



# AVON COUNTY ROWING CLUB

## MINUTES

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

**Present:** Penny Senior, Steven Lake, Carol Friend, Jim Dawson, Jon Garner, Patsy Lamb, Odette McCarthy, Will Gray, Julian Sondheimer, Philippa Sondheimer, Debbie Blackmore, Clair Ponting, Jo Hardy

**Apologies:** Antony Constantinidi, Helen Willcox

**Minutes of Last Meeting:** Approved and adopted.

### **Update Action List:**

- a great start has been made on the key audit, resulting in easily-identifiable keys in the key safe. Thank you, Odette!
- Clair will be sending one last email appeal to the supermarkets' head offices. Debbie recommended that we spend no further effort on this item.
- The brackets for mounting the blades in the clubroom have been purchased. Antony and Jim will mount the blades shortly.
- Penny has information on various water cooler options and will review it.
- Penny will circulate an updated boat purchase plan before the next meeting.
- Jon will look at Robin Leach's hull to see what repairs are required.
- 

### **Reports (attached):**

#### Captain and Juniors

Penny to determine the expected return date of Derek Roy, as it's going to be needed for AAH.

Women's sculling blades have been reorganized. Patsy will advise the women's squad of the changes and Debbie can then update the blade list displayed in the boathouse.

The sculling blades are being adjusted by club members, which is not allowed. Penny will remind people (via RN) that changing the rigging/inboards of club equipment is not to be done without the captain's prior approval.

Men – Jo is getting to grips with her new role and has provided a list of who rows when, and in what. She asked if it is possible to regrip the yellow/blue sweep blades. Jon is working on this at the moment. Jo also asked about safety guidelines for single scullers, in particular those people who have not gone through the LTR programme and are new to the sport.

The MIN policy for single sculling was circulated before the meeting, which most found too prescriptive for our needs. Various alternatives for assessing competency were discussed, however the consensus was that the administration and policing of any formal assessment would prove impossible to sustain. Single scullers must be responsible for their own safety, within the guidelines the club sets forth. Philippa will produce a draft Guideline for Single Scullers for discussion.

Women – The handing over of this year's LTR graduates to the women's squad has gone exceptionally well. Patsy ran an informal meeting on Saturday for people who have recently volunteered to cox and who need help with coaching– with surprising turnout. The group will continue to meet fortnightly(ish), with specific topics/skills to be covered.

Patsy asked those committee members who attend regional/national meetings to continue to encourage other race organisers to include adult coxed quads in their programmes.

Jon asked if there was any interest in another coaches' supper. There certainly is, and a date should be set.

**Beginners/Development** – LTR finished for year. Majority of Dev Squad passed across to squads. Stragglers will move after AAH. Clair feels the creation of a Development Squad has been a success, as retention rates have improved. Enquiries have dropped to 1 or 2 a month. Waiting list is around 50 people.

During 'closed' season Clair will review dates for next year, and format and continue working on a 3-year plan. She would like to try to offer adaptive rowing in year 2 or 3 of the plan. Guildford have offered to show Clair how they manage their adaptive programme. The club will pay any travel expenses should Clair be able to take them up on their offer. Jon has some experience in coaching adaptive rowers and has offered to help.

**Boathouse Management Committee Issues:** Antony had a meeting with Nick Mould at The Duchy to discuss the illegal moorings (mainly along the straight during the summer) in anticipation of next year. There is a risk that the matter escalates further as there are a large number on the stretch below Kelston Lock beyond the Shallows on the roadside leading to the Jolly Sailor. B&NES owns this land and is running a two-year mooring trial which is about to end. There has been high demand and feedback from boaters and residents has been mixed. B&NES has recently contacted The Duchy to ask it to consider permitting mooring on "our " stretch which has been firmly and categorically refused. Nick will arrange to have a number of new signs made (by Saltford Signs) and give them both to us and the Bathampton Anglers to put up where appropriate and to replace when removed. He is meeting the new Chair (Nathan Chalmers) of the Stothert & Pitt rugby club, which is responsible for most of the bank and, will remind him of the prohibition too. Antony will make a couple of notices to fix to the two locks pointing out the prohibition and advising boaters to navigate with care, stick to the right side, and give way to unpowered craft etc.

