



# AVON COUNTY ROWING CLUB

## MINUTES

### **Committee meeting held at Saltford Rowing Centre, Saltford Monday, 14 November 2016, at 7:30pm**

**Present:** Clair Ponting, Julian Sondheimer, Philippa Sondheimer, Debbie Blackmore, Antony Constantinidi, Jim Dawson, Penny Senior, Patsy Lamb

**Apologies:** Helen Willcox, Jon Garner, Liz Gray, Parveen Jones

**Minutes of Last Meeting** – approved and adopted

**Update Action List (attached)** – Congratulations offered to Philippa for getting (almost) all the Safety Advisors on the reach to attend a meeting.

Debbie to send Penny a copy of the Flood Plan for inclusion in RN.

Antony to send Debbie a copy of the Trust Deed for inclusion in these minutes.

Julian to compose a formal letter to send to members and former members who still have debts to the club.

#### **Reports (attached) –**

Captain and Juniors – The committee will subsidise Club and Session Coach course fees for candidates approved by the committee. Candidates will pay £100; the club will pay the rest. Debbie noted that we should ensure graduates of the courses coach where the committee deem the need to be greatest.

Men – Parveen has resigned from the position of men's co-ordinator. The committee expressed thanks for her work with the squad, and wished her every success in the future. Clair will continue to organise the recent LTR men until a replacement for Parveen is found. The IM3 crew are asking LTR graduates to sub in their crew when there is an opportunity. It might be possible to get the IM3 crew to 'double trip' and take more than the occasional beginner on board. Debbie will investigate.

Women – Patsy is still struggling to get people to cox, despite several having attended the Beginner Coxing course. Otherwise, all is going well.

Novices – No matters arising

**Management Committee Issues** – The clubroom cupboards are now almost completely full of a combination of useful stuff and junk. Antony and Jim will have a look and throw out anything that is clearly broken or of no use. UBBC and Monkton to be asked to inspect the cupboards and place anything belonging to them in clearly labelled boxes.

The MC agreed a £450 donation toward the memorial to Alan Gallop. It has also agreed that erg servicing and defib purchase will be shared costs.

Bodmans have completed the water supply to UBBC's boathouse, and will return to remove the reeds from the pond soon.

**Safety** – No matters arising from the report. It was agreed that keys/access to the buildings should be restricted to members who have been rowing for a year. This should deter the occasional beginner who is determined to start sculling on their own after a few weeks of experience.

**West Wing/Dragon Boats** – The Dragon Boat club have bought a 6-person shell and are looking for somewhere to store it temporarily; and wish to adjust the WW layout to be able to store it permanently. Antony's report follows:

'We have politely declined their request for temporary storage in our boathouse as it would have to go in one of our aisles in the new boathouse and be lifted in and out when we wanted access. Matt has also declined to make space in MNK but I can see that they asked the wrong question (it appeared to him that they wanted long term space).

In terms of altering the WW, the best solution would be to erect a high level platform spanning the entire rear part of the shed thereby creating a mezzanine. It would be formed of scaffold poles horizontally and supported by uprights down the centre line. The idea is to establish this at the level of the rack above the one on which Gudgeon is resting (approx. 7 foot high) which would allow us to maintain up to 4 normal racks below plus the floor established on this deck .

It would be built to cover roughly the rear third of the shed and enable them to put their lighter boats up there plus kit so they have room for their new boat. It would also give us the opportunity to store all our riggers up there and keep them away from flood risk. Given we still have the task of making rigger racks I think this would be a good way of achieving much more storage space for us and tidying up the floor. The imaginary line down the centre of the shed will be retained for both levels .

To get temporary storage, they decided it would be easier for them to ask to store one of their big dragon boats (on its wheeled trolley ) whilst this platform is made . I will have a word with Cameron as I think it could go in the UBBC shed along a wall without getting in their way. Failing that we might contemplate it in our shed given it can easily be wheeled in and out. Either way they would then have room for their new boat in WW so they can access and use it until the new space is complete.

