



Thank you for your membership application. We are delighted that you have decided to join the club!

This letter should provide answers to most of the frequently asked questions new members may have, including information on the application process, and also information about rowing at the club that may be useful to you.

BRC Membership Process

1. From your completed membership form, your name, photo (if provided) and membership category will be posted on the notice board for 3 weeks before it goes to the Club Management Committee for final approval, in accordance with the club rules. As the Management Committee only meets once a month it may take up to 8 weeks. You may use the club facilities available to Club Members during this time.
2. Your payment, if you have paid by cheque, will be cashed during this time, bank transfers should be paid on 1st of the month, from the date of your application.
3. A link to the Club Rules and Rowing By-laws (and Safety Plan) has also been sent to you and is available on the Club Website. Please do read and comply, this is a condition of your membership.
4. If you would like a membership card or have any queries about your membership, please contact membership@broxbournerowingclub.org . Membership cards (if requested) will be placed on the notice board by the kitchen.

Club newsletter

The club will issue a regular newsletter with news and information by email. Please ensure the club has your up to date email and contact details and please update by emailing membership@broxborunerowingclub.org

British Rowing

Broxbourne Rowing Club is affiliated to British Rowing, the governing body for the sport. British Rowing is also responsible for the training and selection of individual rowers and crews representing Great Britain, and for participation in and development of rowing and indoor rowing across clubs in the UK.

As a BRC member you are encouraged to join British Rowing, it has a wide range of benefits most notably providing a racing licence that is required prior to entering any competition, and also a monthly magazine all about rowing! More information is available on the website: www.britishrowing.org .

Club management structure

The club is run by volunteers and we rely on people giving up their spare time to keep things running.

The Management Committee is responsible for the running of the club and is headed by the President. This group also comprises the Captain, Secretary, Treasurer, House and Grounds Officer, Safety Adviser and Social Secretary. These positions (except the Captain) are elected annually at the AGM in April.

The Rowing Committee is responsible for all rowing activities at the club and is headed by the Captain. This committee has Vice-Captains representing men, women, juniors, veterans, development and recreational rowers, as well as the Equipment Officer who co-ordinates the maintenance of equipment. The Head Coach also sits on this committee. These positions are elected or nominated annually at the Rowing AGM in September.

See the notice board or website for details of the current holders of these posts and key coaching contacts.

How can I help as a volunteer?

The club is run by volunteers, and we are always looking for volunteers to help with many aspects of running the club. The committee positions are all elected on an annual basis, but there are many non-official roles that are essential. This may be offering help with coaching (you do not need to be an expert rower to be a coach), organising social events, house and grounds maintenance and equipment repair. All members will be asked to help cook the Saturday morning breakfast on a rota basis. Please get in touch if you can help out in any way.

Facilities and Equipment

Rowing Equipment: We are very lucky to have an extremely comprehensive fleet of boats, which are maintained by the Equipment Officer. Use of boats by members is managed by the Captain and Vice Captains. Your vice-captain will let you know which boats your squad has been allocated by the Captain. We ask members not to make any alterations to equipment (e.g. changing riggers) without permission from the Captain or Equipment Officer.

Boat Allocation: We allocate boats based on a number of factors such as the weight of the crew, level of experience and aims of the crew. There is an inventory of all boats in the boatshed, and a colour code which indicates this allocation. For example, racing boats for experienced rowers are inappropriate for novices as they are narrower and difficult to balance for an inexperienced crew, and these factors are taken into account.

The club has stable sculls to help people learn to scull. You must pass a sculling competence assessment before using any of the club fine boats.

Please respect equipment and take care particularly when taking boats in and out of the boathouse, and coming on and off the water. All boats **MUST** be wiped down after each outing, and any damage reported by writing in the boat book notifying the Captain / Equipment Officer.

Fitness Training

Ergos: The rowing machine is the best option for non-water based fitness training. We have several machines at the club available for all members to use.

Circuit training: Circuit sessions starting at 7pm on Tuesdays. All club members are welcome.

Squads

We have a number of squads at the club, which represent groups of rowers with similar levels of ability and aspirations. All squads apart from the recreational group take part in races, sometimes combining squads to enter certain races. They are organised by the relevant Vice Captain, a nominated volunteer from the group.

