



WELCOME TO ABERDYFI ROWING CLUB



Clwb Rhwyfo Aberdyfi. Llawlyfr Aelodau.

Aberdyfi Rowing Club.

Handbook for Members and Club Rules

2023

Welcome to Aberdyfi Rowing Club. We hope that you will enjoy rowing as much as we all do. If you haven't rowed before (or maybe even if you have) there is quite a bit to get used to and we hope this booklet will help you find your feet in the club.

What is Coastal Rowing?

Very simply - for us it's rowing in the Dyfi Estuary and Cardigan Bay to have fun, to keep fit and, for many of us, to take part in races all around the coast of Wales.

What boats do you row?

We row 24' long Celtic longboats, with four rowers (each with one oar) and a cox. We have four of these traditional Welsh boats with fixed seats and we use these for races in Wales.

As well as the longboats, we do have sliding seat Coastal Sculling Boats (CBS), both Single and Double.

When do we row?

Club competitive training sessions during the week will be arranged by Club Captains and competitions normally take place on Sundays.

Saturday mornings are for Club Social Rowing for all including new members and beginners and those wishing to join the Club.

Saturday morning rowing is organised by Duty Rowers who are experienced members.

If more people turn up to row than there are boats available then the session on the water will be around 20 minutes long and boats first out will come ashore and swap crews as directed by the Duty Rower.

Booking a boat.

Experienced Members can row at any time outside Club Rowing by booking a boat for a specific day and time in the Desk diary and pay the **£1.50** noting the payment in the diary in the boathouse. Those Members should also inform the appropriate Club Captain of their intention. Members are responsible for ensuring that club rules are followed.

Paperwork.

Before any boat can go out on the water, the cox or the most senior person in the crew must fill out the Trip Log. This is a risk assessment form kept in a loose leaf folder in the boat shed. There are separate R/A forms for Sculling & Celtics. Its purpose is to remind crews to check that the boat is ready for sea, has all necessary equipment, that sufficient account has been taken of

weather, wind and tide relative to the experience of the crew and that the boat carries a mobile phone for use in an emergency. Compliance with this is very important for insurances purposes. It is also meant to remind people to put the bung in the boat before it is launched – this doesn't always happen, but you only forget once.

Duty Rower.

Every member is asked to do at least two duty sessions per season on a Saturday morning with another club member.

The Duty Rower Rota will be arranged by the Club Secretary who will allocate each member a Saturday morning slot. If you are unable to make that date then it is up to you to arrange a suitable swop.

Duty Rower remains on shore to oversee the mornings social rowing and his/her responsibilities are:

- To complete the Risk Assessment forms and ensure the boats are kitted out properly and safely before they leave.
- Meet and greet new / inexperienced rowers, ascertain their rowing competence, swimming skills and confidence. Give a safety brief if appropriate. Request an emergency contact number.
- Ensure new or inexperienced rowers are teamed with other experienced crew members.
- Remind members to pay their fees and put their names in the book of attendance.
- Discuss weather and sea conditions, highlighting any hazards and appropriate safe actions with all rowers before they leave shore.
- Duty Rower remains behind at the end of Social Rowing until all the boats are put away and all the equipment is back in the shed.

Rowing fees.

Everyone pays £1.50 each session (place in the jar on the desk in the boathouse every time they row. Members, only coxing don't pay, but if they row as well as cox, they do.

Members using a privately owned boat pay 50p. This money helps pay for insurance cover, maintenance of boats and equipment.

These fees will be set at the AGM.

Newcomers.

Newcomers who want to try rowing can do so **on Saturday mornings at 10.00 am** and not at any other time as we are not set up for this. Newcomers may have two trial rows at £3 per row; after that they must join as full members.

NB. The £3 a row option does not apply to members who have not renewed a lapsed subscription. Unless they renew their subscription they are not covered by insurance and may not row.

We are currently unable to offer membership to people under the age of 18.

Tea and coffee.

Members can help themselves to tea and coffee in the boat house.

Tidiness.

It's always appreciated if members help whenever they can to keep the boat shed tidy by sweeping the sand out of the boathouse, hanging life jackets up in the right place, washing mugs, emptying the rubbish bin and putting in new bin liners.

Keys.

The key to the boat shed is located in a key safe on the right hand side of the shed doors. The code for the key safe will be made known when new members join the Club.

Communications between members.