I said I would raise it with our Committee , not least as they will need some help with the cost (ie 50;50). But it benefits us too. They are going to tot up the cost of scaffold and board and let me know. I doubt a half share will exceed £350 and I would like a decision in principle on this at the meeting.'

The committee agreed to share the costs of the materials to create the mezzanine in the WW.

**Strength & Conditioning L2 Course** – We agreed to fund the course fees and travel/hotel costs for Penny to attend this course in Nottingham.

#### **Events –**

Avon Autumn – all plans in place and all third parties confirmed. Entries have closed at 98 boats, which is a significant year on year improvement since the event began in 2012. There have been the usual issues with people expecting to race but not help, and more will no doubt emerge when the rota is published. There is probably no point having a 'no help/no race' rule as it is proving unenforceable.

Avon Spring – first meeting will be 20<sup>th</sup> November

Bluefriars – Julian Bewicke will not be running the event next year. Matt Wells will be in charge. Penny will speak to Matt about the format of the short course, as this year's version created significant issues for marshals, and caused significant delays to the long course start.

**Finance and Subs (attached)** – No matters arising, although it was noted that the junior fundraising Duck Race and BBQ was a great financial success.

**New Members** – Juniors: Abbey Anstey, Archie Brook, Beth Howard, Zaib Javid, Phoebe Lawton, William Maddern, Amber Newman, Zachary Weeks

Full: Piotr Czajewicz, Josh Eckett, Elizabeth Guest, Russell Thornton

#### **Any Other Business –**

PSon – Graham Hockley wants to be replaced on the River Avon Users Group.

AC – Saltford Marina are waiting for the planning appeal verdict on the new marina proposed for Keynsham before going ahead with works on the moorings they will manage for the club.

AC – UBBC wish to keep their launches moored on the river. If they do agree this, we will levy a charge for the mooring.

PSen – Abi Spears has asked Penny if she can bring a few students from Bath Spa Uni for a taster session. Penny has agreed.

**Date and Time of Next Meeting** – Monday, 12 December at 7:30 pm

## Avon County Rowing Club Committee Action List

	Action	Date	Who?	Status
Safety	Organise a safety session for parents	09/05/16	Pascale	
Safety	Check life jackets periodically?	09/05/16	AT	
Safety	Club first aiders list	09/05/16	PSen	
Safety	Add flood plan notice to RN – where it is	09/05/16		
Safety	Email Cameron re weekend racing and cox boxes	09/05/16	PSen	
Equip	Paint new sets of blades (rowing & sculling)	02/03/09	PL, RL	Started
Equip	Investigate Stewards Charitable Trust for junior equipment	26/3/12	PSen	
Equip	Check boats – replace bits and create list of parts – ask coaches – organise checking days – need some more coaches – encourage all to check before boating	28/7/14	All	Started
Equip	Seat amnesty	28/7/14	PSen	Started
Equip	Create spare rigger rack in WW	28/7/14	?	
Equip	Create a priority list of boats to be mended	13/10/14	PSen	
Equip	Boats need cleaning	23/3/2015	All	
Equip	Sell Gudgeon – advertise at ASH	19/10/15	DB	Started
Equip	Find a new home for big buoys - sell or rehome	09/05/16	DB	Started
Equip	Blade painting week – add to list of jobs needing doing	6/16		
Equip	Check which bits are broken on cox boxes	09/05/16	DB, JS	Started
Equip	Clear West Wing of unwanted items to make room for weights!	19/07/16		
Admin	Ensure all boats have AVNxxx numbers, including the launches	21/3/11	PSen	Started
Admin	Chase subs debtors/annual subs round up	08/06/09	Psond, Psen	Started
Admin	Chase people who need DBS clearance – check with Shay	16/6/14	PSen	Started
Admin	Publicise Flood plan – pin doc to facebook	04/04/16	PJ	
Admin	Set up phone emergency list (e.g. help preparing for flood)	04/04/16	HW	
Admin	Carrier bag tax	04/04/16	CP	
Admin	Update website? Mail how to get to members area of website	04/04/16	DB	Started
Admin	Email Helen and Claire how to update website	04/04/16	PSen	
Admin	Google calendar for SRC – need link for RN	04/04/16	GB	Started
Admin	Check row safe guide for info on kids	09/05/16	PSen	
Admin	Moan more about dosh	03/10/16	Co-ords	Started
Admin	Ask BR to negotiate boat licenses	03/10/16	Psond	Asked
Admin	Look through new members list and sort out muddles	03/10/16	CP, PSen	Started
Site	Clear near bridge foliage that gets clipped by trailers	07/12/15		

