



AVON COUNTY ROWING CLUB

MINUTES

**Committee meeting held at Saltford Rowing Centre, Saltford
Monday, 5 March 2018, at 7:30pm**

Present: Antony Constantinidi, Will Gray, Jim Dawson, Jon Garner, Penny Senior, Nic Feaver, Debbie Blackmore, Patsy Lamb, Julian Sondheimer and Philippa Sondheimer

Apologies: Clair Ponting, Helen Willcox

Minutes of Last Meeting:

Approved and adopted

Update Action List (attached): Jim to put a notice on the small wooden trailer that has appeared in the West Wing advising it must be removed or it will be taken to the tip.

If we are unable to sell Gudgeon, Antony suggested that (at some point) it can be converted to a coaching launch. We also need to sell/get rid of Norstar, to make room for new boats.

Reports (attached):

Captain and Juniors – Agreed that the committee need to approve club contributions to training courses based on the value derived by the club. For the coaching/launch driving courses attendees will pay the initial £100 and the club will pay the remainder. It was noted that, when coaching courses are run at SRC, AVN is entitled to one free place/course.

Boat Purchase – Jim reported that Bluefriars are eager to give us money for junior boats.

The following purchases were agreed:

M4+ 90 kg Janousek, calf spec to be reconfirmed with Janousek. Agreed to purchase two-section model to facilitate trailer loading.

(George will become the 'in between' 4+ for men/women)

W2x 65 kg Janousek

J 1x 60kg Janousek

Men – no matters arising

Women – still difficult to find masters competition. 'Masters Seeking Competition' Facebook page has occasionally proved useful. Jon's sense is that West Midlands Region events offer more masters competition – there are more clubs in a smaller geographic area than can be found in WAGS

Beginners – Philippa asked that the LTR course include a safety briefing session.

Boathouse Management Committee Issues: The road works under bridge will commence on or about 23 Mar and will finish by Easter.

Julian reported that the new acoustic screens were very useful during the Spring Head.

There have been no responses from either MNK or UBBC re the budget for next year.

Safety: Philippa circulated a draft general emergency plan (attached). Item 4 in the 'on land' section needs to be change to reflect our buildings, and a reference Derek's emergency access plan should be added.

The informal first aid training on 4 Apr will include defib training.

CART warnings – Philippa has signed up for river alert email. It's been noted that CART have posted red alerts on days our reach has been perfectly rowable. Phillippa will keep track of any future red alert days and record whether our reach is affected. It's felt this is necessary if only to protect ourselves if we row when the river is on either a red alert or – in fact – 'closed', and something happens. This is particularly necessary for our event managers to add to their safety routine.

We have received a letter of commendation and a British Rowing Safety Good Practice Award for our thorough reporting of all safety incidents.

Jon asked for clarification of who makes the call as to whether it's safe (for adults) to row in questionable conditions. It is up to individual crews – with the caveat that if a member of the committee is present and deems the conditions unsafe, members must abide by that decision. People need to be aware that flat water is not necessarily benign. When the stream is visibly fast on the lower stretch of the river, it gets even faster above Minerva.

Events: ASH – Went well on a cold day. We had 100 fewer boats this year, which were mainly schools. Entry fees totaled approximately £2750 and catering was approximately £800-900. Profit will be in the region of £3500. Next year's date is 2 Mar 19

AAH – £3000 dividend has been paid into the club account

BAR – MNK managed to schedule their house regatta for same day, despite notification of our change of date. They have rescheduled.

Tea Party – 7th April – Patsy to give info to Penny for RN

Bluefriars – Julian Bewick is concerned about the future of the SBH. Given that AVN members do all the work, he has asked if we are interested in taking over the event – keeping the name and (hopefully) the date. The consensus was that we should as it would give us two autumn Heads (one for small boats and one for fours/eights). Profits tend to be in the neighbourhood of £2k plus catering, if entries are good. We would keep the proceeds and make a small donation back to Bluefriars.

