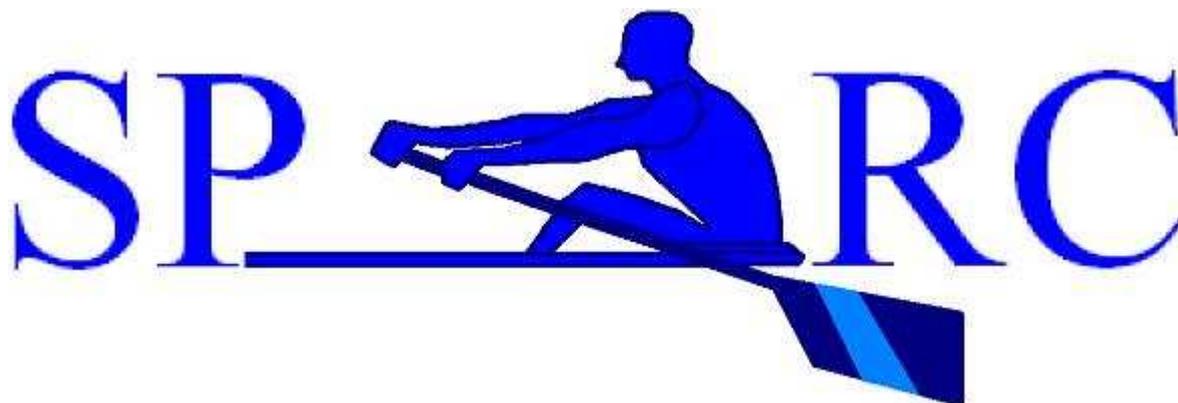


Strathclyde Park Rowing Club



Senior Application Pack

(September 2016)

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Strathclyde Park Rowing Club

We hope you have enjoyed your introduction to rowing and that you will now move on to apply for membership of the club.

Some of this pack contains information which we are legally required to give you. The rest is forms which we need completed.

Subscriptions are due on the 1st September 2016 for the 12 months to 31st August 2017.

Ordinary	Student	Coach/Cox	Associate
£356	£263	NIL (appropriate licence fee only)	£25

Members' subscriptions entitle them to

- use without charge of the full range of the club's boats and other equipment (under the Captain's direction),
- the use also for training and practice of any available and appropriate Scottish Rowing Centre boats and oars,
- supervised SRC rowing tank or ergometer sessions,
- coaching from a qualified coach.

Some optional club activities use facilities for which the users have to pay directly, and the cost has to be borne by the members taking part. Examples include

- winter circuit training,
- regatta entry fees and transport,
- use of *Fitness @ the Boathouse*, the SRC's commercial gym.

The information you supply on the accompanying forms will be held in a database and used for administration purposes within the provisions of the Data Protection Act.



Scottish Rowing Membership

It is a requirement for all of our members, whether intending to race or not, to apply for and hold Scottish Rowing Membership, (unless they already have this through membership of another club). This includes a competition licence - mandatory for taking part in open competitions. There is also an insurance element included in the SR Membership fee which covers members while participating in the sport of rowing, including aspects of the sport which would not be covered by our boat insurance policy.

Administration of SR Membership is done via an on-line system. This requires individuals to apply for and pay for SR Membership independently from the club. You can apply by going to: <http://rowing.ismysport.org> .

The cost of Scottish Rowing membership from 1st January 2016 is £41 for a Senior and £30 for a Student or Adaptive rower. The system will accept payment by debit and credit cards.

Please ensure that you apply for SR membership at the same time as you apply to join Strathclyde Park Rowing Club.



SPRC Safety Guidelines

January 2013

SPRC adopts and fully endorses the advice given to clubs and rowers in the Scottish Rowing Water Safety Code, a copy of which is available from the Downloads page on the SR web site www.scottish-rowing.org.uk. In addition, members are expected to adhere to the following guidance which is relevant to our particular situation at Strathclyde Country Park.

Common Sense should be applied at all times.

