



Guidelines for Volunteers Assisting with Coaching Activities – indoor and outdoor sessions

Date prepared September 2017

Introduction

Taking care of any number of rowers on the water (or on land) is a difficult situation and we therefore very much appreciate the help provided by junior parents and other volunteers. Before any session where you have volunteered to help, the coach who you are helping should brief you as to what you are expected to do. However, here are a few general guidelines that might help.

Indoor/land training sessions

When helping out with gym sessions, please be aware of the following and just let the coach know if you're concerned or not sure:

- Obvious poor technique where you think there might be a risk of injury. Don't worry, we don't expect you to be a professional coach
- Messing about with weights or equipment which could be dangerous
- Signs of any junior feeling stressed or becoming ill (it is hard to differentiate between normal fatigue and illness, but if in doubt please alert the coach)
- Inappropriate behaviour within your group or with other individuals around the club. Bring any concerns to the attention of either the coach or the Welfare Officer (Jo Lock, welfare@henleyrowingclub.org)

One of your roles is to act as chaperone and as a witness to any incident. If an incident occurs then try to write down your recollections of the event whilst it is still fresh in your mind.

If asked to help with any outdoor land sessions, possibly including running or cycling, make sure you are appropriately dressed for the conditions, that your bike works properly and that you have working lights, a helmet and high visibility jacket. Don't forget your mobile phone with the coach's number stored.

River sessions

Again we don't expect you to know any rowing technique. You are there primarily as an extra set of eyes and pair of helping hands. Please check the following before the session begins:

- Make sure you have a bike that works and is suitably adjusted
- Wear suitable clothing; bearing in mind you might get wet and cold
- You have been briefed on the River Navigation Rules and Etiquette i.e. position of crew when overtaking or being overtaken, steering and correct side of the river to take, turning points, warning approaching crews and scullers, looking out for obstacles in the water, availability of safety launches at Upper Thames Rowing Club and Leander Club in case of emergency
- Have a charged mobile phone with you and make sure you have the relevant numbers available to hand, including your coach's. If you're ever in doubt about what to do – call someone and ask!
- If available, carry a throw line with you (your coach will show you where they are) and practice with it before setting off. You should also carry a couple of space blankets with you again, the coach will show you where they are. Please put these items back where you got them from afterwards
- As with the indoor sessions, you can help by watching out for any signs of trouble within the group. The coach will have his/her hands full with trying to teach, so an extra set of eyes to watch out for non-technique related issues could be invaluable.

For more information on River Rules and Etiquette please refer to the safety posters at the club and the safety page on the web site here: <http://www.henleyrowingclub.co.uk/safety/>

DON'T be concerned that you might not be up to the task. For the vast majority of sessions you'll be able to watch and learn what goes on when rowers go out at Henley Rowing Club and, hopefully, you'll find it an enjoyable experience!

We aim to have an extra adult available for most indoor/outdoor session, but the more resource we have, the better. So if you'd like to volunteer to help out on a more regular basis you'd be more than welcome. Talk to one of the coaches, Captain or to any committee member for advice.

Important Numbers

Please store the phone number of the coach you are supporting in your phone as well as the following useful numbers:

Henley Rowing Club	01491 573943
Captain Stan Admiraal	07740 626640
Water Safety Tom Wedgewood	07491 972792
Upper Thames Rowing Club	01491 575745
Leander Club	01491 575782

Thank you.

Tom Wedgewood, Water Safety Adviser
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