If we do it, we **must** have new people on the organising committee. We cannot continue to rely on the 'usual suspects' to continue performing key roles for all our events.

We also need to be sure the relationship between MNK and AVN is very clear before agreeing to anything

Finance/Subs – Julian reported that, in the last 6 years, we have generated £20k/year for boats/equipment. He suggested we consider spending a slightly reduced total of £15k on boats next year in case an event doesn't run.

Debtors total has risen due to lots of racing. O/S Dosh debtors who are using Go Cardless will have any debts in excess of £20 taken by direct debit (Penny will announce this action in RN before any funds are taken).

Subs – no matters arising

Admission of New Members – Full: Rebecca Strange, David Atkin, Daniel Stretch, Louise Wisniewski, Adam Carrier, Naomi Mayne

Any Other Business – Philippa – BR are suggesting we do an audit of what membership data we have and what we do with it. We will comply. The Power 8 Sprint series is generating a lot of interest.

Apparently we are supposed to have crotch straps on life jackets.

Still getting money from Albie Saunders' bank account, which is a bit worrying.

BR have asked regions to prioritise things that should be included in the new IT initiative called Club Hub. Philippa will circulate the list and we can each submit suggestions to her.

Antony – Bathampton Anglers have made an arrangement with two bailiffs who will approach illegally-moored boats and try to move them on. We just need to ring the number provided to notify the bailiffs when boats appear and don't leave. The phone number is on the notice board and (should anyone want to deliver 'move along' notices to illegally-moored boats) said notices can be found in the letter trays downstairs.

Date and Time of Next – Monday, 9 April 2018 at 7:30pm

REPORTS

Avon County Rowing Club Committee Action List

| | Action | Date | Who? | Status |
|-------|---|-----------|-------------|---------|
| 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 | 28/7/14 | ? | |
| Equip | Create a priority list of boats to be refurbished | 13/10/14 | PSen | |
| Equip | Boats need cleaning | 23/3/2015 | All | |
| Equip | Find a new home for big buoys - sell or rehome – Hereford RC | 09/05/16 | DB, AC | Started |
| Equip | Blade painting week – add to list of jobs needing doing | 6/16 | | |
| 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 | Carrier bag tax | 04/04/16 | CP | Started |
| Admin | Moan more about dosh o/s | 03/10/16 | Co-ords | Started |
| Admin | Put gudgeon on eBay | 19/06/17 | | |
| | | | | |
| | | | | |

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 or no longer needed:

| | | | | |
|-------|--|----------|----|---------|
| Equip | Ask bladerite re blade handle recovering | 11/12/17 | AC | Emailed |
|-------|--|----------|----|---------|

Captains report:

Equipment - Repair

UBBC will pay for a replacement scull I just need to order it!

Jim has installed a shelf for the lap tops so I just need to sort out the one that isn't working.

Victor had a very bad day and will be going back to see uncle Phil in the near future.

Equipment – New

The new single is ready – it will be collected when we drop Victor off. It's called Sean Bathe-Taylor.

See attached for the updated boat purchase plan. We have about £20-£25k to spare at the moment so it would be good to decide which boats we buy next. The prices have gone up a bit.

RYA Powerboat course

3 candidates completed the course although they only used the RIB which defeated the object really. If we do another we need to make sure they at least use the Eton as well.

L2 Club Coach Course

Will take place on 10th/11th Mar and 24th/25th Mar.

The associated Capsize drill was arranged for 3rd Mar but will now be on the 17th Mar.

Subsidising coaching courses

Last year the candidate paid the first £100 of a coaching course and the club paid the remainder. Do we want to stick with this formula?

RNLI visit

Gary from RNLI came to talk to us about checking lifejackets. We provided a good crowd – and I have since overheard snippets of what was learnt in practice.

Odd jobs

'Warning the gate may be shut' sign has been installed on the tree by the front gate.

