## On 21/01/2024 13:53, Piers Herrmann wrote:

Dear All

Just a couple of quick reminders.

## AGM

Arthur has sent out all of the information for the AGM, including all of the reports and the agenda etc. Please do try to come if you can as this is very important to the club.

It will be on Monday 29th Jan at Hillside Primary School (as last year) at 7.30pm

We have a number of new nominations for the Board but we also have 1 space that we would like to fill. No particular role at this stage. So if you would be willing to fill this then please send your nomination to the Secretary with proposer and seconder ASAP. But we also need to vote for all of the Board members as normal.

Super Saturday

Next one is Saturday 3rd Feb. Please sign up in the usual way. Safety Notes

The club is getting very muddy again, as tends to happen at this time every year. So please take extra care when moving boats.

The next few days are going to be extremely windy. So I would recommend no outings in singles by yourself at all, regardless of experience levels. The storm should have dies down by Thursday. For those who do single by yourself, I would like to re-emphasize the importance of personal safety. Even the most experienced of rowers can sometimes get caught out by strong tides/winds or a capsize a long way from the club. I would strongly recommend carrying a waterproof bag with a minimum of the following in it: (if I have missed anything please email me personally)

A mobile phone with some numbers pre-programmed, like maybe the Broads Authority and maybe Captain and Chair so we can send out help if needed

Rigger jigger to be able to fix many boat issues, and ideally a small screwdriver too.

A "Sheila" bag. This was an idea from Sheila of a large bin liner, pre-converted into a basic poncho with holes for neck and arms, each re-inforced with tape. This can be worn when rowing back after a capsize and over wet clothing to reduce wind chill and is far more effective for this than a space blanket.

A spare t-shirt in case your one is wet

A small towel to dry yourself

1 or 2 energy bars/energy gels/small snacks in case energy levels fall too low.

Spare glasses if you need them to do things (reading etc)

But remember, you are far more important than any boat. So if you get into trouble, call for help. Boats are insured!

Kind Regards Piers Herrmann Captain Yare Boat Club