ROB ROY BOAT CLUB
Cambridge 1880

www.robroyboatclub.org.uk

# Newsletter –July 2004

## Welcome to the May 2004 edition of the Rob Roy Newsletter

### *Announcements*

#### Training Camp 2005

Following the successes of the last two years' camps we have already booked to go to Aiguebelette again ( see later articles).
Dates – Tuesday 29th March – Wednesday 6th April 2005.
Cost – £500 All Inclusive
Please email ercoombs@aol.com if you are interested in attending.

#### 125th Anniversary of Rob Roy Boat Club

2005 is the 5th anniversary of the club's founding. It would be great to mark this occasion with some memorable events throughout the year. An even bigger than usual Annual Dinner, a boat naming ceremony, an end of season Dinner Dance ? If you have any further ideas or would like to help organise an event please email 125thanniversary@robroyboatclub.org.uk

#### Club Towing Vehicle

Four Wheels Car Centre ( Steve Bell) has very generously given the club a sponsored towing vehicle. If you need to transport boats to/from events or training venues and need to use the car please email chairman@robroyboatclub.org.uk

#### World Class Start and Potential – UPDATE

"From our point of view we greatly value Rob Roy's enthusiasm and support of the scheme. The opportunity for these talented but relatively inexperienced WCS athletes to be able to learn from their more experienced fellow club members at Rob Roy is a positive contribution to their development and I hope an investment in Rob Roy's future.'

***Peter Shakespeare***
***ARA Performance Development Manager***

Three Rob Roy athletes on the WCS scheme are now in the Great Britain team and others will surely follow. They and their coaches, Adrian Cassidy and Oli Watkins, are also having a positive impact on the 'greater life' of the club – help with coaching and trailer towing to give but two examples.

### *Results*

Headline results have included:

Annie Vernon winning the women's eights head of the river race. in a GB composite 8

Congratulations to Antonia van Deventer, Anna Bebington, Jack Hesketh, Annie Vernon, Jo Hammond and Julia Warren on their selection to represent Great Britain.

Simon Goodbrand swept the board at early regattas. He won the Elite single at both Nottingham City and Wallingford (held on Dorney Lake) regattas. He teamed up with Guy Blanchard to win the Elite double at Wallingford. Guy won Senior 2 sculls at Nottingham.

Anna Bebington's GB Under 23 coxless four won their event at Duisburg Regatta. Annie Vernon's U23 coxless pair was second in its category. Antonia and Julia's senior lightweight quad was 3rd. Jo Hammond has competed with distinction in the women's lightweight single scull – as we go to press we are uncertain if she will have a chance to trial for the Olympic double.

Mary Hood and Kerrie Mackie won in their double and single sculls at Peterborough whilst newcomer Claire Allen's composite pair won the Sunday sprint event from Saturday's winners. Tom Johnstone put in a cheeky appearance to win S 3 1X.

## Club Bumps

The CRA Club Bumps take place Monday to Friday 19th – 23rd July.
An extra women's and men's division has been added in anticipation of increased entries. Most crews will still only row for 4 evenings and Women and Men's 1 will still race from Tuesday to Friday.
If you wish to race please email bumps@robroyboatclub.org.uk
If you cannot race but are able to marshall races and/or help with the club Barbecue on the Friday evening please also email.
The CRA race entry fee has increased this year so the cost per rower is £25 (includes BBQ).

## *Family News*

Congratulations to Rebecca Wallwork and Michael Lenehan on the birth of their son Tobias Donal.

Congratulations also to Colin Brown and Sarah Roseblade on the announcement of their engagement.

## *River Safety*

As you may know over the past few months a number of public disturbances, violence have been reported to the various authorities by members not just of our club but also by other boat clubs. Unfortunately the governing of the River Cam is Byzantine and reporting an incident to the wrong person will result in nothing being done. Two documents has been compiled by the CRA, one concerning violence and another one concerning code of conduct. They are available on-line at http://www.stlaurence.org.uk/cra/info/index.htm. An excerpt from the first document is given below but please consult the on-line versions for later updates.