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 | L2 S&C | L3 | IA | Bronze | Silver | RYA II Powerboat |
|---------------------|------------|---------|--------|----|------|--------|--------|------------------|
| Chris Hopper | | | | | Y | Y | Y | |
| Penny Senior | | | Y 17 | | Y | Y | Y | |
| Julian Sondheimer | | | | | Y | Y | | |
| Andy Mason | | | | | Y | | | |
| Geoff Peattie | | | | | Y | | | |
| Philippa Sondheimer | | | | | Y | | | |
| Debbie Blackmore | | Y 12 | | | | | | |
| Charlotte Hook | | Y | | | | | | |
| Mary Thorne | | Y | | | | | | |
| Nic Feaver | | | C | | Y 94 | | | |
| Jon Garner | | C 11 | | | | | | |
| Nick Dolman | | C | | | | | | |
| Annette Bartlett | | Y 17 | | | | | | |
| Patsy Lamb | | C 17 | | | | | | |
| Liz Gray | Y 17 | | | | | | | |
| Ange Scott | Y 17 | | | | | | | |
| Clair Ponting | Y 17 | | | | | | | |
| Abi Shears | Y 17 | | | | | | | |
| Andy Haines | ? | | | | | | | Y 2018 |
| Jo Elliott | ? | | | | | | | |
| Nick King | | | | | | | | Y 2018 |
| Scott Dowell | | | | | | | | Y 2018 |

Key:

Y – qualified (+ year) C – did the course but hasn't qualified yet B – booked on course (+year)

Results

Worcester Head

MasF/G 4+ Will Gray, Steve Tofts, Bob Friend, Mike Carter and Jo Hardy

ASH

W 4+ Tanya, Hannah, Charlotte, Chloe & Philippa

Mas Mxd 8o Kath, Sal, Nic, Helen, Antony, Jim, Jon, Russell & Will

Matters Arising

New boats

Subsidising coaching courses.

Junior Coordinators Report:

Sculling club

Would have started last week had it not snowed ...

Newbies

I am just starting to think about taster sessions for this years intake.

Matters Arising

None

Results

ASH

WJ15 4X+ Lottie, Ellie, Finnola, Jess & Scarlett

WJ15 2X Jess & Finnola

ACRC Men's Squad Report 5th March 2018

The Men's Squad had a win at Worcester Head in the F4+ for Will Gray, Steve Tofts, Bob Friend, Mike Carter and Jo Hardy. This was the first win for Steve, Bob and Mike.

The MxE 8+ of Will Hall-Haines (coxing), Russell Thornton, Nic Feaver, Jon Barton, Antony Constantinidi, Jon Garner, James Dawson, Kath Finucane and Helen Gadsden won at Avon Spring Head.

Gloucester Spring Head was cancelled due to the snow.

Our next races are Vesta Eights Head and Head of the Dart. With only the Mx D8+ going to Vesta since disappointingly no one else would commit to an adequate amount of training. The Dart 8 is clocking up the miles on the water in preparation for their mammoth row.

Women's Squad Report, February 2018

Races

A busy month...

Wycliffe

Two crews raced at Wycliffe. An eight consisting of Frankie, Marian, Carol, Jo H, Abbie, Lynne, Dawn and Martine, coxed by Patsy. Everyone enjoyed the race. The distance and pace was a slight shock to one of the crew who has now committed to attending land training. In the morning division, a quad consisting of Abbie, Patsy, Ange S and Frankie won their race to take home medals and pennant.

Worcester

Sal, Nic, Kath and Helen raced in a mixed eight at Worcester. The eight finished in an impressive time but sadly the win was not theirs.

Avon Spring Head

Several crews entered Avon Spring Head:

W4x- Patsy, Ange S, Abbie and Frankie

WMasC8+ Charlotte R kindly stepping in to cox Abbie, Ruth, Ange S, Patsy, Frankie, Marian, Lynne and Philippa

MxMasD 8+ including Kath, Sal, Nic and Helen – beating the Minerva mixed 8+ and winning fastest boat in their category

WMasD 8+ Ange coxing Sue C'man, Lynne, Carol, Jo H, Marian, Liz G, Laura S and Kate – no opposition

WSen4+ Patsy coxing Susan C'ber, Charlie, Abi and Alice – a very scratch crew who enjoyed the race.