Antony told Nick we had started letting our new moorings and would account to him for the prescribed % in our headlease at the point where the headlease rent is due (half yearly next March from memory) --action point for **Julian and Antony**.

**Welfare:** BR have changed their policy on the handling of adult complaints. These must now be dealt with at club level, with no opportunity for escalation to BR. Carol circulated to the committee the BR Grievance Guidelines, BR Codes of Conduct and a document explaining the club's process for handling disputes between adults. Copies are attached.

When taking on the role of Welfare Officer, Carol understood the role to encompass the welfare of children and adults at risk. With the change in the BR Guidelines (also called 'Regulations' in another BR document) of which Antony was notified recently by the BR Governance Officer (Safeguarding Statement dated June 2018, referring also to matters between adult club members), she now finds herself responsible for handling, with a committee member, the first informal stage of any potential complaints between adults.

Penny and Carol are working on the safeguarding audit.

**Safety:** Not all capsizes or collisions are being reported. **Penny** will put a reminder in RN. **Clair and Philippa** will organise a safety briefing for the LTR graduates who did not attend the first one.

#### **Events: General Items**

- Emergency Evacuation - We need some documentation on what to do in the event of an emergency. **Philippa** will draft and circulate to the event managers and this committee. Debbie has spoken to MIN about the possibility of getting some crews off the water there if necessary, and they have agreed to this.
- Charging for Parking at Barnsdale – Bob Friend prepared an in-depth analysis regarding charging for parking, which was circulated to the committee before the meeting. Jim said ASH has discussed this in the past and decided against it. Whilst some other events do charge, it is often for parking on

public property, where there is presumably a charge to be paid by the club. The owner of Barnsdale field does not charge the club any fee to use his field. Penny said charging for parking generally just annoys people. The consensus was that a far easier way to generate more income is to look at raising entry fees, which the race organisers will discuss. The committee agreed not to charge for parking at any of our events.

- Bath Spa Use of Boats for Racing – Philippa inquired whether we have an agreed policy with Bath Spa about their use of boats for racing. Penny has told them they must advise us well in advance if they would like to borrow boats.

AAH – Many members have delayed renewing their BR membership until the last possible minute, resulting in BROE entries going in with either blank spaces or placeholders. This is causing an administrative nightmare for co-ordinators and making the job of the Personnel Manager far more complicated than it should be. It was agreed to trial a BR renewal deadline of 14 days before ALL race entries (not just AVN events) close. **Patsy and Jo** will send out squad emails with the proposed rule, explaining why last-minute renewals cause such a problem. Penny asked if the BR system can produce a report of expired memberships (*update: It can and lists have been sent to the relevant squad co-ordinators*).

Monkton Bluefriars – The new Monkton committee managed the event quite well, although there were queries about their allocation of site set-up volunteers and tasks. The short course had to be cancelled due to poor weather, which was the right decision, and meant there were fewer crews to manage. Volunteers were expected to complete a form in order to volunteer their services, and Philippa said that she would not be doing Avon helper liaison next year.

ASH – First planning meeting scheduled for 9 November.

BAR – The date is 11 May, pending any serious objections from Evesham or elsewhere when the proposed calendar is circulated.

Pudding Head/Boat Naming – 16 December

**Finance:** Nymphadora's full repair costs were eventually covered by both our insurance and that of the Dragon Boat Club. Julian commented that GCL is making it much easier to collect outstanding dosh now.

**Subs** – Philippa asked **Patsy and Jo** to send out a squad email reminding people to sign up to GCL. **Philippa** will produce a list of members who have yet to sign up.

Bath Spa will pay their own affiliation fees this year, once they manage to confirm membership numbers. Philippa is finding it difficult to get information from them.

