



AVON COUNTY ROWING CLUB

MINUTES

Committee meeting held via Zoom

Monday 14 February 2022, 7.45pm

Present: Antony Constantinidi (AC), Jane Day (JDy), Jon Garner (JG), Will Gray (WG), Tim Grice (TG), Marian Lovell (ML), Kim Pennelegion (KP), Clair Ponting (CP), Angie Scott (AS), Penny Senior (PSen), Julian Sondheimer (JSo), Philippa Sondheimer (PSon)

Apologies: David Atkin (DA), Ruth Bardell (RB), Jim Dawson (JDw), Lynne Miller (LM)

1. Minutes of last meeting –

Minor amendments to January minutes re insurance/race membership and coaching from the launch.

approved and adopted

2. Update on Action list –

ACTIONS FROM 2021 MEETINGS	STATUS
<p>New members & leavers: PSen to include new members on RN</p>	<p>Has tried, ongoing with each month new starters. Had hoped Club Hub would sort this out. We need an independent way of storing so that members can subscribe and unsubscribe, can join different groups. Action: KP – to explore MailChimp or other options. Ongoing.</p>
<p>Go Row Indoor:</p>	<p>Action: ML to liaise with RB to find out whether still interested in GoRow involvement</p> <p>ML ran 2 taster sessions which were not well attended, however since then, numbers have risen to 5. After ½ term will go ahead with this group, PAYG at £5 session. Still looking for people to volunteer who will be able to run the sessions when ML is away. Need to do some proper advertising. Will be word of mouth. Only class at the moment is 10am Saturday morning.</p> <p>Jso has updated club webpage for indoor rowing and it has generated an enquiry. PSen to get back to individual plus individuals who said that they would be interested. Action: PSen to reply back to individuals who have expressed interest via website</p> <p>Although we can't add any more signs without planning permission, we could add temporarily signs. ML concern is that at the moment we are only offering 1 class; we will need input from others to expand offering.</p> <p>No news from RB. We need a new co-ordinator. Perhaps one of the new parents?</p>



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	<p>Generic email address – gorowindoor@ which points to PSen. When we have a new coordinator, will point it to that individual.</p> <p>Becky Panton interested.</p> <p>CP – is hoping to get use the GoRow programme for the beginners.</p>
All to consider advertising opportunities and feedback to RB/PSen	
RB to liaise with Bristol Ariel re advertising of their Go Row programme	
RB to draft ideas for November 21 meeting	
RB/ML to liaise with PSen re running daytime sessions	PSen has offered this as an option due to expanding the timing of available slots although would not feel confident undertaking role without some GR training.
ML to obtain details re mirrors for gym	<p>Action: ML to mark up railings, JDw/AC to fix railings</p> <p>ML to organise mirrors being fixed</p> <p>Fixings – new ones have been ordered. As soon as they are delivered, JDw will install.</p>
RB/ML to consider what information should be included on the website	
All to consider options/volunteer to assist with dealing with rubbish/recycling	<p>Action: JG to ask UoB to not use single use plastic bottles</p> <p>Bins – PSen will do further web research into options for bins solution that are more organised than our current provision.</p> <p>Compost bin. WG happy to take food waste home. WG will pursue with students 1st. ML has food caddy bins – can bring one in.</p> <p>WG - not happy about having food waste on compost.</p> <p>Action: PSen re bins research</p> <p>Action: WG to continue discussion with students re food waste.</p>
Json to check detail regarding club insurance (PI insurance for coaches who are endorsed/apply for coaching qualification on their membership criteria)	<p>Action: PSen/PSon (?) to identify coach members</p> <p>Ongoing. PSen will email out those that are race members.</p> <p>Insurance – talked generally about need to increase PI insurance to £5m. Json currently waiting from response from Aviva. We can increase to £5m at no extra cost, timing depends on whether we we can get refund on our current Aviva PI insurance; Json waiting for response from Aviva. It costs same. Ongoing</p>