1. **All rowers and scullers must be able to swim 50 m in light clothing. All should be prepared to demonstrate this at the request of the Captain or Vice-Captain.**
2.
 - a. The most senior committee member present has the sole responsibility for deciding whether it is safe for boats to be launched. For this purpose, the Captain, followed by the Vice-Captain, is the most senior committee member.
 - b. Juniors and Cadets may only boat if there is present a senior club member who has given them permission to do so, having taken into account weather and water conditions, the boat it is proposed to use and the ability of the young sculler or crew. The senior club member should withhold permission and tell the Junior(s) or Cadet(s) not to boat if there are any doubts about the safety of the young people.
 - c. A Junior (not a Cadet) who wishes to boat at times when there is no senior club member present must make a formal advance request to the Committee for authorisation. The Committee will advise the member's parent or guardian that such a request has been made and may only proceed to consider the request once parental consent is given. The Committee will consider the rowing ability and experience of the Junior and any other factor it thinks relevant. The Committee will advise the Junior of its decision and, where permission is given, access to the water will be subject to any conditions imposed by the Committee and permission may be varied or withdrawn at any time. **This procedure applies to private boat owners as well as to those using club boats.**
3.
 - a. All members must make sure that they are fully acquainted with, and at all times obey, the local rules of navigation specific to Strathclyde Park Loch (see Circulation Maps).
 - b. Rowers must check out at the Booking Office or at the Boathouse Gym reception desk before boating for each outing.
 - c. Boats should be launched with their bows facing the Loch.
 - d. Before moving away from a pontoon, make sure that a rescue launch is manned.
4.
 - a. Adhere to the circulation pattern for rowing craft - including action to avoid any

obstacles which are present - see maps.

- b. Boats heading away from the Watersports Centre towards the body of the Loch must pass under the bridge between the Hamilton shore and the timing tower.
 - c. Before moving onto the rowing course, always look both ways (stopping if necessary) and give way to oncoming craft.
 - d. At busy times, all pieces of work being done off the course, heading towards the 2000 m start, by crews or scullers must terminate at the 500m mark, dropping to one quarter pressure unless the crew is being accompanied and guided by a coach in a launch/cat or on the bank.
 - e. All crews and scullers must drop to light pressure once they draw level with the white (or blue) lane buoys at the top of the course.
 - f. **Use of the course lane nearest the motorway should be avoided.**
 - g. Wide turns onto the course to facilitate long, continuous pieces of work must be undertaken near the 250 m marker buoy, or earlier, and only after **careful** assessment of the on-course situation.
 - h. Wide turns off the course for similar reasons require an equal amount of care.
- 5.
- a. In coxless boats, the bowman is responsible for acting as lookout no matter who is steering the boat.
 - b. All coxwains must learn and use the simple, standard commands for boat control both on and off the water. These commands must be used correctly, clearly and exclusively.
6. Coaches must ensure that all members of the crews in their charge are aware of appropriate safety procedures.
- 7.
- a. Beginners must not use equipment without prior and adequate instruction and must not boat unsupervised.
 - b. Juniors and Cadets are not permitted to use shell single sculls until they have successfully completed a swim test. Adults who have not completed a swim test successfully are strongly recommended to wear a life jacket or buoyancy aid for initial outings in shell singles.
 - c. Juniors and Cadets who have not successfully completed a swim test may be allowed to use the training singles. The use of a life jacket or buoyancy aid is strongly recommended.
 - d. **In the (unlikely) event of a fall into the water, stay with the boat - it cannot sink! Hang on to a rigger, or sit astride the upturned hull.**
8. If a change of position is required within a boat, this must only be done at a launching platform.
9. Safety equipment, **First Aid** and **emergency assistance** may be obtained from the East Wing boatshed stewards.

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10. A telephone may be obtained at
- Reception in the Watersports Centre (01698 402060), or
 - the Gym, or
 - the East Wing boatshed public counter.

For contact with the Emergency Services, dial **9 9 9** . Before dialling make sure you have ready

