

# Beccles RC

## *Members Handbook*



Beccles Rowing Club



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## YOUR CLUB

Welcome to Beccles Rowing Club (BRC). This handbook is designed to provide useful information for club members and people new to the sport of rowing.

### **HISTORY**

The club was founded in 1989 by a handful of local people who wanted to exploit the fantastic, meandering River Waveney. Originally sited on a plot that was little more than a lean-to, made of fence panels and tin roof, the club has now grown to its new location on the Puddingmoor riverside plots. The new boathouse was officially opened in June of 2008 since when we have expanded our fleet of boats and land-based facilities. We aim to cater for recreational and competitive rowers; for beginners and experts, for the young through to the less young, male and female - in fact, just about anyone!

### **LOCATION**

BRC rows on the River Waveney from its boathouse which was officially opened in June 2008. Access is found via a private driveway at the very end of Puddingmoor. There is limited parking available at the site and we are conscious that our neighbours will require parking too. If our parking area is congested there is additional space available in the public car park adjacent to the Waveney Meadow on Puddingmoor (by the children's play area).

### **DIRECTIONS**

To get to Beccles Rowing Club from the North or West using A143 or A146.

At roundabout with services (McDonalds and BP Garage) follow the A146 (signposted Beccles, Lowestoft).

At the next roundabout take the third exit onto the A145 (signposted Beccles), Morrison's should now be on your left.

Take the first right onto Common Lane North.

Follow this round to the left, the road becomes Pound Lane

Turn left at the T-junction (directly opposite you is a fish and chip shop) onto Ravensmere.

Turn right next to the Caxton Pub onto Smallgate.

Follow the road through the Old Market (Bus Station), continue straight over onto Puddingmoor.  
Continue along Puddingmoor for approx 500 yards (the Waveney Meadow car park is on your right).  
Continue for a further 100 yards and you will see a metal gate in front of an unmade driveway. (The gate has a combination lock - please ask for the combination number)  
Follow the driveway until you reach the car park (approx 100 yards) cross the small footbridge, turn left and you'll find the club approx 70 yards up on the right hand side

To get to Beccles Rowing Club from the south using A12 and A145.

Turn left at the first set of traffic lights onto St Mary's Road.  
Go past the hospital and Doctor's Surgery.  
Take the second right onto Puddingmoor.



More details are maintained via the club website:  
[http://becclesrowingclub.co.uk/?page\\_id=31](http://becclesrowingclub.co.uk/?page_id=31)

## ***CLUB ORGANISATION***

The management of BRC acts as a Committee consisting of Chairman, Secretary, Treasurer, Captain, Junior Representative and Safety Advisor. There are various support roles looking after various tasks, such as press stories, social events, etc. The Club has an appointed Welfare Office who is available to junior members should they wish to speak to someone impartial and in confidence. Current committee names and contact numbers are available at the end of this handbook and on the club notice-board

## **CLUB NEWS**

As is the case with most clubs these days, for many members the most convenient way of staying in touch with what's going on at the club is via a website. BRC is no exception, so check out the regular news items, photos, race reports and other info on the website at [www.becclesrowingclub.co.uk/](http://www.becclesrowingclub.co.uk/)

## **FACILITIES**

The club's new boathouse affords much more space than was previously available at its former premises. We now have a club room, our own private pontoon and a larger boatshed area. We have been fortunate to receive grants to enable the installation of solar power, so we have low voltage electricity available. However, we do not have water or drainage on site, although we have installed a portaloo. That means all club members should remember to bring their own drinks to the club as there is only a limited emergency supply available on site.

## **MEMBERSHIP**

Membership is open to all although we stipulate that members must be able to swim at least 50m (5m off which underwater) and tread water for at least 2 minutes in light clothing. Members should also be in good health. All categories of rowers are welcomed and BRC will help and encourage newcomers. Junior and Adult membership application forms are available in the Club room and on the website at [http://becclesrowingclub.co.uk/?page\\_id=47](http://becclesrowingclub.co.uk/?page_id=47).

## **TRAINING**

The club holds a club session every Sunday morning throughout the year.

The 08.00 session is aimed at crews that are more self-sufficient, although coaching is provided to these crews as often as possible.

The 09.30 session is a coached session primarily to supervise juniors and to assist those who are working on their technique and developing boat confidence.

Saturday sessions (due to the volume of members now coming along on Sundays) are a real possibility, so register your interest if it's more convenient for you and pending the availability of supervision we shall endeavour to expand club sessions to cover both weekend mornings.

