



New Member Induction

The Basic guide to getting started at Hamble River Rowing Club

First of all a warm welcome to Hamble River Rowing Club. The club is something that we are all proud of and you will soon have that HRRC members smile! Being a member of HRRC is great for de-stressing, keeping fit, meeting new friends, enjoying the fresh air and learning something new. If you have any questions about the club please ask another member or ask the committee (you can see our mugshots on the website if you're not sure who we are!)

1. **Safety First!** - Your safety is paramount. The following is guidance taken from British Rowing - ROWSAFE



Health difficulties

One of the first steps you must take is to disclose any relevant health problems. Rowing clubs are not qualified to give you medical advice, so you should raise any concerns with your doctor. However, clubs are often able to make provisions for health difficulties, allowing you to take part safely.

Swimming competence

You must be sure that you can achieve at least 50 yards of swimming. If for any reason you are unable to meet the requirements then a buoyancy aid or lifejacket must be worn.

Log books

It is a good idea to record your progress. Keeping a log of your own experience, training and knowledge of your club is an excellent way to stay safer in the sport and can also serve as a reminder of what you should know and do.

New to the water?

Sign up to the Basic Courses at HRRC

- Basic guide to Rules of the Road
- Basic Knots

Things to bear in mind:

Please mind your fingers when you are coming alongside as they can get trapped between the gunwale and the pontoon or other gigs. It is a good idea to take a 'dry bag' with you when you go rowing to put your valuables in (wallets, phones, keys). It can get wet inside the boat through splashing or rain and a dry bag will keep everything, well....dry! These are usually available from outdoor shops and chandleries.

The cox is in command of the boat and they will issue instructions for rowing and ensure that you do not collide with any obstacles or other boats. It's important that you obey their commands. If you feel faint or ill please inform the cox who can stop the boat.

If you fall overboard or in the rare event of a capsize do not panic. Stay with the gig and tread water. When you have hold of the gig make sure that all your fellow crew members are present then to make your way with the crew holding onto the boat to the nearest landing and get out of the water as quickly as you can. Summon help.

If you see a vessel approaching the stern at speed and you think the cox is not aware it is very important that you tell the cox.

Please do not answer your mobile when you are rowing. You will be able to use it when you return to shore. If you have any questions about any of the information above please speak to a committee member.

First Aid - You may want to bring items such as plasters in the case of blisters and any other medical requirements that you may need. You row at your own risk.

In the case of an emergency dial 999

and ask for:

Ambulance/Coastguard/Fire/Police

2. What to wear



Summer

Shorts, T-shirt, Warmer top layer, Flip Flops/Plimsols, Sunglasses, Sun Hat.



Winter

Vest, T-Shirt, Warm top layer, Trousers, Trainers, Woolly Hat.

Most people wear gloves as you can get blisters after a good session of rowing. Ideal gloves for rowing are sailing gloves (available from chandleries), gardening gloves or other training gloves with a grip.

Before you leave the house have a look at the weather and if necessary bring your waterproofs (trousers and coat). If you are going somewhere muddy or where you might have to wade into the water you might want to bring your wellies. If it is really sunny you

may need suncream. You should always take a bottle of water with you to rehydrate whatever the weather. You can have a pint at the pub when you get back!

HRRC Club Crew Wear - there is a range of clothing with the Hamble River Rowing brand available on the club website www.hamblerriverrowing.com.

3. The Cavern - Equipment

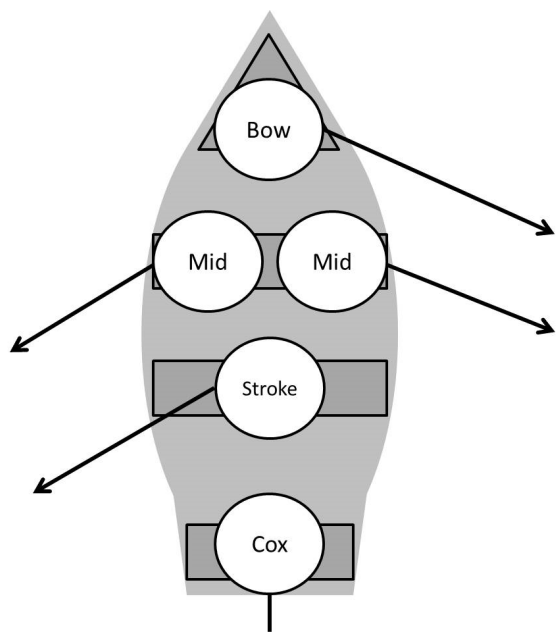
Most of the club's equipment is stored in the Cavern at the Jolly Sailor pub. You will be given the code to the cavern when you pay your membership at the start of the year. When you close the padlock you need to make sure that the correct code is still in place then when you have replaced the lock scramble the numbers.

The code is on your membership card

Packing up - When you have finished rowing for the day and you are the last to put equipment away, please securely close and lock the Cavern. Before you do so, cast an eye around the jetty and the tent to make sure that all the equipment has been collected. If in doubt it is better to lock the Cavern. Others can easily open it again should they need to. It is your responsibility to make sure the equipment is secure.

Equipment - As a club we are lucky to own and share a large amount of expensive equipment. Please look after it as if it was your own property - as member it is yours. The club runs a number of maintenance day throughout the year (mainly in winter). As a member you signed an agreement to help maintain the club's equipment so please make sure you sign up for your share of maintenance. If you think you won't know what to do, don't worry. There are lots of basic tasks to be carried out including cleaning and it is an opportunity to learn new boat maintenance skills.

Repairs - If you break something or notice that something is damaged or not functioning correctly please note it in the maintenance log (found inside the Cavern) noting which gig it is or which piece of equipment it is. If damage goes unnoticed then it increases the time which that piece of equipment will be available.



4. Basic Rowing Commands

When you are learning to row the crew will probably be set up as shown left although it is possible to row the gigs with one, two, three, four or five crew. When you are learning the boat will be coxed by an experienced club member. The following commands will be issued by the cox. It is important that you listen to them.

Backstops - Bring your oar out of the water and the handle of the oar close to your body ready to row as shown left.

Row - What is says - start rowing. Follow the rhythm of the STROKE

Bowside - Means those with their oars on the same side as the BOW rower are being instructed.

Strokeside - Those with their oars on the same side as stroke are being instructed.

Dig in - means to put your oar in the water with the blade at 90 degrees to the water. You should hold it still in this position.

Lift Your Oars - Lift your oars with the gates (rowlocks) still attached and place the handle of the oar between your feet with the blade vertically above you.

Hold Water - The same as dig in but commanded to all. It's a form of emergency stop.

If you are new to the River Hamble or boating in general you will need to sign up for the Rules of the River - Basic Boat Handling Course and the Know your Knots - Basic Course.