

# Welcome to Warwick Boat Club



## New member information

Clubhouse - open 08:00-22:00	Boat shed		
	"¥" <b>\$</b> 7		
Entrance with club membership card. Parking at the club is limited, but parking is available at St Nicholas Park and is free after 18:00	Entrance via keypad on the back doors. Unrestricted hours: lock up and switch off the lights if you are last to leave.		

#### Squads

Senior	Training 5-7 times a week, racing at higher status events, HWR and HRR		
Intermediate	Training 2-4 times a week, racing locally and nationally		
Improver/Novice	Training up to 4 times a week, just graduated from L2R or limited experience		
Masters	Competing at events at all levels, by age categories rather than CRI		

### Session Times - latest info at warwickboatclub.co.uk/rowing-sessions

At any one time there are a maximum of 8 boat slots on the river, down to 2 at night.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:30						Experienced	Nose to tail
						crews	- race ready
							crews
09:30 - 11:00		Junior		Junior		Coached	Sculling
		Priority		Priority		session	School
18:00 - 19:30			Side by side	Squad night			
19:30 - 21:00			(summer	mix in			
			only)	(summer			
				only)			
Land training	Winter	Men's					Yoga
	circuits	squad erg					9am –
	7-8pm	night 6pm					11am
	Aylesford						
	school						

### Other useful info

All of the below can be found in more detail at <a href="http://warwickboatclub.co.uk/rowing/">http://warwickboatclub.co.uk/rowing/</a>

<u>Boat and erg booking</u> is online and app-based via Clubspark Booker system – membership will give you access to this.

There is a <u>whiteboard</u> on the boathouse door – write on it when you are on the water and wipe off when you're back (e.g. 6:00 - 7:30 1x TP) – this is for safety.

Boat usage sheets are kept online <u>https://www.warwickboatclub.co.uk/rowing-rules-info</u> and pinned up in the shed. Colours on the riggers correspond to the boats blades. Permission free can be used by anyone, all other boats request permission from your rowing captain

<u>Boat damage/reporting incidents</u> – If you damage or find a boat damaged record it in the damage book (in the cupboard) and inform your squad captain. Any incidents on the water need reporting at <u>https://incidentreporting.britishrowing.org/</u>

<u>Rules</u> – a quick summary, but also pinned on the boat shed door:

- Water if the water level is above the bottom step (1.46m) only experienced rowers allowed on the water, no rowing in the dark. Above the top step (1.66m) no rowing at all. <u>https://flood-warning-information.service.gov/station/2044</u>
- Rowing in the dark Experienced crews only, approved steers and coxes only, permission via squad captain, white light on the bow, red on the stern, light coloured clothing, no lone sculling, circulation pattern to Charter bridge only.
- Circulation pattern observe the pattern for the outing as they vary for Side by Side and Nose to Tail.
- Our river there is a map on the door showing the turning points. Before pushing off or landing, ensure it is safe to do so in both directions.

<u>Racing</u> – The club events calendar is online, you will need a British rowing gold membership to race. You need to pay your racing and towing fee when you submit your entry. If you wish to attend a non-club event seek permission from your rowing captain first.

<u>Kit</u> – we have a small stock of race kit to buy from the kit officer and they can advise you on suppliers for all other kit.

<u>Social events</u> – we organising events throughout the year from the annual dinner to informal BBQ's by the river. Events are posted on facebook and in email newsletters.

<u>Communication</u> – keep an eye out for what is going on!





@WarwickBoatClub



#### VOLUNTEERING

The club runs based on support from its members. If you are able to help in any way please let your captain know – coaching, towing, organising squads, coxing and social events. Thank you!