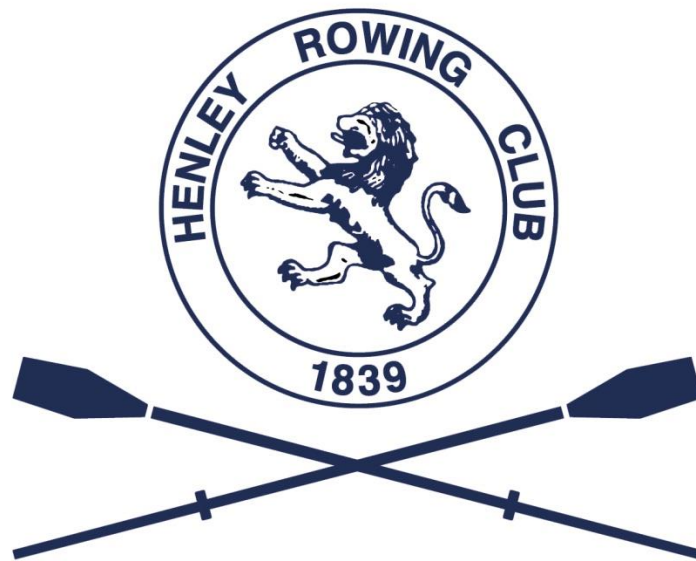


A PRACTICAL GUIDE TO ROWING AND TRAINING FOR JUNIORS AND THEIR PARENTS/CARERS



UPDATED AUGUST 2023

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INTRODUCTION

This booklet is intended as a practical guide on what to expect being a Henley Rowing Club Junior or a parent/carer of a Henley Rowing Club Junior. 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 website.

<https://www.britishrowing.org/go-rowing/>

We hope this proves to be a useful reference document throughout the year and as the juniors move to a new squad each year.

If you have any comments on this booklet, errors, omissions or suggestions for additions, please get in touch with the Club secretary: secretary@henleyrowing.club

THE CLUB

Henley Rowing Club is a Charitable Incorporated Organisation with a board of Trustees elected by Club members at the Annual General Meeting. The Trustees appoint a committee to run the Club: Chairman, Treasurer and Secretary who are officers of the Club, together with co-opted members. The Captain is also an officer of the Club and is elected by Club members at the Captains meeting in July each year.

TERMINOLOGY

If you are new to the sport of rowing here is a guide to some of the rowing vocabulary you will come across:

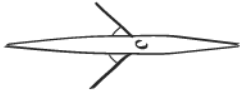
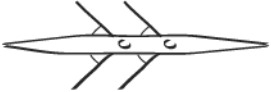



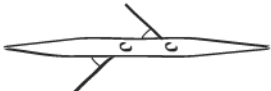
Types of boats

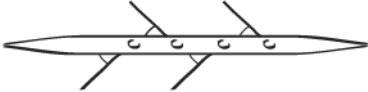
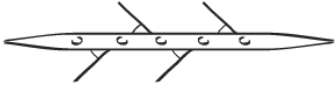
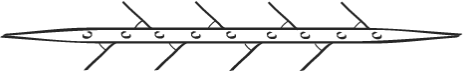
The types of rowing boat are broadly split into two categories; 'sculling' where each rower has two blades (oars), one in each hand and 'sweep' rowing where each rower has one blade (oar).

In sweep rowing the blade is either on the rower's left side also known as bow side (starboard) or on the rower's right side also known as stroke side (port). A boat has equal numbers of bow and stroke side blades.

The boats (shells) generally have one, two, four or eight seats and are classified according to the number of people and whether they are sweeping or sculling.

Juniors begin by sculling in J13 and start to sweep in J15 or older.

Pictorial	Name	Symbol	Description
	Single scull	1x	One rower, with 2 blades. The rower steers the boat by changing the pressure they put on each blade in the water.
	Double scull	2x	Two rowers with 2 blades each. They steer the boat by changing the pressure they put on each blade in the water.
	Coxless Quad	4x-	Four rowers with 2 blades each. One of the rowers steers with their foot – a cable runs from the foot plate to the rudder.
	Coxed Quad	4x+	Four rowers with 2 blades each and a cox to steer. This boat type is usually used by younger juniors and beginners.
	Octuple	8x+	Eight rowers with 2 blades each and a cox to steer. This boat type is usually used by younger juniors and beginners.
	Coxless Pair	2-	Two rowers with one blade each; one on bow side the other on stroke side.