And a fantastic win against four other crews in their category, for the WSen4+ combo of Charlotte R, Tanya, Hannah and Chloe, coxed by Philippa.

A women's eight and mixed eight are entered for Vesta. Unfortunately I couldn't get a crew for Head of the Dart.

Afternoon Tea Saturday 7th April!!

Written by: Patsy Lamb, Women's Squad Coordinator

BEGINNER REPORT MARCH 2018

Taster sessions for the Spring course starts this weekend (10/11 and 17/18 for the tasters). Up until mid week last week we had just 16 booked in. Since mid week last week I've had 8 enquiries resulting in 19 booked on the Spring course, 1 enquired to today and is 'thinking' about it and the others are interested in the Summer and Autumn courses. Looks like the Summer course is going to be a bumper course already. Nobody has moaned or declined to continue due to the cost now which is encouraging.

The full Spring course starts on 7/8 April with first session of evening rowing taking place on 19 April. Between the 2nd taster session and the start of the full course is 2 weeks to enable those who want to continue to book on and pay their fees.

I have an army of helpers poised and ready to get stuck in, the majority of which I have coached over the last 3 learn to row courses - which is very encouraging!

Waiting list of enquirers have been cleansed and are only current enquiries or those who have requested to remain on the list. This will give a better indication of number of enquiries per year versus those who take the course.

It has been suggested that I keep hold of the learn to row beginners longer after they have graduated and I'm trying to work out a system where I can do this and they won't feel in limbo or kept back! With a smaller Spring course this might be easier than first anticipated to coordinate, whilst my knee is still recovering and I'm not training with a crew.

If all 20 beginners continue after the tasters onto the course then the fees received will be:

Tasters 20 x £10 = £200
Course 20 x £100 = £2,000

Less
BR Membership - 20 x £30 = £600
Course book - 20 x £4 = £80

Total: £1,520

Safety Report for Committee March 2018 Incidents 2017/8

Incidents since the December meeting

| Date | Description | Report no |
|----------|---|-----------|
| 11.11.17 | Panic attack while rowing in Albie | 10176 |
| 11.11.17 | Stepping onto 4 th raft carrying blades, foot slipped on raft and fell backwards landing on back. Knee twisted and in pain.[Damage to two ligaments, meniscus and patella. Physiotherapy needed.] | 10177 |
| 15.2.18 | In very fast stream by Rotork, Victor while turning became wedged between surface level branch and sticking up branch. Efforts to free Victor meant that the stream turned the boat and the bows snapped off. Crew unhurt, safely recovered to club by Avon Fire and Rescue who also recovered Victor to Bath Marina. Victor recovered to club by other club members, using MuCat | 10145 |

Issues

Safety Reports – The January Safety Report was about waiting times at Heads and its recommendations have been taken on board by the Head Committee. The February Report goes further and the Head Committee will consider it at their wash-up.

I have attached the February report for info; I don't think it has any other action points for us.

Emergency Plan – This is always a question to which we reply TBA in the Safety Audit. In the context of our events, we are covered. The course is covered by Monitors and if an incident occurs they assess its severity and call for help accordingly. For an incident at the club, we have the Race Manager on hand, and First Aiders.

In the context of every day club rowing, we do not have a plan as such. Comments, please, on the attached, which is derived from the GLR Plan.

Defibrillators – please see attached from BR – I think we are covered.

CART notices – CART have a green/amber/red navigation warning on their website. We need to get onto the circulation list for the notices and then consider how to incorporate them into our own risk assessment/instructions.