There are several WhatsApp groups, new members will be added to the group on joining the club for this to work well we ask the following:-

1. the "Aberdyfi Rowing Club" and the "Sculling at Aberdyfi Rowing Club" WhatsApp groups to be reserved solely for the planning and organisation of rowing events, such as training or booking boats, with no other content included.
2. the "ARC Social" WhatsApp group to be our opportunity to fill our boots with all things chitter- chatter that may or may not be related to rowing! (although, it is important that this forum is not used inappropriately to promote our own social or political agendas) and a place where we can congratulate our budding Team GB rowers, as well as anyone else who has represented our club with such pride!

Follow us on Facebook – Clwb Rhwyfo Aberdyfi Rowing Club

The website www.aberdyfirowingclub.com

Members' responsibilities.

Members must be responsible for their own and other members safety at all times on and off the water.

Members are asked to read the Water Safety Guidelines and rules (see below) and to respect them at all times. Failure to do so may mean members are breaking club rules and may be disqualifying themselves from rowing and not be covered by insurance.

New Members joining will be issued with this handbook and sign their membership form as acknowledgment of receipt and that they understand its contents.

Committee.

The Committee is responsible for organising the day-to-day running of the Club on behalf of the members. The Officers of the Club are listed on the club website www.aberdyfirowingclub.com. The Committee meets quarterly or as required. If you want particular information about the Club or are unhappy about anything that is happening in the Club please talk to one of the Committee members.

AGM

The Club year runs from April to March. The Club's Annual general meeting (AGM) is held in March. All members are encouraged to go to the AGM as

- Club officers report on what has happened during the past year
- Members elect the Committee for the year
- Members agree fees for the coming year
- Members raise any other matters that they wish to discuss

Membership Fees.

Subscription fees are due immediately they are agreed at the AGM and must be paid no later than 30th April. Members not paying by 30th April are not covered by insurance and are not allowed to row. Current fees and other charges are shown on the ARC website www.aberdyfirowingclub.com

Private boats.

Members are welcome to use their own boats, but when doing so must follow club rules as if they were rowing a club boat. Members are charged an annual fee for storing their boat in the club boat park and must insure their boat through the ARC insurance policy. Storage space is limited and the Club reserves the right to prioritise club boats/equipment over private boats/equipment.

Racing.

We race in Celtic longboats in the league races of Welsh Sea Rowing (WSR) the governing body to which we are affiliated. We race on Sundays in a racing season that is roughly from May till August. There are a number of classes for Men, Women and Mixed crews: Seniors (any age), Veterans (over 40), and Supervets (**over** 50). There are also classes for Juniors (U16 and U18). In 2010 WSR introduced a separate class for Sculling boats.

Crews are selected by the Men's and Ladies' Captains. Racers are asked to contribute to entry fees and travel costs for each event. Racing & travel fees to be arranged by the Captains.

We also race in non-league longboat races in Wales and in some favourite long-distance races - Cardiff Head of the Taff, the 22 mile Great River Race on the Thames being some of the favourites. We also host a regatta here in Aberdyfi.

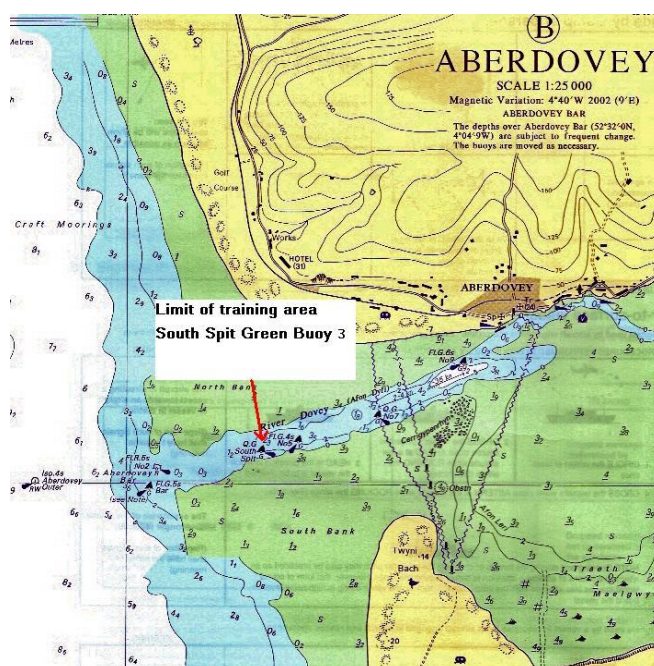


As well as racing in WSR races, sculling boats are eligible to race in officially recognised national and international races, and Aberdyfi crews have competed regularly in French national championships and the World Coastal Rowing Championships.