	Coxless Four	4-	Four rowers with one blade each; two blades on each side of the boat.
	Coxed Four	4+	Four rowers with one blade each; two blades on each side of the boat. A cox to steer the boat from either the bow or stern.
	Eight	8+	Eight rowers with one blade each; four blades on each side of the boat and a cox to steer.

Events: There are two main types of event in rowing:

- **Heads** are time trials over a distance of approximately 3-7 kilometres, depending on the event, which happen during the autumn and winter months. Rowers can be on the water for a long time in potentially wet and cold conditions before racing.
- **Regattas** are side-by-side races which happen during the spring and summer months. Rowers can be at these events for a long time and in varied weather.

See the sections on diet and kit for specific advice for events.

Riggers: Metal fixtures at the side of a boat that has a “gate” to hold the blades. These are removed for transportation.

Rigger Jigger: A 10/13mm spanner used to take off/put on the riggers for transport of boats to/from events – called rigging and derigging. Every rower needs one of these at all times! Useful too for parents of the younger squads to help rig and derig at events.

Seat Fees: Every event charges a fee per rowing seat in each boat. These are paid by the club and charged to each rower through their seat fee account. See competition, travel and accommodation costs for more information.

COMMUNICATION

Coaches use a variety of means to communicate about training and events, email, Facebook, WhatsApp, etc. Your rower’s coach will advise their preferred method of communication with parents/carers and rowers.

Please ensure that you keep your email address up-to-date on ClubHub (our membership database).

The coaches are happy to discuss rowing matters with rowers and their parents/carers. Rowers are encouraged to talk directly to their coach themselves about any questions or concerns they have about their rowing. Parents/carers are asked to make an appointment with a coach if you have an issue to discuss, rather than speak to them whilst they are leading a session. This will ensure a better outcome to the discussion for both parent/carer and coach.

The Committee circulates emails for news, club notices and club events.

The Club's web site, Facebook page and Twitter have news and information about the club and rowing. There is also a dedicated Facebook page for the Junior Girls and one for the Junior Boys which are used to communicate some information on regattas and training and to post photographs.

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

<https://www.facebook.com/Henley-Rowing-Club-11409913069/>

<https://twitter.com/HenleyRC>

OPPORTUNITIES FOR PARENTS 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 rower to and from training/events and volunteering to act as a 'parent in charge' when we are away from the club there are many opportunities 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 and get an insight into how the Club functions.

Examples of helping out include:

- All parents/carers of junior rowers J14 – J18 help on the breakfast rota on Saturday and Sunday mornings, 3-4 session per year per family. The breakfast team will be in touch. If you would like to be part of the breakfast team who help coordinate breakfasts please contact chairman@henleyrowing.club
- All parents/carers of the J13 and J14 squads help with tow path supervision. This continues with some of the older squads depending on the coaches' requirements. The coach will advise what is required. See the Guidelines for Parents Assisting Coaching on the website: https://www.henleyrowingclub.co.uk/club-rules-and-policies/guidelines-for-parents-assisting-coaching_new/
- Gazebo logistics - transport and responsibility for the gazebo at events
- Help at events. See the section [Help at Events](#)
- Seat fee administration for Junior Squads

- Help with the finish tent and refreshments at club events - Henley Sculls and Henley 4s and 8s Heads
- Fundraising
- Lost kit management
- General maintenance eg. lawn mowing, hedge trimming, painting etc.
- Support for coaches in some squads with tow path supervision
- Help with coaching for those with rowing/coaching experience

Contact the Captain or committee if you would like to help. secretary@henleyrowing.club

CLUB MEMBERSHIP

It is compulsory for all Junior rowers, coxes and parents to become a member of the Club. This is done through British Rowing's ClubHub system. See the Membership section on the Club website for details. Parent membership is free. <http://www.henleyrowingclub.co.uk/admin/membership/>

MEMBERSHIP OF BRITISH ROWING

For racing it is compulsory to become a member of British Rowing. This is done through British Rowing's ClubHub system. Membership is paid annually from the anniversary of first joining. 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 from British Rowing which 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 their Rowing & Regatta magazine.

