



## **NEWSLETTER**

**July 2004**

## **Editorial**

Welcome to this summer newsletter! It's a tasty medley of spicy nuggets served up to bring you up to date with recent developments and to alert you to forthcoming events. So pull up a chair, open a bottle and start masticating! There is little to report on the competitive rowing front, save for some fine performances by our very own Cracknell and Pinsent (Alan Nesbit and Will Dutson). Nevertheless we aim to attend Ross Regatta at the end of August with as many members involved as possible.

---

## **2004 Social Calendar**

Here is an updated list of events coming up. Please support these events, have fun and help to raise funds for the club!

**Please note that, contrary to the listing in the January Newsletter, there will be no Upton Regatta this year.**

**The Garden Party – 1<sup>st</sup> August 1pm at Welland Court.** Check the notice in the boathouse for details and ticket availability. Food and rowing available.

### **Amsterdam Masters Regatta 2<sup>nd</sup> October 2004**

Stewart is hoping to lead another brief tour to row in Amsterdam and hopes to involve several members. These trips are great fun and our Dutch hosts make us very welcome. Don't forget the earplugs!

**Club Dinner – 15<sup>th</sup> October**

**Quiz Night – Sports Club 17<sup>th</sup> December**

**Race Night – 18<sup>th</sup> February 2005**

---

## **URC Coaching Drive – Instructor's Award Course dates**

As reported in the last newsletter, increasing the number of active qualified coaches is an important aim for us in the club's development. In liaison with Adrian Barsby we aim to book places on IA courses at the West Midlands Rowing Centre in Worcester on weekends in October and November. We hope at least ten members will be able to attend. Vice-Captain Will Dutson is co-ordinating the booking.

---

## **Insurance matters – and how they affect you.**

As I mentioned in an earlier newsletter we have been looking into the insurance cover for the Club and its members to ensure we have the correct cover in place or be aware of any areas where additional cover may be needed.

One area of concern we have found is that unqualified coaches are not covered by either the ARA insurance or the Club insurance. This applies to both coaching on and off the water. The message here is ‘if you want to coach get qualified’! *See above for details of the upcoming IA courses.*

The other area you may wish to think about is taking out your own personal accident insurance cover. If you are injured as a result of an incident being part of a Club rowing activity then we are advised that you would be able to claim for loss of income only if you are not at fault. A member who is injured and is at fault will not be able to claim for loss of income hence the need for your own personal accident cover. However, our Club insurance will cover medical expenses up to a maximum of £1000 for say physiotherapy even if you are at fault.

I hope these notes are of help. If you need any further advise please do not hesitate in contacting me.

Peter Barker

---

## **Clubmark - we have been Certified!**

In early May 2004, after many months of hard work by Peter Barker, Jenny Worthington and others, Upton Rowing Club received notice of its Sport England Clubmark accreditation. This is an important achievement that should help the club in many ways, not least with applications for grant aid.

---

## **Upton Sports Club ‘100 Club’**

The Sports Club has launched a ‘100 club’ to raise funds and the Rowing Club has been allocated 20 tickets to sell at £10 each. Freya has started the hard sell, so please contact her if you’d like the chance to buy one and enter ten draws per year.

---

## **Shocking Rate demand!**

Following a visit from the valuation officer, the club has received a simply whopping £3,000+ rate demand in respect of the boathouse. However, Malvern Hills District have recognised our non profit-making status and suggest we may be eligible for discretionary 80% rate relief (or 100% if we are very lucky). Members of your committee are pursuing all options to avoid this crippling demand in a legal manner.

---

## **Club AGM – 27<sup>th</sup> September 2004**

Please put this date in your diary and try to attend on the night if you possibly can. Also, please consider whether you can stand for one of the vacancies on the committee:

**Boatmaster:** a practical person to keep on top of maintenance jobs in the boathouse.

**Press officer:** someone to liaise with the local papers and radio about the club's activities.

**Safety Rep:** someone to fill in for Alan Nesbit during his time abroad

**Secretary:** someone to replace worn out model!

---

## **Circuit Training**

Indoor training starts again on 6<sup>th</sup> October and follows every Wednesday. 7:30pm at Hanley Castle High School Gym followed by rehydration in the Three Kings. All members and non-members are welcome at these sessions that are well run by Freya Biggs. Essential preparation for long distance winter rowing, a great way to exercise muscles you never even knew you had, and HUGE FUN! A small donation is required to help cover the costs of hiring the gym.

---

## **Marina Development**

Walton Marine now has full planning permission for the marina expansion. However, the development is controlled by various conditions, one of which ensures that a 'Community Users Building' is constructed at the appropriate time for the use of the Rowing Club and others. We have written to Walton Marine (twice) offering to help in planning the design of the building. The latest letter was acknowledged.

---

## **More sliding racking coming soon**

In early August we should receive more sliding racking for the centre of the boathouse, improving our use of space and making it easier to get the boats in and out.

---

## **Bob Hinds Retirement – 30<sup>th</sup> July**

Bob is retiring and is having an informal gathering to celebrate this and his 65<sup>th</sup> birthday in the Kings Head on the evening of 30<sup>th</sup> July. All members welcome.

---

## Sport Relief Ergo Challenge

A truly heroic band of rowers raised £140 for Sport Relief on Saturday 10<sup>th</sup> July. Undeterred at one point by a freak monsoon storm that washed lesser mortals away, brave web-footed souls clocked up the miles on a bank of four machines. All sorts took part, rowed their mile and donated to the cause, from international indoor-rowing figures such as Anna Bailey (in red T-shirt below) to a delightful lady from the local SPAR shop along the road.



## Amendments to URC procedures

We have made two additions to the Club's water safety procedure to ensure that proper action is taken when water and/or weather conditions deteriorate **during** an outing. These procedures were published at the end of the last newsletter (January 2004). I am reproducing the Water Safety section here, with the new insertions in bold (see items J and K below).

### 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 **If there is a marked deterioration in water / weather conditions during an outing members should exercise caution and err on the side of safety – e.g. curtailing the outing or restricting activity to better water (usually ‘in town’)**
- K **In such conditions members should be aware of cross winds and their effects – especially within town and in the marina / at the landing stage – and should take appropriate care**

- L Members intending to steer coxless boats must satisfy the Captain, or designated nominee, of their ability / qualification to do so, BEFORE undertaking an outing
- M 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
- N 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
- O ALL safety procedures apply to visitors and to members using their own boats