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<p>Coaching provision Pson/JG/AC to start developing framework, based on 5-year plan</p> <p>All to review updated sports plan and coaching proposals (to be circulated prior to next meeting)</p>	<p>Have not made substantial progress as yet. Have not developed framework but have had thoughts that would go into it.</p> <p>Has written paper. Discuss later in meeting.</p> <p>Pson, JG and AC are meeting this week to take this further. Will build up future projections. PSen to provide JG with latest version of the boat purchasing plan.</p>
<p>ACTIONS FROM 17 JANUARY 2022 MEETING</p>	
<p>Men's report: Boat booking system</p>	<p>Action: ML to liaise with Kayleigh and pass on contact details to DA to progress Kayleigh has been introduced to David. Will continue with that conversation.</p>
<p>COMPLETED ACTIONS</p>	
<p>Safety: UoB crews/shoes</p>	<p>Action: PSen to liaise with Uob re shoes/safety for other users DONE</p>
<p>BAR 2022 – 2nd day Logo to be created for 2nd day Sprint Regatta</p>	<p>Action: Fraser family/design logo DONE</p>
<p>BAR 2022 BAR committee meetings – 2nd day of BAR</p>	<p>Action: PSen and JG to be invited to the next BAR cttee meeting PSen has submitted paperwork to P Clements, including affiliation to the board of BR. Nobody as yet said we can't do it. JG and PSen attended last Avon meeting. Done.</p>
<p>Beginners' report: Future course dates</p>	<p>Action: CP to email committee with proposed dates for taster session and 2x full courses In report</p>
<p>Ladies' report: Mixed rowing</p>	<p>Action: JDy/TG to progress mixed rowing Covered in Men/women report.</p>
<p>Safety: Slippery pontoons</p>	<p>Action: JG to look at options for gritting pontoons to prevent slips Ongoing. Will pressure wash before the Head race. Have looked at grit etc. Will cost a lot of money to have non-slip pontoons, not a lot else we can do.</p>
<p>Captain's report: Coxbox availability</p>	<p>Action: PSen to review cox boxes Done. Remind people to switch them off.</p>
<p>Bristol Avon Regatta Pson to liaise with PSen re details for 2nd day of BAR event</p>	<p>Pson/PSen talking about 2nd day, in progress. PSen – still need some officers, put out to RN.</p> <p>PSen been to the BAR committee meeting.</p>
<p>Json to check detail regarding club insurance (PI insurance for coaches who are endorsed/apply for coaching qualification on their membership criteria)</p>	<p>Action: TG to enquire about junior membership/insurance</p> <p>TG – Junior Membership insurance – has emailed but has not yet had a response. Looking at it, thinks that it will be covered the same as adults.</p> <p>Action: AC to make enquiries re BMC Public Liability insurance cover.</p> <p>Thanks to TG for all the info.</p>
<p>Future actions</p>	



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<i>PSon to organise lunch for new LTR and committee</i>	<i>KP to B/fwd for March meeting</i>
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3. Rowing during COVID

No change

4. Reports

Captains – Circulated prior to meeting, see below.

Cox box review – 9; 1 very old that PSen not sure is holding its charge. 3 boxes – do not have display, 4 newer (yellow and grey), 1 has been cleaned that will hopefully now work. Just need to keep them charged. Charger at the boathouse at the back, semi-hidden.

Men – Circulated prior to meeting, see below

TG interested to see CPs report as it may dovetail. Would like to see coaching for men's squad as a way to try and keep numbers building.

Ladies – Circulated prior to meeting, see below

LGray has stepped down, JDy has stepped up. Thank you LG for work up to this point.

Squad report – 60 members, a few leavers who have had genuine reasons for leaving. Couple who will be back. Survey out with the women's squad, 30-40 interested in weekend rowing, outings on Saturdays and Sundays. Set up new planning approach – spreadsheet with high level of completion within squad. JDy trying to get as many experienced coxing and coaches involved as possible supporting JDy so that it feels like a cohesive squad.

JG has been brilliant with coaching and his input on a Saturday morning. JDy trying to get as many coxes/coaches out in the launch so that they can become more self-sufficient. 1st squad meeting - well attended, setting expectations about communication and planning and importance of land training and helping at events. Reasonable level of commitment shown, demonstrated by crews going into Avon. If enough volunteers, Mx8s hope to race.

Looking at interest for Vesta and Head of the Dart.

Land training – 2 newer squad members started. Regular cohort on the online sessions. 6-8 regularly on site.

Mixed crews – Jdy and TG have met, there is interest however need to work on logistics – timing, coxing, coaching. Neither JDy or TG want this to be a dumping ground for those not in other crews. Women's squad in a different place than men's, JDy recognition that this makes it easier to manage the squad. Hopefully both JDy and TG can work more cohesively with both squads, so all get enjoyment. Still early days!

Social rowing – Circulated prior to meeting, see below

Did report, plenty of rowing and plenty of cake. Trying to get new members coxing. There needs to be improved boat handling skills; this will be talked about in social rowing outings. TG and JDy to communicate out to respective squads about boat handling.



