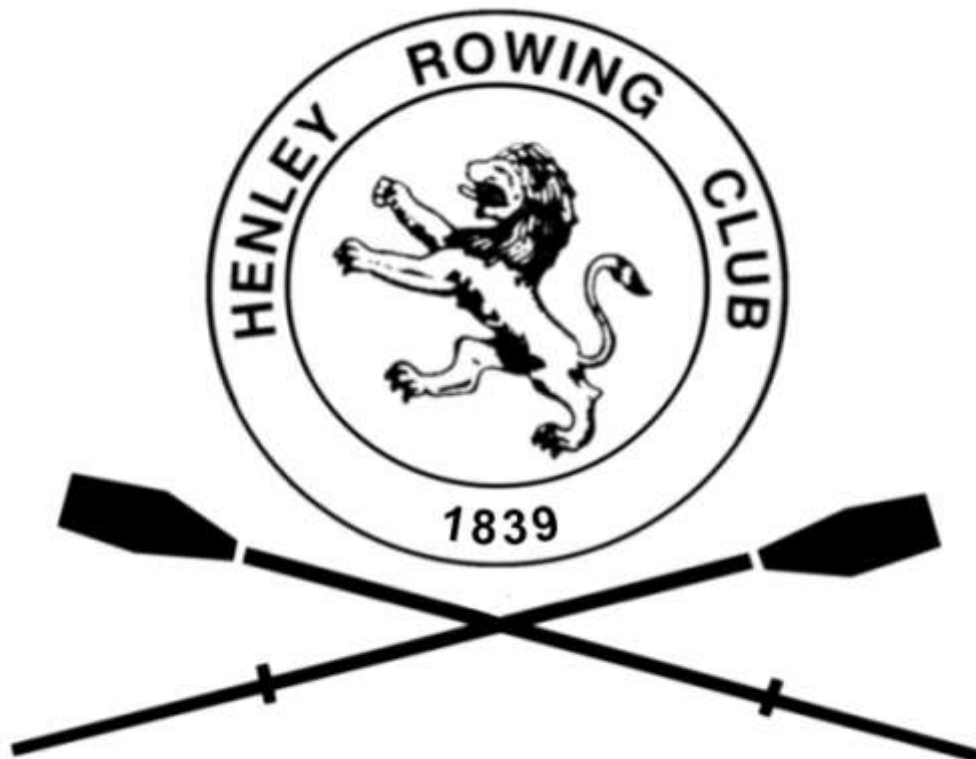


GUIDANCE FOR VISITING CREWS

Updated 2024

USE OF FACILITIES, RULES AND NAVIGATION INFORMATION FOR THE HENLEY REACH



WARGRAVE ROAD,

HENLEY ON THAMES RG9 3JD

CONTENTS

Introduction 3

How much does it cost to visit and how do I book?..... 3

Arriving at the club - Trailer and Car Parking 4

When can I Boat Times and where do I leave my Boat? 4

What is the Local Water Safety Code? 4

Can Launches be used for coaching? 5

Can I Use the gym and other facilities and how do i access? 5

Do you serve food and drinks? 5

Do you have any accommodation? 6

Feedback/suggestions 6

INTRODUCTION

The club has been welcoming visiting crews to use our club facilities as an aid to training for several years. We have developed this document to answer questions and to ensure that you have been given information to row safely and with consideration to our club members and other rowers training on the Henley Reach.

It is important that you confirm arrangements for your visit and have an agreed booking with us *prior* to your arrival. Please contact the club (see below) to check if your dates are convenient and to discuss your requirements (eg boat hire) if applicable. We are a busy club on weekend mornings, but we will do our best to accommodate visitors. Weekday camps are a possibility. We will make a charge for use of the facilities based on the number of rowers and days of the camp. These costs will be discussed during the booking process.

All visitors must familiarise themselves with the Local Water Safety Code and navigation rules for the Henley Reach prior to arrival (see [SAFETY | Henley Rowing Club](#)). **Please note that conditions on the river are subject to change and that there can be no guarantee that conditions on the day will be suitable for your rowing** – one factor is boating downstream through the bridge when there is a strong stream. Your clubs' safety adviser or nominee for your visit will be responsible for risk assessment prior to boating.

We will arrange for someone to meet you on the first day of your visit to give you an introduction to the club and facilities and to answer any questions.

Contact: Margaret Hall

secretary@henleyrowing.club

HOW MUCH DOES IT COST TO VISIT AND HOW DO I BOOK?

