

A PRACTICAL GUIDE TO ROWING AND TRAINING FOR JUNIORS AND PARENTS



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INTRODUCTION

This booklet is intended as a practical guide for parents on what to expect being a parent of a Henley Rowing Club Junior Squad member, whether you are a rower or new to rowing, we hope you find this helpful.

If you would also like a basic understanding of rowing please take a look at the following link from the British Rowing.

<http://www.britishrowing.org/taking-part>

For background information and guidance, take a look at the following Volunteers and Helpers Guide produced by British Rowing (previously the Amateur Rowing Association).

<http://www.britishrowing.org/education-training/volunteersofficials/volunteer-helpers-guide>

Please feel free to contact your child's coach if you need any other information. Generally coaches send out an email newsletter/update for parents. Please make sure you provide a current email address which you access regularly to ensure you receive news and important information and updates to training, rowing or regatta schedules.

The Club Manager also circulates emails for news, club notices and club events.

Our web site also has news and information about the club and rowing. There is also a dedicated Face book page for the Junior Girls and one for the Junior Boys which are used to communicate information on regattas and training . It is also used to post photographs.

<http://www.henleyrowingclub.co.uk/>

OPPORTUNITIES TO HELP

As with all sports and activities children take part in, parental support is important and makes a big difference. Apart from the important job of transporting your child to and from training/events and acting as a 'parent in charge' when we are away from the club there are many opportunities for parents to become involved with the Junior rowing section. Putting the kettle on, serving breakfast or helping out at our fundraising events can be a great way to get to know new people.

Examples of helping out are:

- the breakfast rota. Sundays from 9 – 11am. Approx once every 4-6 weeks.
- Gazebo maintenance and logistics eg transport and responsibility for the gazebo at events
- Seat fee administration for Junior Squads
- Help with the finish tent and refreshments Henley Sculls and Henley 4s and 8s Head
- Fundraising

- Lost kit
- General maintenance eg lawn mowing, hedge trimming, painting etc.
- Help with coaching – land training and on the water, supervisory and coaching support

CLUB MEMBERSHIP

It is compulsory for all juniors rowing and coxing to become a member of the Club. Payment can be made by monthly standing order or annually. See Web site for details or contact the Membership Secretary.

MEMBERSHIP OF BRITISH ROWING

For racing it is compulsory to become a member of British Rowing. This is paid annually from the anniversary of first joining (J12/13s free for first year). The coach will let you know when membership is needed for new rowers and coxes in time for the first regatta/head race. You will receive a membership card to which you should add a photo. This is the racing licence and is normally kept by the coach for the season. Do not lose it!

If you become a parent helper on the coaching rota it is also advisable to become a non-rowing member of British Rowing. This will provide you with additional insurance cover as well as receiving your own copy of Rowing & Regatta magazine.

For details of British Rowing membership see: <http://www.britishrowing.org/membership/types>

THE COACHES AND SQUADS

The Junior Squad Coach is headed by a Chief Junior Coach. Boys and Girls in each age group have a different main coach and assistants/helpers who help on a rota basis. You will be introduced to the squad coach at the start up meeting. Contact details will be shared so that you will be able to communicate with the coach and receive Newsletters by email. These give up to date information on key dates and activities for the forthcoming month so it is important that you inform us if your contact details change.

All coaches are CRB checked in accordance with British Rowing requirements.

MEDICAL, HEALTH AND SAFETY

HEALTH

Please ensure that the coaches are aware of any medical issues eg asthma, epilepsy. If applicable, please see the British Rowing statement on epilepsy:

<http://www.britishrowing.org/upload/files/AboutRowing/Health/Medical-Epilepsy.Apr-08.pdf>

Training is quite intense and it is not advisable to train when feeling down and generally unwell. A good guide is to establish resting a heart rate ie first thing in morning before getting up.

- If the heart rate at any time is 10 beats above this then you should not train

- If the heart rate is 5-10 beats above this then make sure the coach is aware before training co

DIET AND HYDRATION

Nutrition is an important aspect of exercise whether your goal is to improve cardiovascular fitness, improve your body weight, compete on the rowing machine or simply to have fun.