All members/crews are required to have a mobile phone in the boat with them at all times in case of difficulty. We recommend that you consider the purchase of an appropriate waterproof cover for your phone.

The club operates a log book where all outings must be recorded. The book requires club members to confirm that someone is aware that they are going out on the water and that that person is prepared to raise the alarm if not informed of the rowers safe return within a given time. There is a display panel which must be completed before leaving the pontoon.

It is recommended that all club members bring a towel and a change of clothing to EVERY session.

## **KIT**

As rowing requires swift movements, rowers tend to wear items of clothing that are tight fitting but ensure good movement. It is useful to have a suitable waterproof jacket in case of rain, although the club has acquired a good selection of splash tops for use by members if they wish.

Loose fitting clothing will inevitably cause snags. Also clothing that soaks up water, can also be potentially dangerous in the event of a capsize, as it becomes heavy and impedes your extraction from the water. It is advisable to wear a hat for sun protection in the summer or for warmth in the winter months. Clothing is available from our nominated clothing specialist (Godfrey Clothing) and can be ordered via the club's website.

When the sun is shining everyone should consider application of sun block when the sun is out - especially in summer. The reflected

glare from the sun can quickly lead to sun-burn and there is no shade in the middle of a river!

Alongside this, everyone should have water with them to avoid dehydration. Rowing can be a taxing exercise and you will suffer dehydration if you don't have any fluids.

## **CARE OF EQUIPMENT**

Our club funds are generated almost exclusively via membership subscriptions as our facilities make it difficult to host racing events that generate cash for other clubs around the country. Therefore, to avoid the cost of maintenance charges, we ask all club members to treat our fleet of boats with utmost care.

That means:

Only lift what you are capable of

Be aware of what's around you before lifting

Check the path you'll be taking is clear of obstacles

Check your boat before and after each session so any damage can be fixed early, preventing it from becoming a major problem or a danger to you and other club members.

Enlist the help of people around you if it makes it easier.

## **RACING**

Racing events take place around the entire country. During spring and summer it is the sprint season, with side by side racing over distances up to 2km. During the autumn and winter the racing changes to long distance time trials.

The club frequently attend these events and all those who wish to participate are encouraged to do so. Typically, we go as far afield as London, Bedford and Peterborough as well as local events as close as Norwich. A racing event calendar is available on the British Rowing website.

To race at events, each competitor is required wear their club colours. Kit is available via the website, and is provided by Godfrey clothing. We operate 4 order "windows" during the year to help benefit from bulk purchase discounts.

## **SOCIALS**

BRC hold a number of social events throughout the year including a Club Dinner at Christmas.

## **FUNDRAISING**

The club relies on its fundraising activities to remain viable. These are ways you can help:

Easyfundraising - This is an easy way to raise money for the club. Register with [easyfundraising.org.uk](http://easyfundraising.org.uk), then from the easyfundraising website click on your chosen retailer, make your online purchase and then a small donation will be sent to the club's account. There is not any extra cost involved!

Sponsored events - in the past various club members have come up with novel ideas for raising sponsorship, often split the proceeds with local charities. If you have any great ideas, make them known.

## THE SPORT OF ROWING

There are two types of rowing: sweep-oar and sculling. Sweep-oar is rowing with one oar and sculling is where you have two oars. BRC has boats of both types although it is usual to start with single sculling to teach the basics of balance and control.

## TECHNIQUE



### **Point 1**

This is the start of the drive phase of the stroke, when the blades are placed in the water (called 'the catch') and the boat is driven forwards using the large muscle groups in the legs and body.

- The shins are vertical, the back straight and leaning forward and the body closed up on the thighs.
- All that is needed is for the hands to lift a little more in the direction of the arrow, and the blades will be fully 'locked' in the water

### **Common Errors at Point 1**

The seat begins to move backwards faster than shoulders. This fault is known as 'bum shoving' and it causes the powerful leg drive to be weakened considerably.



### **Point 2**



It is a mistake to think that rowing is pulling with the arms, but many beginners do this.

- The legs should be doing most of the work here, with the arms relaxed and the back still straight and leaning forward.
- The hands follow the path of the arrow parallel to the boat. The feeling should be that of hanging off the blade handles.

### **Common Errors at Point 2**

Arms pulling over the knees into an arc causing the blades to plunge too deep.



### **Point 3**

Nearing the end of the drive phase the body swings back and the arms are used to maintain the momentum of the blade handles.

