

# NEW MEMBERS' GUIDE

# Port Macquarie Rowing Club



*Teamsmanship : Watermanship : Friendship*

## CONTACTS

KIM CHILTON ... 0409204048

BOB MOWLEM..

EMAIL: [portrowing@gmail.com](mailto:portrowing@gmail.com)

## EXECUTIVE

**PRESIDENT:** LIZ LEVIDO

**CAPTAIN:** BOB MOWLEM

**VICE CAPTAIN:** BRIAN GLAWSON

**SECRETARY:** KIM CHILTON

**TREASURER:** GERALDINE CLARKE

**JUNIOR REP:** AIMÉ GARDNER

**CDRA REP/CHILD PROTECTION**

**OFFICER:** MEREDITH HINDS

## ADDRESSES

**BOATSHED:** HIBBARD DRIVE

**MAILING:** BOX 462

PORT MACQUARIE 2444

[portmacquarierowingclub.com.au](http://portmacquarierowingclub.com.au)

## MEMBERSHIP FEES

**ADULT:** \$175 FIRST YEAR, THEN \$350

**FAMILY:** \$350 + \$75 FOR EACH

FAMILY MEMBER TO MAX OF \$450

**JUNIOR:** \$75 FIRST YEAR THEN \$150

## RACING

*IF YOU PLAN TO RACE, YOU  
MUST BECOME A MEMBER OF  
ROWING NEW SOUTH WALES*

**REGIONAL ADULT RACER:** \$65

**REGIONAL JUNIOR RACER:** \$40

## welcome to the club!

### WHO CAN JOIN?

Anyone – although generally, juniors should be at least 12 years old.

### WHAT DO I NEED TO JOIN?

For your own safety, you must verify that you can **swim 100m in rowing clothes**. If you can't swim, you won't be allowed in a boat.

### HOW DO I JOIN?

- Contact the Secretary or the Captain, and make a time for a couple of introductory sessions. If you're keen to continue, we then ask you to put down a non-refundable \$100 deposit and commit to a learning program of at least 6 weeks, under the guidance of an experienced coach or mentor.

During this time you can opt to become a full member of the club. Your \$100 will be deducted from club fees.

- Still under guidance, you can now enjoy more independence on the water and become part of crews. ***You still must complete an assessment in order to take out boats on your own.***
- After 50 hours rowing, you are assessed. The Captain determines which boats you may use.

### CLUB VALUES

- Provide a healthy, safe and welcoming environment for all our members.
- Operate with teamwork, trust, co-operation and mutual respect.
- Ensure fairness, transparency and integrity in our governance and decision making
- Promote friendship and enjoyment of the sport of rowing
- Promote respect and appreciation for our natural environment

### MEMBER VALUES

- Treat fellow members with courtesy and respect
- Treat the property of the club with respect
- Treat others with respect when we travel as a team
- Promote the safety of all
- Help other members
- Help maintain club property and equipment
- Respect the directives of the Captain



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## what will I learn?

### ROWING SKILLS

Rowing is great for fitness and muscle tone but quite technically demanding.

To get the most out of rowing;

- Work closely with a coach or mentor
- Watch rowing videos
- Join a crew and commit to row at least twice a week
- Supplement with fitness & stretching exercises.

### RECREATIONAL ROWS

Periodically we hold club recreational events, such as sunset rows or longer distance rows.

### RACING ROWERS

The club customarily attends 6 regattas annually, as well as the State championships.

Racers must get a zooti or t-shirt in club colours. These can be ordered from:

<http://www.vipersports.com/>

### WHAT DO I WEAR?

- Wear **BRIGHT** colours. Be visible!
- Tight fitting t-shirt and bike shorts or tights (lycra, skins). Loose clothes get caught in thumbs and boat parts.
- Secured hats or caps
- A pair of socks to wear inside the boat

### SAFETY SKILLS

#### P.L.A.N. YOUR ROW:

- **P**ut your nametag on the board
- **L**et someone know where you are going
- **A**sk someone to come with you
- **N**ote wind/tide speed/weather, esp for homebound leg

*If you row alone – take a mobile phone in a sealed pouch .*

#### ROWING DIRECTION:

Row with your bow (left ) oar closest to the bank. This is in accordance with maritime law.

Think: **BOW TO BANK**

#### SAFETY POSITION:

To stabilize a boat, simply drop the blades of both oars flat on the water at right angles to the boat, and relax your hands.

**Do NOT let go of the oars !!**

#### BOAT WAKES:

Turn the boat parallel to the wake and sit in the safety position.

#### CAPSIZES:

If rowing alone, **plan your strategy for a capsize.**

*Know your environment – locate safe landing beaches on your trip*

*Know the capsize drill for your boat. You may be able to climb back into the boat, but some boats are fragile and must be swum to shore. Ask the Captain!*

*Hail boats/people nearby if you are having difficulties in the water. Don't wait – GET HELP!*

### BOAT HANDLING SKILLS

Please see the "Safe Boat Handling Video"

Rowing boats are made of lightweight materials. They bruise easily.

Most are over 8m long and do not turn corners well. They behave like sails in strong winds.

Their metal riggers and gates easily punch holes in other boats.

Most launching or racking accidents can be avoided:

- Check your intended path for obstacles.
- Ensure that all crew carry the boat (4 to a quad, 2 to a double)
- **MOVE SLOWLY** when carrying a boat
- Check wind strength, especially if carrying a boat by yourself. You may also need to lash the boat to the trestles x
- Launch and return to the bank against the tide
- When replacing the boat, ensure the gates have padded covers.

You may see several boat owners carrying their own singles, but...

...it is mostly safer if two people are carrying a single in a controlled fashion. **GET HELP.**

## HAZARDS

River hazards can put you in danger and damage or destroy your boat.

**DO VISUAL CHECKS OFTEN!**

## FERRIES

There are two cable ferries within a km of the clubhouse. When approaching a ferry, well before you reach it:

**STOP IF FERRY IS UNDERWAY OR FLASHES ORANGE LIGHT.**

- Don't cross til it is well past.
- Water is often very turbulent around the ferries
- Be sure to check the location and angle of the ferry cables.

## BUOYS & OYSTERS

**ALIGN YOUR COURSE WITH BUOYS. PASS ON THE CORRECT SIDE**

Colliding with buoys or oyster rafts can damage and capsize boats . You can also run aground on sandbanks.

Note the location of buoys and oyster rafts, to avoid collision.

Sharp rocks and oyster shells can lacerate both your boat and your feet – be careful when you land.

## WATER TRAFFIC

There are lots of high speed power craft in the river.

**ASSUME THEY HAVEN'T SEEN YOU. ROW DEFENSIVELY.**

Check frequently for fishing boats at anchor.

## WEATHER

**NEVER GO ROWING IN A THUNDERSTORM.** Your oars are perfect conductors.

**NEVER ROW IN FOG/MIST**

**NEVER ROW IN THE DARK**

**CHECK WIND AND TIDE BEFORE SETTING OUT.** When wind is against tide, the water becomes very choppy. Consider postponing or rowing in the canals.

**CHECK THE TIME** - make sure you have enough time to get home by sunset.

## about us

### CLUB CONSTITUTION

The club is an incorporated organization registered with the Dept of Fair Trading, with a Committee of nine members, elected at an annual AGM. The club is governed by a constitution.

### CLUB PROPERTY & UPKEEP

The club is wholly responsible for funding and maintaining its land, building and equipment. We hold 3 major annual fundraisers, as well as regular working bees, and expect all members to do their share.