



CLUB HANDBOOK





WELCOME TO SCOTLAND'S NEWEST BOAT CLUB— TAY R C

Established in 2015 with an aim of bringing rowing to the Dundee & Perth area.

We aim to provide an environment which nurtures and encourages everyone on the water.

Tay RC would like to welcome you to the club and look forward to you contributing to our new and exciting project!

MEMBERSHIP.

If you're new to rowing, we invite you to complete one of our 'learn to row' courses. Each course has a fixed cost, this allows you to try rowing without being tied down to an annual membership of the club.

Contact comms-tayrowing@hotmail.com for information on our upcoming courses.



Membership fees are as follows:

Full- £100

We plan to offer more membership options as the club expands.

Contact us if you have any questions regarding your membership

(comms-tayrowing@hotmail.com)

If you have an intention to race you must also join Scottish rowing (www.scottish-rowing.org.uk).

ON THE WATER

We require all new rowers to complete one of our 'learn to row' courses which run a number of times throughout the year. These are completed in 'C-class' (wide and hard to capsize) boats which allow you to gain confidence and the skills in a safe environment.

After completing your 'learn to row' we encourage you to attend a development course. This looks to build upon the basic skills you have learned with an aim of gaining sufficient capabilities to join the main club sessions by the end of the course.

For those who graduate through the development course (and those already proficient in rowing) we run club sessions much like any other sports club. Currently the weekly club water session is 10:30 every Saturday. As our membership expands these sessions will become more frequent.

PEOPLE TO KNOW

It is important for club members to know who to approach in the event of any issues. Please use the information below to direct your questions to the right person so we can deal with your questions as quickly as possible:



President- Graham Houston (president-tayrowing@hotmail.com)

Secretary- Stewart Fleming (secretary-tayrowing@hotmail.com)

Treasurer- Clothilde Blanche (treasurer-tayrowing@hotmail.com)

Coach- Clothilde Blanche (coach-tayrowing@hotmail.com)

Welfare officer- Chris Bell (welfare-tayrowing@hotmail.com)

Safety officer- Ben Reilly- O'Donnell (safety-tayrowing@hotmail.com)

Development officer- Barbara Millns (barbaramillns1@gmail.com)

Communications officer- Eoin Ryan (comms-tayrowing@hotmail.com)

SAFETY

We expect members to look after themselves but each session has an appointed leader, this person is charged with ensuring activities are as safe as possible. You may approach the session leader at any point to raise any concerns or to offer some ideas to improve the situation. Ensure you know who your leader is at the beginning of each session.

We aim to promote a positive and safe environment for all our members so we can all enjoy the river and rowing on it. If at any point you feel the situation is unsafe please tell the session leader immediately.

SOME BASIC RULES;

- Crews must observe the circulation pattern whilst keeping a good look out for other water users and obstacles.
- 'If in doubt, don't go out' In the event of very strong tide, wind or extreme weather, exercise caution. Beware that weather can change quickly leaving you exposed out on the water. No crews are allowed on the water within 30 mins of a lightning strike.
- Participants exhibiting signs of illness, exhaustion or perceived to be under the influence of drugs or alcohol are not allowed on the water.
- All incidents and accidents must be reported with 24hrs to the club safety officer (safety-tayrowing@hotmail.com)



