



AVON COUNTY ROWING CLUB

MINUTES

Committee meeting held at Saltford Rowing Centre, Saltford Monday, 27 February 2017, at 7:30pm

Present: Penny Senior, Antony Constantinidi, Philippa Sondheimer, Julian Sondheimer, Clair Ponting, Jon Garner, Nic Feaver, Patsy Lamb, Liz Gray

Apologies: Debbie Blackmore, Jim Dawson, Helen Willcox

Minutes of Last Meeting - approved and adopted. Blue & White blade may have been a victim of the weather as couldn't work out what was wrong with it. Probably too cold!

Update Action List – updated version will be circulated

- ◆ Blade painting – as we are heading into warmer weather (hopefully) this is more likely to be completed.
- ◆ Cox boxes – lost one of our headsets but acquired one that is not ours – investigation underway
- ◆ Debtors – Penny will add up costings etc and publish list but it is well over £3k at present. With the number of crews racing this is inevitable.
- ◆ Subs – Philippa working on but due to other things keeping her busy i.e. the Head, will sort out.
- ◆ Carrier bag tax. Clair advised Sainsburys said we couldn't apply as we were not a registered charity. The club has applied for Clubmark accreditation (which is still being assessed), and also is a CASC (Community Amateur Sport Club) and therefore is a registered charity. This will prove useful for Clair in liaising with specific departments at supermarkets.
- ◆ Boat Licensing – leave on action list.
- ◆ Email List is ongoing.
- ◆ In discussions with Parveen regarding weights.
- ◆ River users meeting, Graham attended and came back with a list of fishing events which is useful.
- ◆ Life Jackets – Antony has checked them all.

Reports (previously circulated)

Captain

Coaching courses for Club Coach and Session Coach are going ahead. The Session Coach has 7 people enrolled.

Trailing – Jon suggested we kept an excess in the trailing fees in order to refurb/replace the trailer in due course. Penny advised that, as there has been lots of racing recently, there is already a good surplus.

Juniors

Nothing arising.

Men

Mens crew raced at Wycliffe. Lots of racing at our spring head. Debbie's crew won, pair won and coxless 4 won but there was no competition. The squad needs a bit of herding at the moment.

Women

Lots of racing. Wycliffe was missed in the written report. 7 crews competed at ASH including Novice 4s. Congratulations to Sal and Nic who won in the 2x. A crew is going to Vesta and also Head of the Dart. Will be emailing women's squad this week asking for regatta expectations; crews separating into smaller boats and lack of coaches continues to be an issue.

Fundraising has started again, Tea & Coffee shop whilst Cathy and the Bacon Butty Café is closed. This will run on Saturdays and Sundays and will have an honesty box. Also a plant sale.

Socials – Flip out – Fiona is organizing, and we are planning an end of season Chinese Buffet. There will be a squad meeting on 11 March.

Novice

Bookings still coming in. Clair to write an advert for Rowing Notices asking for coaching help.

Boathouse Management Committee Issues - It has been suggested that acoustic free-standing screens were needed for the club room in order to put around meetings for sound proofing.

A series of budget meetings was ongoing.

The new water tap is operational.

Safety - Report circulated. 3 incidents had happened on the same day although not in the same place!

One incident had happened at a race in Molesey, the club marshals were not much use during the accident, there was also a junior cox on board. Very nasty incident, and our boat was damaged. Philippa and Nic to liaise about further action and the other crew's attitude.

Spring Head – the report was slightly inaccurate. Alastair had not been heard from, Philippa to do an amended version and circulate.

RowSafe document – Philippa is still reading it and making an increasingly lengthy list of action plans.

Launch Driving Course (PSond) - The first aid course ran yesterday, with great success. The instructor also runs a RYA launch-driving course and could do so in our launches on our river. Believe this is a good idea as we always need more launch drivers. Instructor is Pat Dollard and a figure had been suggested of £200 per person for the course.

Review of Boat Purchase List

<u>Boat</u>		<u>Discussions</u>	<u>Priority</u>
8+	Have 3	Aspire for 4	LOW
4+	2 women/2men	Aspire for 5, maybe a middle sized one – in meantime could refurb Albie – with 40 women racing maybe put a priority on ...	MEDIUM
		Replace George James	MEDIUM

Sell Norstar?