### **Common Errors at Point 3**

The blade handle is pulled down (instead of along) causing the blade to lift from the water before the end of the stroke. This is called 'washing out'.



### **Point 4**

The hands make a small tap downwards, to lift the blades clear of the water.

- The legs are flat down.

- The back is straight, but leaning slightly back so that the abdominal muscles feel a slight pull.
  - The blade handles just brush the body when the spoon end is flat on the water.
- This is the end of the drive phase and the recovery phase begins.

#### **Common Errors at Point 4**

- The rower sits too upright and the elbows droop down - the effect is to shorten the stroke.
- The rower leans too far back - which delays the recovery.



#### **Point 5**

At the beginning of the recovery phase, the hands move down and away, following the trajectory of the arrow.

- The arms move away from the body, which is balanced vertically, but the seat has not yet begun to move and the knees are still held down.
- The arms, shoulders and neck are relaxed. This posture aids recovery from the exertion of the stroke, and helps to keep the boat balanced in the water.
- The body then rocks over from the pelvis, with the back straight, and the knees lift, allowing the seat to move.

#### **Common Errors at Point 5**

The knees lift and get in the way of the hands, which should be moving parallel to the boat.



### **Common Errors at Point 6**

- The hands are higher or lower than the point shown.
- The body is not leaning forward at the angle shown.
- The rower does not slow momentum before taking the catch.



### **Common Errors at Point 7**

The body is upright and the arms are not held out long enough.



### **Point 8**

The body at this point is in the catch position, moving forward until the shins are vertical and the sequence begins again.

### **Common Errors at Point 8**

- The rower does not reach forward to get a long stroke.
- The body collapses over the knees.
- The shins are not vertical.

## RACING – POINTS SYSTEM AND STATUS

BRC is affiliated to the British Rowing, which is the governing body for rowing in Great Britain.

Anyone wanting to race in an event held under BR rules must be a member of BR. Membership forms are available from the boathouse and the BR website – typically annual subscription for an adult is around £50, for a junior born between 1994 & 1998 £23, and for a junior born after 1998 free for the first year and £14 thereafter. All races are run with ‘status categories’ for each type of boat. A points system determines the racing status of a crew. The status categories were updated in 2009 and are: NOVICE, INTERMEDIATE 3, INTERMEDIATE 2, INTERMEDIATE 1, SENIOR, ELITE. The rower who has never raced before has no points and is classed as a NOVICE. For each race win a point is earned and you can move through the status table as per below. The table also shows the maximum total points for crews to race at each status. Wins in rowing and sculling are counted separately.

<b>STATUS LEVEL</b>	<b>8’s</b>	<b>4’s</b>	<b>Doubles/Pairs</b>	<b>Singles</b>
<b>Elite</b>	no limit	no limit	no limit	no limit
<b>Senior</b>	72	36	18	9
<b>Intermediate 1</b>	48	24	12	6
<b>Intermediate 2</b>	32	16	8	4
<b>Intermediate 3</b>	16	8	4	2
<b>Novice</b>	0	0	0	0

**Masters:** A competitor who attains the age of 27 during the current calendar year is classified as a master.

Events for masters are held in categories depending on the average age of the crew

Points are not awarded for veteran wins.

All competitors in a master’s event (other than coxswains) must be a master.

<b>Class</b>	<b>Age Restriction</b>
A	27
B	36
C	43
D	50
E	55
F	60
G	65

H  
I

70  
75

## ***SAFETY***

### **WATER SAFETY**

All members of BRC have a duty to:

- Act in manner that will not compromise the safety of themselves, Club members, other water users and the general public.
- Assess risks and base their decisions on such assessments.
- **ACTIVELY RESPOND** to their Club's safety rules.
- Be proactive in warning others of impending danger.
- Inform coaches and other crew/club members of any medical condition that may present a risk to themselves and/or their crew. In the case of juniors, parents have a duty to advise those in charge.

The club complies with the BR's "Row Safe". A copy is on the club notice-board or can be viewed or downloaded from the BR's website.

### **CLUB STANDING ORDERS**

- Club members are responsible for their own safety and are to take reasonable precautions in this respect and to behave in a responsible manner.
- Club members are to treat all other members, other water users and members of the public with respect at all times.
- Club members row and use club equipment at their own risk.
- Club members are required to declare whether or not they can swim 100m wearing full rowing kit, i.e. jogging trousers and long sleeved sweatshirt.
- No member is allowed out in a single scull without a qualified instructor (see below) present unless they have achieved Level 3 in the Club's Proficiency Tests and have proven they know how to react in the event of a capsize.
- No juniors should be on the water without adult supervision.
- Junior members should never be out of sight of a qualified adult member. Adult members and junior members are jointly responsible for the observance of this rule.
- The Cox will have the sole control of the crew unless he or she is under instruction or for the purpose of training, in which event the Club Captain may designate control to another crew member.

