



NEWSLETTER

January 2004

Editorial

Another January - another cancelled Upton Head! After last year's cruelly-timed valley fog we were beaten this time by the more predictable high water plus debris, which made the river unsafe for racing on January 10th (especially given the large number of scullers entered). The organisation this year was magnificent, with great support from club members evident at a well-attended briefing meeting the night before the event was cancelled. Other clubs showed their support via an impressive entry list of 125 crews involving 330 rowers from 17 clubs across southern Britain. Well done and commiserations to all involved. I'm taking bets on the likely fate of next year's event: glaciation 10 to 1; drought 20 to 1; plague of locusts 30 to 1; plague of beavers 500 to 1.

In this newsletter you'll find the usual mix of tasty snippets and serious news, including thought-provoking pieces on insurance cover, recruitment issues and the need to raise our game on the coaching front within the club. Also, attached to this newsletter you'll find a copy of the club's Policies and Procedures recently approved by the committee. Prepared by Freya Biggs (Membership Secretary) and Alan Nesbit (Safety Adviser), these are intended to formalise good and safe practice for all members and visitors to the club and especially for new members needing to learn the ropes.

Fundraising is a constant concern for your committee and we still look forward to a fundraising coordinator stepping forward from the membership to help us out. In the meantime I'm pleased to report a very successful Quiz Night held recently at the Sports Club. Congratulations and thanks to Andrea Oliver and her team for all their hard work.

If anyone experiences difficulties accessing their newsletter please do let me know.

Johnny Birks (home: 01684 575876; work: 01531 636441; email: johnnybirks@vwt.org.uk)

2004 Social Calendar

Here are some crucial dates for your diary. Do please support these events (and involve any non-member friends) as they are an important way of raising funds for the club:

Upton Marathon Row – 4th April

Easter Fayre – 10th April in the Memorial Hall

Race Night – 7th May in the Sports Club

'Naughtie Sportee' Summer Ball – 19th June at the Sports Club

Upton Regatta – 18th July

Garden Party – 1st August hosted by the Archers at Welland Court

Chairman's Notes (aka Sweepings off the boathouse floor)

I am pleased to say that I think we are nearing the end of the Clubmark marathon. Jo Atkinson, our CDO for the West Midlands, has vetted our submission so with some minor amendments it went off to the ARA where I understand Simon Dickie will be our last hurdle – we may soon be Clubmark registered (or approved or certified or whatever they do to us!)

So what do you think we will find to talk and worry over during our committee meetings if Clubmark is now out of the way? Well the two priority items we had on the agenda for January were Insurance and Recruitment.

Insurance is a drain on our resources but one that we cannot ignore. The ARA has insurance that covers the members of the Club if they are also members of the ARA. However, cover is limited to death or some form of permanent injury. The Club carries insurance for the boats, equipment, boathouse and public liability. I believe our coaches and the officers of the club are also covered but I do not think there is any member to member cover. We are therefore taking advice on this and will look to see if extending cover is appropriate and at what cost. We will also be issuing advice on what cover you, as individuals, should consider having.

Recruitment is necessary at all levels of the Club. We need new youngsters coming in as the lifeblood for the Club but I would also like to see returnees (i.e. people who have rowed before) coming back into the sport, be they in their 20s 30s or 70s. I would also like to see a 'Clubs and Pubs' event for newcomers to the sport but to do all this we need coaches. We have therefore decided that before we could recruit more members we need to train as many as possible of our existing members to be coaches. So do not be surprised if a three line whip is employed to coerce you to learn how to coach and then put it into action (the first bout of arm-bending appears below).

Finally, on the recreational rowing front there is the possibility of two tours. Below you will see details from Hamish about touring down the Dordogne for the active gourmets amongst us. I have also been musing about organising a tour probably in 2005 on the Shannon in Ireland. You can find out more by visiting www.carrickrowingclub.com/general_info_english.htm.

If either of these appeal do get in touch with me.

Peter

URC Coaching Drive

Your committee has identified the shortage of experienced, qualified coaches willing to give some time to helping other rowers as a serious barrier to our development as a rowing club. We cannot expect both to recruit and retain members if there is no reliable mechanism for providing appropriate coaching beyond the foundation rowing course. The captain and his vice-captains will tackle this by persuading members to join them in a drive to increase the availability of coaching to both competitive and non-competitive rowers. Some will attend an Instructors' Award or Bronze Award Course; others will use coaching resources currently available within the club. We need to establish a culture within the club where any member can reasonably expect to receive some coaching once a week. To make this work, of course, a proportion of us must give more of our time

to coaching than we do currently (there are exceptions – a few members do a great deal of excellent coaching already).

From the horse's mouth, here are a few well-chosen words from Will Dutson, men's vice-captain:

We all know that sense of frustration when an outing doesn't really gel, but you can't quite figure out why. We all know how great it feels when it all comes together, even for a few strokes. How often have we wanted an extra set of eyes outside the boat to try to work out what's going on? To support the development of current and future members, it is vital that we can provide more coaching resources. I would like to see more members involved in coaching at any level, whatever their experience. Some members have expressed an interest in gaining an Instructors' Award, the first step on the coaching ladder. I am currently investigating dates and venues for this. Even if your prime interest is in rowing, rather than coaching, this course could provide an excellent way of helping you make the most of your rowing sessions. If you would like to get involved, then please contact me as soon as possible.