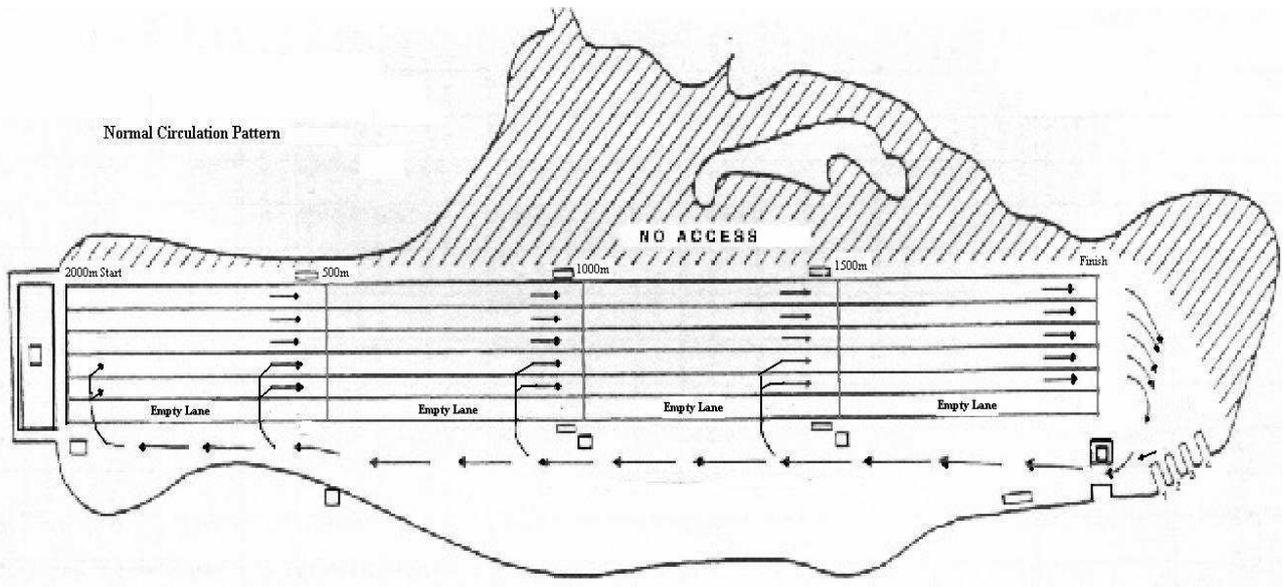
- the service which you require (police, fire, or ambulance),
- the location of the incident,
- details of the situation,
- details of access.

11. The club's Safety Adviser is the **Captain**.

The Scottish Rowing Medical Officer is **Dr Elizabeth Crighton**.

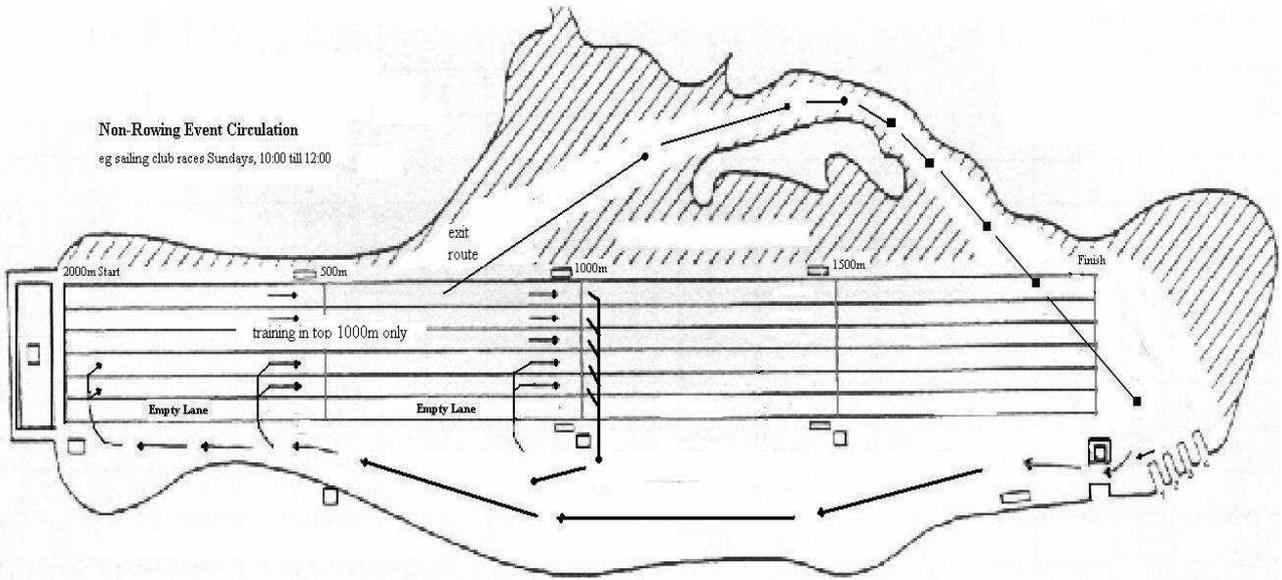
12. **All incidents which have the potential for damaging equipment or injuring athletes must be recorded on an Incident Report Form which should be handed to the Captain or Vice-Captain once completed.**
13. Finally, everyone must be constantly aware of the rights of others who use the Loch. Extend to them at all times the courtesy which you would hope to receive from them yourself.