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

COACHES AND SQUADS

The Junior Squad has a Head Junor Squad Coach, then a Lead Junior Men's coach and a Lead Junior Women's coach with overall responsibility for their squads. There is a team of coaches who coach the squads and you will be introduced to the coaches at the start up meeting in September or when you join if during the season.

All coaches are DBS checked and undertake Safeguarding training in accordance with British Rowing requirements.

WELFARE

The Club has a Welfare Team which is responsible for seeking to ensure the well-being of all the HRC Junior members and their coaches. They assist the Club in adopting the British Rowing Safeguarding & Protecting Children guidelines.

Photographs of the team are on the Welfare board at the top of the stairs in the club house along with contact details. They aim to be as visible and approachable as possible and are often around the club and at events.

CLUB POLICIES

All the Club's policies can be found on the website. It is a requirement of membership that policies applicable to junior rowing are read by both rower and parents/carers. These include:

- Code of Conduct
- Code of Conduct for Junior Members
- Selection Policy
- Welfare Policy
- Residential Policy
- Water Safety Code
- Constitution and Bye Laws
- Data Protection Statement

MEDICAL, HEALTH AND SAFETY

HEALTH

Please ensure that the coaches are aware of any sickness or other **medical issues** eg. asthma, epilepsy, and any changes through the season. Also, keep medical information up to date in your ClubHub account.

Training is quite intense and it is important to get enough **rest** so the body can recover. It is not advisable to train when feeling down and generally unwell. A good guide is to establish a resting **heart rate** first thing every morning before getting up. If the heart rate at any time is 10 beats or more above the norm then the coach needs to be advised to enable a decision to be made on training in conjunction with the rower and parent/carer.

There are additional **hygiene** considerations to be aware of, cleanliness is essential to minimise the risk of infection:

- Cuts and abrasions (including blisters) should be covered with waterproof dressings.
- Wear footwear to avoid cuts and protect feet.
- Shower after contact with the water.

- Wash hands thoroughly and frequently to prevent the spread of bacteria and viruses: before and after training, before eating and drinking It's a good idea to carry antiseptic hand gel in the kit bag.

If applicable, please see the British Rowing statement on [epilepsy](#):

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

MEDICATION AND DRUGS

The Club strongly believes in clean sport and follows British Rowing guidance on Anti-Doping. British rowing works in partnership with UK Anti-Doping (UKAD) and World Rowing, to protect the integrity of our sport.

Information on anti-doping from British Rowing can be found here: <https://www.britishrowing.org/about-us/governance/anti-doping/>

Medication that rowers are prescribed or buy over the counter can be checked for compliance with Anti-Doping rules at The Global Drug Reference Online (Global DRO) which provides information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List. <https://globaldro.com/Home>

Rowers should not use protein supplements or any other performance supplements, including gels.

DIET AND HYDRATION

Nutrition and hydration are important elements of all exercise. There is some basic information on nutrition on the British Rowing website and the Rowing and Regatta Magazine includes articles most months.

A healthy and balanced diet is important. This means three meals a day plus appropriate snacks, each day's intake should contain a variety of food groups. Useful tips can be found here: <https://www.britishrowing.org/?s=nutrition&page=2>

Hydration is also important; daily fluid intake should be around 2-3 liters in the winter and more in the summer and leading up to events.

Water bottles should not be shared by athletes as this could spread infection. Always bring your own bottle for training on the water and in the gym. Sterilise bottles regularly with Milton or similar.

Sports Drinks

Isotonic drinks (sports drinks) are absorbed into the body faster than plain water. They normally contain 4-8g sugar to rehydrate and refuel and salt to enhance the absorption of fluid.

Easy and cheap to make your own – mix together:

- 1 litre water
- 1.25g (1/4 teaspoon) salt
- 250ml squash or high juice squash (not sugar free or low calorie); or 100ml Ribena

Food at Events

Refueling and rehydration are important. Everybody likes different food, but here's some key rules to apply:

- Start the day with a good breakfast such as porridge, Weetabix, toast/eggs.
- Avoid sugar highs and lows by eating food that provides a slow release of glucose, such as whole-wheat toast, cereals, pasta, fruit and vegetables.
- Snack on bananas, dried fruit, cereal bars etc. rather than chocolate and sweets.
- Replenish as soon after racing as possible, ideally within 20 minutes. Suggestions include squash (not sugar free)/home-made sports drink, milk, Yazoo or Alpro milkshakes, jam sandwiches, brioche, banana bread, honey bagels, Soreen malt loaf, Skyr yogurt pouches, yogurt and banana.