Philippa
2 March 2018

Incidents since the AGM Report i.e. since 31 July 2017

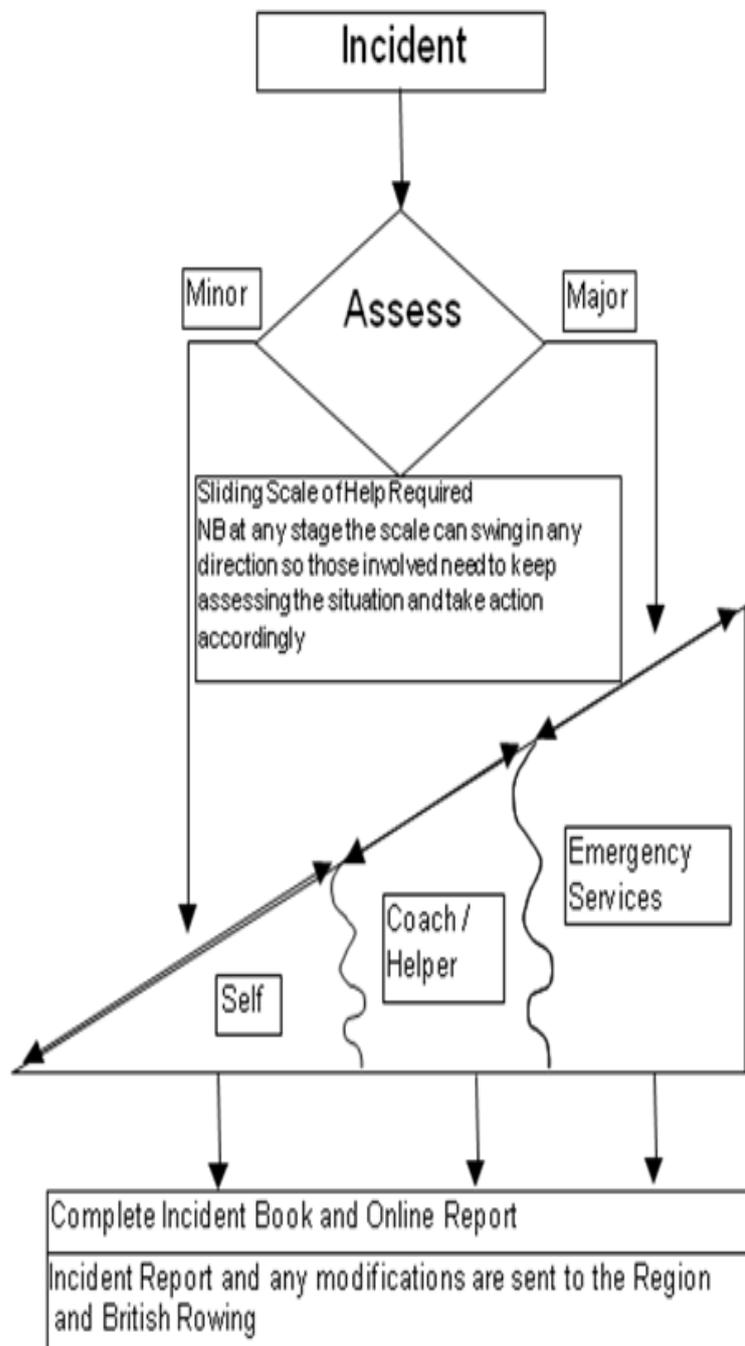
| Date | Description | Reported online by club |
|----------|---|-------------------------|
| 13.8.17 | 09:50 alongside Tutum (wide beamed boat). Lister (LTR) in Virus. Frightened of hitting Tutum, got close, took left hand behind and let go of blade, tried to catch blade, lurched and fell in. Swam back to pontoons, got back in and continued session. | 9373 29/9 |
| 15.8.17 | Top of straight. Tristan McCarthy in Fang fell in (beginner) | 9372 |
| 15.8.17 | Regatta finish. Laura Morris in Hedwig. Fell in turning round (beginner) | 9374 |
| 24.8.17 | 08:30 half way up straight between 500 and 750. Antony Constantinidi and Russell Thornton in Storm vs MIN W2x in Juturna. MIN travelling downstream along railway side bank – head on – no warning. | 9376 29/9 |
| 30.8.17 | 13:50 opposite rafts. Jonah Willits in Norbert fell in doing roll ups | 9378 |
| 31.8.17 | At 11:00 opposite rafts. Henry Bennett in MNK 1x fell in doing drills | 9380 |
| 1.9.17 | am opposite rafts. Poppy Fraser in Sharon fell in doing drills | 9384 |
| 1.9.17 | Opposite rafts. Will Hall-Haines in Errol fell out doing drills | 9385 |
| 10.9.17 | 11:15 Imogen Clements (novice) in Hedwig and Nat Gunning in Charlotte Land. Imogen on wrong side of river trying to correct her position. Nat came past and his blade ran over Hedwig's bow and broke off splashboard. No other damage. | 9379 29/9 |
| 10.9.17 | At 10:45 at rafts. Harriet Argent and Eleanor Hawkins capsized while getting into Unity. No damage or injury. | 9386 |