4-	Vengeance is old	Bigger men's 4, around 90kg would be useful. More women may be happy to use a coxless 4-/4x- - mid-range boat maybe needed put extra line on spreadsheet	MEDIUM
2-/2x		Keith is rigged as 2- at the moment so there is no large 2x. Patsy would like an old 2- to encourage women's technical practice although not much competition. The Explore 2x have helped	
		Heavy men.s 2x or 2- needed	MEDIUM
		Women's 2- - rig Ogley as 2- and purchase a 2x	MEDIUM
1x	Crabbe	Busiest boat in the club and need a new one Heavy single 2 medium weight singles (another Vicki) Smaller adult boats Another Charlotte 85kg	LOW HIGH HIGH LOW HIGH

Need to work out how much we have in each of the funds available to pay for the boats and what grants we can apply for.

Events

Avon Spring -283 boats competed at ASH and were entered via BROE2. Everyone loved it but the stress level was heightened in the run up with the hassles about start orders, moaning about moving up start order in Div 6. Organising this year was more unpleasant but the club view was that the event was positive.

It was suggested that if people wished to complain that they pay £50, if their complaint is upheld then the money is refunded.

Feedback was that it was a very well run event. Div 6 crews did not understand race order. It has been suggested we put markers in the marshaling area and assign marshalling zones in the start order document. These can stay in place permanently.

Is the event too big? It is a very popular event, Philippa's job as Entries Secretary is no longer a one person job. A second person needs to be trained to help. Washup meeting is scheduled for Saturday and comments for this are most welcome.

Initial indications is that catering is around £1,100.

Regatta - The race will probably be run under BROE2. Banding is subjective, developing as events happen. It was a concern that crews will lose their identify with the new points scheme but will see how things pan out.

Finance/Subs (previously circulated) - Going through finance. Subs to follow.

New Members - Jnr: Tess Baguley Full: William Heath, Rob Holloway

Any Other Business

PSond First Aid course, James Hubbard, one of the August LTR members, is a paramedic who wanted to help us with these courses. He would have to obtain many qualifications to run this and it was felt that we keep with the First Aid Course Instructor (Pat Dolland) for the foreseeable future.

AC Negotiated final position on moorings with Darrell. Thought this would be ok.

JD (in absentia via AC) Asked that we note there will be a Monkton House Regatta on the afternoon of 6 May.

Date and Time of Next

Monday 3 April 2017, 7.30pm at Saltford Rowing Centre.

REPORTS

Avon County Rowing Club Committee Action List

	Action	Date	Who?	Status
Safety	Organise a safety session for parents	09/05/16	Pascale	
Safety	Add flood plan notice to RN – where it is	09/05/16	PSen	
Equip	Paint new sets of blades (rowing & sculling)	02/03/09	PL, RL	Started
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 – may go in mezzanine instead	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	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	Started
Admin	Email Helen and Claire how to update website	04/04/16	PSen	
Admin	Moan more about dosh o/s	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
Admin	Nag Parv re invoice for weights	13/12/16	PSen	Emailed
Admin	Chase junior forms – see joiners & leavers note	13/12/16	PSen	Started
Admin	River Users – 3 meeting a year – volunteer – 24 th Jan? - RN	13/12/16	PSen	Asked
Admin	Update kids contact list	30/01/17	Psen	
Admin	Boat Wish list update	30/01/17	PSen	Started

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:

Safety	Check life jackets periodically?	09/05/16	AC	Complete
Admin	Publicise where defibrillators are (Min, under stairs) - RN	30/01/17	PSen	Complete
Equip	Check heel restraints before boating - RN	30/01/17	Psen	Complete
Admin	Let cam know re Bath spa	30/01/17	PSen	Complete

Captains report:

Equipment - Repair

Penny has been refurbished – and collected – thanks to Jon.

Equipment – Review

Please have a look at the attached boat list before Monday if possible. It should be up to date with the recent purchases we have made. It is a list of the equipment we think we should have (most of which we do already have - some of which isn't quite what we need but we're managing with!) For the equipment we don't have at all, we try to rank how important it is so that we have some idea of what to buy next.

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 do another mail around after our head – it would be good to get people up to date before year end.

I plan to have a review of trailering fees for the new financial year. As more people are racing in eights, and we haven't had to hire to tow for a long time, I think we could charge less. But I need to look at the numbers!