Everything in moderation but avoid sugary foods and drinks on race days! Please ask your coach or the welfare team if you need more guidance in terms of fueling the body for exercise and racing.

SUN EXPOSURE

Rowers and coaches are exposed to a 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 (with uv protection) are essential.

Always check the weather forecast then prepare and pack carefully for training or the day of an event. The Met Office is a good source of information: <https://www.metoffice.gov.uk/weather/forecast>

HYPOTHERMIA

Hypothermia occurs when the body has been chilled to a much lower than normal temperature and can no longer maintain its heat. ie. 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 large 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](#)).

Always check the weather forecast then prepare and pack carefully for training or the day of an event.

BLISTERS

Blisters are an inevitable result of rowing but it's important to prevent infection. Keep them covered to prevent infection. Here's a link to an article about 6 ways to treat blisters:

<https://www.rowperfect.co.uk/6-ways-treat-rowing-blister/>

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/leptospirosisweills-disease>

If flu-like symptoms develop shortly after contact with the water contact your doctor and advise that 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. There are a lot of geese around the club, so cleanliness is essential.

The British Rowing statement on bird flu can be found at:

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

RAFTS / PONTOONS

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

Blades should not be placed on the rafts at any time but placed on the concrete or grass near the rafts. When placing blades on the ground before and after an outing make sure that the handles do not hang over the edge as this causes a trip hazard.

TRAINING SESSIONS

Beginners usually take part in a rowing camp during the spring or in the summer holidays to get them ready to join the squads. Squads are organised according to school age: J13s = School Y8. During the winter, the training is land based in the week and water based at weekends on Saturday and Sunday mornings. As the clocks change for the summer months, training becomes more water based during the week.

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). Juniors must check in and out with their coach/adult responsible for each training session.

All coaches and rowers have a responsibility to comply with British Rowing Rowsafe good practice. If the coach considers that safety is at risk, then an outing or training session will be cancelled. Further information is at: <https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

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

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
8:00 – 12:30						J14+ 2 outings	J14+ 2 outings
9:00 – 10:30 or 10:30 - 12:00						J13 1 outing	J13 1 outing
Evenings	J15+	J16+	J15+	J15+			
Evenings	J14	J13		J13/J14			

TRAINING DATA

Coaches keep records of training data and use this to develop training plans for their squad and individual rowers. This includes age, height, attendance, ergo results, weights lifted, circuits completed, sit up speed, etc.

Data is used in accordance with our Data Protection Statement which are available on the Club's website.

ROWING KIT

COMPETITION KIT

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

Kit is purchased from the Club's suppliers; some are available all year round, others are via "purchasing windows" in the autumn and spring. Members will receive an email giving notice 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.

Whilst rowers may purchase as much or as little of the kit as they want, we suggest that rowers own at least a Henley all-in-one, 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.

Information on competition kit and ordering details are on the website:

<https://www.henleyrowingclub.co.uk/hrc-shop/>

Contact: kit@henleyrowing.club

TRAINING KIT

Rowers need to bring a bag of kit and be prepared for anything the elements may throw at them! Training kit can be any make, it does not need to have an HRC logo nor be the competition kit.

Basic requirements:

- Leggings and top-layers are important depending on the weather
- Wind and waterproof outer layer
- Shorts/all-in-one for land training or rowing in the summer. Shorts are not sufficient in cold weather
- Hat – for warmth in the winter and sun protection in the summer
- Sun glasses - even an early morning outing can be sunny
- 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
- Rigger Jigger
- Small dry water proof bag for kit in the boat as layers are removed/put on during a training session
- A complete change of kit is essential
- Extra **dry kit and a towel should be brought to the club at all times** in case of capsize and/or adverse weather conditions, especially when more than one training outing can be expected.
- A plastic bag is useful to hold wet kit
- Sun cream
- Hand gel

Rowers who do not have appropriate clothing for the conditions will not be allowed to row.

Please ensure that appropriate fitting clothing is worn. Tee-shirts and shorts should not be low-cut. Sports bras are essential for girls.

