

## **Bradford on Avon Rowing Club**

Welcome to the club.

This email contains information which we hope will help you to integrate into rowing life at BOARC including information about the club and some notes on safety.

The club is made up of two sections- the "Rowing" and "Canoeing" sections.. We share the changing facilities and notice board area but house our boats and equipment separately.

There is a mix of racing boats and training boats in the club – the main section of the older building housing 4 or 5 Club Singles (1x), 9 fours and quad variations and 3 eights. The older large building also has a smaller side section housing 2 doubles, another 4 and several private single sculls.

The rowing part of the new building houses some private singles, 3 or 4 club singles and 8 further doubles/pairs including a private boat.

There are sweep oars and blades kept in both sheds – some are the clubs and some are private.

A list of equipment is kept by the information board highlighting what can be used, weights of boat and oar and blade lists. If in doubt ask a committee member/experienced rower.

The club capacity for boats is currently at maximum but we are constantly looking at updating our fleet for use by members.

The club is run by a committee that is voted in at the annual AGM each year – a list of committee members is on the notice board (and attached to this email). All officers on the committee are unpaid volunteers.

### *Learning to row*

Courses are run regularly at the club – these courses are very popular and are often oversubscribed. There is a waiting list for juniors.

The courses are only an introduction to rowing/sculling and it takes a lot longer to become competent at either.

### *Progressing from Learning to row*

Many of you may wish to join the club after the learn to row course.

After joining the club it will be necessary to find and join a group you can progress with. There are members who will help you progress by rowing with you and giving you some friendly coaching and advice. But of course we are all

volunteers so your enthusiasm is what counts. You may need to get going and fully master the training boats and then progress in single sculls or form a crew and row crew boats. You will find you will become more competent and can organize your own outings and we will try and help as much as we can.

*Here is the safety bit*

The club operates the “Row Safe” rules from British Rowing and I would recommend you read these here

<http://www.britishrowing.org/taking-part/staying-safe/rowsafe>

Additionally there are some local rules

- 1) It is your responsibility to ensure you assess the conditions before your outing. General risk assessments are posted for your guidance near the booking out board.
- 2) All boats must *book out* and on return *book in* the log book. Don't forget the time out and back.
- 3) Ensure you buddy up, rowing or sculling with others or in sight of others.
- 4) Ensure you have practiced a turn over test (capsize drill) and refresh your thoughts on what you were taught. If you have any questions ASK.
- 5) Acquaint yourself with the immersion rules
- 6) When moving down the river do so on the right hand side (your left in a sculling boat). Return on the right.
- 7) Look behind you regularly to check for others. SHOUT LOUDLY if someone is close to you.
- 8) Learn to stop quickly (termed HOLD THE BOAT)
- 9) Respect, help and be courteous to others on the river

***Above all enjoy your rowing***