Coaches

I think this is a list of all the qualified and active coaches we have plus those that I know about that would like to qualify:

Name	L2 Session	L2 Club	L1 S&C	L2 S&C	L3	IA	Bronze	Silver
Chris Hopper						Y	Y	Y
Penny Senior				Y 17		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	Y					
Charlotte Hook		Y						
Mary Thorne		Y						
Nic Feaver				C		Y 94		
Jon Garner		C 11						
Nick Dolman		C						
Annette Bartlett		B 17						
Patsy Lamb		B 17						
Liz Gray	B 17							
Ange Scott	B 17							
Andy Haines	?							
Clair Ponting	B 17							
Jo Elliott	?							
Abi Shears	B 17							

Key:

Y – qualified (+ year)

C – did the course but hasn't qualified yet

B – booked on course (+year)

Results

Matters Arising

Coaching update

Equipment review

Junior Coordinators Report:

Land Training

Numbers still a bit sporadic.

Newbies

I will soon start organising and arranging taster sessions – we have a steady stream of enquiries. I have asked for coaching help for these but so far haven't had much response.

GB Trials

Molly was 31st in her single and 6th in her double.

Results

Matters Arising

None

Women's Squad Report

Races

Thames Trial Head

Further to my previous report, sadly this event was cancelled.

Molesey Vets Head

WMasC 4+ Kath, Sal, Helen and Nic – reported a very enjoyable although slightly eventful day. They raced very fast!

City of Bristol Head

Due to division restrictions that meant because of the number of women rowing (subs) or coxing in multiple boats, it would have been almost impossible for all of the crews to race, we decided not to go.

Avon Head

W8+ Ann Simpson, Brenda Baker, Dawn Biggs, Laura Steen, Liz Gray, Sue Copperman, Kate Harvey and Nichole Etheridge, coxed by Patsy Lamb

W8+ Laura Deakin, Laura Wilshire, Charlotte Williams, Ange Scott, Sam Bennett, Patsy Lamb, Ruth Bardell, Abbie Rees, coxed by Rhi Edwards

WMasC 8+ Debra Hearn, Jo Hardy, Jo Elliott, Andrea Bentham, Philippa, Di Walker, Ruth Bardell, Fiona Lambert, coxed by Rhi Edwards

W4+ Lynne Miller, Martine Duggan, Carol Friend, Laura Wilshire, coxed by Ang Scott

W4+ Rhi Edwards, Charlotte Williams, Hannah Teague, Tanya Griffiths, coxed by Philippa

WMas B 2x Nic Feaver and Sal Lewis – Fastest women's masters double – winners!

W1x Nic Feaver – thank you Nic for representing the women in a single – brave woman!

All crews had great races, although slightly eventful for Liz's W8+. Sal and Nic won in their double – fastest women's masters double – winners!

Remaining races of the Head Season

Vesta

Fiona, Ruth, Philippa, Di, Andrea, Debra, Jo E, Jo H and Rhi coxing.

Sal, Nic, Kath and Helen will also be racing in an eight with four of the men's squad.

Head of the Dart

We definitely have one women's eight going to HoD, possibly two.

Regatta Season

I have decided to ask the experienced rowers in the squad for their preferences as we go forward into regatta season. An email will be sent out this week and a squad meeting will be held on Saturday March 11th.

I intend to continue with the same format with the newer rowers as I have done over the head season i.e. turn up and be formed into crews for that session, with some planning for those who are racing. Some attend training more regularly than others and this will be considered when forming crews for the races. All of the Novice squad have been asked for their race availability. They do not have any more head races so will begin regatta training this coming weekend.

There are currently 40 women from the squad (out of about 65) who are actively racing.

Coaching

Several members of the squad are undertaking L2 Session or Club coaching which is fantastic and I hope to make use of this, alongside existing coaches, going into the regatta season.

Fundraising

The women's squad will be organising a "Treat Yourself, Tea & Coffee Shop" for the clubroom at weekends, starting 11th March, with the proceeds going towards the boat fund. Various squad members have been contacted and have offered to make cakes. From that, we might also be organising a plant sale.

Social Events

Flip-Out – Saturday March 11th

End of Season Chinese Buffet – Tuesday April 11th, hoping to coincide with the start of evening rowing.