- All Club members at any rowing session are equally responsible for the rigging and de-rigging of all boats and equipment and the safe storage of equipment.
- All breakages and equipment defects are to be entered immediately into the log and reported to the Club Captain and Safety Advisor as soon as possible and subsequently reported to the BR via their website.
- No rowing or sculling is to take place if either the Club Captain, Safety Advisor or Qualified instructor present decides the conditions are unsafe.
- Club members will not be allowed to scull or row if the Club Captain, Safety Advisor or Qualified instructor decides that that club members is inappropriately dressed for the weather conditions.
- No boat is allowed on the water during the hours of darkness, or if visibility is limited.

## **QUALIFIED INSTRUCTORS**

Jon Benest-Bartram

## **ACCIDENTS/INCIDENTS**

In order to assess the Club safety system, ALL accidents and incidents are to be reported to the Club Safety Advisor as soon as possible. They will advise whether this should be reported to the BR via their website (on right hand side of home page there is an "Incident Reporting" button).

Everything should be reported to Club Safety Advisor, anything that involves damage to equipment or injury must also be reported to BR within 24 hours.

## **CAPSIZING DRILL**

A poster of the capsizing drill is located on the boathouse door but the golden rule in the event of capsizing is STAY WITH YOUR BOAT. It is a buoyancy aid and will keep you afloat.

The club carries out a capsizing drill annually to ensure that all club members know what to do in the event of a capsizing. The capsizing drill will include:

- The need to stay with the boat and use it as a life raft
- Precautions to be adopted before going afloat to reduce the risk

- The need to get out of the water quickly and on top of the boat to reduce heat loss
- The effects of water temperature, water conditions and clothing
- The means of summoning assistance and how to plan for this

It is recommended that all club members bring a towel and a change of clothing to every session.

## **WATER BORNE DISEASES**

The water we row on is not always as clean as we would choose and certainly is not pure enough to be swallowed without giving more than a passing thought to the possible effects it will have on our internal systems.

The three main diseases to be aware of are:

- Weill's disease - Leptospirosis
- Blue Green Algae - Cynobacteria
- Gastro-intestinal illness

There are a number of simple precautions to take to reduce the risk of infection.

- Cuts and abrasions (including blisters) should be covered with waterproof dressings.
- Wear footwear to avoid cuts and protect feet when paddling in the water.
- Shower after contact with the water
- Wash hands thoroughly before handling food (eating and drinking).

If after immersion (capsizing) you develop flu like symptoms (within 1-3 weeks) or have swallowed some water, your doctor should be contacted and advised of the circumstances.

## **NAVIGATION**

- Keep to the right-hand (bow/starboard) side of the river - remembering, as you travel backwards the right hand side feels like your left! Before turning, check that you will not be obstructing other water users.
- Ensure there is room before overtaking, you do not have right of way when overtaking motor boats.
- Rowing boats do not have right of way over other river users.
- Give way to sailing vessels and obey the helm's instructions.



## **CONTACT DETAILS**

<b>Chairman:</b> Robin de Vere Green	01502 171313 07836 251178 <a href="mailto:chairman@becclesrowingclub.co.uk">chairman@becclesrowingclub.co.uk</a>
<b>Captain:</b> Position Vacant.	
<b>Treasurer:</b> Alan Dye	07540 339585 <a href="mailto:treasurer@becclesrowingclub.co.uk">treasurer@becclesrowingclub.co.uk</a>
<b>Water Safety Advisor:</b> Jon Benest-Bartram	01502 711258 07881 957612 <a href="mailto:safety@becclesrowingclub.co.uk">safety@becclesrowingclub.co.uk</a>
<b>Junior Representative:</b> Thomas Cookson	
<b>Secretary:</b> Philip Smith	<a href="mailto:secretary@becclesrowingclub.co.uk">secretary@becclesrowingclub.co.uk</a>
<b>Club Welfare Officer:</b> Angela Cookson	07837 142754 <a href="mailto:cwo@becclesrowingclub.co.uk">cwo@becclesrowingclub.co.uk</a>