The club rule is for rowers to wear vests/tee-shirts or all-in-ones as a minimum, not just bare chests or sports bras.

From 1st October to 31st March the bow rower and single sculls must wear high-viz tops. Ideally the whole crew will do so.

Look after your expensive kit!

Training kit with the HRC logo is available via the website. <https://www.henleyrowingclub.co.uk/hrc-shop/>. Any profit goes directly back into club funds and benefits its members.

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 in the gym. These should be checked regularly as 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 so land training is undertaken. This can involve a run, so it is important that suitable trainers are worn. Muddy trainers should not be worn in the gym or for ergo sessions.

Please also refer to information on clothing provided earlier ([Hypothermia](#)).

EVENTS – REGATTAS AND HEAD RACES

DATES

At the beginning of the year a schedule of planned dates for heads and regattas is normally provided by the coaches. 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 events require overnight stays in the UK, possibly three times during the year for Junior Inter Regional Regatta (April), National Schools Regatta (May late Bank Holiday) and National Championships (July) and there may be travel to France for the annual J16 GB-France match (July) and Ghent International Regatta, Belgium (May).

For up to date information on head and regatta dates the following link is useful.

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

HELP AT EVENTS

Towing: The club needs volunteers to tow boat-loaded trailers to events. If you have a tow bar on your vehicle, a driving licence with B+E category and are willing to tow, please get in touch with the Captain.

- Boat loading:** Our J13 and J14 squads appreciate help lifting the boats onto and off the trailers when loading to go to/from events. Boats are normally loaded on a Thursday evening before an event. The coach will advise when this will be happening.
- Rigging:** Our J13 squad appreciates help rigging and derigging the boat in the early stages of the season. As the rowers move up the squads, they are expected to take on more responsibility themselves for their boats and equipment.
- Shoe collection:** At Heads and local regattas it is useful to have one adult per crew to collect shoes once they have been thrown from the boat by the rowers and to place them in a bag to the side of the boating area ready for collection when the crew returns. Ikea bags marked as HRC are perfect for this!
- At national events, such as National Schools Regatta, Junior Inter-regional Regatta, British Championships and any of the multi-lane events at Dorney, Nottingham, Strathclyde etc, the rowers and coaches will manage this.

COSTS - COMPETITION, TRAVEL AND ACCOMMODATION

Apart from Club membership and British Rowing membership fees there are additional costs which are also the responsibility of parents/carers. These are generally charged through “seat fee” accounts. Information about these accounts is provided by the treasurer at the beginning of each season. These additional costs include:

1. Travel costs and accommodation for events

There will be costs involved in any overnight stays for events, eg. in Nottingham. Group hotel accommodation for the rowers, coaches and parent-helpers will be organised for these trips. In the rare event of an event being cancelled due, for example to weather conditions, it may not be possible to refund all of the costs incurred. Parents/carers wishing to attend normally make their own hotel arrangements. Details will be advised as necessary for each event.

Rowers are normally transported to events by parents/carers. Lift-sharing is often possible and encouraged within squads.

Where a parent/carer is not attending a residential event or not staying in the same accommodation as the rowers, then another adult (not a coach) will be required to act in Loco Parentis and the rower will be required to keep in contact with the Loco Parentis adult at all times. A Loco Parentis form, on the club website, is required to be signed by the rowers, Loco Parentis adult and parent/carer. For large events, for example Brit Champs, a request will be made by the organiser for loco parentis volunteers; for smaller events, for example GB trials, parents need to make arrangements between themselves.

2. Seat fees

Racing fees charged by events for entries are paid by the Club and then claimed back from parents. Seat fees are typically in the region of £15-£45 per event. For example, if your child competes in a J14 2x and a J14 4x there will be two fees to pay for the event. 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/carers to credit regular payments to the club's seat fee fund. Information will be sent out regularly to show the current credit or debit balance of a rower's seat fee account.

3. Trailer Towing Cost

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

The annual charge for accommodation, seat fees and towing costs is dependent upon age and how many events are entered. A rough guide is provided below. This does not include travel, parent/carer accommodation.

J13	£300
J14	£300
J15	£600
J16	£700
J17/18	£800
GB trials (J16+ if selected, depending on competition selection)	£800 - £5,000
GB-France event (J15 and J16 if selected)	£600

LOCATION INFORMATION

Dorney

Dorney Lake is used for a number of events which we attend.