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Action: Pson/Json to remind all social rowers about safe boat handling

Pson has filled in BR Recreational rowing questionnaire. There is a heavy emphasis on league and tours etc. Need to find out where that goes. WAGS representative – BR has booked numbers on tour but no info about where the tour is taking place. Progress being made with coxing.

Psen – tours: to Bristol is a nice jaunt.

Head of the Dart – TG trying to put together a crew. If Social Rowers can help out that would be great. TG/Pson/JDy to talk about it.

Action: TG/Pson/JDy to liaise re Head of the Dart crew composition

Beginners –

Circulated report. Large list of waiting. A lot of them are under 35. CP wants to split into a fast tracked one so they compete in 2nd day of regatta and then split, older/varying ages in the 2nd session and would like to take them to Warwick. Wasn't happy with Upton last time CP competed there, it felt very haphazard. Look to transition them in September 2022 with a view to them racing at Bluefriars.

General committee view that idea of joining the younger with Bath Spa is a good idea, this will potentially be helpful for the men's squad and retaining members. Agreed that we need to try this approach, if it doesn't work with helping retention, will review it for next year.

Coaching structure was discussed, view that we need to be flexible, we don't know who they are, what their characters are, what their aspirations are. Don't be formulaic, by being flexible we can offer a solution that best suits the situation we find.

Introducing the beginners to the GoRow programme is a positive suggestion. That introduction is so important in getting technique off the water, well thought out approach. Introducing beginners to land training and circuits will also be a positive experience.

Juniors – Circulated prior to meeting, see below

Go Row Indoor – Will update at next committee meeting.

Volunteer co-ordinator – Not working as Pson thought it would, the newsletter didn't work and the direct approach to recruiting individuals has been more successful (eg M Peacock for volunteers and LM for catering).

Suggestion by Psen that as individuals become 'leavers', at this point we make contact and retain connection with the club. 2 parents have expressed their desire to being kept in contact (A Brown, G Brend). Pson to try this approach.

Action: Pson to make contact with new leavers

5. Boathouse Management Committee

Monkton (Simon) has not yet come back with his thoughts and costings on an alternative pontoon.

We now have all the bits and pieces to install a different mooring system for the bottom two pontoons as a trial but are putting it off until the water is warmer.



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JG has done a great job filling in the top field trackway --the Uni may organise themselves to do the same for the parking area. Thanks to JG.

Finish and 1000 signs have been installed and removed the worst of the overhanging branches on the straight.

At the end of this month we will put together the BMC financial outturn of 11 months actual + one estimate for 21/22 and base the 22/23 forecast on that for circulation to MCS and UBBC. It will form the basis for the contributions of the three clubs. It is probably the first time for a while that we will be faced with inflationary pressures on costs.

BMC Secretary role – Jdy would like to hand this over, would like somebody to take that one. CP – try Kath Dawson on Sunday. JDy doesn't have capacity to do it all. Advert out on the RN whatsapp?

**Action: P Sen to advertise BMC secretary role on RNs.
CP to ask K Dawson if interested.**

6. Welfare

Nothing to report.

7. Safety Report – circulated.

5 incidents; 3 near hits and 2 on the landing stage. All very similar to what is going on around the country. Not unusual; not to say that we shouldn't try to avoid these things.

Everyone needs to take care when handling boats. How do we get that message for people to take care? Boat handling – all about awareness and people being switched on to what they are doing, important that crews do not try to lift boats overhead if they are not strong enough.

Json will ensure that all social rowers are in the correct position on the pontoon before lifting boat.

Action: TG/JDy to send out safety reminder about boat handling and how to protect backs etc when lifting.

Coxes and coaches also need to remind crews. JG discussed the HRSA report and the BR coxing course – coxes should be aware of manual handling, how to split etc. JG will find out info from Coxes/Coaching course.

Action: JG to gather info from Coxes/Coaching course re boat handling

HRSA mirrors the issues that we have identified at our club – nationwide: 43% of all incidents are deemed to be due to poor lookout, 95% of all incidents are about behaviour/poor behaviour, lots of slips and trips on landing stage.

Avian Flu – has potential to be a big issue. In Midlands, some rowing lakes (not rivers) have had to stop rowing. Not yet in the SW. HRSA doesn't believe we should stop rowing. Will have to watch and hope it doesn't escalate to something that stops us rowing. If anyone hears anything about Avian Flu in our area, let JG know.