Normal Circulation Pattern



Non-Rowing Event Circulation

eg sailing club races Sundays, 10.00 till 12.00



Clothing for Rowing

Specialist clothing is available (see rowing magazines for suppliers), but it is not necessary for novices. If you follow the advice below you will not go far wrong.

- Dress appropriately for taking part in physical exercise, and for the weather on the day. In good weather, lycra/cycling shorts and a tee-shirt are fine. In wet weather a waterproof top or rain jacket plus hat becomes advisable. While in winter adding close-fitting leggings is ideal; trousers and jeans are not suitable for rowing. On cool days, wear several thin layers rather than one thick one.
- Try to ensure that your outer garment doesn't have pockets at the front. These can catch your oar handles when on the water and cause you to lose your grip. Folds in baggy jackets or shirts can also cause problems.
- If you can, wear something brightly coloured on the outside so that you can be seen on the water from a distance.
- Wear old trainers (new ones are quickly spoiled).
- Always bring a towel and a full set of spare clothing with you. Remember that in Scotland you can get soaked even if you don't fall in the water!
- Bring a sports bottle filled with water or still juice – not fizzy drinks.
- Bring a skip cap and sunglasses, and wear sun-block in sunny weather/summer.

SPRC Code of Conduct for all Members

- Play by the rules – the rules of your club and the laws of the sport.
- Be a team player and treat all rowers as you would like to be treated – fairly and with respect.
- Co-operate with your coach, the officials and crew.
- Arrive on time and prepared for both training and races.
- Row for your own enjoyment & to improve your skills.
- Control your temper – it can be frustrating when training or races don't go as planned but getting angry at officials, coaches, or crew won't help.
- Don't make unpleasant remarks based on race, religion, gender or ability – you'll let down your coach, crew and family if you do, plus many such comments are actually now illegal.
- Bullying, intimidating, or aggressive language or behaviour will NOT be tolerated. This includes using social networking sites such as Facebook and Twitter for such ends. Any concerns regarding behaviour which makes you uncomfortable should be reported to a committee member – in the case of Juniors and Cadets to the Child Protection Officer.



Code of Conduct towards Children and Vulnerable Adults

(11th April, 2004)

Members should:

- play their part in helping to develop an ethos where all people matter and are treated equally, and with respect and dignity.
- always put the care, welfare and safety needs of a child first.
- respect a child's right to be involved in making choices and decisions which directly affect them.
- listen attentively to any ideas and views a child wants to share with you.
- respect a child's culture (for example their faith and religious beliefs).
- respect a child's right to privacy and personal space.
- respond sensitively to children who seem anxious about participating in certain activities.
- speak to a member of the child protection team immediately if you suspect that a child is experiencing bullying or harassment.
- be aware of the vulnerability of some groups of children to being isolated and hurt (for example, children with disabilities and learning difficulties; children from Gypsy & Traveler communities; Black & Minority Ethnic children).
- ensure that when you are working with children you are at least within sight or hearing of other adults.
- listen carefully to any child who 'tells you' (sometimes through drawings and behaviour as well as words) that they are being harmed and report what you have discovered immediately to a member of the child protection team.
- report immediately any suspicion that a child could be at risk of harm or abuse.
- never dismiss what a child tells you as 'lies' or exaggeration.
- only restrain a child who is at imminent risk of inflicting harm to themselves or others, or is at risk of damaging property.
- never underestimate the contribution that you can make to the development of safe communities for children.



You should not:

- exaggerate or trivialise another person's concerns about a child or ignore an allegation or suspicion of abuse in the hope that it will either 'go away' or that 'someone else will deal with it'.
- discuss personal issues about a child or their family with other people except a member of the child protection team when you are concerned about the child's well being.
- be drawn into any derogatory remarks or gestures in front of children or young persons.
- allow a child, young person or adult to be bullied or harmed by anyone in the organisation.
- allow children to swear or use sexualised language unchallenged.