Four juniors made their maiden voyage in a sweep-oared boat this weekend (24/25 January). Coached by Steve Cox, these guys did a fantastic job of adapting to the new technique, whilst doing a better job of sitting Lady Rachel than many more experienced crews. We look forward to a promising season ahead.

Food and Drink Supplements

This piece from a recent Concept 2 Indoor Rowing Newsletter may be of interest:

Alf Tupper, Tough of the Track, may have been able to beat all-comers on a diet of fish and chips, but these days the kids rock to the beat of isotonic balanced Maltodextrin solutions. If you're anything like us, the only thing you know about sports drinks is that their adverts tend to be intensely annoying. To remedy that, we've got Victoria Richmond on-board as our Sports Supplements specialist. If you've got a question about food and drink supplements, you can drop her a line via editor@concept2.co.uk. Below, she writes about how to maximise hydration and energy supply during exercise:

There are two critical nutritional factors that affect sports performance. The first of these is hydration. As little as a two percent loss in body weight through dehydration can decrease performance by up to 20 percent. The most serious effect of dehydration from failure to replace fluids during exercise is impaired heat dissipation, which can elevate core temperature to dangerously high levels. Dehydration also causes a reduction in plasma volume, which in turn results in a decrease in cardiac output, thus compromising cardiovascular function.

When dehydration is a problem there is more to consider than simply the loss of water. Mineral loss may also occur as a result of excessive sweating, especially when training indoors or in humidity. The main minerals are sodium, potassium and chlorine. These are collectively called electrolytes because they are dissolved in the body as electrically charged particles called ions. Excessive loss of these electrolytes can lead to severe dysfunction in the form of heat cramps, heat exhaustion, or heat stroke.

The second nutritional factor to consider during exercise is energy supply. During light and moderate exercise about half of the body's energy requirement is supplied by carbohydrates and, once carbohydrate energy is used up, performance decreases by about 50 percent.

Taking onboard fluids before and during exercise reduces the detrimental effects of dehydration on cardiovascular dynamics, temperature regulation and exercise performance. The main aim of fluid replacement is to maintain plasma volume so that circulation and sweating can progress at optimal levels. By adding carbohydrate to the oral rehydration solution, additional energy for exercise is provided as the endogenous carbohydrate becomes depleted.

The rate at which fluid balance is restored and carbohydrate is available for utilisation is determined by the rate at which ingested fluid empties from the stomach and is absorbed into the blood. This can be enhanced by consuming sports or energy drinks as opposed to water, but there are so many types which one should you choose?

There are three classes of energy drink:

Hypotonic - contains fewer molecules in solution than the body's fluid.

Isotonic - contains approximately the same number of molecules as body fluids.

Hypertonic - contains more molecules than body fluids. These tend to be heavy on the stomach and the rate of gastric emptying is slow. Sugary drinks are hypertonic and have a negative effect on water absorption.

It is important to meet both carbohydrate and fluid requirement and it is possible to consume a carbohydrate-electrolyte solution without compromising water absorption. Adding a small amount of glucose and electrolytes to the oral rehydration solution has only a small negative effect on gastric emptying and may actually help fluid uptake once inside the intestine. The glucose contributes to the maintenance of blood glucose and the main electrolytes (sodium and potassium) may help enhance intestinal water absorption.

There are many different types of sport drinks specifically for consumption before, during or after exercise. Drinks for pre-exercise and also during exercise are lighter on the stomach and will often contain Maltodextrin as the main source of glucose and contain electrolytes for rapid absorption. Post-exercise fuel will contain more complex carbohydrates as well as protein to facilitate recovery. These are heavier on the stomach and therefore not so suitable for consumption during exercise.

Concept 2 sells a wide range of Science in Sport supplements, available on the website at: http://www.concept2.co.uk/shop/food_supplements.php. If you've got any questions about either them or sports supplements in general, send an email to editor@concept2.co.uk.

Dordogne Rowing Tour

Hamish Barkley has sent us details of a four-day rowing tour on the River Dordogne between 20-23 May 2004. The price is around 210 Euros per person and includes boats, safety boats and meals (there is a distinctly gastronomic flavour to the tour). Hamish suggests people could fly to Bergerac where he would collect them for the start of the tour. The tour ends in St. Emillion with a visit to a wine chateau. Peter has agreed to liaise with Hamish, so anyone interested should contact Peter.

Upton Rowing Club Policies and Procedures

CONDITIONS of MEMBERSHIP

Applicants (and the parents/carers of those under 18) confirm the following

that the medical information they have given is accurate
that they can swim 100 metres in light clothing
that they will complete safety tests/capsize drills when required
that they accept the policies and procedures relating to water safety
that they accept the policies and procedures relating to child protection
that they understand that rowing activities are undertaken at one's own risk, and that Upton Rowing Club accepts no responsibility for loss or damage to persons or property
that they will abide by club policies and procedures

SAFETY

All members have a duty of care to ensure the safety of themselves, of other rowers and of other users of the water.