CLUB RULES and WATER SAFETY GUIDELINES

These guidelines apply to all ARC members and all classes of boat both within the club training area (Dyfi estuary as far seaward as No 3 South Spit Buoy) and beyond.



Responsibilities.

The cox of a coxed boat, senior crew member of a coxless pair or the rower of a solo scull is responsible for completing and signing the risk assessment Trip Log for any rowing session, and for the safety of the boat at sea. If the cox is inexperienced this responsibility will be taken by the most experienced member of the crew.

Individual crew members are responsible for ensuring that they are physically fit enough to row, meet the guidelines for crew set out below, and comply with the cox's instructions when at sea.

Crews must ensure that they are dressed appropriately for the weather conditions of the day.

Wellies maybe worn for launching and recovering BUT not whilst out on the water.

Coxes must wear a personal flotation device (Life-jacket) provided by the Club at all times, as must non or weak-swimmers when on the water. Juniors must always wear a lifejacket. Personal flotation devices (Life jackets) for all the rest of the crew must be carried on board.

Crews rowing outside the club training area must have a Senior and experienced member (someone who knows the Dyfi estuary and Cardigan Bay well) in the boat.

All members of crews going beyond South Spit buoy (No 3 Green) must have had at least 3 hours rowing time in the type of boat they are crewing.

Crew members must know the purpose of the emergency flares carried in the boat and when and how to use them.

Crew members must know how to wear and inflate a life jacket and have practised doing so.

All scullers must be trained, assessed, and passed to a competent level before using the sculling boats unsupervised. An updated list of competent scullers will be displayed on the notice board in the boatshed or digitally displayed.

All scullers must be trained and passed competent in capsize and recovery procedures before using the SINGLE sculls. An updated list of competent scullers will be displayed on the notice board in the boatshed or digitally displayed.

Remember capsizing in winter is very different from capsizing in the summer!

All scullers using the SINGLE sculls must be accompanied by another boat on the water. This could be another sculling boat, longboat or safety boat. Any relaxation of this must be at the discretion of the Sculling Captain.

There is to be no individual sculling after dark in any weather.

All Single and Double scullers must be capable of making accurate assessments of the local conditions and understand the need to adjust or cancel their trips accordingly. The same applies to Longboats crews.

Wind, tide and weather.

The **Duty Rower** or senior club member present must check the times of high and low tides at the start of a day's rowing. Likewise, with those organising training sessions in Longboats and all sculling at other times. Tide times are usually displayed on the notice board or are readily available on Apps.

All rowers should be aware of the possible effect of wind and tide combinations on the safety of rowing.

Tides run west when the tide is ebbing (going out to sea) and east when flooding (coming in). The direction and the state of the tide is important to know before assessing whether or where to row. Currents are at their strongest 2-3 hours after high or low tide and at their slackest one hour before high or low tide.

With spring tides high are higher and low tides are lower than at other times, so greater care needs to be taken to avoid running aground and the currents are considerably stronger. Care still needs to be taken with Neap (gentle) tides.

Wind blowing out to sea with an ebbing tide will increase the risk of boats being carried out to sea.

Wind blowing against the tide will increase waves and wave height.

Coxes must take the above into consideration when doing the rowing risk assessment and deciding whether it is safe to row with their given crew. If they decide that rowing is safe, they should consider which area of the estuary to row in. The river Leri and upstream past Church Bay will be sheltered from a westerly wind but will require care not to ground boats when the tide is ebbing and water covers the sandbanks.

If there is a likelihood of thunderstorms in the area then rowing must cease and crews should return to shelter.

Obstacles.

There are many sandbanks and shallow waters in and around the Dovey Estuary including the famous Bar. These can change from time to time. Moorings and mooring buoys can also present an issue for rowers. If the tide is stronger than the wind then moored vessels will normally lie to the tide. Great care should be taken in passing across in front of moorings. Mooring buoys without a vessel attached may be difficult to see.

Safety equipment.