We generally charge £15 per athlete/rower per day for use of the facilities. A booking must be made via contact with secretary@henleyrowing.club who will check for any other bookings during the requested dates. Once agreed the booking will be confirmed by email. An invoice will be sent for payment in advance once the number of rowers/days is confirmed. Payment should preferably be by bank transfer as indicated on the invoice.

ARRIVING AT THE CLUB - TRAILER AND CAR PARKING

Please park your trailer as directed or if not specified next to our own trailers at the back of the car park (reverse trailers into position). Please leave room to allow boats to be moved from the outside racks near the trailers and keep the area near the gap in the fence clear to allow access to the river.

We have very limited parking for extra guests at weekends. Visitors should car share and bring as few cars as possible for their visit. There is alternative long term parking in the town, if necessary. We accept no liability for any penalty notices which may be issued for cars parked on the area next to the pavement alongside the club wall/fence.

WHEN CAN I BOAT TIMES AND WHERE DO I LEAVE MY BOATS?

At weekends our own crews will be training and we may also be in the middle of our beginners coaching courses. Although we have a good length of landing stages, it can still get crowded. We may need to agree boating times with you and request that you stick with these times as best as possible to avoid congestion and annoyance to club coaches. For example, boat before 7.30 am or after 9am.

It would be helpful if boats left on slings/trestles are positioned at the upstream end of the grass to allow easy access from the trailers and our own boat racks. Please keep the area clear so that we may move our boats and walk safely to and from the rafts.

WHAT IS THE LOCAL WATER SAFETY CODE?

We have a comprehensive page on our website for safety information.

[SAFETY | Henley Rowing Club](#)

This includes

1. Water Safety Code
2. Navigation Rules
3. Navigation Map

We request that all rowers are made aware of this information and in particular, coaches, coxes and bow steers' persons must read these. The visiting Head Coach or Safety Adviser must undertake a risk assessment for their crews prior to boating from the club.

CAN LAUNCHES BE USED FOR COACHING?

Launches are not used for coaching at the club during weekend mornings. A separate agreement for hire of a launch must be agreed. This will include a charge for fuel. Any launch driver must have a RYA Level 2 qualification (or similar) and must have suitable liability insurance in place. We do not advise use of the launch as our coaching is generally by bike along the tow path which is paved for most of the way to the lock.

CAN I USE THE GYM AND OTHER FACILITIES AND HOW DO I ACCESS THESE?

The main building and downstairs gym are accessed via a door with a key code. The code will be given on arrival or prior to the visit. The main boat house is accessed via the downstairs gym.

The downstairs gym is available for use of our visitors. This includes approx 20 ergos and various weights/equipment. These can be used for warm-up or to train if conditions are not suitable for rowing.

The changing room/showers are located at the back of the downstairs gym. There are toilets upstairs in the main building.

Access to the upstairs bar area with seats, tables and sofas is possible for recovery in between training sessions. There is access to the balcony which overlooks the river frontage. Please do not leave any food or rubbish in this area.

If you have access to the boat house, bar, club room (including equipment e.g. ergos, or gym) and kitchen, please make sure that the lights are off and doors are fully locked closed when you leave. Lights in the boat house, club entrance hall and upstairs toilets are on sensors and will turn off automatically.

DO YOU SERVE FOOD AND DRINKS?

We have a kitchen with kettle and microwave which can be used during weekdays for preparation of hot drinks and snacks. You should bring your own supplies of coffee, tea bags, sugar, milk, snacks etc. No other cooking/food preparation is allowed unless by separate agreement and charge. Please take home all un-used food and dispose of your waste responsibly (recycling bin in car park) when you finish your training camp.

There are plenty of coffee shops and supermarkets in Henley Town. Please note that the club is situated outside of the town on the Wargrave Road. It takes approximately 15 minutes to walk into Henley from the club.

When the club squads are training at the club on weekends a limited breakfast/hot food service is provided by volunteers. If you wish to be included in the numbers for breakfast at weekends, please let the Secretary know in advance so that we can be sure we have enough supplies for everyone.

We are improving our impact on the environment through “cleaner and greener” strategies. Please only use reusable water bottles and bring your own towels to wipe down equipment and for gym use.

Please take care of valuables as the Club cannot be held responsible for any losses.

DO YOU HAVE ANY ACCOMMODATION?

The club is not able to offer any accommodation.

FEEDBACK/SUGGESTIONS

If you have any comments or suggestions please do not hesitate to contact secretary@henleyrowing.club.