| 12.9.17 | 200m upstream of boathouse. Barge turned into path of eight. Stroke blade under barge, Cox (Sal Lewis) jumped out to avoid getting hit. No damage. | 9382 |
| 24.9.17 | 09:30, 400m up straight. Robin Wood in Keith Trivett (2-) and Debbie Blackmore in Crabbe (2x). Alongside collision with pair proceeding upstream and double down. Pair on bow side of double. Crabbe slightly damaged bow.... Illegible | 9383 29/9 |
| 24.9.17 | At 11:00 off rafts. Will Barbour fell out of Fang while turning. | 9816 |
| 30.9.17 | At 11:00 near pontoons. Shane Cameron (beginner) fell out of Jess | 9818 |
| 01.10.17 | At 12:04 near the "finish" sign. Involved were Nic Feaver in 1x and "Tutum" narrow boat [actually wide beam] . Tutum coming around bend on wrong side, did not shout warning. Nic had to stop to avoid collision and warned Tutum to keep on correct side. Driver said "I was avoiding moored boats". | 9817 |
| 25.10.17 | At 12:15 near "finish" sign. Steve McCarthy fell out of Jess 1x capsized due to inexperience | 9820 |
| 28.10.17 | 1t 10:40 by 750m marker Poppy Fraser and Jess King in Marcus Brearley. Minerva W 4x- on wrong side hit W J 2x – Poppy hit in back, back stay badly bent. Crew then went on to narrowly miss J15 2x | 9819 |
| 28.10.17 | 11:50 200m downstream of first bridge. Tim Grice fell out of Charlotte Land capsized due to inexperience. | 9821 |
| 9.11.17 | Boathouse on the rack before lifting out Penny Senior. Dent in shell bottom of boat at position 7. Noted on rack before going afloat will tape over dent. Keith Trivett | Damage not safety |
| 26.11.17 | UBR eight with coaching launch on wrong side of river hit AVN junior double. Broke a scull and damaged "V" of double. Coach reported as "contrite". | 9796 rep by UBR |