**Criminal Activity - What to do**
Incidents involving criminal activity (abuse, threatening behaviour, weapons, drugs, assault etc) MUST be reported ASAP to the police. If the danger is imminent or actual, use "999", and you can then also use the local beat officers numbers if you have them, if reporting an incident that has happened already, contact Parkside Police Station or the local beat officers. If the event has happened a while ago then do not use 999 but report to the Cambridge Constabulary.

Such serious incidents are not in the jurisdiction of the Conservancy (although they may also involve some By-law breaches), but details of these incidents should also be copied to them as above.

Any incidences to do with the railway, or people trespassing on it should be reported to the British transport police as well but if danger is imminent or actual ring 999.

## People to contact

British Transport Police - 352031
Cambridge Constabulary - 358966
Local beat officer – PC 1156 Kevin Day
01223 358966 or 07740 741715
Emergencies - 999

**Cam Conservancy's control officer**
Alan Wingfield Alan.wingfield@cambridge.gov.uk
01223 457383

**Clerks for the Cam Conservancy**
Richard Bamford
Archer & Archer Solicitors
Market Place
Ely CB7 4QN
01353 662203
info@archerandarcher.co.uk

If incidents involve issues under the Council's jurisdiction (e.g. behaviour of people from moored boats, the Fairs, etc) they should be reported to all the above as well as to:

**City Council's parks and amenities officer**
John Roebuck
Cambridge City Council
The Guildhall
Cambridge
Tel 01223 457000
John.Roebuck@cambridge.gov.uk

Councillor Ian Nimmo-Smith
Leader Cambridge City Council
201 Chesterton Road
Cambridge CB4 1AH
Tel 01223 365484
ian@monksilver.com "

In addition to the above authorities please also copy any report you submit to the president of the CRA, Bill Key, bill.key@camscan.com, as well as to our club secretary Bruno Laurent, bfcl100@cheng.cam.ac.uk.

## *Kit – What's in store!*

Andrea GREEN is now in charge of Rob's kit. Her contact details are andrea.green@europe.ppdi.com or 07979 241840

If you weren't able to get your order in April but would like to buy any kit, we do have some spares so please get in touch and we will do our best to help.

Looking beyond summer regattas to the wet and windy head races, we are looking to extend the range of top quality club kit to include some extra items to keep you cosy this winter to include:
Rab* Jackets @ £125
Polartech* JL Fleeces @ £42
Splash proof trousers (£ to be confirmed)

The order for these Autumn/Winter items is likely to be placed late September/early October. Please keep an eye

out for Andrea's all@robroy email or better still contact her now. and place your order. ( REMEMBER: it can get very wet and cold in the Fens !)

Comments and new ideas are very welcome – we will only know what you like and don't like if you tell us so feel free to voice those opinions!

## *Rob Roy Circuits: Good Fun and real training.*

We moved to Cambridge last November with our newborn baby Clara, because Dirk is doing postdoctoral research here at the department of Chemistry. After having sculled for several years in Germany on the rivers Main and Regnitz, we were keen to get back to sculling. We looked at several clubs, but decided to join Rob Roy Boat Club, since it is very much what we were looking for. Right away, we took part in the two circuits on Tuesday (the 'Sweaty Curcuits' - Indeed, it has been very sweaty to participate and Wednesday, the ball circuits. Anja opted for the ball circuit, since it appeared more like gymnastics and also the fact that she had given birth just a few months before, But what a surprise? It was astonishing to see, what different types of exercises can be done with a ball to train the different muscles and of course, your balance. It was also very nice to train alone and with a partner. Also, the fun exercises added motivation and humour. The choice of exercises and the really professional corrections of Colin have been appreciated. Working in such a way with a ball has been a new experience. Anja is considering taking the idea also to our German club.

