

Teign Scullers Rowing Club

Authority for Use of Club Boats outside Club Outings

General rules for use

Participants must be a paid up member, have passed their swim, capsize and throwline tests (or be wearing a club approved life jacket), have signed their copy of the club Induction programme and be signed off by a coach to use club boats outside club outings.

A set of flares or club mobile phone must be carried on each boat at all times while on the water. For every outing the participant should wear or have stored in the boat a life jacket recommended by the club and the bow rower in a crew boat or single sculler should wear a fluorescent jacket or strip provided by the club.

Boats must be booked via the club's online booking system and verified by a coach by email or telephone.

For the avoidance of doubt, the following rules will apply:

- Crews of club Quads, Fours and Doubles made up of advanced rowers may go on the water unaccompanied though a buddy system is recommended;
- Crews of club Quads, Fours and Doubles made up of intermediate rowers may go on the water with an accredited boat leader or cox on board and a buddy system is strongly advised;
- All advanced and intermediate Laser Virus scullers, single scullers and Pair rowers using club equipment must operate a mandatory buddy system of at least 2 boats;
- Independent owners of private boats are recommended to operate a buddy system. Should the owner decide to go out alone, the club requests a telephone call be made to either to the club captain, coach, safety or welfare officer to log on and off the water.

Above all, rowers using club boats outside club outings must be capable of making their own risk assessment as to the prevailing weather and tidal conditions.

1. Club Coaches

Club coaches should have achieved or be in the process of achieving Level 2 Certificate in Coaching Rowing. The coach may supervise club outings outside published times in any boat considered fit for purpose by the Head Coach.

A coach may authorise members to take out small boats under their supervision. Supervision means the coach may not necessarily be in the boat but is still under their instruction i.e. from the shore or from a training craft.

2. Outing Leaders

These leaders should be at least an intermediate sculler or rower and permitted by the Head Coach to lead the outing though not necessarily coach, cox or boat lead participants.

3. Boat Leaders

These leaders should be at least an intermediate sculler or rower and permitted by the Head Coach to lead the boat though not necessarily coach the participants.

4. Coxes

These participants may cox boats without a designated Coach supervising the outing. The cox will have to be able to demonstrate carrying out a risk assessment of the club's environment, access, water, equipment, mechanical, and of individuals. The cox should have an understanding of British Rowing Technique to Level Two though would not necessarily be capable of coaching to this level.

5. Rowers and Scullers – Intermediate Level

This level is designed for participants wanting to row or scull outside club outings as part of a team in a club Four, Quad or Double (who must have either a boat leader or cox as part of the crew) as well as Laser Virus scullers.

The club expects participants to be able to demonstrate Level One of Skill Development as part of the British Rowing Technique below.

<p>Getting Afloat with help:</p> <p>Carry the boat out, turn and place on water.</p>	<p>Rowing terms Understand meaning of:</p> <p>Easy Oar, Hold it up, Back stop, Front stop, Number off from bow, Recovery, Catch, Finish.</p>
<p>Independently be able to:</p> <p>Place the blades in the correct swivel and tighten</p> <p>How to sit in the boat and push off.</p> <p>Adjust to correct backstops position.</p>	<p>Carry out an equipment check on the following:</p> <p>Rigging, foot stretcher, slides, seat, swivel, gate.</p> <p>Blade – spoon, button, handle.</p>
<p>Confidence & Balance Skills</p> <p>Circles, rigger dips, sitting</p> <p>Rock and remove hand/s</p> <p>Rigger dips, standing up in boat</p> <p>Slapping or chopping</p> <p>Balance, blades off the water in the safe position</p>	<p>Manoeuvrability</p> <p>Paddle on and back down with one or two blades.</p> <p>Basic understanding of how the boat will move.</p> <p>Turn the boat full circle</p> <p>Stopping Skills Perform an emergency stop and sit in safety position.</p>
<p>Whole Stroke</p> <p>Recovery sequence - Hands, body, slide</p> <p>Catch - place the blade at the catch squarely with shins vertical and shoulders down.</p>	<p>Suspension and Drive</p> <p>Try suspension drills on ergos and in boats and can lift off seat.</p>
<p>Extraction</p> <p>Able to sit at backstops and extract square blade when stationary.</p>	<p>Recovery and Rhythm</p> <p>Understands what ratio and rhythm in a boat is and why it is important.</p>

6. Rowers and Scullers – Advanced Level

This level is designed for participants wanting to row or scull outside club outings in a club Pair or single scull and who are neither outing leaders, coxes nor coaches.

The club expects participants to be able to demonstrate Level Two of Skill Development as part of the British Rowing Technique below.

<p>Getting Afloat with help:</p> <p>Carry the boat out, turn and place on water.</p>	<p>Independently:</p> <p>Place the blades in the correct swivel and tighten Push off standing up in the boat Adjust to correct backstops position.</p>
<p>Rowing terms Understand meaning of:</p> <p>Bowside, strokeside.</p>	<p>Basic equipment maintenance</p> <p>Checking nuts & bolts Attaching riggers Understand how adjustment of foot stretcher and height effects position in boat, comfort, stroke length, posture.</p>
<p>Grip and posture</p> <p>Correct sculling/rowing grip Square and feather using fingers Maintain good posture for whole stroke sequence.</p>	<p>Confidence & Balance Skills</p> <p>Building on all the exercises for level 1 but increased targets and quality.</p>
<p>Manoeuvrability</p> <p>Tap turn a boat Turn the boat 360 in 55-60 sec Get onto a stake boat, use passing blades forward technique to maintain straight course Successfully carry out an emergency stop from strong paddling speed.</p>	<p>Whole Stroke</p> <p>Demonstrate hands, body, slide, 1/4, 1/2, 3/4, full slides with correct body and hand position at each point.</p>
<p>Catch</p> <p>Place blade at the catch while seat wheels are still moving forwards.</p>	<p>Suspension and Drive</p> <p>Can lift their weight off seat while pushing from the catch position 5 times.</p>
<p>Extraction</p> <p>Square extraction while paddling Introduce feathering with early re-squaring.</p>	<p>Recovery and Rhythm</p> <p>Recovery follows hand-body-slide model with good posture. Hands are held so that blades are clear of the water on most strokes. Squaring is completed by 3/4 slide in preparation for the catch Demonstrates good ratio and rhythm low rate.</p>