Address: Dorney Lake, Eton College Rowing Centre, off Court Lane, Dorney, Windsor, Berkshire, SL4 6QP

<https://dorneylake.co.uk/>

There is usually a parking charge for spectators. There is a large Sainsbury's supermarket about 5 minutes from the Lake, on Lake End, the road from the A4 to the Lake. Dorney has a café which is usually open and for large events there are mobile caterers.

Nottingham

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

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

There is normally a daily carparking charge for spectators at the events.

There is a large Morrison's supermarket about 3km from the centre. The NWC has a café and there are mobile caterers around for the events.

Rooms are booked for rowers, coaches and parent-helpers at a local hotel and details will be advised nearer the time.

Strathclyde

Once every 4-5 year the British Championships are held at Strathclyde Water Sports Centre in Glasgow.

Address: 366 Hamilton Road, Motherwell, Lanarkshire, ML1 3ED

Rooms are booked for rowers, coaches and parent-helpers at a local hotel and details will be advised nearer the time.

Ghent, Belgium

Some years crews from J15s and above attend Ghent International Regatta held in May. The age categories for this event are year of birth not school year and the regatta does not hold events for each age category so there may not be a suitable opportunity for all of the squad to compete within an appropriate age band.

The link to the regatta website 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. There is no charge for spectators.

TIME OFF FROM SCHOOL

There are times when days off school during term time are needed if selected to compete at certain events.

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

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

May – travel to Nottingham Thursday before half term for the National Schools Regatta, if held at Nottingham. Events take place Friday – Sunday depending on age.

July – Monday-Thursday for J16 GB-France match if selected

July – travel to Nottingham/Strathclyde Thurs/Friday for the National Junior Championships. This takes place on Friday for J14s and Saturday/Sunday for J15s+.

GAZEBO

This was purchased by the Club in 2007. It is used as the base for when we are at larger regattas. Events charge us for putting up the gazebo and this cost is shared amongst the rowers, approximately £5 per rower. It has proved to be a useful base and shelter from rain/wind or sun and an asset for the Juniors, coaches and parents, in particular when at Nottingham, Dorney and Strathclyde for the larger multi-lane events.

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

PASSPORTS AND HEALTH COVER

A passport and health cover in the EU will be necessary if selected to compete at the International Regatta in Ghent, Belgium.

They are also compulsory if selected for trials for the J16 GB France match and if trialling/selected to row for GB.

PHOTOGRAPHS

We like to promote wins and celebrate success through the Henley Standard and other local papers, on our website 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' website.

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 various web sites. Coaches will discuss this with rowers and their parents/carers. Talk to your coach for advice before purchasing.

If you do own a boat, then this will need to be racked at the club. Racking fees are paid to the club. Reduced fees apply for outside racks and there is usually a waiting list for inside racks. Insurance will also be necessary which can be arranged through the club or independently.

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.

The Club's racking policy is on the website.

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.

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.

Loading the trailers to transport boats and equipment to events must be done correctly to prevent damage to equipment. The coaches will instruct on how this should be done.

Equipment failures should be noted to the coach.

Please keep the club tidy by not leaving unwanted bottles lying around 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 regularly.

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 frequently, about every two months. Please check regularly if you have lost an item.

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

FINANCIAL SUPPORT

We recognise that rowing can be an expensive sport. The Club has a Member Support Fund. A statement about accessing these funds is available on the Club's website.

There are also other bodies who offer support for juniors in sport.

The Henley Educational Trust offers financial support for youths under 25 years of age who live in Henley, Bix, Remenham or Rotherfield Greys and attend one of the local schools.

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

There may be similar organisation in your local area.

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 reinforced by coaches as necessary.