There is some basic information on nutrition on the BR web site and the Rowing Magazine includes articles most months.

<http://www.britishrowing.org/education-training/nutrition>

A healthy and balanced diet is important. This means three meals a day plus appropriate snacks and proper hydration. Each day's intake should contain a variety of food groups, as well as adequate fluid intake (6 - 8 glasses of water daily). Athletes should not use protein supplements or any other performance supplements <http://www.britishrowing.org/competing/anti-doping>.

Hydration is important. Water bottles should not be shared by athletes as this could spread infections. Always bring your own bottle for training on the water and in the gym.

SUN EXPOSURE

Rowers and coaches are exposed to higher intensity of sun than other athletes who do not train on the water. Reflection of the sun's rays off the water results in increased exposure to harmful solar radiation. Use of sunscreen, hats and sunglasses can help.

HYPOTHERMIA

Hypothermia occurs when the whole of the body has been chilled to a much lower than normal temperature, and can no longer maintain its heat. i.e. below 35° C. Avoidance must be the first consideration at all times. It is important to dress to beat the cold – layers of clothing are more effective than one warm garment. The outer layer should be wind and waterproof. Remember the head is a source of heat loss so it is important to wear a hat in cold weather. Be alert to the warning signs of cold both in yourself and others. Exposed arms and legs heighten the risk (see information on [kit](#)).

Follow the link below for advice on what to wear:

<http://www.britishrowing.org/juniors/whattowear>

WEILL'S DISEASE - LEPTOSPIROSIS

Weill's Disease, also known as Leptospirosis, is rare in Britain with around 40 - 50 cases reported each year, however the disease does kill one or two people every year. It is carried by water organisms, so those taking part in water sports can be at risk.

In the early stages Leptospirosis can be mistaken for flu but can develop into jaundice, kidney and liver failure.

While the risk of contracting the disease from recreational water is very small, British Rowing is taking a precautionary approach and reiterating its advice that the serious nature of the disease means that rowers must be aware of the dangers and should take simple, routine precautions to reduce the risk of infection.

The most likely place for Leptospirosis to be found is in stagnant water, water that is adjacent to farm land and any water where rodents are common. Further information related to safety aspects on water borne diseases can be found at:

<http://www.britishrowing.org/news/2010/october/26/leptospirosisweils-disease>

- Cuts and abrasions (including blisters) should be covered with waterproof dressings.
- Wear footwear to avoid cuts and protect feet when paddling in the water (launching a boat).
- Shower after contact with the water.
- Wash hands thoroughly before eating and drinking (there are also antiseptic alcohol hand rub dispensers at the club).

If 'flu like symptoms develop shortly after contact with the water contact your doctor and tell him you are a rower. Please let your coach know.

BIRD FLU AND SWINE FLU

General hygiene as discussed above will help avoid the ingestion of contaminated material and infection. The British Rowing statement on bird flu is as follows:

<http://www.britishrowing.org/news/2009/may/14/swine-flu-guidance>

RAFTS

Only step on to the rafts when required to boat. If you are not rowing only step on to the raft when asked to do so by your coach or if needed to help a boat come in. Visitors, and especially small children, should not step on to the rafts.

Take care when boating from the rafts to step over the gaps and when stepping up on to the bank.

Trainers should be worn properly when carrying boats to avoid the risk of tripping and accidents or damage to rowers and equipment.

TRAINING SESSIONS

Beginners undertake a separate water training programme (usually in the summer holidays) to get them ready to join the squads. Squads are organised according to school age ie J13s = School Y8. The training is land based in the week during the winter season and water based at weekends. As the clocks change for the summer months, training becomes more water based.

All training, including outings on the water, for Juniors must be under the supervision of coaches (or a responsible adult if agreed with the coach).

All coaches and rowers have a responsibility to comply with British Rowing Rowsafe good practice.