All boats must carry:

- A mobile phone in waterproof container attached to boat, with number posted on Trip Log in clubhouse, and containing phone numbers for Aberdyfi harbourmaster and Holyhead Coastguard and the onshore contact. Alternatively a hand held waterproof VHF radio can be used providing the owner has the correct licence to operate it.
- flares (rocket red, hand-held red, handheld orange smoke) in the yellow waterproof container attached to boat. Scullers must use the LED Battery Flares when in shore.
- Personnel Flotation Devices (lifejackets) for all crew must be carried on board and be easily accessible. The Cox and non-swimmers must wear one at all times.
- baler (Longboats only).

Personnel Flotation Devices (lifejackets) are provided by the Club.

Any defect or concern with any safety equipment must be communicated the safety officer.

In addition, if going outside the training area, or in poor visibility.

- compass
- water in plastic bottle
- space blanket in waterproof container along with the flares.

Communication prior to going afloat.

If crews are rowing boats at times when the Aberdyfi harbourmaster's office is unmanned and there is no safety boat cover, the cox or senior crew member must inform a responsible person on shore of the duration and location of the rowing session.

If crews are rowing beyond the training area or rowing anywhere at night the cox or senior crew member must inform the coastguard at Holyhead of the duration and location of the rowing session and of its completion.

Emergencies at Sea.

If there is a serious accident, life threatening incident or condition, a member of the crew (normally the Cox) must inform Holyhead Coast Guard by mobile phone informing them of the nature of the emergency, type of boat, current position of the boat and of the number persons involved. Dial 999 and ask for the Coast Guard. The Crew must put on and/or inflate lifejackets and stay with the boat.

If a longboat, double or single scull capsizes or becomes unrowable and cannot be returned to a rowable state, the crew must inform Aberdyfi harbourmaster and Holyhead Coast Guard- as above. Crew must put on and/or inflate lifejackets, stay with boat until it is righted or rescued and not attempt to swim to shore on their own. They can swim together **with the boat to shore** if they are in the estuary.

If a crew member has a serious accident or becomes seriously ill when at sea, a member of crew (normally the Cox) must immediately inform the ambulance service by phoning 999, the Coast Guard and the Aberdyfi harbourmaster of the nature of the accident/ illness, the condition of the person involved and the position of the boat. The cox must then get the boat back to Aberdyfi jetty as quickly as possible.

Longboats are very stable and unlikely to capsize but if placed broad side on in surf they can capsize. Double and Single Skulls are more likely to capsize so it is imperative scullers are trained, assessed and have regular practice sessions arranged by the Coach or Sculling Captain.

CARE OF BOATS

Our boats and equipment need tender loving care and lots of upkeep. This is a reminder to everyone to take responsibility for taking care of all gear.

If a boat or equipment gets damaged please make sure you advise the Duty rower / senior member or officer of the Club immediately you arrive ashore.

Please read the following pointers in how to do this.

Celtics

- Do not ride the boats up the beach.
- Keep abrasion between boat and beach to a minimum – have someone hold the boat afloat while rowers get in and out. This avoids the boat's hull grinding on the shore.
- When leaving the beach wait till you are in deep water before putting the rudder on and ensure that the stern is in deep water at all times when the rudder is attached.
- Remove the rudder before you arrive at the beach to avoid it grounding – if this happens it can cause serious damage to the stern of the boat.
- Make sure you close gates after taking the oars out.
- Wash boats after every session, taking particular care in washing away all the sand. Use the brush in the boathouse to get rid of sand and stains.
- Open hatches fore and aft to allow ventilation.
- Park boats in the boat yard so that the bow is up and the stern is down so that water drains out.

Single and Double Sculls

- Never let the hull touch the beach or sand. This means that you use the trolley to float the boat BEFORE you remove the trolley.
- When coming in after a row, do not row into the beach. Stop before the beach, get out and use the trolley to pull the Scull out of the water. All Scull launching trolleys can go onto the water.
- When pulling the boat onto the trolley avoid hitting the metal bar before the second rubber rest.
- Do not use the Single Sculls unless you are an experienced sculler – see Water Safety Guidelines.
- After every session wash the boat down taking particular care to remove sand from the seat runners and footrest runners. Use the brush in the boathouse to get rid of sand and stains.
- Open hatches and drains.

Oars

- Avoid resting the end of the blade against the ground beach or walls.
- When carrying oars always carry them blade end forward so you avoid walking them into things.
- Rinse with fresh water before storing them on the correct racking.

Personal Flotation Devices (life jackets)

- If these have got wet with sea water rinse them off with tap water.
- And hang Personal Flotation devices up in the boathouse so that they dry.



Finally keep safe and enjoy your boating.