You must never:

- engage in sexually provocative games, including horseplay.
- allow others to, or yourself engage in, touching a child in a sexually provocative manner.
- make sexually suggestive comments to a child, even in fun.
- engage in rough or physical contact unless it is permitted within the rules of a game or sports activity or conforms to the guidance on appropriate physical restraint.
- form inappropriate emotional or physical relationships with children.
- harass or intimidate a child or other member because of their age, 'race', gender, sexual orientation, religious belief, socio-economic class or disability.
- invite or allow children to stay with you at your home.

The foregoing applies equally to members' behaviour toward vulnerable adults.



Adults' Coaching System at SPRC

January 2013

Welcome to Strathclyde Park Rowing Club (SPRC).

Some of the following may seem to be a tad aggressive. It is not intended that way. But it is important that newcomers have a realistic idea of what they can expect.

Taking up rowing is a bit like taking up golf. You get a few lessons at first to give you the basics, then you go off and play (row) with your mates and try to practice what you have learned. Every so often a more experienced club member will spot something and give you a tip or two on how to make your game (rowing) better - often in the bar (coffee shop). Every so often you'll go back to the pro (coach) for a refresher or some remedial work. Once you show a bit of promise you'll be taken seriously.

If you have just joined us after completing a RowStart course you will be used to being organised by the course leaders. For a few weeks afterwards, someone may well continue to push and prod you into crews and make the decisions about what you are going to do, but after a time enough is enough.

Friendship or ability or interest groups soon form and it is no longer appropriate to continue directing members. You are adults and must make your own decisions about what you want to do. In many sports decisions are taken for the club members by "The Management." Who is in what team, playing in what position, being 'rested,' etc. In rowing, usually, that does not happen. It is down to the individuals, in consultation with their regular crew members to decide policy.

In very few rowing clubs are members other than elite rowers and beginners looked after full-time by coaches. SPRC is no exception. Indeed even our elite rowers have no dedicated coach. We do have a number of very experienced and high-achieving rowers. We also have a number of qualified coaches. There is a big overlap between these two groups with many of our 'coaches' still competing successfully themselves. In some ways this is no bad thing, as many athletes nowadays are often overcoached, to the point of being lost if a coach is not present to tell them what to do.

Instead we develop independence by means of mutual assistance.

1. Every summer I produce a training plan for myself to take me through autumn, winter, spring and early summer to the important competitions (regattas) which take place then. I make it available to the whole adult membership and they have the choice of following it, modifying it to suit their own circumstances, or ignoring it! I generally produce also training plans to cover the late summer holiday period, either as fitness maintenance or in preparation for the few big events which do take place at the end of the summer.

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2. We try as far as possible to train in groups to gain the extra edge that a competitive environment creates. In that environment we observe one another and give one another feedback – usually over coffee, and often with an element of mickey-taking involved. Over coffee too, racing plans are drawn up.
3. On Sundays, at second-outing time we team up with RowStart graduates – at least for a while – to help them continue to improve by providing a higher quality crew for them and some active coaching. Apart from that, Saturday and Sunday second outings often see ‘scratch’ crews being formed for lower intensity (see below) paddles of a more technical nature.
4. From time to time I email the seniors with a ‘Technical Tip.’ This is often provoked by a recent observation.

Racing takes place in two different disciplines – sculling (with 2 oars each) and rowing (with only one oar each). These are sufficiently different for a competitor or crew’s ability to be graded separately for each discipline. The system is ‘points’-based. You get a ‘point’ each time you win a ‘qualifying event.’ I am not going into definitions here, but the competition categories (in Scotland) boil down to the following.

Competition Category	Maximum average number of points per crew member
Elite or Open	12 (because we stop counting points at 12)
Restricted 1 (Res1)	6
Restricted 2 (Res2)	2
Novice	No-one in the boat has won anything at all

You only begin to acquire points once you start winning events above the Novice category.

Most folk start at Novice and do their best to work their way upward. Be not deceived however! ‘Novice’ does not mean ‘Beginner.’ Many novices are actually very good!

Training programmes nowadays are generally based around work rate intensities (see below) associated with the rower’s heart rate being pushed to and then held within a certain percentage range of his or her maximum heart rate. To do this properly elite athletes are regularly tested in sports science labs and always use a heart-rate monitor when training. For the rest of us the heart-rate monitor is a useful piece of kit, but the method only works properly if you actually measure your maximum heart rate – and that is not a fun procedure. Unless you are taking things very seriously it’s best to work on the basis of how you feel – listen to your body, as they say.