Action: All – if anyone hears any info about Avian Flu in our area, to let JG know



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8. Events

Spring Head 2022 – 5 March 2022.

Entries Currently we have 252 entries and the divisions are filling up quickly. The limit is about 270 boats overall (70 in each of 3 long divisions). So we're urging people to get their entries in soon to avoid disappointment. We need any outstanding ACRC entries pronto please, as it helps a lot to know when people are available when M Peacock is completing the helpers rota.

Clubs that have entered are similar profile to usual.
Lots of Uni crews at AAH. P Sen has written to them about having U23; no response.

Start team position Aquavista (the new owners of the Bath Marina) have a new global policy about the use of all their facilities. This is very restrictive and means that we will not be able to station our long start team on their refuelling pontoon. We will probably revert to using the bank opposite and this will be finalised in the next few days.

Start team from the other side due to H&S policy being implemented by new owners of Marina.

Finish as Avon Autumn.

Helpers Message has been getting through about the need to help at our events: many thanks to all those of you who have been pushing it with our members. 105 are now on the spreadsheet, some have said that they are not available but hopefully we have enough.

CART have approved our event application.

Barnsdale Park JG, AC, JDw & Jeremy have spread 2 tonnes of scalplings on the entrance ramp, so cars should now find it much easier to exit. 'No right turn': we're going to direct all cars to turn left onto the A4 to speed things up.

COVID plan The threat seems reduced now so the plan has been revised to give a lighter touch, while still emphasising the need for people to act responsibly. Eg: registration will still be outside below the balcony. No visitors allowed into the Clubhouse, except for emergencies.

Results will be displayed online at www.webscorer.com/acrc

Pontoons will be pressure washed by JG and also tied to the bank to stop them wandering away and leaving too wide a gap.

Catering LM has kindly volunteered to organise this and plans to run it on previous lines with hot drinks, loads of cakes (need to put out an appeal), and a BBQ with bacon rolls and burgers.

Bristol Avon Regatta – Jsen – CART application needs to be done in the next couple of days, both for BAR and Sprint. Jsen considering joint application – CART and Safety Plan – it does make a lot of sense but needs some info from P Sen. Will be in touch with P Sen about that.

KP to circulate logo with draft minutes.

Action: KP to send logo to committee



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Avon Bluefriars – nothing to report

Avon Autumn Head – nothing to report

Social events – JDy will look at this after ASH.

10. **Finances, Joiners and Leavers**

Finances – Report circulated prior to the meeting, see below

Money in bank went up 2.5k. Outstanding debtors gone up by about £700. PSen doing lots of good collection with SumUp.

SumUp will be needed for the catering at ASH. Suspect we may need 2nd reader.

Membership – Report circulated prior to meeting, see below

Bath Spa haven't paid as yet.

New members & Leavers – Report circulated prior to meeting, see below

Subs & Memberships: Report circulated prior to meeting.

11. **AOB**

PSon – wonders whether we should have a separate rowing committee, where co-ordinators and coaches could discuss in detail squad matters, progression between squads, coaching and racing and report back to the main club committee. TG, JDy and JG felt that this may be beneficial.

Zoom has been moved to annual subscription, we have benefitted from a discount.

LM - AOB is having a catering sub- committee in an effort to establish a core group of individuals so responsibility for catering can be shared among the sub committee members.

Date of next meeting: 21 March 2022, 7.45pm



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Captains Report

Boats

New mens quad – Has been started – I don't think it will be long but it won't be ready for ASH.

Cox boxes

All the cox boxes have been cleaned (yuck) and I think I have also greased all of the cox box plugs in the boats. I would be interested to know if anyone has noticed!!!

Coaching courses

There will be a L2 Club coach course at the club in May. I am also trying to organise a L2 Session coach course and I will probably run a rigging workshop in April.

Coaches

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	SPC	RYA II Powerboat
Chris Hopper					Y	Y	Y	Y	Y
Penny Senior			Y 17		Y	Y	Y	Y	Y
Julian Sondheimer					Y	Y		Y	
Andy Mason					Y	Y		Y	Y 08
Geoff Peattie					Y			Y	Y 08
Philippa Sondheimer					Y				
Charlotte Hook		Y						Y	
Jon Garner		C 11, R							Y
Nick Dolman		C						Y	
Annette Bartlett		Y 17						Y	
Patsy Lamb		Y 17						Y	Y 15
Liz Gray	Y 17								
Ange Scott	Y 17								
Clair Ponting	Y 17								
Andy Haines	Y 18								Y 18
Carol Friend	Y 18							Y	
Katherine Greenhead	Y 19								
Marian Lovell	Y 19								
Jane Day	Y 19								
Odette McCarthy	Y 19								
Darrel S		Y							
Abbie Rees									Y 15
Rob Shaw									Y 08
Susan Comber	Y 20								
David Atkin	R								
Tim Grice	R								
Lynne Miller	R								
Luke Sarti	R								
Steve McCarthy		R							

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



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Wins

Junior Coordinator Report

The juniors that raced at Stourport enjoyed themselves!