UBR later reported the accident online, inaccurately according to Penny, who saw it happen, and who has commented on the UBR online report.

GUIDANCE IN THE EVENT OF AN EMERGENCY 2018

If a Coach or Club Official is not present then whoever is present and able to take control of the situation should read "Coach" in this Guidance as him/herself.

Flow Chart for Incident



- Assessment
- Location - Land / Water
- Distance from Club
- Crew/s Involved
- Crew/s not involved but out
- Others Around
- Weather
- Equipment needed - launch / throw lines etc
- Help needed
- Communication
- Who to tell
- Who to get
- How to help
- Guidance from British Rowing Row Safe Guide
- Extraction Point
- First Aid
- Keep notes

On the Water

1. In the event of an accident, the first duty is to attend to the safety of the person / persons in difficulty.
2. All crew movements must cease unless guided by a Coach to assist or move away.
3. The Coach must Assess the situation, looking for any danger before taking suitable action that does not put themselves and others in a situation where they will need to be rescued. .
4. Capsized crews should **stay with their boat** as boats act as a flotation device, and get out of the water as soon as is possible, OR, until help arrives.
5. In the event that the Emergency Services are summoned, the Coach will provide relevant details and shall send a responsible person if available, to be stationed to aid with the Emergency Vehicle access.
6. Every incident must be recorded in the Incident Book and Online Reporting System. The Club Rowing Safety Adviser will review the incident and add any further information to the Online Report. The Online Report is automatically sent to the Region and British Rowing.

On Land

1. In the event of an accident, the first duty is to attend to the safety of the person / persons in difficulty.
2. The Coach must Assess the situation, looking for any Danger before taking suitable action that does not put themselves and others in a situation where they will need to be rescued..
3. In the event that the Emergency Services are summoned, the Coach, will provide relevant details and shall send a responsible person if available, to be stationed to aid with the Emergency Vehicle access.
4. If the person / persons are in the at the Old Club House or New Boat House then advise the Emergency Services of the following to help them respond: - see info on Derek's maps on Safety Board.
5. Every incident must be recorded in the Incident Book and Online Reporting System. The Club Rowing Safety Adviser will review the incident and add any further information to the Online Report. The Online Report is automatically sent to the Region and British Rowing.

Note: In the case of a fire evacuate the building by the nearest exit and contact the Fire Service. The Assembly point is the middle of the gravel hard. Fire Extinguishers are present to help one escape, not to fight the fire.

What to say when contacting the Emergency Services:

Call 999 or 112 if someone needs immediate medical help. For example, if you think they: have had a heart attack, have a spinal injury or if they're bleeding severely.

When you get through to the emergency services, you'll need to give:

- your name

If there is a **response**:

- If there is no further danger, leave the casualty in the position found and summon help if needed.
- Treat any condition found and monitor vital signs - level of response, pulse and breathing.
- Continue monitoring the casualty either until help arrives or he recovers.

If there is **no response**:

- Shout for **help**.
- If possible, leave the casualty in the position found and open the airway.
- If this is not possible, turn the casualty onto their back and open the airway.

Airway

Open the airway by placing one hand on the casualty's forehead and gently tilting the head back, then lift the chin using 2 fingers only.

This will move the casualty's tongue away from the back of the mouth.

Breathing

- Look, listen and feel for **no more** than 10 seconds to see if the casualty is breathing normally.
- Look to see if the chest is rising and falling. Listen for breathing.
- Feel for breath against your cheek.

*If the casualty is **breathing normally**, place them in the recovery position (see below).*

Check for other life-threatening conditions such as severe bleeding and treat as necessary.

*If the casualty is **not breathing normally** or if you have any doubt whether breathing is normal begin CPR:*

- If you have someone with you, send them to **Dial 999** (or 112) for an ambulance **immediately**.
- If you are **alone Dial 999** (or 112) for an ambulance immediately and then return to help the casualty.

Agonal breathing

This is common in the first few minutes after a sudden cardiac arrest. It usually takes the form of sudden irregular gasps for breath. It should not be mistaken for normal breathing and if it is present chest compressions and rescue breaths (together called cardio-pulmonary resuscitation or CPR) should be started without hesitation.

Cardio-Pulmonary Resuscitation (CPR)

Adult

- If you have someone with you, send them to **dial 999** (or 112) for an ambulance **immediately**.
- If you are **alone dial 999** (or 112) for an ambulance immediately and then return to help the casualty.

Give **30 chest compressions**

- Place heel of your hand in the centre of the chest.
- Place other hand on top and interlock fingers.
- Keeping your arms straight and your fingers off the chest, press down by 4-5cms. then release the pressure, keeping your hands in place.
- Repeat the compressions 30 times, at a rate of 100 per minute.

Give **2 rescue breaths**.