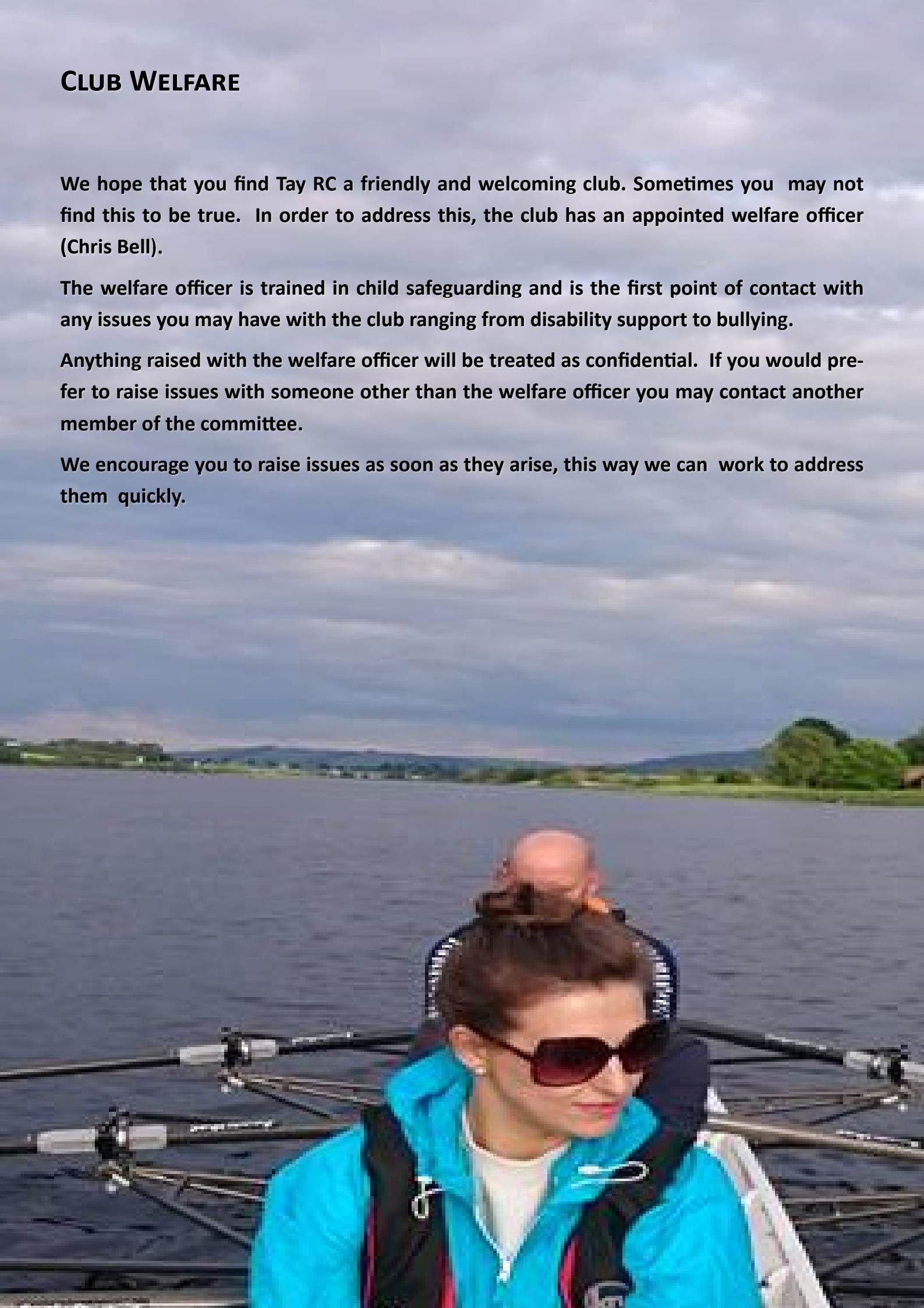
CLUB WELFARE

We hope that you find Tay RC a friendly and welcoming club. Sometimes you may not find this to be true. In order to address this, the club has an appointed welfare officer (Chris Bell).

The welfare officer is trained in child safeguarding and is the first point of contact with any issues you may have with the club ranging from disability support to bullying.