Further information is at:

<http://britishrowing.org/publication/row-safe-guide-good-practice-rowing>

The exact training schedule will be provided on a squad basis by the coaches. The sessions typically are as follows:

TYPICAL WINTER TRAINING SCHEDULE:

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
8am- 12.30						J16 + J15 J14	J16 + J15 J14
9 am -12 noon						J13	J13
4:45-6:00 6:00-7:15	J15 +	J16+	J15+	J15+			
7-8.30pm		J13/J14		J13/J14			

TYPICAL SUMMER TRAINING SCHEDULE:

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
8am- 12.30						J16+ J15 J14	J16+ J15 J14
9 am - 12 noon						J13	J13
6.30- 8pm	J16+	J16+/J15/J14/J13	J16+/J15	J16+/J15/J14/J13			

ROWING KIT

COMPETITION KIT

The most important piece of 'kit' is the all-in-one in the Henley Club colours. The crew must wear identical clothing in club colours for racing. If in the winter a tee (Long or Short sleeve) shirt is worn under the all-in-one all crew members must wear the same colour – this is usually a white tee shirt.

Historically the blue bottomed and white top JL lycra has only been available to J16's upwards. We would now like to phase in all HRC athletes racing in the Crewroom/JL lycra. For the forthcoming season juniors will still be able to wear the solid blue/white striped Godfrey lycra if they have it, but please be aware that the entire crew must be wearing matching kit when racing.

Whilst rowers may purchase as much or as little of the kit as they want, we suggest that athletes own at least a Henley lycra, leggings and a short/long sleeved technical top for inclement weather. A gilet or splash top is preferable for waiting on cold start lines and training throughout the winter.

In-house, HRC will be offering for sale branded t-shirts and polo tops, long sleeved T's, crewneck sweatshirts and water bottles. We will also be continuing to sell event specific t-shirts throughout the season. Any profit goes directly back in to club funds and benefits its members.

Members will receive an email giving notice at the beginning of the Autumn season when the ordering system is open. This will allow a bulk order with lead times of 4 weeks for race kit, 6-8 weeks for

outerwear. There is no delivery charge. You may be able to order items half-way through the season but please be aware that prices will be higher for one-off orders.

Please contact catrionakay@yahoo.co.uk for kit questions or speak to your coach.

crewroom www.facebook.com/Crewroom [@Crewroom](https://twitter.com/Crewroom)

**COMING SOON
NEW JL
and
Crewroom
Henley RC
range**

- Racing Lycra £60.45
- Solid Short Sleeve Tech Top (Lite Drywick) £36.95
- Solid Long Sleeve Tech Top (Lite Drywick) £39.40
- Solid Leggings £49.85
- Polysoft Vest £15
- Air Head Visor / VX Cap £20.95
- Air Head Visor £20.95

T: 020 8877 3888 www.crewroom.co.uk enquiries@crewroom.co.uk **Enjoy the elements**

The advertisement features a yellow header with the Crewroom logo and social media links for Facebook (www.facebook.com/Crewroom) and Twitter (@Crewroom). The main content is split into a pink vertical banner on the left and a white area on the right. The banner reads 'COMING SOON NEW JL and Crewroom Henley RC range'. The white area displays five items: a Sequel Splash Jacket (£89.70), a Softshell Gilet (£69.95), a Drifter Fleece (£54.95), a No Fuss Beanie (£20.95), and Trackpants (£51.30). All items are dark blue with white accents and Henley Rowing Club branding. A blue footer contains contact information: T: 020 8877 3888, www.crewroom.co.uk, enquiries@crewroom.co.uk, and the slogan 'Enjoy the elements'.

TRAINING KIT

Please refer to previous information on clothing provided earlier ([Hypothermia](#)). Leggings and layers are important depending on the weather. Shorts are not sufficient in cold weather. A hat is also advisable in the winter. Poggies (special rowing mittens available online from various sources) can be used to keep hands warm when rowing in the winter; ordinary gloves are not suitable for rowing.

Serious rowers bring a bag of kit and are prepared for anything the elements may throw at them! Dry kit and a towel should be brought to the club at all times in case of capsize and in adverse weather conditions, especially when more than one training outing can be expected. A plastic bag is useful to hold wet kit.

In the summer don't forget a sunhat and sun block – even an early morning outing can result in sunburn if not properly protected.

Please ensure that appropriate fitting tee shirts (with sleeves and not low-cut) are worn for land training/gym sessions. Sports bras are also recommended.

Look after your expensive kit!