### Held:

Misc	Change club to a limited company – hold for now			
Misc	Sort out moorings			
Site	Rain water tank for West wing?	29/7/13	AC	

### Complete:

## Captains report:

### UBR

Bristol Univ have been very busy this month - particularly on Sunday mornings. Their mammoth L2R should have finished now and they will have pruned the 120 hopefuls down to a more manageable 40.

### Equipment – purchase

Just odds and ends this month I think. Victor has had all his slides replaced. I've bought 3 new cox box chargers.

### Equipment - Repair

'Cheerful' works in eights now so it looks like the reason some of the older cox boxes won't work is that they need their batteries replacing.

Charlotte has a new port A frame.

I was rather shocked by the state of Penny's centre section when it was split for CBR. As the boat rarely races away from home (I recon it has probably been split fewer than 30 times in its life), it is particularly annoying. It needs professional attention.

All the ergos are being serviced this week

### Blade painting

It's winter! Any that need doing probably need to go home with someone to their nice warm garage.

### Outstanding Dosh

I will wait until after WYC to publish a chasing list.

### Coaches

I think this is a list of all the qualified and active coaches we have:

Name	L2	L2 S&C	L3	IA	Bronze	Silver
Chris Hopper				Y	Y	Y
Penny Senior		booked		Y	Y	Y
Julian Sondheimer				Y	Y	
Andy Mason				Y		
Chris Blunt				Y		
Geoff Peattie				Y		
Philippa Sondheimer				Y		
Andrew Havers	Y 10					
Debbie Blackmore	Y 12					
Parveen Jones	Y					
Charlotte Hook	Y					
Mary Thorne	Y					
Nic Feaver		C		Y 94		
Jon Garner	C 11					
Nick Dolman	C					

We haven't had anyone qualify for a while now - I think we need to make a bit of an effort to get more people qualified. We usually pay up to half the fees for someone to do a coaching course but I wonder if we should pay more if they are either already coaching or after they have done some coaching???

### Results

#### Gloucester Autumn

Mas F 4- Derek, Russel, Antony, Jon

### Maters Arising

Coaching

## **Junior Coordinators Report:**

### **Weights**

The rest of the WAGS dumbbells/kettlebells have been ordered and are due this week. I think the cupboard to store them will have to be a 'walk in' one to avoid wiggling to put them away. I need to measure the space and spec it.

### **Land Training**

Is going well. Using the club room on a Tuesday is working well, averaging about 15 each week which is easy to accommodate space wise. We are looking forwards to the new weights arriving as that will increase the number of exercises we can do.

Thursdays are also well attended – we have a large group of enthusiastic J14 boys!

A S&C session is also taking place on a Sunday after the first water session.

### **GB Hopefuls**

Carla May and Molly Churchman will be attending early identification trials at Boston this weekend.

### **Results**

#### **Monkton**

J15 2X Charlie, Will

J18 1X Harry

WJ17 1X Molly

WJ17 2X Molly, Bria

J14 1X Xavi

WJ14 2X Finnola, Jess

WJ14 4X+ Finnola, Jess, Lottie, Victoria, Carla

#### **Pangbourne**

WJ 2X Bria, Molly

WJ14 2X Finnola, Jess

## **Men's Squad Report November 2016**

### **Races:**

Crew raced well at Monkton and Gloucester.