AVON COUNTY ROWING CLUB				
Financial Report for Committee Meeting on 27 February 2017				
		This report (27/02/17)	Previous report (30/01/17)	Change
1. BANK BALANCE				
	Interest rate			
Current account - General		23,036	20,756	2,281
Current account - Captain		3,923	3,306	617
Deposit account	0.03%	949	949	0
100 Club account		704	704	0
CAF Cash account		2,880	4,569	(1,689)
CAF Gold account	0.05%	777	777	0
Virgin Money account	0.50%	17,673	17,673	0
Total in bank		49,943	48,735	1,209
<small>General excludes sub standing order receipts since 08/02/17</small>				
<small>There are also accounts for ACRC events: HSBC (all except Bristol Avon Regatta), NatWest (Bristol Avon Regatta)</small>				
Debtors: Entries & gym/landtraining		2,145	1,844	302
Debtors: Kit		775	902	(127)
Total entries & kit debtors		2,920	2,746	175
2. MAJOR INCOME & EXPENDITURE ITEMS SINCE LAST REPORT				
<small>(excluding normal routine items)</small>			Amount	
Refurbishment/repair 8 "Penny Senior"			3,440	
AAH dividend (tranche #2)			1,300	income
3. IMPENDING MAJOR EXPENDITURE/INCOME				
			Amount	
new set of Empacher numbers for events			545	
weights			584	
<small>(awaiting info from Parveen Jones re missing items. Will be met in full by WAGS grant)</small>				
coaching course contributions			TBC	
oars (4 sets Junior sculling)			2,000	
2-x for men			7,800	
4. FINANCIAL ISSUES				

Safety Report for Committee February 2017

Incidents 2016/7

Incidents since last committee meeting

Date	Description	Reported online by club
Sun 12 Feb	UBR 4+ in middle overtaking another boat had blade clash with AVN 4x-. No shout, no apology. 7811	18 Feb 2017
Sat 18 Feb	AVN 2x out of its water had blade clash with BAU 2x. Apologised. 7818	18 Feb 2017
Sat 18 Feb	Rob and Mike in Hero caught crabs and capsized. 7819	18 Feb 2017
Sat 18 Feb	MBC Vet 8 at Molesey Vets Head rowed over the stern of John Hodge as JH was turning round the starting buoy. Damage to honeycomb/hull. Jon repairing. 7823	19 Feb 2017

Avon Spring Head 25 Feb 2017

Avon County Spring Head 2017 was very busy, with 283 boats completing the course.

There were two capsizes, one of a DRG J12 single going up to the start in Div 1 and one ABN MasE 1x who, during racing near Monitor 4, hit a tree with his scull. Got back in and carried on racing to the finish

There were three collisions. One involved an AVN eight which was being overtaken on both sides at once and one involved several boats under the non-racing arch of the bottom bridge. We do have rules in place covering both these incidents and need to ensure people read the info they are sent. The third collision was between a quad and a sculler near the rafts after the finish. The quad rammed the sculler, who lost his seat in the river.

Off the water, three incidents were attended by the Red Cross:

Slip on landing stage resulted in grazed shin. Cleaned up with alcohol wipe (Shay)

Knee damaged when foot was caught in steering when crew collided with a tree on the back during racing. Ice pack and paracetamol given. Advised to visit minor injuries clinic for further assessment/treatment. 16 year old girl

Girl with back pain/spasms. After the finish. Was escorted to the rafts by safety boats. She was in severe distress. Given Entonox by First Aiders. Did not respond. Ambulance called and she was taken to RUH A&E for further assessment and treatment. Her father was in attendance and drove to A&E following ambulance. Ross RC. 14 year old girl.

Alastair Watson will report all the above online and I will write them into the accident book.

Improvements

We now have a reminder in RN for people to check heel restraints before they boat.

We have a list of First Aiders and Debbie has the phone and photo info to make a notice for the board. Of the seven AVN people doing the (brilliant!) First Aid course yesterday, only two extra photos were needed as the other five people were already on the board as coaches or committee. T'was ever thus.

TBA

We need to review RowSafe, our Emergency Plan and our Safety Plan. I have made a start – please see separate document.

We ought to look at the launch kits and plating.

I have not had time to do the emergency contact list but will do it when I have got the Head results and accounting and medals out of the way.

Philippa 27 Feb 2017

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
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 Head. Did not comment but interesting start order!	By event safety 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
Sat 26 Nov	UBR pair hit Clair P who was coxing George James going upstream about 300 m up – Uni on wrong side apologised. No-one hurt at the time but 2 in AVN boat later went to hospital with chest pains	4 Dec 2016
Sun 27 Nov	AVN 4x- steered by Chris Blunt had to take avoiding action to miss UBR women's eight in middle of river, accompanied by launch.	4 Dec 2016
Sun 15 Jan	At rafts, Lynne Miller at bow in coxed four stood up to get out of boat as requested. But stroke side leaned over to undo before she was out and she overbalanced and fell in.	22 Jan 2017
Sun 22 Jan	Opposite boathouse, Amber Lewis (wearing pfd) capsized in single. 7657	22 Jan 2017