Women's Squad Report 14/02/2022

Women's Squad

There are approx 60 members in the squad with a few recent leavers. Leavers have been due to injury, one has gone to Minerva, or other commitments. Susan Comber and Liz Gray planning to return when recovered from their back issues.

Within the squad, approx. 35-40 are interested in planned weekend outings which will be happening on Saturdays at 08:00 and 09:45 and Sundays at 08:30. The rest of the squad are either joining the social rowers on Thursdays and Sundays, rowing in singles or are dormant at the moment.

A planning spreadsheet has been set up for weekends until end March with high level of completion from squad members.

A number of coxes and coaches are supporting across the squad in terms of coxing on the water, coaching people in steering and coxing and erg/swingulator training, eg Sal and Kath ran a technical erg session for newer members after the first outing on Saturday 12th which was well received. This is something I would like to happen more regularly. Also keen to get the mirrors up in the gym to help focus on form. * Can we paint the gym at the same time?*

Jon has been brilliant and is continuing to offer coaching support from the launch on Saturday mornings which has been invaluable. I'm also keen to get coxes into the launch with Jon when they are free so they can see what is happening from alongside the boat to develop us as coaches as well.

Squad Meeting

Squad meeting held on 05/02 which was well attended with c.25 squad members. The main objective was coming together as a group and getting to know each other a bit more, starting to break down some barriers between more established and newer members.

We talked about how outings would be planned and expectations in terms of communication, coaching ideas and coach development, the need to train more coxes and launch drivers, land training and the importance of helping at Avon (I think a reasonable number have signed up to help). A number of women also mentioned interest in being trained to drive the launch which would support the wider squad.

It was a really positive atmosphere (with cake!) and we are looking forward to getting together again. I will also arrange another brunch at some point post-Avon which will be open to other members as well.

Racing

Four crews raced at Stourport – 2*8's, a women's quad and a mixed quad. Mixed 8 didn't race as the competition withdrew. Sadly no wins but everyone had a great day and it was really good to be racing away from home again.

Five crews being entered at Avon – 2*8's, 2xquads and a low CRI Coxed Quad. We are also hoping to race a Mixed 8 if there are enough volunteers to allow crew members a second race (please!). Training is underway with all crews managing to get out every weekend with subs and many women being really flexible and agreeing to row twice on a Saturday.



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Currently gauging interest in both Vesta on 27th March and Head of the Dart on 10th April. Will only enter crews if there is enough interest and commitment from more experienced squad members.

Land Training

Two newer squad members came to circuits for the first time after the meeting which was great to see!

A regular cohort join Sal and Kath online ergs on Tuesdays and Thursdays with approx 6-8 women coming to ergs in the Club on Tuesday evenings – we are encouraging more to join us.

Marian has also run a couple of Go Row sessions with 1 or 2 junior parents.

Mixed Crews

Have had an initial chat with Tim about the possibility of mixed crews. An initial form that I sent out to crew members has suggested a reasonable interest but the logistics will be the challenging bit! This needs to be investigated more post-Avon when there is a bit more time.

ACRC Men's Squad Report (14 February 2022)

Generally and Land Training

Pretty much as before.

Our current main focus remains outings and training on Sunday mornings (8am) but there is a regular slot on Saturday mornings as well.

In terms of structured activity the core groups can be divided roughly into two main groups (others operate independently):

- Appx 10 who form the basis of a Mas F 8 crew (effectively Jon G's squad) with smaller groups (including mixed crews) and individuals formed from its members on a self-organised basis. This squad is effectively providing a mix of competitive crews
- Appx 13 who form the basis of a Mas E 8 crew (effectively a core squad) again with smaller groups forming from it. This (small) squad comprises a wide range of ages (and to some extent abilities). Bearing this particularly in mind, it has proved difficult to plan and co-ordinate settled and competitive crews which are integrated from the point of view of age and ability. There is a degree of individual frustration here (see Recruitment etc below).