We strongly recommend that all kit is named as it does tend to be left about and can be thrown away or used as a cleaning rag if not claimed! Un-named/un-claimed kit is put in a lost property bin. These should be checked as after two months unclaimed kit maybe disposed of.

Suitable footwear should be worn at all times –bare feet or socks are not allowed for safety reasons.

Sometimes it is not possible to row due to the river conditions and then a training run is done. These runs can be >5 km and so it is important that suitable trainers are worn. All runs are along known routes and are supervised by coaches.

Muddy trainers should not be worn in the gym and for ergo sessions.

REGATTA DATES

At the beginning of the year a schedule of planned dates for regattas up to end July is normally provided. Please note these dates in your diary and notify coaches AS SOON AS POSSIBLE if you think there is a potential clash with school holidays, exchange trips, exams etc. Ideally holidays should not be taken during the season to conflict with the dates provided. These dates and regattas are provisional and may change during the year.

Some regattas require overnight stays at Nottingham - possibly three times for Junior Inter Regional (April), National Schools Regatta (May late Bank Holiday) and July (National Championships) - and there may be travel to Ghent International Regatta, Belgium (May).

For up to date information on regatta dates the following link is useful. This web site will also have links to results and photos to view and buy on line.

<http://www.rowing.biddulph.btinternet.co.uk/rowing.htm#calendars>

PHOTOGRAPHS

We like to promote wins and celebrate success through the Henley Standard/ local papers, on our web site and in any promotional materials we may produce to attract potential sponsors.

When taking photos of winning crews please ensure that all kit is correctly worn (ie all-in-one's pulled up) and matches (ie all wear the same as far as possible and make sure the cox is also wearing a Henley top). Sun glasses should not be worn for photographs. It is helpful to email crew photographs to the coach/junior co-ordinator (details will be available in the email newsletter). These can then be forwarded to our press officer together with a report (often written by the coaches) for the newspaper (deadline is Monday for a Friday publish). Wins and regatta reports are collated by the club and appear on the Clubs' web site.

COMPETITION, TRAVEL AND ACCOMMODATION COSTS

Apart from Club membership and British Rowing membership fees there are additional costs which are also the responsibility of parents as follows:

1. Travel costs and accommodation relating to regattas and training camps.

There will be costs involved in overnight stays for events eg in Nottingham. Group accommodation for the rowers, coaches and parents will be organised for these trips. Details will be advised nearer the time.

2. Seat fees

Racing fees charged by Regattas for entries are paid by the Club and then claimed back from parents. Seat fees are typically in the region of £8 - £15 per event. Example if your child competes in a J14 2x and a J14 4x there will be two fees to pay for the regatta. Fees are payable even if the event is scratched by the coach due to clash of timetables or if someone is not available to race and a substitute cannot be found. The club requires parents to credit regular payments to the club's seat fee fund. Parents will be sent invoices to show the current credit or debit balance.

Depending on age and how many events are done the annual seat fee could come to £50 - £200 approximately.

3. Trailer Towing Cost

A small charge is added to Seat Fees to cover the cost of towing boats to Regattas

ADDITIONAL INFORMATION ON TRAVEL AND ACCOMMODATION

NOTTINGHAM

The National Water Sports Centre is at Adbolton Lane, Holme Pierrepont, Nottingham NG12 2LU

<http://www.nwscnotts.com/>

There will be a daily charge for spectators at the events (car parking is free) of approximately £5 per person.

There is a large Morrison's supermarket about 3km from the centre. It's a good idea to buy picnic food for the day. However, the NWC has a café serving food (including pasta), drinks etc and a bar. Usually there are mobile food caterers around for the events eg National Champs.

Rooms are booked for rowers and 'responsible' parents at a local hotel and details will be advised nearer the time.

GENT, BELGIUM

In the past few years we have sent crews to Gent International Regatta held in May. As the age categories under FISA rules are different to the ARA (ie birth year not school year) and the regatta does not hold events for each age category there may not be a suitable opportunity for all of the squad to compete within an appropriate age band.

The link to the regatta is:

http://www.krsg.be/regatta/?mainmenu=regatta_&submenu=engels-uitnodiging&taal=engels

The regatta organisers provide food at very reasonable costs and there is a supermarket opposite the course (note this is closed on Sundays). There is no charge for spectators. More information will be provided at the appropriate time.