Likewise, the Tuesday circuits have been very enjoyable and professional, a true power training. Running around with different exercises in between has always been a good workout. I particularly remember the somersaults and feeling a little dizzy afterwards. Every week, the exercises changed a little bit or were modified, which made the training always very varied and never boring.

We thank a lot for the professional training and look forward to join next autumn again.

Dirk and Anja

## *Annual Dinner*

The Annual dinner, held at the Cambridge Arms Hotel was a huge success and thoroughly enjoyed by all. I guess particularly by the Brown- Roseblade table and the Hames table who seemed to have a monopoly over the raffle prizes! Our grateful thanks must go to Margaret Dale who, as ever, sold the tickets; and to the generous donors of a wealth of great prizes. Our thanks must also go to Anna Bebington who organsised the events so thoroughly right down to arranging menus for the fussy eaters among us!

## *Aiguebelette Training Camp*

Having been identified as the highlight of Rob Roy's Calendar would it live up to expectation?

Three Rob's scullers, who each hold very different goals and aspirations, the "retired. I'm not sure about getting into a scull again", the "leisure" rower and the "eat, drink, sleep", elite sort of sculler, have submitted their thoughts and reflections.

### *Rest and Relaxation Hmmmm!*

I was looking forward to this training camp. I'd been reliably promised fresh-air, rest and relaxation. Not having been in a boat for a few years I was content to spend my days reading, eating, sleeping, taking in the scenery and doing a bit of cycling. I hadn't committed to anything on the water except a trip in the coaching launch to watch boyfriend Simon. It only took until the first afternoon for someone to get me in to a sculling boat… sunny weather…flat lake…everyone else making it look too easy…

Hotel in Aiguebelette

To my surprise I hadn't forgotten how to scull (though I had forgotten what it does to your hands - if only my sculling technique would improve as quickly as my techniques for taping up my shredded fingers). I ended up doing very little reading and cycling and a lot of eating, sleeping and sculling. Using the lake was daunting to begin with; during my first outing I stopped to adjust my feet, the initial euphoria wore off and I found myself in the middle of a lake in a very small boat and hurriedly sculled to a more Cam-like distance from the bank. I am now out regularly on the Cam (what was I doing *not* sculling for the last few years?) and finding it hard to tolerate the other boats, corners and lack of space on the river.

Apart from my sculling revival, one of the best things about the camp was that there was no hassle about travel, meals and accommodation. Thanks to the hard work of others, all I had to think about was getting a taxi to Cambridge station on the morning of our departure. The exercise was physically tiring but the whole experience was totally relaxing.

### *Going on a Sculling Camp…*

For the second year running the Rob Roy Training Camp took place in Aiguebelette, France (in the Jura mountains, near the Swiss border), in the first week of April this year. Twenty-one Rob Roy members took part. Some of us were serious elite scullers/pairs

training for the GB Trials (held in Belgium later in the month). Others compete on a regular basis and were following the training programme set up by the coaches during the nine days in Aiguebelette. And some, like myself (more of a 'leisure' sculler), followed the training programme loosely and concentrated on improving sculling techniques.

Four coaches led the training programme during the nine days in France. A day would consist of breakfast at 7 am, before getting on the water between 7.30 and 8 am to do a set piece. At roughly 10.30 am a mid-morning break consisted of hot chocolate, croissants etc.; a welcome feast! Another outing followed, with set pieces before lunch. Lunch was set for 12.30 pm. A third outing on the water was scheduled for 5.30 pm, before dinner at 7.30 pm. This was followed by videos of the day's sculling, beer and cards. The afternoons were effectively free time. Some of us were mad enough to take off into the mountains on bikes or for runs; as if the exercise regime for the week was not rigorous enough?!

The lake at Aiguebelette is 3.5 km long. The 1997 World Rowing Championships were held here. Its an ideal place to improve on sculling techniques. All facilities are provided including a gym, ergos, changing rooms etc. The luxury of a hotel was on the doorstep, at the lake's edge, where the Rob Roy members stayed; a vast improvement on last's year's accommodation apparently, which consisted of caravans – VERY cold by all accounts.