There are plans to send crews to ASH (range of crews) and Vets Head (Mas F crew). There is some appetite for Head of the Dart. This would probably be based on a reconfigured 8+. We are slightly short of numbers, however, and it is not certain that this will happen.

Land training takes place at the Club on Wednesday evenings. Andy Mason issues a training plan every week. Attendance is usually about 6-8. Others claim to undertake the plan personally at home.

Competition

Stourport

We entered a Mas F/G 8 (which won – congratulations!), half a MxD 4x- (quickest but pipped on adjusted time) and a Mas E 4+. Big attendance from the club and a good day out.

Worcester

We entered a Mas G 4- (rowing in Mas D/E because of lack of opposition – and second even so), a Mas F 4x- and a Mas E 8+. Extremely challenging conditions. Decent rowing but a bit miserable otherwise.



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Recruitment, squad numbers and development and coaching

I repeat from last month's report 'The men's squad is light on numbers and building is currently a very slow and uncertain process'.

Giles Elliott has left (very amicably). He has moved to East Sussex and started rowing there. There is no hidden agenda and there is no specific cause for concern here. The fact remains, however, that we are struggling to recruit and more particularly to retain decent men. Of the relatively large number of LTR men from last year (12 or so?) the only two who have stayed with us are those with pre-existing direct family links to the club (there is one more who has joined the social rowers). This is despite considerable efforts to look after and accommodate individuals within the squad activities. Not all the departures were particularly lamented but some of those who left felt that the absence of a clear development and coaching structure and dedicated squad post LTR was decisive. We are competing for numbers with Minerva, Ariel and City of Bristol all of whom may be a bit ahead of us on this. It is also the case that a number of the core squad (see above) are relatively recent recruits and would welcome more structured technical input to enable them to develop. As I say, there is a degree of individual frustration here.

I refer to my summary of the meeting on 12 December 2021 in last month's report for more detail of recent discussion around squad development

Planned mixed rowing (in addition to self-organised)

Jane and I have had a preliminary chat. There is constructive good will on both sides but, as Jane has commented, the logistics are difficult. We have agreed to shelve further discussion until after ASH.

Tim Grice (co-ordinator) 14.2.2022

Beginners Co-ordinator

Names currently on waiting list: 62

Including those who have done tasters or part of the course before: 11

There seemed to be a theme for younger members of community contacting me. I have therefore asked a few experienced coaches and come up with this idea.

LTR Spring

Under 25s (8) and Under 35s (9)

Taster Session: either Saturday or Sunday 26 or 27 February

Start of Course: Saturday 12 March

8 weeks

Race on Sunday 15 May either in Explore boats or fine depending on progress

Under 35s – move to main squads by end of May.

Under 25s will be coached by Luke who will also be training his Bath Spa rowers during the summer to take part in regattas – this will be a similar age group. Keep them together in a mixed squad until following season when more of the same group hopefully joins - encouraged by their friends in this group and can then split into a different tier of main squads. Luke is looking to stay in Bath after graduation



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and will continue to look after this squad.

The idea of the fast track course would be get beginners competing at regattas in their first season.

LTR Summer – Currently 21 Over 40s (6 men; 15 women)

Taster Session: Saturday 21 or Sunday 22 May

Start of Course: Saturday 28 May

8 Weeks then convert to Development Squad in order to train for Warwick in August or Upton in September (preference would be Warwick).

Transitioning the Dev Squad will start in September with a view of CLP racing them at Bluefriars in early October – migration to be completed after this race.

Taster Fee: £20 (4 hours of workshops - including 1 or 2 GoRow sessions for the Summer intake)

Course Fee £120 (including BR Row Membership, course materials and a t-shirt)

Those that register for the Summer Course will be encouraged to join the GoRow sessions with Marian whilst they wait for the course.

Hopefully this might help with retention rates in the main squads - which have usually been good following the implementation of the development Squad in 2018 - 2021 retention rates were low because our usual race focus in August/early September didn't happen.