A number of entries for Avon Autumn.

### **Crews:**

Most crews carrying on as usual. With addition of a new four coached by Claire with 4 of the August beginners and one from the previous batch. A few younger novices still need a permanent home.

### **Things Moving forwards:**

- Consistency in land training
- Consistency in coaching
- Fundraising for new double

### **Matters Arising:**

I would like to step down as Men's Co-ordinator. I apologise that I am not doing this in person this evening.

As I am sure you have noticed, in the past 6 months or so I have been down at the river very little and have not really been able to contribute fully to the Men's Squad. In my first year or so as Men's Co-ordinator I felt I was of use and made good progress. However, not having time down at the river has meant I have not been able to continue this. I hope someone with a little more vigour (and time) will be able to take my place and continue to support and develop the Men's Squad.

## **Women's Squad October Report**

A successful squad meeting was held at the beginning of the month. Minutes have been distributed.

### **Monkton**

Several crews entered Monkton Small Boats Head and enjoyed a beautiful day of racing. Crews as follows:

WIM2 4+ Kath Finucane, Parv Jones, Nic Feaver, and Helen Gadsen, coxed by Sal Lewis

WMASB 4+ Liz Gray, Charlotte Williams, Laura Steen and Kate Bevan, coxed by Rhi Edwards

WMASC 4x- Philippa Sondheimer, Jo Elliott, Jo Hardy and Fiona Lambert

WMASE 4+ Ann Simpson, Marian Lovel, Sue Copperman, and Brenda Baker, coxed by Liz

WNOV 4+ Ruth Bardell, Ashley Brown, Chloe Penman, Andrea Benham coxed by Philippa

Sadly, none of the crews had opposition.

### **Gloucester**

Unfortunately the women's eight that had planned to race at Gloucester had to scratch due to illness.

### **Coxing Course**

Some members of the women's squad attended Debbie's coxing course, although not quite as many as would be hoped. However, this is still greatly appreciated and hopefully those who attended will now feel more confident in coxing, with those that are fairly new to the squad being given opportunities as we progress to practice these skills. The squad still has a number of crews without regular coxes. An email has been sent asking for interested individuals to help where possible.

### **Other Matters**

Although several members indicated on a recent questionnaire that they would be willing to cox, only two have volunteered to take on crews, one already has a crew, and three have offered help on an occasional basis.

23 keen women came through from LTR – thank you Clair.

Crews have been entered for City of Bristol, Avon, and Four's Heads for November.

Training session times will be changing on Saturdays from November to allow for the increase in the women's squad. Times are now 8am, 9:30 and 11am.

A few members are not currently in a crew. These members have been contacted to check they are okay. All have confirmed they are busy and happy with current situation, subbing as and when possible.

Written By: Patsy Lamb

## **Report of the Beginner Coordinator, Clair Ponting November 2016**

Clash of the Clubs happened on Sunday 16 October – thanks very much to the brilliant organising of Philippa who liaise with Jane from Minerva. It didn't go ahead as originally suggested but it happened nevertheless! Everyone raced lots of times each, we were rather out rowed on this occasion as their rowers had been paddling since around May rather than ours who started in August! I managed to cox

my first 3 races and the crew were very pleased to win one of the races (the one they had been practising hard for all of 3 weeks for!!).

All who took part were very happy, enjoyed themselves immensely. The sun shone which was great. We had a professional chef on the BBQ (who had come as a spectator and kind of just mucked in!) – a great day. Thank you Philippa. Despite the heartache caused it worked – perhaps we need to take more control next year!! We also raised money by selling burgers (left overs from Monkton!!).

All of the beginners have now been passed over to their respective coordinators – my job for now is done until I start cat herding again for the Spring intake! I understand some are racing at AAH, also I understand we have already started to lose a few but I think this welcomed by the coordinators who were rather overwhelmed with the amount handed over!!