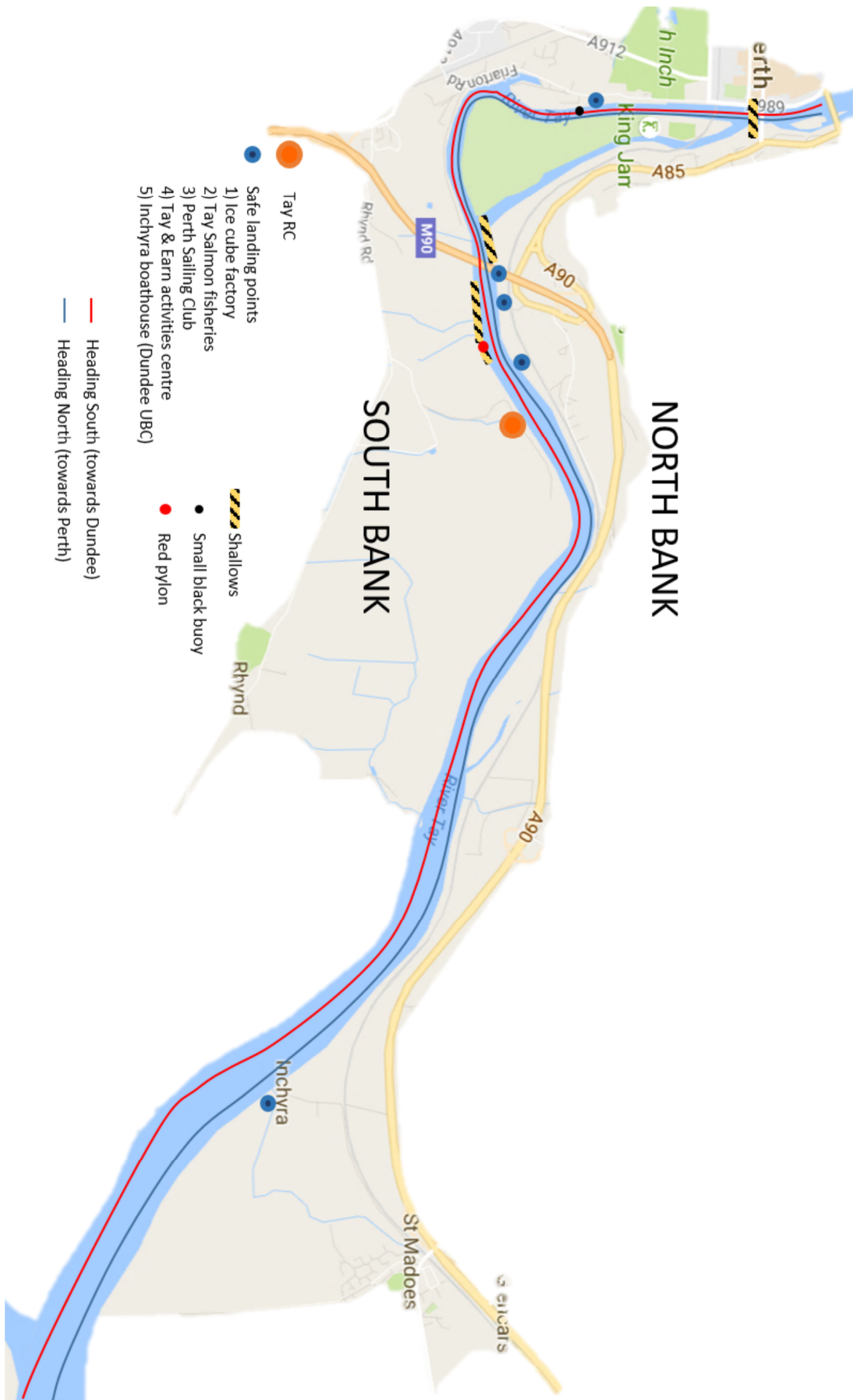
Anything raised with the welfare officer will be treated as confidential. If you would prefer to raise issues with someone other than the welfare officer you may contact another member of the committee.

We encourage you to raise issues as soon as they arise, this way we can work to address them quickly.



NAVIGATION OF THE RIVER TAY

For a complete guide to navigating the Tay please consult our guide.



TOP TIPS

- Close fitting clothes are best as they don't get caught up when you're rowing.
(the club will periodically order 'Tay RC kit', keep an eye out in the newsletter for information)
- Bring spare, warm, clothes to each session, these are essential in emergencies and great if you get a little wet!



- Bring food to eat after sessions, but try to stay away from sugar! (also make sure you have eaten before each session)
- You should have a drinks bottle with you when on the water, preferably with a cap
- Make sure your hands are clean before you touch anything you are going to eat/drink. Alcohol rub is handy to keep in your kit bag.
- Keep all cuts and scrapes covered and out of the water.
- Keep tools in your kit bag (at least 10mm and 13mm spanners)



www.tayrowingclub.wordpress.com



Tay Rowing Club



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