There will be a Club Hub presentation at the WAGS AGM on 25 November.

#### **Admission of New Members:**

Full: Nick Sanders, Sarah Phillips, Patricia Greer, Susannah Price, Michael Hooper, Rory Worsman, Nathan Weekes.

#### **Any Other Business:**

**Patsy:** Are there any plans for observing Remembrance Sunday? Jim will place the commemorative board naming the fallen of WWI in the lobby on Sunday 11<sup>th</sup> and it was suggested that crews on the river at 11:00 stop and observe two minutes of silence.

**Philippa:** The request for Eton shoes for AB will be discussed later with Penny.

Asked whether the boat 'wish list' should include other possible capital expenditures – like new launches or a replacement vehicle for towing when the truck we currently borrow is no longer available. Agreed it should.

**Date and Time of Next** – Monday 3 December 2018

**Captains report:**

**Equipment - Repair**

Dora and the new four have been collected.

Chris H has replaced the bow shoes on his namesake so hopefully the steering issues people have had will be resolved.

**Equipment – new**

The Kingswood sculling blades have been adjusted and marked up. One of the pairs is missing though – anyone have any ideas?

**Ergos**

Ergo service is booked for 14<sup>th</sup>/15<sup>th</sup> November.

**Coach/cox Education:**

**Session coach course**

Carol Friend, Daisy Green (BS) and Andy Hall-Haines passed with flying colours.

**TECHNICAL EXCELLENCE' WORKSHOP**, with ROBIN WILLIAMS, MBE – 10<sup>th</sup> November, SRC

Debbie, Patsy, Ange and Penny are all booked onto this.

**Adult Circuit training**

Some Bath Spabies have also started attending.

**Annual Dinner**

Went well – thanks to Jane for organising.

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	Y		
Geoff Peattie					Y			
Philippa Sondheimer					Y			
Debbie Blackmore		Y 12						
Charlotte Hook		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	C 18						
Andy Haines	Y 18							Y 2018
Carol Friend	Y 18							

Nick King								Y 2018
Daisy Green	Y 18							Y 2018

Key:

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

## Results

### Pairs Head

Nic & Jon B won Mx MasB/C 2x

### Monkton:

**Mxd Mas C 2X** Jon & Nic

**Mas F 4+** Mike, Will, Steve T, Bob & Kieran

### Matters Arising

None

---

## Junior Coordinators Report:

### General

Tuesday land training is being very well attended – Thursdays will start this week (6pm – 7:30pm). Sculling club has finished for this year.

### Capsize drill

Was well attended with 23 people completing the drill.

### Results

#### Monkton:

**WJ16 4X-** Millie, Ellie, Finnola, Jess

**WJ16 2X** Jess & Finnola

**WJ15 2X** Imi & Ruby

### Matters Arising

None

---

## ACRC Men's Squad Report 4<sup>th</sup> November 2018

Welcome to Clair's development men who have moved up into the men's squad. There are 8 new joiners to the squad. Will, Mark, David and Steven have already been racing as a 4+ and plan to continue by competing at the AAH and Wycliffe.

Luke, Rory and Nathan are keen to race also and I am looking to find a 4<sup>th</sup> for them. Nick is still needs to work on his confidence but is turning up to Just turn up on Sundays and also working with the development squad.

Since the September report, we have had 3 events competed in:

Boston marathon – this was completed by Ian, Simon, Rob and Andy in **xxxx**

Gloucester Autumn head – this was competed in by Jon, Anthony, Jim and Russell in a 4-. They completed the 5000m course in 21:06:02.

Tideway – this was also competed in by Jon, Anthony, Jim and Russell in a 4-. They were second in the F4- which was a fantastic result given the quality of opposition. It was a good effort to beat the likes of Quintin and Tideway Scullers.

We have 4 4+ crews entered in AAH and I am also pulling together an 8 this week following conversations this weekend.

Andy's circuit training continues to be well attended and so do the 2 sessions we have for land training on weds – one session at 6pm and the next at 7pm.