We were contacted by a former rower with Oxford who was a 'bit rusty'. Liaising closely with Andy Mason we agreed he should come along to see if it was still for him. He is 67. He turned up, jumped in the 8 whereby it was quite apparent he was not as proficient as he thought he was, he went for an outing with the guys and upon returning to dry land had to be carried out of the boat and attended to by two of the crew in a medical capacity (by a GP and a paramedic!). Despite this he enjoyed returning to the rowing fold, Andy Mason gently advised him that perhaps a refresher course was needed for him to go through the basics and that he should contact his GP and instruct the services of a personal trainer to get him fit for the Spring intake. He has agreed to do both and is excited about returning in Spring.

Enquiries filtering in 1 or 2 a week. I will be dormant for a couple of months and will spring into organisational mode early in the New Year.



**Clair Ponting**

## **Safety Report for Committee November 2016**

### **Incidents 2016/7**

Incidents since last committee meeting

Date	Description	Reported online by club
Sun 9 Oct	Sculler fell in while trying to get into raft	14 Oct 2016
Thu 13 Oct mid morning	Collision between Victor and Tarantula – MIN on wrong side. Minor damage to Victor splashboard. No-one hurt. MIN apologised.	13 Oct 2016
Sun 23 Oct 09:15	Mid bottom straight. Lawrence 1x vs Tarantula 4x-. MIN boat in mid river with little awareness. Required – shipping of scull to avoid clash. MIN apologised.	11 Nov 2016
Sun 30 Oct	MasF 4- badly impeded by Monmouth women's MasE eight at GLR	By event safety

	Head. Did not comment but interesting start order!	adviser
Sun 6 Nov 11:15	Opposite rafts. Prateek Vanka fell in ( inexperience ).	11 Nov 2016
Mon 7 Nov @ 08:30	In bends above bottom bridge. MasF 4- in Victor vs BAU Fast Start quad. F4 at full pace on correct inside of bend. Quad coming upstream cutting corner at light pace. No movement on first warning from F4, forcing emergency stop and swerve to avoid head on. No apology from BAU or coach in attendance who just told us off for verbals.	11 Nov 2016

## Admin

The Safety Audit is due by the end of November. I cannot start it till the Avon Autumn Head is over. It will probably require various tasks to be done, like inspecting PFDs etc. as well as filling in the actual form.

Four of the five Safety advisers on the reach have met and the note of their discussion has been circulated separately.

Key issues were:

**It was agreed that we all know the rules and try to keep to them but that – key message – the rules need to be adhered to even when the river seems to be quiet as this is when most of our collisions are taking place at the moment.**

**Shouting - This was a key message. Everyone must give warnings loudly and juniors ( particularly ) must not be shy of doing so!**

It was also interesting to note that Bristol Uni and Minerva both allow night time rowing. All crews have lights but only UBR crews are required to be accompanied by a launch.

## Issues

None, but see note of Safety Meeting.

### Annex - Incidents since the AGM on 24th September reported at earlier committee meetings

Date	Description	Reported online
27 Sep	Sculler fell in while trying to get into raft	2 Oct 2016

## Safety Discussion 6<sup>th</sup> November at Saltford

Philippa Sondheimer ( AVN )

Morgan Gray ( UBR )

Callum Smith ( BAU ) (deputising for Max Valentine – Safety Adviser )

Andy Wallis ( MIN )

Apology from Matt Wells ( MNK )

**How we all operate**

AVN and UBR launch and go upstream on correct side, going through AVN-side arch of bottom bridge. Turn at sluice to come back down, go through MIN-side arch of bottom bridge and turn just above weir to come into pontoons. If the river is very busy near the AVN rafts, it is worth turning near the moored boats, upstream of the melee, for crews wanting to go back upstream.

AVN juniors spin below bottom bridge as they are not allowed to go through it unaccompanied.

MIN boats wait in the MIN bay then go upstream when clear, spinning at marina or sluice. Singles or doubles ( only ) are allowed to spin at the landing stage immediately after launching and go straight downstream as they take less than a minute to spin. Big boats not allowed to do this as they take longer to spin.

