of an accident on the water.
- Please make sure that your crew warms up and stretches adequately before and after an outing.
- Never wear wellingtons in the boat and always remember to wear a life jacket when coxing your crew.
- Ensure that your crew books out a boat for training and that it is returned on time.
- Finally ensure that you log out/in your crew on the White board in the Boat House.

GOOD LUCK !

Kidderminster Hospital 01562 823424	From Rowing Club turn left and follow road out of Bewdley to roundabout. Take left turn and stay on road, go straight over traffic lights at bottom of Bewdley Hill. Hospital entrance is 50 yds on right hand side.
Bewdley Medical Centre 01299 402157	Cross over the bridge up towards the church and 50 yds on right hand side entry into short stay car park. The Medical Centre is situated in right hand corner.
Local Chemists (2) Open Saturday only Duty Chemist (Sunday 10.00am – 4.00 pm) located	Located in Load Street – Cross over bridge – one each side of the street 50yds. The Co-op, Franche, Kidderminster. (Ask for directions in Clubhouse of Tea Tent)
Post Office	Located in Load Street - Cross over the bridge and 50 yds. up towards church on left hand side of the street.
Public Phone Boxes	Located in Load Street - Cross over the bridge and 50 yds. up towards church on left hand side of the street.