

# Bewdley Rowing Club 2018 PUB & CLUB REGATTA

Notes for Competitors – to be retained for your information.

## *Dear Competitor*

Welcome to Bewdley Rowing Club 2018 Pub & Club Regatta. 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 British Rowing Row Safe code for rowing clubs 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 British Rowing 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. There is a maximum of six 1 hour sessions allowed per crew within the training period.

## 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 is 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**

Safe Position	Whole crew at back stops, sitting tall with spoons flat on the water with arms straight
Square Blades	The spoons are at right angles when out of the water
Feather	The spoons 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.
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 level 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 2018 Pub & Club Regatta Membership Form

To the Hon. Secretary of Bewdley Rowing Club - I wish to become a temporary member of Bewdley Rowing Club. I agree to conform to the Rules and the Policies and Procedures of the Club (copies of which can be found in the club).

### Pub & Club Competitor 2018

Name.....

Address.....

.....

Post Code..... Phone.....

Emergency Contact No.....

Email Address..... Date of Birth .....

### 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.

### GDPR Acceptance

Due to changes in the law, we have to make you aware of how we are going to use and store your personally identifiable data. Your details will not be shared with any one in or outside of the club, who does not require it for medical or temporary membership purposes. Your data will be stored on a secure sever and we will only store it until the next Pub and Club regatta, where you will then have to agree to another acceptance should you take part again. We may occasionally contact you with information regarding Pub and Club and rowing club membership.

Please tick the box below to show you are happy to opt in for your data to be used in this way.

I am happy for you to store my personally identifiable data for one year.

**Print Name** .....

**Signature:** ..... **Date:**.....