

Welcome letter July 2023



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 that new members may have, including information on the application process, and also information about rowing at the club.

Broxbourne Rowing Club Membership

Thank you for filling in the application form. Your personal information will only be seen by people within the club who need to use it to administer membership. Broxbourne Rowing Club complies with the General Data Protection Regulation (GDPR) and data protection regulations. A copy of our Privacy Notice is available on the Club's website.

Please make sure that you have paid your membership fee. You can pay in a lump sum or set up a monthly payment payable on the 1st of each month for a period of 12 months.

Club Rules and By-laws

Attached are copies of the:

- The club Rules; and
- The Rowing By-Laws

Please make sure you read and comply with the Rules and By-Laws. This is a condition of your membership.

Club Newsletter

The club issues a periodic newsletter, with news and information, and important rowing updates by email. Please ensure that the club has your up-to-date email and contact details by emailing secretary@broxbournerowingclub.org, and by registering with fitclub.me

Broxbourne Rowing Club is a company limited by guarantee.
Registered in England No. 12322612 Charity No. 1188068
Registered Office The Clubhouse, Old Nazeing Road, Broxbourne, England EN10 6QU

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 Broxbourne Rowing Club member, you are encouraged to join British Rowing, it has a wide range of benefits most notably providing insurance and a racing licence that is required prior to entering any competition. Membership is also required to participate in British Rowing Recreational tours in the UK and abroad. It also publishes a monthly on-line magazine all about rowing! More information is available on the website www.britishrowing.org

Club Management Structure

The club is a company limited by guarantee and a registered charity. The club is run by volunteers, and we rely on members giving up their spare time to keep things running.

Board of Directors As a company we have a board of directors who are responsible for the overall strategic direction of the club and for ensuring the proper and effective management of the club. The directors are also the trustees of the charity.

The Management Committee is responsible for the day to day running of the club and is headed by the President. This group also includes the Treasurer, Secretary, Captain, Safety Adviser, Social Secretary and House and Grounds Officer. These positions 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, masters 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 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 members to help with the 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 to help with coaching (you do not need to be an expert rower to help with coaching), organising social events, house and grounds maintenance and equipment repair. All members will be asked to help cook Saturday 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 squad 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 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.

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 single sculling 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 with sponges/microfibre cloths and soapy water (and dried) after each outing, and any damage reported in the repairs book (in the entrance to the clubhouse) 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 for all members to use.

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

Squads

We have a number of squads at the club that represent groups of rowers with similar levels of ability and aspirations. All squads apart from the recreational squads take part in races, sometimes combining squads to enter certain races. They are organised by the relevant squad 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 development squads and a number of training sessions per week to maintain the fitness levels required to compete at these events.

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

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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/masters rowing. The aim is to train less experienced rowers who wish to pursue rowing as a competitive sport. The coaches will liaise with the Vice-Captains to ensure development of these individuals to senior/masters squads. Or the Recreational Squad as appropriate.

Junior squad: We have a very active junior squad, and all members up to 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.

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. We have a very active and social recreational squad that offers a number of sessions each week to row together. Members regularly take part in extended day tours from the club and in the British Rowing multiday tours in the UK and abroad. Despite what is said above, the squad does occasionally also race against other clubs.

Races

Broxbourne Rowing Club regularly competes against other clubs at local and national level events 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.

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 the club. You are responsible for your own actions, decisions and safety and should act in a way that protects not only yourself but others. We share the river with many other users and it is essential that care is taken to avoid collisions.

It is essential that you follow all guidance from the Captain, Vice-Captains and coaches, and that you comply with the Rowing By-Laws (and Safety Plan)

It is essential that if you want to learn to single scull you must do so 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.

If you are involved in an incident, you must report it on the British Rowing website using the incident reporting tool <https://incidentreporting.britishrowing.org/> Ask a Rowing Committee member to help you if necessary.

You must also report all incidents promptly to the club Safety Adviser.

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 the urgency, to warn anyone that may be at risk of a collision.

Our safety policies are based on the Row Safe Guidelines from British Rowing
<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

Make sure that you check the equipment safety features before each outing such as bow ball, adequate buoyancy, working heel restraints (no longer than 7 cm), footplate and rigger bolts. Coxes should check rudder gear.

Please contact a Rowing Committee member or the Club Safe Adviser if you have any questions.

Socials

The Social Secretary co-ordinates social events at the club, 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 and other events- suggestions are welcome; as is help to organise.

Breakfast is available in the club on Saturday mornings which squads take in turn to cook.

Please remember to pay for any drinks you have at the club on other days.

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, sun-glasses and a hat in hot weather (the water does reflect and magnify 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 it 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 Newsletter for details of the ordering windows. You will need to place your orders direct with the supplier at these times and the kit will be delivered to the club.

Contacts

Contact the captain about any aspect of rowing at the club

Captain@broxbournerowingclub.org

or the Secretary at Secretary@broxbournerowingclub.org.

Email addresses for other club officers are on the club website.