Before leaving Cambridge for the camp, a briefing meeting was held by Ed Coombs, Simon Hames and Colin Brown. Ed did a fantastic and seamless job in organising the trip, right down to providing everyone with *detailed* baggage tags! Simon gave his enthusiasm and positive vibes as ever. Colin Brown got down to the nitty-gritty of conditions on the lake, weather, safety aspects: how to survive in near-freezing water conditions in case you capsize. The shop Open Air in Cambridge sold out of whistles and silver survival blankets within an hour of the end of the briefing that day! Luckily the weather in Aiguebelette was near perfect, whilst we were there, and no one went swimming, apart from a couple of dips getting into sculls and practicing confidence drills near the launches, and taking plunges for sheer pleasure of course.

I decided to go on the camp about a month before the trip. For some reason I had a notion that only *elite* scullers went on such a camp. It would be far above my standard and I would only be in the way! With some encouragement, I was persuaded to go and am very glad I did. I was enthused and impressed by the excellent scullers and pairs on the camp. To receive coaching from launches on near-flat water was a treat. Having got into some interesting sculling habits in the last three years, I suddenly found myself back to square one; a little disheartening to begin with. My whole sculling technique needed undoing and I set to work on posture and using the power of those legs! I soon started to enjoy the benefits and got back to increasing my previous speeds, with less effort. Why had I not come on one of these camps before???

By the end of the nine days, three sculling sessions per day seemed the norm; a rest was definitely needed though (not to mention a break for blistering hands). The prospect of going back to work and sitting in front of a computer for much of the day seemed like lethargy at its worst.

Getting back to sculling on the river Cam was dizzying on the first outing. I hadn't realised how much circling you do just going from the boathouses to Bait's Bite Lock and back. There's a corner every few metres it seems. Having sculled on flat water, in straight lines, without having to look round for corners or college VIIIs (keeping that symmetric position) for nine days in France, this was MAYHEM! How was I ever going to enjoy sculling in Cambridge again? However, by the second outing, the river bends were back, firmly imprinted in my mind, and everything seemed fine again!!!!

Whatever level you are at with your sculling, you will enjoy and benefit from a sculling camp. Not only great sculling, but good company in wonderful surroundings. I recommend all of you out there to go on a sculling camp.

A BIG thank you to the coaches, organisers and drivers of the trailer from Cambridge down through France, bringing all the boats etc. and bikes. Everyone appreciated it and had a great time.

## *Training camp virgins*

The first thing I have to say about the training camp is…if you're fussy about food, I hope you like green beans and tomatoes. If you're not fussy about food, be prepared to have two three course meals a day with lovely puddings! For me, it was welcome to lightweight world. Lightweight world is a great place where you get to look at the food rather than eat it and if you dare to offer any of yours around, you'd better keep fingers out of the way of flying forks and heavyweights descending on you like the ravening hoards! Food issues were ironed out however as they were more than willing to accommodate at the hotel, even if Madame Gauloises the waitress couldn't understand the concept of being a vegetarian (she took a real shine to Guy – if Cherry ever changes her mind he's onto a winner there)! A mealtime tip however – if somebody asks you if your pudding smells funny, DO NOT bend over to sniff it. Ask Tasha. She will be able to tell you how sticky crème caramel in your nose can really be! Annie Vernon has a lot to answer for!

Now onto the main bit – the rowing. What can I say? Having dragged my long-suffering bloke Rich all the way to France with me on my first ever training camp I can safely say that it was a fantastic ten days away! You can do all the things you want to do without having

worry about cooking, cleaning, work or going round loads of corners on the Cam. For a few, it was a fantastic way to prepare for trials. However I believe everyone should go on training camp regardless of what you want to do – it's not just about the rowing (will I be hanged for heresy?). It's about getting away, concentrating on your hobby with like-minded folk and getting to know people who may not ordinarily have crossed your path in Cambridge. I know that I wouldn't have met everyone unless I'd gone to France, and I am pleased that we did!

