



Information for all members of the Club, but particularly new members

When you join Yare Boat Club you are given a welcome pack with a lot of information in it. This is all relevant, and should be read and noted.

The club has Articles of Association as a club limited by guarantee without share capital, available on the Companies House website, and has a set of expectations as a Community Amateur Sports Club.

Members are asked to acknowledge their obligations under Article 4 of the Articles of Association on the membership form.

The Club also has a formal set of rules that members are asked to abide by but these are also guidelines that members are asked to follow.

We ask that you read this thoroughly and make sure that you have understood the document. If there are any questions, then please contact the Captain at captain@yareboatclub.org

General issues at the Club

1. Every door/chain is locked with a combination padlock for which you have the code. All combination padlocks (doors, gate, ferries) must be always left scrambled once used.
2. When you reach the ferries, if they need bailing out please do it, even if you have wellies on. The next person may not so this is a very helpful gesture.
3. However, please note that the Club does not advise the wearing of wellies in the ferries at any point. Should you capsize, they will fill with water and sink. This will pull you down towards the bottom of the river making swimming very hard.
4. Using headphones whilst on the water is prohibited. However, hearing aids must be used if they are worn by the rower in normal day-to-day use.
5. Club members may bring along guest oarspersons. A donation is to be made to the Club of £10 per outing.
6. If a basic job obviously needs doing, please do it yourself e.g. bailing out the ferry, sweeping and/or salting slippery launching floats, emptying waste bins.
7. It is expected that all members will participate in at least one working party per year, to reduce the workload on the people who carry out regular repairs and maintenance.
8. All entry fees for Regattas or Head of the River Races must be paid to the member responsible for those particular entries, before they can be submitted for that event.

Competencies

1. The club has a large fleet of Club owned, maintained, and insured boats. These range from singles to quads.
2. All new Club members who have come through a Learn to Row course are entitled to use any of the boats but only with other more experienced senior members of the Club present.

3. Once you have become a sufficiently competent sculler in a single you will need to pass the Single Sculler Competency test (SSCT). Please contact the Captain if you feel that you are ready to do this.
4. Members who have passed their Single Sculler Competency test, new members who have had significant experience sculling at other clubs and or members who own their own boats can go out unsupervised.
5. If you want to take a Club double or quad out then you must either be a proven competent steerer or have someone else from the Club who is.
6. Learning to steer is a vital part of developing and the Development Squad coaching. Do not be afraid to practice there with supervision.
7. All club singles must be carried by two people if you are new to the Club, unless no-one else is present to help.
8. Permission to use a Club boat for the first time must be obtained from the person in charge of the session you are attending or directly from the Captain or Vice Captains before an outing

Boats & Blades

1. No Club boat rigging should **EVER** be adjusted without express permission from the Captain or Vice Captains. If you do need to do so then please make sure that it is returned to the original position after your outing.
2. The same applies to all Club blades.
3. There is a chart showing the setting for all the Club blades. Follow this to select the correct blades for your outing.
4. Seat runners on Club boats should be checked and positioned correctly before an outing. If you are unsure of where these should be set, then contact a senior member or the Captain/Vice Captains. Runners should also be cleaned regularly, before or after each outing
5. Club boats must be cleaned after each outing. There are buckets and sponges available for the task and afterwards boats should be dried off with a towel before being put away
6. Wet boat towels should be taken home after use and not left at the Club to dry out. Please dry them and return them to the Club towel store on your next visit. Or simply have your own towel that you use on each visit.
7. Every member who uses a Club boat must assist in cleaning the boat and its oars or sculls and must exercise the greatest care in the use of the boat. This is particularly the case when taking out and returning the boats. This is often when damage occurs.
8. Blue squidgy tubes (or half tennis balls if no tubes are available) **MUST** be place on the gates of both sides of a boat **BEFORE** putting the boat back on the rack. This significantly reduces the chances of damaging the boat below.
9. The use of the boat and details of any damage sustained during an outing or whilst at the Club must be entered in the Log Book in the boathouse. Also email the Captain with this information. Club boats must not be left unattended outside on trestles.
10. Ay unattended Club boats should be left on the ground the right way up with the fins over the edge of the grass or tied down to the trestle with 2 straps.
11. If the top hatch on a Club boat is removed to allow the boat to dry. Please check that the Thermal Blanket is still securely tied on if there is one in that boat

12. Club singles vary in quality. Some are much better than others. New members are not allowed to take out one of the better quality boats until they have proved themselves to be competent enough. Again, please contact the Captain or the session leader for information on this. The Club boat list reflects this so you know which boats you can take.
13. There is a tab on the Club GoogleSheets that lists all Club owned boats and their suitable use. Two copies of this are also available in the front boat house.
14. We currently do not have a booking system for boats. So, if you arrive and the boat you normally use is not there then choose another.
15. Before going out in any boat at all, it is good practice to check the following:
 - a. Top nuts on the riggers
 - b. Quick release strap on the shoes
 - c. Heel restraints are in place
 - d. Hatch covers are securely in place
 - e. The bow ball is in place and well attached and has not decayed
 - f. The fin is in place and secure
 - g. If you are in a steering boat, check that the steering plate is functioning correctly and that the rudder moves correctly.

Coaching

1. Coaching is provided at the Club for very new members (Development Squad) on Sundays only.
2. Thursday evening singles sculls session (which run in the Summer only) are generally for slightly more experienced members who have progressed beyond the Development Squad and want to become competent in single sculls.
3. This limitation of the amount of coaching at the Club is purely due to numbers of people available for coaching and the coaches' own time limitations.
4. We can make exceptions to people attending any of these different sessions, but once again contact the Captain first.
5. Paid coaching opportunities are available from some members of the Club. Contact the Captain for information. This is a very good way to progress much more quickly if you want to.
6. Club Super Saturdays are a very informal form of coaching where experienced and inexperienced members are mixed together in Club boats. ALL CLUB MEMBERS are entitled to attend. All new members are positively encouraged to attend these sessions where possible. These events are held approximately every month, but the exact date is shown on the Club GoogleSheet.
7. As you progress with the sport and become more competent, more coaching options become available.
8. Please note that during the winter months there are usually coached "Erg" (rowing machine) sessions available at the Club as well. Timings of these can be advised by the Captain.

British Rowing & Racing

1. All members are encouraged to join British Rowing, regardless of whether you want to race or not.
2. This gives you information about rowing in the UK

3. It also provides £5 million liability insurance should an accident happen on the river that is deemed to be your fault.
4. The Club colours are dark blue and old gold (warm yellow). All members competing in Regattas or major races of any kind, should, or may be required by the race rules to, wear Club colours.
5. In winter head races this is less of a requirement, but is encouraged.
6. Club kit can be bought on-line through the Club designated suppliers. A purchasing “window” is opened once or twice year to allow this. The lead-time for this to arrive is usually around 4-8 weeks, so do not leave it too late.
7. If you have no kit but have an upcoming race, please ask on the Club WhatsApp chat if anyone has something that they can lend to you.
8. No person shall be allowed to compete under the Club’s name in any competition unless he/she is a paid-up member of the Club.
9. No member may enter for a Regatta or other race, or remove any Club boat, oars or sculls from the boathouse, without the permission of a Board member, the Captain or Race Captain.
10. All members shall pay their own entry fees and expenses. If permission is given to transport boats, oars or sculls, to a race, the Board must be satisfied that the means of transport is adequate.