

Townsville & JCU Rowing Club

Info for School Rowers 2017



Welcome to School Rowing in 2017. Townsville & JCU Rowing Club welcomes you to a year of fun, fitness and enjoyment.

This year we will have over 200 members registered. They span a wide range of ages – Year 7 to 'Masters' – and include students from up to five schools. Some Club members compete while others prefer just to row socially.

As a member of our Club, there are some things you need to know to ensure the safety and enjoyment of **ALL** members. Please take the time to read this information sheet. If you have any questions, please ask your School Coordinator, your Coach or contact the Club.

- Only members can use Club equipment, including ergos, boats and tinnies. You must have completed an online registration form and paid the relevant fees before you can use any Club equipment or be part of activities at the boatshed or rowing pontoon. Your School Coordinator will provide you with instructions on this process.
- All school rowers must be under direct supervision of a Coach or authorised Supervisor at all times. This means that when you're in the boatshed, using ergos, on the pontoon or out rowing your Coach or Supervisor **MUST** be able to see you at all times. The supervision rules apply if you are under 18, even if you have a full-year Club membership.
- Each pair of oars is worth up to \$800, and every boat is worth \$4,000 - \$50,000. Please treat all equipment with respect.
- Every boat **MUST** be signed out in the Boat Usage Book when it leaves the shed, and signed back in when it returns: Every time. Get into the habit of doing this for yourself.
- Do not take other people's booked boats. Always check with your Coach that no one else has the boat booked and only use equipment that your Coach approves. The coach has access to the Club's online Boat Booking System, be aware there are special rules around "red boats".
- Just like a road, there are traffic rules on the river. Always keep closest to the bank on your left-hand side (right-hand for a cox). When rowing downstream from the pontoon towards the bridge, stay on the Mt. Stuart side of the river. On the way back upstream towards the 'wires' at Gleeson's weir, stay on the Stockland side of the river. Avoid the centre of the river.
- Always row upstream *past* the pontoon before turning to come back to the boatshed.
- Damaged boats, oars, ergos, tinnies or other equipment need to be reported. Advise your Coach as soon as you notice damaged equipment – whether you did it or not. Your Coach will note the damage in the Boat Usage Book and fill out a red 'damage report card' if necessary.
- Only a licenced boat driver can operate the Club tinnies, and only after the Club Captain has seen their licence. If you are under 18, even if you have a licence, you **MUST** be in sight and under the direct supervision of a Coach or Supervisor at all times.
- The shed, including the ergo room, and the Club grounds must be kept clean and tidy at all times.
- You/your parent will receive Club emails from time to time. Take a few minutes to read them -- find out all the stuff that is happening at YOUR Club. Important safety alerts are circulated this way too.
- Smile and say hello to adult Club members, even if you're shy. They'll appreciate it and it gives the boatshed a friendly vibe. Plus, you never know who you might end up rowing with at a Club regatta one day!

*We want you to enjoy rowing, have fun and be successful. But most of all, we want you and every person rowing out of our Club to be SAFE. The above information is based on the Townsville & JCU Rowing Club **Member Handbook**, available at*

www.townsvillerowing.com.au/index.php/documents/policies. Check it out for more info.