Now, I have mentioned the long-suffering Rich. Here's how it started.

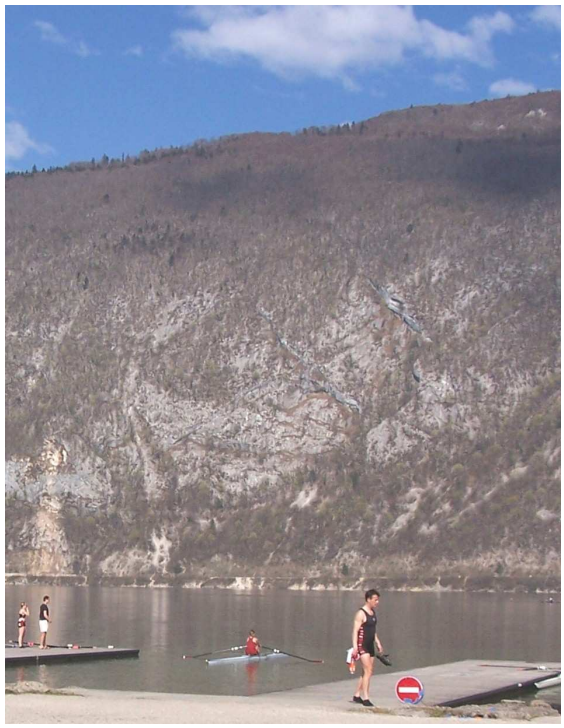
"There's a training camp in France with Robs, darling."
"Mm, really?"
"Yes, it's on this lake near the Alps, right, and you get to spend ten days just rowing."
"Oh goody."
"Well, I'd like to go but I don't want to spend ten days away from you. Simon suggested you came too."
"But I don't row."
"That's OK, he even suggested you might like to try it out."
"Over my dead body."

Anyway, the decision was made and the rowing widows and widowers had a good time – there is a fabulous ten mile run around the lake and weights and ergos for the people who want to train but never set foot in a boat. The views are just spectacular and Novalaise is a short trip down the road if you fancy a little normality and no training!

View of the lake

I hope that the news trickles through to everyone about how good the camp is, and now that we have found somewhere that can cope with the appetites I hope it will become a great annual event! Ed did a great job of organising it and there is always someone around to translate!

**Pictures to prove we were really working hard**



View of the lake

## *Nottingham City Regatta*

It was really early in the morning, and Nick Morrell and I found ourselves by the river yet again.. After the shock of the time had worn off, and James Silk and Rob Oeffner had joined us, we set off for Nottingham with three singles on the roofs of two small cars!

We made it to Nottingham, almost loosing my blade off the roof of my car en route. Racing started for Robs scullers at 9.30, with Rob Nick and myself in Senior Three singles. Each in a different heat, we faced our stiff opposition. Rumour had it that some of last year's GB lightweights had shown up in the sculling events, and there did seem to be several thin, albeit fit looking faces around.

Messrs Goodbrand and Blanchard both won their respective events. James Silk managed a fourth and third in lightweight and novice singles respectively. Rob Oeffner, Nick Morrell and myself failed to make our final at Senior Three, but had good racing and competition. Nick and I decided that the challenge of national oarsmen was not enough, so we entered men's Open Doubles. With a crew scratching, this became a straight final. The overall result was third for Rob Roy, out of four crews, and only about 8 seconds behind second place

## *Diamond 44 celebration Ely*

'Although during world war 2 the annual Oxford and Cambridge Boat Races were suspended, unofficial races

were held on the River Thames with the exception of 1944 when the race was transferred to the River Ouse at Ely. Presumably this was due to the threat of V1 and V2 rocket attacks on London which was ultimately launched in June, 1944. Ely was a reasonable choice, the closest rocket arrivals being on the 28 June at Fowlmere and Somersham on the 17 March, 1945 (V1's) and Valley Farm, Fulbourn in November, 1944 (V2).