TIME OFF FROM SCHOOL

There are times when days off school during term time are needed to compete or travel to events.

March – weekday for National Schools Sculling Head, weekday for National Schools Head (J15+). These are likely to be consecutive days.

May – travel to Gent Friday for competition Sat/Sun, if attending.

May – travel to Nottingham Thursday before half term for the National Schools Regatta. Events take place on Friday - Sunday.

July – travel to Nottingham Thurs/Friday for the National Junior Championships. This takes place Friday to Sunday. Finals are on Saturday or Sunday depending on age.

GAZEBO

This was purchased by the Club in 2007. It is used as the base for when we are at regattas. Events charge us for putting up the gazebo and we have to share this cost amongst the rowers. This is approximately £5 - £10 per rower (also including a contribution towards hire of vehicle to tow trailer if used). It has proved to be a useful base and shelter from rain and wind and an asset for the Juniors, coaches and parents, in particular when at Nottingham.

Parents are needed to transport the gazebo to/from Nottingham and to be part of the team for putting up and taking down.

We also use the Gazebo at Henley Heads and organise refreshments for sale. We raise money towards the club funds and the gazebo fund.

PASSPORTS AND EU HEALTH CARD

Please make sure you have these available in case of travel to the International Regatta in Gent, Belgium. If you are escorting another child you may want to have a letter of authorisation from the parents.

Passports (6 months validity) and Health Cards will be compulsory for trials for the GB France match and if selected to row for GB.

BUYING A BOAT OR EQUIPMENT

All squad boats and equipment are provided by the Club. When aged about 16 years your child may want to think about having their own single sculling boat, but this is not compulsory. Second hand boats are sometimes available at the club or can be seen for sale on the various web sites.

Talk to your coach for advice before purchasing.

If you do own a boat then this will need to be racked at the club. Fees and insurance are paid to the club. Reduced fees apply for outside racks and there is a waiting list for inside racks.

All boats will be issued a three letter (HEN) code together with a three digit fleet number. Boats not correctly displaying the code will not be eligible to race.

Sculling blades may be purchased to use with own boats but club blades can be used. Please name blades. There is an area at the club for personal blade storage.

A useful gadget is a 'rigger jigger' or 10mm spanner used to take off/put on the riggers for transport of boats to/from regattas.

BOAT HOUSE AND CARE OF EQUIPMENT

Pay attention at all times when moving boats and equipment. Don't rush and take care placing boats on the water and when returning to racks.

All boats should be wiped down after use. Once a month wash down boats and then wipe off excess water.

Don't leave blade handles hanging over the side of the concrete – they are a trip hazard. Put away after use into the correct place.

Equipment failures should be noted to the coach. These should be entered into the log book on the Boatman's cupboard for the repairs to be carried out as soon as possible.

Please try to keep the club tidy by not leaving unwanted bottles on the lawn or at regattas as they get thrown in landfill or end up polluting the river. Try to think about re-use and recycling bottles. Water bottles should be sterilized occasionally.

Keep the changing rooms tidy and don't leave kit or shoes lying around. [Lost kit](#) is put in special bins at the club house which are emptied every two months. Please check regularly if you have lost an item.

The boat house doors and the gym door should be locked when the last person has come in and boats are away. Lights should be switched off!

WHAT ARE THE RULES OF THE RIVER?

Juniors must only go out on the water when authorised to do so. They will be supervised by a coach or a person delegated by the coach to be alongside on the river bank. Training on rules of the river is an important part of the beginners sessions and is re-inforced by coaches as necessary.

All coaches and rowers have a responsibility to follow the British Rowing Water Safety Code and Water Safety Code for the Club. Further information is at:

<http://www.britishrowing.org/taking-part/staying-safe/rowsafe>

The club's water safety adviser Stan Admiraal . Contact via safety@henleyrowingclub.org

For reference a copy of the navigation plan for the Henley Reach is provided. Further information is available from the Club Water Safety Adviser. Please also refer to the Safety Notice Board.

APPENDIX 1: NAVIGATION PLAN FOR THE HENLEY REACH

