



# AVON COUNTY ROWING CLUB

## Taster Sessions for Learning to Row Course

Sessions will run on Saturdays and Sundays, times will vary for each course depending on demand. There is a maximum of 8 places per session. You will be on site for around 2 hours for your first taster session, so please allow enough time.

When you attend your first session (and all sessions thereafter), please wear:

- ◆ close fitting leggings; or
- ◆ cycling shorts; and
- ◆ a t-shirt (short or long sleeved);
- ◆ and trainers.

From a safety point of view, please do not wear woolly or baggy jumpers/tops or usual outdoor shoes. If you do, you will be asked to be changed into something in lost property. You will be required to wear your own trainers in the boat and they should therefore be comfortable and be laced up so as not to slip off. We **DO NOT** row in jeans or wide legged leggings also for safety reasons. We suggest you have layers of clothing that you can remove easily if you get warm (or put on if you get too cold).

A cap and/or sunglasses are always useful if it is sunny (or if it does rain!). If you wear spectacles, you might like to get a glasses tie for them, they cost around £2 from places like Boots and Superdrug.

We continue to row even when it is raining, we just get wet! It is always advisable to bring a change of clothes with you (and maybe a towel, ours aren't nice and fluffy as we use them on the boats!). Should the weather be such that you cannot get on the water due to high winds, fog, lightning, flood or other natural occurrence, land based training will take place instead.

The course is one of 8 weeks in which you will develop the skills needed to scull (1 person 2 oars) or sweep (1 person 1 oar). In order to get the best out of the course, we recommend that you attend as many of the sessions as you can.

Your first 2 taster sessions will cost a nominal **£10.00**, which should be paid in advance of you signing up for your session.

If you like the taster sessions and wish to continue with the Learn to Row Course, then we ask that you officially join the club and start paying the monthly membership (see below for cost explanation).

We will then go on to give you tuition in an individual or crew boat in order for you to progress and develop your new skills.

We usually recommend that you attend for at least 1 month to see if rowing is for you. The first session can be a bit confusing, it is just like learning a new language with lots of new terminology, it does get better and easier, honestly!

Here is a link to a map to find us.

<https://www.google.co.uk/maps/place/Avon+County+Rowing+Club/@51.3960913,-2.4903318,13z/data=!4m5!3m4!1s0x48718f46efbc1c9b:0x8b74c4a31a4e4690!8m2!3d51.3984476!4d-2.4472877>

Our full address is:  
Avon County Rowing Club  
Saltford Rowing Centre  
Bath Road  
Saltford  
Bristol BS31 3JS

**You might like to do some research on where we are in advance so you are more relaxed on your first session. The excitement and nerves will be enough without worrying about getting lost.**

### **About the Club and Costs associated with rowing**

There has been a rowing club on this site for over 100 years. In 2013-14 the site underwent a considerable redevelopment to provide what we have today. Prior to this the boat houses were drafty, made of wood, very cramped but full of character. Before demolition the old boathouse feature in the TV adaptation of Rosamund Pincher's 'Unknown Heart'.

We all started where you are now and understand that you will be feeling excited at the new challenge but apprehensive. Rowing is not for everyone, so please do not worry if you really don't enjoy your tasters - that is why they are there to see if you want to do more.

#### **Costs**

Taster Sessions (x2)	<b>£10.00</b> (payable in advance by bank transfer)
Membership of Club	From session 3 you will be asked to complete an online full membership application, payment is currently <b>£22.00</b> per month for adults; <b>£11.00</b> per month for students
British Rowing Membership	We also recommend that you join British Rowing as a silver member at the cost of <b>£30.00</b> . This is a basic non-racing membership, can be upgraded if you wish to compete.  If you do want to race, you will need to upgrade your membership to Gold Membership which is <b>£56.00</b> for the year, if you already have Silver membership you will only have to pay the different to upgrade. For more information, visit <a href="https://www.britishrowing.org/membership/">https://www.britishrowing.org/membership/</a>
Racing	Racing costs between £8.00-£12.00 per seat (excluding the cox), if the race is away from home then trailing costs will be charged in the region of £2.00-£5.00 per race.

Kit

Kit can be purchased from the Club Captain, and range in price from £25.00-£100.00 depending on what it is you want. It is a requirement of racing that the crew wears all the same and competes in the club colours (for Avon County we are Black and Amber - yes we do look like rowing wasps!!!). However, if you are used to attending the gym or other sports, it is not essential to wear club colours for training.

Monthly membership costs are reviewed annual in September at the Club's AGM. It is usually uplifted every 2-3 years depending on the needs of the Club.

There is a voluntary monthly amount which can be paid by members if they wish in order to help maintain our fleet of boats. This can be a figure at the discretion of the member but £5.00-£10.00 is a popular amount and the sum can also be gift aided too.

Boats are really expensive but if they are looked after well then they can last, some of our boats are 25-30 years old and still used regularly. Our latest Womens 8, purchased in December 2015, cost in the region of £20k, to give you an idea of how expensive they are.

Running events helps us to buy things that are needed but doesn't pay for everything hence the monthly voluntary contribution and we also do much fundraising. We are always looking for new and innovative ways to fundraise. In the past we have had duck races, BBQs, Afternoon Tea events and cake competitions. The fundraising is broken down into women's, men's and junior boat funds. Members choose which fund they would like to support or a fundraising event will specify which fund it is for.

This is a very unflattering picture of me, so you know who to look for on your first session.

All that remains for me to say is that we are really looking forward to meeting you and having the opportunity to introduce you to our sport and the club. We will all be doing the fine weather dance as it is so much more fun in the sun!



A handwritten signature in black ink, appearing to read 'Clair'.

**Clair Ponting**  
Beginner Coordinator (Adult)  
Avon County Rowing Club

July 2017