Social rowing

18 Jan to 13 Feb

- Thursday 20 Jan – Eight, Phil, Ju, Di, Kate, Dawn, Kim Susan with **carrot cake (Susan)**
- Sun 23rd – Nicky, Liz, Ann, Bev, Jen, Susan, Dawn, Katie, Philippa, Julian, Kath – eight and 2x??
- Thursday 27th – Julian coxed quad – **tiffin (Philippa)**
- Sun 30th (Stourport) Katie and Philippa in CP, Kate and Susan in Explore 2x and Julian, Dawn, Lynne and Zsolt in Vengeance. (Odette had taken CH) **Philippa hurt knee, still bear the scars.**
- Thursday 3rd Feb – **Julian and Dawn coxed** Albie with Vicki, Di, and Debra, and **Philippa and Susan coxed** Voldemort with Nicky, Lynne and Kate. **Lunch at the Bird in Hand organised by Dawn**
- Sunday 6th Feb Julian coxed Jen, Philippa, Nicky, Lynne, Zsolt, Patrick, Susan and Laura in a howling gale in Philippa. **Lunch at The Crown organised by Theresa.**
- Thursday 10th Feb Julian coxed Nicky, Deb, Philippa, Lynne, Di, Susan and Kate in Philippa. Andrew Barton rejected our offer of a seat in the boat. **Canadian cake (Kate). Susan hurt back, off rowing for at least one outing.**
- Sunday 13th weather front coming in – probably no outing in spite of intrepid row on 6th.

Two boat-carrying incidents in this report – we need to give ourselves a talking to.

Have completed BR RecRow Survey. Stupid form, had to fill in millions of zeros for numbers of non-binary rowers by age to make it submit. Gave all info required and summarised as:



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Nobody wants to race; they just want a decent row. And cake. Am trying to get people to cox and steer so we can be more versatile - gentle progress. Not interested in leagues and skills but might go on a tour in this country or abroad. As long as food is involved.

Membership and Subs Report February 2022

Membership numbers

	Label	May 2021	July 2021	Dec 2021	Jan 2022	Feb 2022
Full	F	101	107	109	107	100
Full paying junior rate during lockdown	FJ	2	2	2	2	2
Coach	C	5	5	2	2	2
Non Rowing				3	3	3
Student	S	1	2	0	0	0
Vac student (don't pay till they appear)	VAC	16	16	19	19	19
Junior	J	49	54	55	55	53
Taster				1	0	0
LTR Taster + course	LTR	9	9	6	4	3
Junior - family membership 1 parent	Jfam	4	4	2	2	2
Junior - family membership 2 parents	Jfam2	2	3	3	3	3
Bath Spa	B	39	39	30	30	30
Non Bath Spa Leavers this FY	L	5	12	36	45	55
Total exc all VAC, LTR, BSU		164	177	176	175	168
Total exc all Vac and LTR		203	216	206	205	198

Points to note and action if appropriate

Membership – This is probably the most desolate time of year but we should note that membership is falling.

Money – We should still be on track to raise about £40,000 (rounded up!) in subs and racking fees excluding any BSU contribution

BSU –We have invoiced for 30 members (£2880) but not yet received payment.

Club Hub – Club Hub thinks there are 355 Avon County members. Sooner or later the affiliation fee will be based on Club Hub so I am trying to clean it. There is no bulk remove option; each person has to be done separately and a reason given for its removal. I understand that BR is working on a bulk system but there is no timescale for it.



AVON COUNTY ROWING CLUB

Philippa Sondheimer
12 February 2022



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Safety Report for Committee Meeting 14th Feb 2022

Incidents 2021/22

Incidents reported since the last meeting.

Date	Description	Reported online by club
1.2.22	Above the top bridge, Russell and Jim in Keith Trivett (2-) had a clash of oars with a Bath Uni 2-. No damage, no-one hurt.	19061
2.2.22	Geoff Peattie coming into the raft in Keith Trivett nudged the raft and the bow ball broke off.	19062
30.1.22	Social rowers being helpful, too many people carrying a double. Philippa leading off in the stern asked others to slow down but they didn't (hear) so the boat at waist height kept moving but her feet didn't. Crashed down hard onto left knee on the concrete, but still holding boat.	19085
10.2.22	Social rowers throwing the eight onto the water, the boat was too far upstream for bow to hold her bar and as she lost her grip that end of the boat came down on Susan. She suffered a glancing blow to the back of her head then fell in "a bit of a twisted way" and jarred her back and shoulder. She said "it was all very quick; it wasn't that we weren't listening or concentrating". She was not able to row 3 days later.	19086

Issues Arising

- A couple of landing stage issues that should have been avoided. All members must be reminded to take care & pay attention at all times when handling boats.
- Make sure that members handling boats know what they are doing and are physically capable of what is being asked.