If boats are going into MIN having come downstream from the sluice, they go past MIN and spin just past the moored boats. Then they have to wait pointing upstream, on the upstream side, for a space. They are advised not to hang around but to go round again if the river is too busy.

**It was agreed that we all know the rules and try to keep to them but that – key message – the rules need to be adhered to even when the river seems to be quiet as this is when most of our collisions are taking place at the moment.**

### **Timing of sessions ( not a complete list )**

Start athletes do early mornings.

UBR have Saturdays for seniors, and Sundays for novices mid-morning

MIN sessions on a Saturday are 7:30 9:30 11:30 with the novices in later sessions.

AVN sessions are 08:00, 09:30 and 11:00 on a Saturday, also with novices in the later sessions.

### **Flood levels**

MIN have a limit based on the height of the river relative to their steps: they have one limit for beginners, and allow one more step for competent crews.

AVN note the EA water level data and advise crews not to go out when the water is up to the concrete block by the public footpath. The Junior Co-ordinator will determine whether or which junior crews may paddle. Adult crews are asked to make their own decision, based on their own experience, skill and boat size, and the river conditions.

### **Shouting**

**This was a key message. Everyone must give warnings loudly and juniors ( particularly ) must not be shy of doing so! Take note**

- Do shout if someone is coming up behind you.
- A cox can't see you if you are dead ahead of him.
- A steersman can't see you if you are dead ahead because his neck doesn't do 180 degrees.
- A steersman does not expect a boat going in the wrong direction on his side of the river.
- If you end up on the wrong side of the river, stop and shout
- Fishermen don't realise you can't see them
- Narrow boats don't realise you can't hear them

### **Visibility**

UBR are doing Weds afternoon and now will have lights on their boats for late outings. They do have launches with them. Single white light at bow and stern of rowing boats was agreed, and light coloured clothing if possible. Reinforce rules.

MIN crews can go out at night but have to have checked with the captain. They do not always have a launch with them but only competent crews will be out.

Neither AVN nor BAU row in the dark.

If it is foggy, be careful to obey the rules, keep a good look-out and do not do practice pieces if you cannot see. Use lights if possible.

### **General points**

You should make reasonable progress especially if you have boats behind you

Moored boats get annoyed by wash from launches and coaching with loudhailers.

Coaches should try not to block the river by taking up the whole width of it with one or more boats and a launch all alongside. This is especially important on the straight where people are trying to practise pieces.

AVON COUNTY ROWING CLUB				
Financial Report for Committee Meeting on 14 November 2016				
1. BANK BALANCE		This report (14/11/16)	Previous report (03/10/16)	Change
	Interest rate			
Current account - General		14,549	12,776	1,773
Current account - Captain		3,256	3,256	0
Deposit account	0.05%	949	949	0
100 Club account		794	794	0
CAF Cash account		6,410	2,647	3,763
CAF Gold account	0.05%	777	777	0
Virgin Money account	0.50%	17,608	17,608	0
<b>Total in bank</b>		<b>44,343</b>	<b>38,807</b>	<b>5,536</b>
General excludes subs standing order receipts since 08/11/16				
There are also accounts for ACRC events: HSBC (all except Bristol Avon Regatta), NatWest (Bristol Avon Regatta)				
Debtors: Entries & gym/landtraining		1,670	722	947
Debtors: Kit		877	706	171
<b>Total entries &amp; kit debtors</b>		<b>2,547</b>	<b>1,428</b>	<b>1,118</b>
omits Pangbourne				
2. MAJOR INCOME & EXPENDITURE ITEMS SINCE LAST REPORT				
(excluding normal routine items)				
			Amount	
Medals for events (balance)			1,650	
Duck race and barbecue			919	income
3. IMPENDING MAJOR EXPENDITURE/INCOME				
			Amount	
oars (4 sets Junior sculling) (may not be needed)			2,000	
2-x for men			7,800	
4. FINANCIAL ISSUES				