

# Bewdley Rowing Club

## FUN REGATTA

Notes for Competitors - to be retained for your information.

### *Dear Competitor*

Welcome to Bewdley Rowing Club Fun 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 practicing 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.**

### **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 can be found on the British Rowing website.

### **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 weight machines. 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 For      | 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.