Senior squads: The senior men and women's squads aim to enter the top level national events in the racing calendar, such as Henley Royal Regatta and Henley Women's Regatta. This requires higher levels of technical competence than the inter/novice squads, and 4 or more training sessions per week to maintain the fitness levels required to compete at these events.

Development Squads: These squads are for our Henley competitors of the future, and for those who may want less commitment than is required for senior rowing. The aim is to train less experienced rowers who wish to pursue rowing as a competitive sport. The coaches will liaise with the senior vice captains to ensure development of these individuals to senior squads as appropriate.

Masters (Veteran) squad: Veteran racing is becoming increasingly popular, and events are offered for ages of 27 to over 80 based on the average age of the crew. British Rowing also recently introduced a racing category 'Masters Novice' for the 'mature' new rowers. We have active men's and women's masters groups.

Junior squad: We have a very active junior squad, and all members up to age 18 are aligned to this squad. The juniors train separately from adult rowers due to different coaching requirements and child welfare considerations; this is why if you join with your child you will not learn on the same course. On occasion, juniors and seniors may row together under the direction of the Junior vice-captain. Please speak to the Junior vice-captain if you have a child who is interested in rowing.

Recreational squad: Recreational rowing still requires stamina and aerobic fitness but is less demanding than competitive rowing and is more about the enjoyment of being on the river, and going on tours rather than entering races. At BRC our recreational rowing squad meet up regularly to row together. The group sometimes venture further afield, but are more likely to row over the lock to the local pub than race!

Races

BRC regularly competes against other clubs at local and national level regattas and has on occasion ventured overseas. We compete all year round in regattas (side by side races) in the summer, and head races (time trials) in the winter season. Most races we attend are run under the British Rowing system so your first race would be at novice level and you would progress up to intermediate and senior status as you win races.

To get involved with a competition crew you will need to join one of our racing squads. Race entries will be co-ordinated via your coach or squad vice-captain and all race entries will be placed by the Race Entries Secretary. To enter a race you will need to be a British Rowing member (www.britishrowing.org).

Health and Safety

Health and Safety is taken very seriously at BRC, you are responsible for your own actions, decisions and safety. It is essential that you follow all guidance from the Captain, Vice Captain, coaches and comply with the Rowing By-laws (and Safety Plan). It is essential that you learn to scull under the supervision of a coach in a stable boat to avoid a swimming session! Also do not go out without supervision until you are signed off as 'competent'.

All incidents or accidents must be reported in the incident book (in the kitchen) - a committee member can help you with this. The most common incidents are collisions, so it is important to be vigilant at all times and shout 'Take a look!', 'Ahead' or 'Stop' depending on urgency, to warn anyone that may be at risk of a collision.

Our safety policies are based on the 'RowSafe' guidelines from British Rowing <https://www.britishrowing.org/upload/files/RowSafe/Complete-v1.pdf>. Please contact a rowing committee member, or the Club Safety Officer, if you have any questions.

Socials

The Social secretary co-ordinates all social events at the club, most notably the annual dinner dance which is usually held in October or November, where the Club Awards are presented. We also have Barbeques, quiz nights, bonfire night, live bands and many other events - suggestions and ideas are welcome. Your name will be added to an email list to keep you up to date on the latest events.

Kit for Rowing

Clothing for Rowing: Ideally wear close fitting clothes that won't get caught up in the boat whilst rowing and multiple layers to provide warmth allowing you to remove layers as you get warmer. A waterproof splash jacket is useful for rainy days, wear a hat when cold, or sunscreen, sunglasses and a hat in hot weather (the water does reflect and magnifies the sun). Remember to bring a change of clothes for afterwards - rowing is an outdoor sport so you may get wet! Have a bottle of water to keep you hydrated but please take home with you.

Club Kit: Club Kit can be purchased from our supplier. We make bulk orders every few months based on demand to ensure the best prices, see posters around the club and the club newsletter you will need to place your order via the supplier's websites at these times. The kit is of good quality and washes and wears well, so ask around for advice on sizing! <https://godfrey.co.uk/club/broxbournerc>

Who can I contact?

Contact the Captain about any aspect of rowing at the club captain@broxbournerowingclub.org, or the Secretary at secretary@broxborunerowingclub.org, email addresses for other club officers are on the website.