HRSA Monthly Report – Jan 2022

(This is a monthly report we receive on notable safety incidents and updates from across all BR clubs. The incidents reported in this section are not from ACRC, but may provide useful information and learnings for us)

- **Summary of 2021 incidents** around the country. It is clear from the analysis that:-
 - The proportion of incidents caused by poor lookout continues to increase year by year. Now 43%.
 - Rowing Safety is all about behaviour; it's about what we do. 95% of incidents could have been avoided by safer behaviour.



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- We would be safer if we keep a good lookout and stay on the correct side of the waterway.
- Lots of **slips & trips** on landing stages. The recommendations are to keep them clean and to take care.
- Lots of **collisions** with various objects, boats, logs, bridges, etc. etc. There is a BR Coxing Course which I will try to find out more about.
- **Avian Flu** is becoming quite a big problem in various parts of the country. A Local Authority has suspended access to some rowing venues in the West Midlands due to concern about the risk to human health from Avian Flu. There is an outbreak in the birds in that area and there are dead birds in the water at some of the venues. They base this suspension on conversations with the Health Security Agency locally. HRSA view, based on previous research on H5N1 Avian Flu and recent readings of the Health Promotion Agency, and other websites, the risk to rowers is vanishingly small. However, he will try to produce a quantified risk assessment that will show whether the risk is acceptable, or not. This will be shared via the monthly Monthly Report.

Can we please share any information we may have about restricted access to the water for rowers in the areas that you know about.

Rowsafe 2020 & Club Safety Audit

A revised Rowsafe 2022 is due to be issued in April next year.



AVON COUNTY ROWING CLUB

Thinking about Paid Coaching

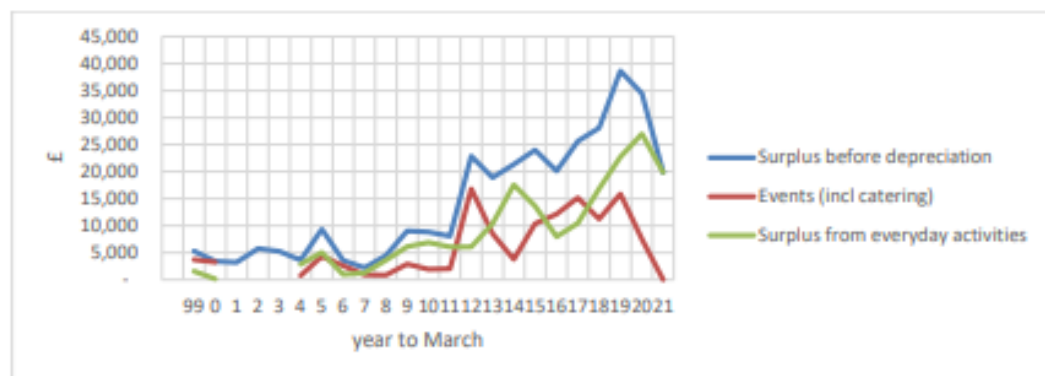
Introduction

We think that a reasonable level of coaching outgoing would be 9 hours/week at £25/hour for 40 weeks per year. This would cost £9000 per year. Can we afford it? The simple answer, of course, is that any coaching contract would be flexible. But it would still be nice to say firmly that e.g. the top men's and women's boats would receive professional coaching.

Take a simple-minded approach to start with:

We generate cash from three sources:

1. Everyday surplus of subs income over running costs
2. Grant income
3. Event income



The chart shows the levels of items 1 and 3 over the last 20 years. But there are data gaps in the first few years. Furthermore, we had a change of regime in 2010/11/12 when dividends were paid out and so it is only from about 2013 that we can look at a comparable data set.

After that, the growth reflects increases in membership following the setting up of a formal beginner programme (started about 2007??) and recruitment into men's and women's senior squads, improvements we made to our events, the growth in rowing and attendance at events, and the setting up of new events.

It must be noted that these figures are at the prices of the time; since 2012/2013 the RPI has gone up by 20% so it's not all growth.

The events are obviously very variable. In 2014 we were in a building site and cancelled because it would all be too muddy. At a simple level, in a good year the events (inc catering) yield £15,000 but the figure can be as low as £5000. We shouldn't count on events to keep a coaching programme going and coaching is only part of the expenditure programme we want to fund.

The everyday surplus is also very variable and depends on boat maintenance and repair.

Conclusion

In summary, it is reasonable to think that in most years we could pay for professional coaching at £9000/year in 2021 prices. This would obviously displace other expenditure.

But it would be good to have a proper forecast of income and expenditure over the next few years.