Information is available on the website at: <https://www.henleyrowingclub.co.uk/safety/>

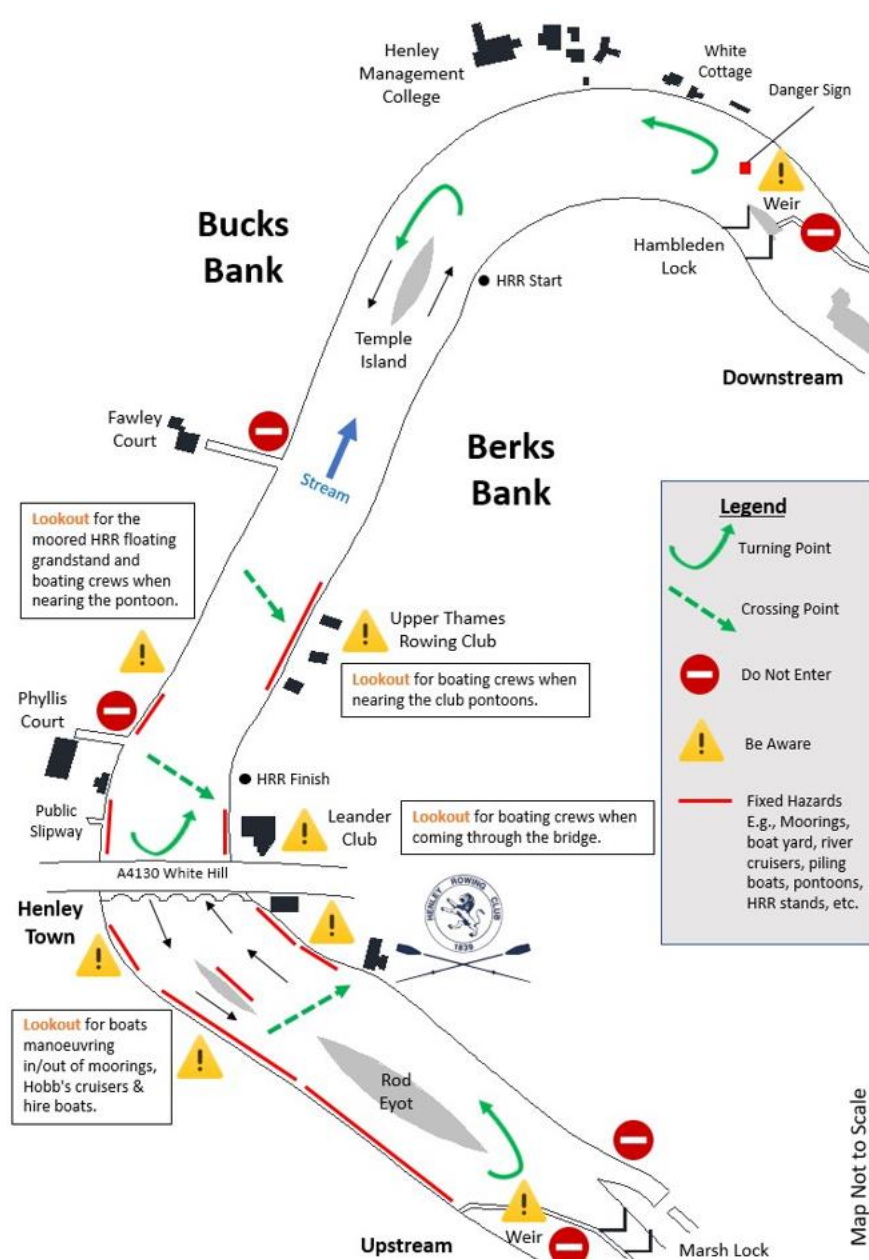
All coaches and rowers have a responsibility to follow the British Rowing Water Safety Code and Water Safety Code for the Club. Further information is at:

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

The club's Safety Officer can be contacted via safety@henleyrowing.club

For reference, a copy of the navigation plan for the Henley Reach is provided. Further information is available from the club's Safety Officer. Please also refer to the Safety Notice Board in the clubhouse.

APPENDIX 1: NAVIGATION PLAN FOR THE HENLEY REACH



The rule is keep to the right; that is crews (and scullers) proceeding downstream from Henley Bridge to Hambleden Lock keep to the Berks (Clubs) side, and those coming upstream from Hambleden Lock toward the Bridge keep to the Bucks (Town) side. Temple Island is always passed to the right (ie. the island on stroke side).

Crews being overtaken have a duty to stay clear but must take care not to stray into the centre of the river particularly when coming upstream.

Crews should always boat facing upstream and have a duty to avoid those coming downstream.

Particular care must be taken when crossing to and from the Bucks (Town) side to gain access to or leaving club landing stages, and crews coming downstream have right of way at all times.