A few issues or rather questions have been raised to me. Firstly, the blue handles of the yellow and blue taped men's blades are looking very old, is there any chance we can recover them?

Also, as the weather gets colder what are the rules with regards to singling during the working weekdays if you are alone. I have had one member capsize last week and the cold water was a major issue. Do members have to have completed the capsize drill before being allowed out? do they have to have someone else out with them? How can I enforce this?

I am still in the process of pulling a full list of crews and boats together however for reference so far I have:

1. Warwick 4 – Will, Mark, David & Steven – who go out Saturdays in GJ.
2. Dad's 4 – Chris, Ian, Robin & Andy – who go out either Saturday or Sunday in either Julian S or GJ
3. Mike's 4 – Mike, Will, Steve T and Bob – both Saturday and Sunday in either JS or GJ.
4. Tim's 4 – Tim, Fergus, Johan, Andy HH – this is a new crew that is finding their way and have only been out once in GJ but are racing at AAH.
5. Jon's 4 – Jon B, Steve M, Giles and Matt – this is being plagued by absences and is currently in limbo.
6. Anthony's 4 – Anthony, Jon, Russell and Jim who go out during the week in AC.
7. Ian's 4 – Ian, Simon, Rob and Andy M – they haven't training since the marathon when they went out in Victor.
8. Alastair and Geoff – pair on Sunday.
9. Shay and Ivor – Double during the week.
10. JTu on Sunday – currently we are sending out an 8 and a double (Will & Mark)
11. Johan & Nichole are a mixed double during the week.

Going forward I am reaching out to understand if there is much interest in Wycliffe, so far only the Warwick 4 have come forward.

---

## **Women's Squad Report, November 2018**

### **Races**

#### ***Pairs Head***

Nic Feaver (& Jon Barton) won in the Mixed Mas C 2x

#### ***Monkton***

Nic Feaver (& Jon Barton) won in the Mixed Mas C 2x

#### ***Future Races***

*Avon Autumn Head – 3 crews have been entered*

*Scullers Head – Nic Feaver has entered*

*Wycliffe – I'm hoping to enter some crews*

*Wehorr – lots of interest so far*

#### ***General Matters***

#### **Retainment after LTR**

The ladies from this spring and summer's learn to row are settling in well to the squad. Some have entered Avon Autumn Head (some have expressed an interest in racing next year) and many have joined Tuesday evening land training. All are training regularly. The final two ladies will be joining the squad at the end of the month (after AAH). By now, at least a few of those ladies would typically have already left (for various reasons including moving house, work/life balance, and some that simply leave after the LTR

without saying anything). So far (touch wood) this hasn't happened and I think this is mainly due to two factors. One being that we now charge for the course, so those that undertake the course are more committed. Secondly, that keeping them on the course for longer means that they are more confident by the time they join the squad. Also, that anyone not ready to join the squad are retained by Clair and I guess, may well choose to leave during that time, but this causes much less disruption at squad level....Many thanks to Clair and other LTR coaches/helpers.

### **Coxing/Coaching**

A slightly spontaneous meeting was held on Saturday, gathering together a few people that have expressed an interest in coxing, along with some of the coaches to discuss on going support and training for aspiring coxes, which effectively are coaches that sit in the 9<sup>th</sup> seat (unless they happen to cox a very experienced crew). The brief meeting was very successful, with 12 people attending (including 5 coaches – initially I had thought the meeting would only be with a couple of people that had expressed an interest). It was agreed that regular meetings to discuss various technical aspects of rowing/coaching would be helpful, to assist in the development of coxes. I am therefore hoping that I can get some more good coxes developed. Following this, I will send an email to the squad to invite anyone else that might be interested in getting involved in the next meeting.