- Ensure the airway is open.
- Pinch nose firmly closed.
- Take a deep breath and seal your lips around the casualty's mouth.
- Blow into the mouth until the chest rises.
- Remove your mouth and allow the chest to fall.
- Repeat once more.

Continue resuscitation, 30 compressions to 2 Rescue Breaths.

Do not stop unless:

- Emergency help arrives and takes over.
- The casualty breathes normally or
- You become so exhausted that you cannot carry on.

Notes:

- If you are alone, call an ambulance as soon as you know the casualty is not breathing - unless unconsciousness is due to drowning.
- If two rescuers *with the knowledge of CPR*, are available, change every 2 minutes with minimal disruption.
- If you are unable or unwilling to give rescue breaths, give chest compressions only. Continue at a rate of 100 per minute.
- It is possible to identify the correct hand position without removing the child's clothes.

Recovery Position

Child / Adult

- An unconscious casualty who is breathing but has no other life- threatening conditions should be placed in the recovery position.
- Turn casualty onto their side.
- Lift chin forward in open airway position and adjust hand under the cheek as necessary.
- Check casualty cannot roll forwards or backwards.
- Monitor breathing and pulse continuously.
- If injuries allow, turn the casualty to the other side after 30 minutes.

AVON COUNTY ROWING CLUB

Financial Report for Committee Meeting on 5 March 2018

| | | This report (05/03/18) | Previous report (29/01/18) | Change |
|---|---------------|---------------------------|-------------------------------|--------------|
| 1. BANK BALANCE | | | | |
| | Interest rate | | | |
| Current account - General | | 23,814 | 23,738 | 76 |
| Current account - Captain | | 1,691 | 1,647 | 44 |
| Deposit account | 0.07% | 950 | 950 | 0 |
| 100 Club account | | 914 | 914 | 0 |
| CAF Cash account | | 3,615 | 4,140 | (525) |
| CAF Gold account | 0.05% | 777 | 777 | 0 |
| Virgin Money account | 0.50% | 17,762 | 17,762 | 0 |
| Total in bank | | 49,523 | 49,928 | (405) |
| General excludes subs standing order receipts since 08/02/18 | | | | |
| There are also accounts for ACRC events: HSBC (all except Bristol Avon Regatta), NatWest (Bristol Avon Regatta) | | | | |
| Debtors: Entries & gym/landtraining | | | | |
| | | 1,516 | 382 | 1,134 |
| Debtors: Kit | | | | |
| | | 516 | 480 | 36 |
| Total entries & kit debtors | | 2,032 | 862 | 1,170 |
| 2. MAJOR INCOME & EXPENDITURE ITEMS SINCE LAST REPORT | | | | |
| (excluding normal routine items) | | | Amount | |
| AAH 17 dividend | | | 3,000 | income |
| Janousek 1x 100kg | | | 4,830 | |
| Powerboat training | | | 600 | |
| | | | 2,430 | |
| 3. IMPENDING MAJOR EXPENDITURE/INCOME | | | | |
| | | | Amount | |
| Victor 4x- repair - insurance excess | | | 500 | |
| Victor possible refurb | | | | |
| ASH 18 dividend | | | TBC | income |
| 4. FINANCIAL ISSUES | | | | |

Subs Report 5th March 2018 (based on figures to 8th Feb)**Members**

| | |
|--------------------------------------|------------|
| Full | 112 |
| Coach | 2 |
| Student | 4 |
| Vac student | 10 |
| Junior | 40 |
| Taster only | 9 |
| LTR Taster + course | 0 |
| Junior - family membership 1 parent | 8 |
| Junior - family membership 2 parents | 2 |
| Bath Spa | 29 |
| Leavers this FY | 109 |
| TOTAL (exc leavers) | 216 |

Subs

| | |
|----------------------------|---------|
| "Forecast" for full year | £39,489 |
| Collected so far | £35,978 |
| No of people paying by GCL | 53 |

To address

- 5 people who are not paying
- 5 people whose SO or GCL payments have left a gap