They are advised on current good practice re strenuous physical activity and are expected to take responsibility for their own physical well-being (including warm ups, intensity of work undertaken, cool downs) while training, competing, or handling equipment, off and on the water

WATER SAFETY

All members receive a copy of the ARA's WATER SAFETY CODE and of URC's STATEMENT of SAFETY POLICY - they must make themselves fully aware of, and comply with the procedures required therein.

At URC the LAUNCH RESCUE KITS, LIFEJACKETS and FIRST AID equipment are clearly visible, and the sites of the ACCIDENT REPORT file, LIGHTS, horns and bum bags (containing space blankets) are clearly labelled

After conducting appropriate risk assessments URC has introduced the following club-specific policies

- A Before leaving the boathouse crews must enter the outing details in the BOAT BOOKING file indicating name of boat, name of stroke, time out. On return they must enter the time in, and report any damage in writing
- B Members are shown the appropriate methods of lifting boats on/off the racking and trolleys and should comply with these to avoid both injury and damage
- C Members should follow the conventional 'chain of command' with regard to responsibility for the boat, giving instructions etc, on and off the water. This rule is intended to ensure one voice giving clear directions, and to avoid problems that can result from misheard instructions
the cox / steersman is in charge
with an inexperienced cox the stroke is in charge

the cox / stroke may delegate responsibility to one other crew member

- D All boats should carry
 - a: horn - to be sounded on leaving / entering the marina
 - b: bum bags (grey in 8s, red in 4s, 2s, 1s) containing space blankets
- E Members are shown the correct boating procedures and should follow them before and after outings
- F All boats must stop before leaving the marina. After sounding the horn, boats should proceed with great care onto the river. Boats should usually turn upstream to follow the normal rules of navigation - however in times of strong flow it may be safer to turn cautiously, with the flow, downstream
- G Crews should use light pressure between the marina and Pool House - where pleasure craft may be manoeuvring near the mooring facilities
- H All boats must re-enter the marina in an upstream direction, sounding the horn in advance of beginning to manoeuvre, with care, off the river
- I The Captain, or designated nominee, may determine that river conditions are unsafe owing to flooding or other reasons, in which case all rowing activity will be suspended until this decision is reversed. The NO ROWING sign will be clearly displayed in the boathouse
- J Members intending to steer coxless boats must satisfy the Captain, or designated nominee, of their ability / qualification to do so, BEFORE undertaking an outing
- K As the coaching / safety launch is moored in shallow water, it must be moved to deeper water BEFORE the engine is started. This should prevent damage to the engine
- L New members and visitors must complete an application form BEFORE undertaking any activity with the club. Members wishing to introduce guest rowers should request the permission of the Captain prior to any outing
- M ALL safety procedures apply to visitors and to members using their own boats

THE BOATHOUSE

Members are expected to maintain a safe, tidy environment within the boathouse, using equipment correctly, leaving it clean and in good condition and returning it to its proper place.

- A The club's constitution contains details of entitlement to use the club's facilities
- B Members are not entitled to use the club's facilities while their subscriptions remain unpaid
- C Club equipment may only be used with the permission of the captain. S/he will allocate boats etc with regard to crew status and boat capacity. Time slots will also be allocated where crews need to share equipment

- D Members must get permission from the captain before making alterations to the set-up of boats / oars
- E Boats and oars will be cleaned thoroughly after every outing
- F Crews wishing to enter competitions must satisfy the captain (or designated nominee) that they merit the club's endorsement of such entry. Procedures for making competition entries are displayed in the boathouse
- G Competing crews are responsible for the derigging / rerigging of their boats. They must ensure that rerigging is completed promptly so that other club members are not inconvenienced
- H Members using fitness equipment should tidy away the weights etc and park the handle of the rowing machine correctly
- I The boathouse must be left locked (and the security numbers scrambled)
- J Members wishing to rack private boats in the clubhouse must, annually, pay the set fee, and provide evidence that they hold appropriate insurance

CHILD PROTECTION

All members receive a copy of the ARA's GOOD PRACTICE in ROWING - they must make themselves fully aware of, and comply with, the procedures required therein.

At URC

the JUNIOR ORGANISER is	STEVE COX	01684 593 849
the WELFARE ADVISER is	JENNY WORTHINGTON	01905 371 225

The following condition applies to JUNIOR (Under 18) membership
the parent / carer of an Under 18 member understands that, in the event of injury or illness, all reasonable steps will be taken to contact her/him, and to deal with that injury/illness appropriately. Where contact cannot be made, s/he authorises the Junior Organiser, or his nominee, to act *in loco parentis* with regard to any decisions that need to be made to ensure the safety and health of the child, including the signing of any document required by medical / hospital authorities

The following documents are being finalised by members of the committee; they will be circulated with a future newsletter:

- RULES FOR JUNIORS
- CODE OF CONDUCT FOR PARENTS / CARERS
- CODE of CONDUCT for CLUB OFFICIALS and VOLUNTEERS