Awaiting the clarion call from the Royal Navy (or two Military Policemen to take me away) I travelled by train to Ely accompanied by two friends from the U.S. 8th Air Force, one of whom Sgt. Bud Drake of Cleveland, Ohio I still correspond with, to watch this historic event. The day was cold, overcast and misty with an occasional drizzle. Cambridge had to make a late change at six and although they got off to a good start were beaten by three quarters of a length. They had been coached by Professor E.A. Walker of St. John's College and a Vice President of the Rob's. He later coached the L.M.B.C. Henley Grand winning crew and several Rob's first boats of the 40/50's. A crowd of over 5,000 watched the race.

Sixty years later, accompanied by Ted Mansfield, I again made the journey to the Queen Adelaide course to witness the celebration of this unusual University Boat Race. The weather again was cold, overcast with flurries of snow. The Club was involved because the Oxford crew raced in the Rob's first boat "Ted Bailey" but this time unsuccessfully losing by four and a half lengths. The women's first eight took part but rather disappointing no club was prepared to take them on in a "friendly" side by side race! A nostalgic moment was the flypast of a Supermarine Spitfire with the sound of its unmistakeable Rolls Royce Merlin engine. I cannot guarantee to be around for the 2066 event.'

## *Schools' Head of the River ( Tuesday 16th March)*

Crawling out of bed in the early morning to go rowing on the Thames in early March is hardly the most exhilarating prospect for the average schoolboy. If you're a rower at least you have the consolation that you may make it to the end of the race; if you're not a rower then you have the consolation that you have no idea what you've got yourself into! As most rowers admit, Mortlake – Putney is not for the faint-hearted. However, as it turned out the coach journey was the only frightening part as I sat there, tired, bored and incredibly daunted. For a number of thoughts ran through my mind:
1) Two of the Robs world-class starts guys sat next to me discussing their prospects of getting a sub-1:10 split on the ergo – was I really about to race people who, despite being a year younger, were almost a minute faster than me over 500 metres?!
2) Did I remember the course well enough from the week before to bow-steer a quad along it? After all, if something went wrong there was no cox to blame it on this time.
3) It was going to rain. It always rains in London. And it's cold. Could I face sitting on the start line for half an hour in the blistering cold? Maybe I would actually die.

Fortunately my fears were unfounded (maybe not the first one). The weather held off and was in fact pleasantly comfortable for March and despite the early boating time we waited at the start in good spirits, refreshed and prepared for the hard, 4-mile slog that awaited us. As with every race the start was delayed and no-one knew why, but finally we headed off to Chiswick Bridge. The race itself always provides plenty of other crews to push against, ensuring that there's never a chance to go half or even three-quarter pressure and when you cross the finish there is nothing else to do but collapse on the oars. Even then, when you've pushed yourself to the absolute limit for 20 minutes, been soaked by the person in front who can't help catching the top of the water when he squares, and you begin to think it's all over, you have to get the boat out the water and carry it hundreds of yards to the trailer. Every time I'm put through that pain and suffering though, I always feel it's very much worth it. It's an amazing day out and a great opportunity to row on a river very different to the Cam. At the end of the day how many other people in school can say they've done such a race even once?

## *Henley/International Fund*

The club endeavours to help its athletes train and compete at the very highest levels. If you are able to assist please send any contributions to Treasurer Bill Blakemore. 65 Gilbert Road. Thank You.

## *Are your contact details correct?*

Please help us to keep in contact with you. If you are able to update your contact details (email address, correspondence address, phone numbers) on the club website members' section www.robroyboatclub.org please do or send these changes to robert@oeffner.net

## *2004 Subscriptions*

We are aware that some of you reading this have not yet paid your 2004 subscriptions. Please find enclosed a current membership form. Kindly complete it and return it together with payment to Bill Blakemore. 65 Gilbert Road. Thank You.