### **Coxed Quads (adults)**

Within the squad there is a growing popularity for sculling. The ladies, especially masters, have commented that it is better for their backs, and generally several just love having two blades. However, it takes time to build confidence in steering so the coxed quads are becoming more popular. I have also noticed a growing trend through rowing related forums online. I'm therefore considering rigging Albie as a coxed quad. Several more women have successfully tried steering the coxless quads, which is also positive.

---

## **Safety Report for Committee November 2018**

### **Incidents 2018/9**

Incidents since the previous meeting – start date 23 August 2018.

Date	Description	Report no
	<b>Two that got away from the AGM/September report</b>	
22.7.18	Finnola capsized in the Junior Champs while comfortably leading in her semi final	11530 rep by Pendry 5/9/18
23.8.18	Someone had an accident in the evening after I had closed the AGM report. At 19:15 opposite Minerva in rainy conditions, Fin Feather in private single on wrong side hit Nic, Kath, Helen and Sal in Andrew Barton. Crews failed to see each other in time to stop completely. Scrape to AB's bow. No injuries reported.	
	<b>Later incidents</b>	
1.9.18	Kath was teaching a beginner man who capsized. No name, no report to club.	
8.10.18	Amy Saunders fell out of Cyrano ( first time in fine boat )	
27.10.18	"Boat owner insisted we record that our oars scraped against his barge when double was stationary by side of boat." Report by Charlotte Hook.	
29.10.18	Mike Carter capsized from single while being coached. Not reported to club	

**Issues –**

**HRSA September** reports interesting incidents; relevant to us would be two involving trailers and showing the importance of ensuring that the trailer is properly hitched to the towing vehicle and that boat ties are secure. It also reports on “Confidentiality of Health Information but I think we comply – asking the right questions but not sharing info or being too intrusive.

**Safety Alerts** on Head Injuries and Concussion – attached.

**Safety Audit** is due in by 30 November and has been started

**Briefing for new people** – we have done one briefing this year. I need to arrange a briefing for 2018 starters who are still rowing and have not had the briefing.

**Sculling safety** – Minerva doc circulated; we need our own rules.

Philippa

5 November 2018

---



AVON COUNTY ROWING CLUB						
Financial Report for Committee Meeting on 5 November 2018						
		This report (05/11/18)	Previous report (01/10/18)	Change		
<b>1. BANK BALANCE</b>						
	Interest rate					
Current account - General		15,133	37,910			(22,777)
Current account - Captain		1,726	1,726			0
Deposit account	0.20%	950	950			0
100 Club account		1,279	1,279			0
CAF Cash account		6,770	6,423			347
CAF Gold account	0.15%	77	77			0
Virgin Money account	0.75%*	17,806	17,806			0
<b>Total in bank</b>		<b>43,743</b>	<b>66,173</b>			<b>(22,429)</b>
General excludes subs standing order receipts since 08/10/18						
There are also accounts for ACRC events: HSBC (all except Bristol Avon Regatta), NatWest (Bristol Avon Regatta)						
* from 01/09/18						
Debtors: Entries & gym/landtraining		1,419	797			622
Debtors: Kit		590	277			313
<b>Total entries &amp; kit debtors</b>		<b>2,008</b>	<b>1,073</b>			<b>935</b>
<b>2. MAJOR INCOME &amp; EXPENDITURE ITEMS SINCE LAST REPORT</b>						
(excluding normal routine items)			Amount			
Boat insurance renewal			8,039			
New boat Stampfli 4+			16,193			
Nymphadora repair			1,470			
Nymphadora insurance claim			970	income		
PPL PRS music licence 1 yr			295			
			<b>25,026</b>			
<b>3. IMPENDING MAJOR EXPENDITURE/INCOME</b>						
			Amount			
Nymphadora insurance claim			500	income		
(excess to be refunded since third party insurer has accepted liability)						
Derek Roy refurb/repair			4,062			
<b>4. FINANCIAL ISSUES</b>						
Tasters/Learn to Row since January 2018:						
Tasters	510					
LTR	4,530					
Silver memberships bought (37)	(1,129)					
<b>NET</b>	<b>3,911</b>					