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	Training Intensity	Feeling
Highest	Anaerobic Tolerance (AN)	Very painful, distressed, unsustainable.
	Oxygen Transportation (TR)	Stressful, gasping for breath.
	Aerobic Threshold (AT)	Working hard, short of breath, hot, monosyllabic.
	Aerobic Utilisation Level 1 (UT1)	Comfortable medium pace, able to converse.
Lowest	Aerobic Utilisation Level 2 (UT2)	Easy peasy – too easy.

Technical outings are generally done at UT2 level with spells of UT1. That apart, UT2 work is of little merit for club rowers; they do not put in the same training time as international squad athletes.

Relative beginners should focus initially on UT1 and AT work. Two UT1 sessions and one AT session initially will get fitness improved. One of the UT1 sessions should utilise the fartlek system.

The main 'club' training sessions are as follows.

Tuesday	18:00*	April–September - on the water – weather permitting. Crews need to be self-organising and capable of taking care of themselves. October–March – indoors. Resources are limited and need to be shared.
Thursday	18:00*	April–September - on the water – weather permitting. Crews need to be self-organising and capable of taking care of themselves. October–March – indoors. Resources are limited and need to be shared.
Saturday	08:00*	Race training session on the water – weather permitting. Very limited support for beginners. Crews need to be self-organising and capable of taking care of themselves.
	10:30	Some scratch crews.
Sunday	08:00*	Race training session on the water – weather permitting. Very limited support for beginners. Crews need to be self-organising and capable of taking care of themselves.
	10:30	Beginner support. Scratch crews.

The following points need to be noted.

1. The water sessions marked * are training sessions for the club's competitive rowers. They will not bail out beginners at these times by rowing with them because it is highly unlikely that beginners have either the technical skills or the fitness to avoid



Strathclyde Park Rowing Club

disrupting a training session. Beyond being assisted to launch and disembark, beginner support is highly unlikely. **Newcomers are welcome to row at these times, but they must be reasonably self-sufficient** – ie they must organise their own personnel and boats (contact Captain Natalie for club boats, 01698 402060 to book Scottish Rowing Centre boats up to a week in advance).

2. Note the 10:30 start time for the weekend second sessions. The experienced seniors meet at 08:00 and they will rarely have their training session completed, boat washed and put away before 10:00. They then need a short period of recuperation (and a coffee) before going out in a boat again. If you arrive at 10:00 you will need to wait – or join them in the coffee shop.
3. Once the Captain deems you – or your crew – sufficiently competent, you may boat at any time at which the Loch is open. Just book out and make sure that a rescue boat is on the water and manned before you push away from the pontoon. As before, any competitive rowers showing up 'out-of-hours' will be there to train, not to support beginners. They will help you launch, etc but will probably not share a boat with you.
4. Single-handed lifting of club boats on and off the racks is not permitted. Get Park staff to help you lift a boat off or onto its storage rack if necessary.

Tom Hewitt
Club Master

Personal Data Protection



How information about you will be used

Personal information which you supply to SPRC may be used in a number of ways [by both the club and Scottish Rowing to which we are affiliated], for example:-

- to administer and manage your membership and related benefits. Your information will be held by the club in a central membership database for this purpose
- to review, develop and improve the services and activities offered by us
- to provide you with details of forthcoming activities, events, tournaments and competitions (as well as those of selected third parties (including our partner organisations))
- to research, develop and manage new and existing programmes and projects and to promote our sport
- to monitor compliance with equal opportunities legislation and the Equity Standard For Sport and to promote / maintain equality of opportunity or treatment
- for statistical analysis.

Sharing Information

We will also share aggregated and anonymised information about our members with certain other organisations, which include **sportscotland**, the Scottish Government and Sports Coach UK for the purposes of supporting sports and policy development. This information will not identify you specifically.

Electronic Marketing

We would also like to send you information about our activities, events, tournaments and competitions as well as those of selected third parties (including our partner organisations) by e-mail. On the application form you will be given the opportunity to opt out of such electronic marketing.

How to contact us

For further information on how your information is used, how we maintain the secrecy of your information, and your rights to access information we hold on you, please write to the Club Secretary at Strathclyde Park Rowing Club, Strathclyde Country Park, 366 Hamilton Road, Motherwell, ML1 3ED or e-mail the Club at secretary@sp-rc.co.uk.

By signing our membership application form you apply for SPRC membership and agree that we may use and disclose your information for the purposes described above. **An application cannot be accepted without this signature.**