# ROB ROY BOAT CLUB

**Membership Renewal / Application Form**

Surname (capital letters): Forenames (capital letters):

Address(capital letters):
(students please put both parental and correspondence addresses)

(work):
Tel (home): (mobile)

Email address (capital letters):

Date of birth (dd/mm/yy):

ARA points: sculling rowing ARA number:

Strokeside / Bowside / Sculling / Cox* *mark as applicable

ARA coaching award (specify if any)

I want to train competitively in a squad / competitively alone / leisurely *mark as applicable

Rob Roy Boat Club is a volunteer run club. The committee expects each member to contribute in some way to the running of the club. We reserve the right to decline new membership and renewal applications where the committee considers an individual is not prepared to help in any way. You may want to confer with committee members in order to identify areas where help is needed. Suggestions include the following:

**I am happy to**

- ❑ Coach beginners/juniors on the following Sunday(s):
- ❑ Organise crew(s) for the following rowing event(s):
- ❑ Organise social event(s) on the following date(s):
- ❑ Tow trailer for the following events:
- ❑ Help out during one or both of our head races:
- ❑ Paint blades on the following weekend(s):
- ❑ Tidy up the CRA on the following date(s):
- ❑ Deep clean boats on the following date(s):
- ❑ Organise securing (a) boat(s) for the CRA bumps:
- ❑ Do fundraising for the following equipment:
- ❑ Ensure that a particular single scull is always in a good state:
- ❑ Maintain the booking sheets.
- ❑ Help in other ways:

Specify date/event/equipment/etc. as appropriate

**Membership subscription rates** **Expiry date: 31st December annually**

| | | | | |
|---|---|---|---|---|
| Senior | £130 | | CRA Rack Rents: | |
| Senior | £100 | (1x owner) | Single | £77 |
| Student | £100 | | | |
| Junior/unwaged | £50 | | Locker Rental | £10 |

Coach/Friend of Rob Roy – donation: £_____

Country membership is available at half the applicable rate to those members whose normal address is more than 25 miles away from Cambridge and who make infrequent use of club equipment (not available for students in Cambridge)

Cheque*/Cash enclosed for £ *cheques payable to Rob Roy Boat Club

I hereby confirm that I can swim 100 meters unaided in light clothing.

Signed:

I agree to obtain the committee's approval before competing for another rowing club during the year and confirm that I have read and agree to abide by the boathouse rules and safety guidelines on the reverse of this sheet.

Signed: Date:

Please return to Bill Blakemore, 65 Gilbert Road, Cambridge, CB4 3NZ

| ROB ROY BOAT CLUB<br>**Membership Renewal / Application Form** | |
|---|---|

## Boathouse Rules for Rob Roy BC

1. Pay your subscriptions and rack rents before using any club equipment
2. Have the Captain's express permission to use equipment (boat and blades)
3. Book your boat before every outing, including competitions
4. No Rob Roy equipment to be used for clubs other than Rob Roy Boat Club; **no college/university/CUCBC/BUSA/HMForces events**
5. Do not change the rigging without reference to the Captain. Put spare riggers on hooks provided.
6. Clean boats and undo port holes after every outing
7. Put trestles away and keep the boathouse tidy
8. Repair/report damage to any equipment
9. Lock all doors if you are the last person to use the boathouse
10. Anyone found in breach of the above rules risks forfeiting their membership and use of any club equipment

## Safety Guidelines for Rob Roy BC

In response to the ARA safety code, Rob Roy Boat Club is introducing the new safety measures, including:

- All members must be able to swim 100 metres unaided in light kit.
- All coxes must wear buoyancy aids/lifejackets for all outings.
- All accidents or near-misses to be reported to the Captain or Vice Captains.
- All rowers should check equipment is in good order before venturing on the water - all damage to be marked and reported.
- All outings must be logged on the booking sheets, particularly unescorted/ night outings.
- No under 16 scullers to go beyond Ditton Corner or out in the dark unescorted at any time.

Please read the ARA Safety Code of Practice poster in the boathouse. If you have any further questions regarding safety, please approach any committee member.

Further copies of this notice will be posted on the notice board in the boathouse.