



AVON COUNTY ROWING CLUB

MINUTES

Committee meeting held via Zoom

Monday 12 December 2022

Present: Antony Constantinidi (AC), Jim Dawson (JDw), Jane Day (JDy), Jon Garner (JG), Will Gray (WG), Katherine Greenhead (KG), Tim Grice (TG), Patsy Lamb (PL), Ella Ford (EF), Kim Pennelegion (KP), Penny Senior (PSen), Philippa Sondheimer (PSON), Julian Sondheimer (JSON),

Apologies: Marian Lovell (ML), Angie Scott (AS), Will Gray (WG), Poppy Kearney (PK), Clair Ponting (CP), Gudrun Wiesenthal-Saunders (GW-S)

Welcome to Ella Ford, BSU representative on the committee

1. Minutes of last meeting –

Approved with amendments – see below, and adopted

Alteration to the October 2022 minutes to reflect TG view [Boat Purchasing Plan]

Sculling blades – TG noted that the availability/number of men's blades to be under review. [Update from 12 December 2022 meeting: JG confirmed that blades have not yet been ordered, these are a relatively minor purchase so can easily be rectified if there is a shortage.]

October 2022 minutes amended.

2. Update on Action list –

ACTIONS FROM 25/7/22 MEETING	STATUS
Boathouse Management Committee Balcony floor – parts of the balcony are rotten and need to be replaced	Our balcony floor – part rotten. AC is progressing with a carpenter who has been on site 1/11/22. This is in hand, will be completed once the weather improves. JG confirmed that the swingulator can be used, all to ensure that they do not go near the area with cones are.
Welfare – ML to organise some overview training to ensure everyone is up-to-date with current guidance	Action: ML to organise training re Welfare JG/PSON will be meeting ML over Christmas break to discuss welfare, will report back at next meeting.
ACTIONS FROM 26/9/22 meeting:	
Welfare - ML to draft information for RNs re role of Welfare Office, to include process for updates to health and wellbeing	On-going



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<ul style="list-style-type: none"> - 'In case of emergency' – Pson to complete the In case of Emergency information, to add this to Google Forms 	
<p>New Members</p> <ul style="list-style-type: none"> - EF to encourage all BSU members to complete the Google form (membership form is available from: https://avoncountyrowingclub.org.uk/learn-and-join/) 	<p>Pson is corresponding with Tom re BSU members, current numbers 27. EL asked if she is able to prompt BSU members to use the Google form and for existing BSU members to ensure that their details are up to date. Pson to forward Google form link to EF.</p> <p>Action: Pson to forward Google link to EF</p> <p>EF had a number of H&S queries relating to BSU members with physical concerns. This reiterates the need for the Google form to be used, to ensure we are fully aware of any disabilities. Noted by Psen that risk assessments will be required where we have someone with a specific condition, need to assess the risk specifically to that condition. It is not discrimination if you make a decision based on conditions, this may need mitigating circumstances.</p> <p>Action: JG to meet with EF/ML to talk through detail, risk assessments to be completed</p>
<p>Mailchimp</p> <ul style="list-style-type: none"> - KP to liaise with Pson/JG/Psen and progress 	<p>Psen has checked all of the email addresses on the master mailing list, initial 'tags' (categories) have been assigned. Spreadsheet to be shared with the co-ordinators (as a Google sheet) so that the tags can be checked. We will need to test each list to ensure they are working correctly, to notify members via RNs before the test emails are sent so that there is the opportunity to opt out from the test emails.</p> <p>Action:</p> <ul style="list-style-type: none"> - KP to forward master spreadsheet as a Google Sheet to co-ordinators - All co-ordinators to check their squad membership and ensure tags correct - KP to upload all contacts into MailChimp - KP to double check master list with current



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	<p><i>starters/leavers list and update Leavers</i></p> <ul style="list-style-type: none"> - JG to send RNs message to all members to confirm 'test emails' will be issued (with an opportunity to opt out beforehand)
ACTIONS FROM 31/10/22 meeting:	
<p>Beginner (Adults) Proposed LTR courses 2023:</p> <ul style="list-style-type: none"> - JG to liaise with CP and put dates on website - JG to liaise with CP to invite people on LTR waiting list to join Go Row before March <p>Movement from LTR to Development:</p> <ul style="list-style-type: none"> - AS to draft targets for moving LTR into Dev squad 	<p>These actions still in progress.</p> <p>JG has been in discussion with CP, CP is deciding whether to continue in this co-ordinator role.</p> <p>Taster session arranged for the week after Avon Spring Head with the course starting ~25/26 March. Details on the website.</p> <p>KG/CP meeting this week to progress.</p> <p>People on the list will be encouraged to do some GRI beforehand, there are many benefits to this and we will learn a lot about them at this point.</p> <p>Noted that some GRI want to learn to row, PSen view that they should have priority, JG/PSen to meet outside of cttee to discuss. Action: JG/PSen to discuss GRI/LTR</p> <p>AS action is still relevant but not urgent.</p>
<p>Go Row Indoor Posters and timetable</p> <ul style="list-style-type: none"> - GW-S to produce posters and signage <p>'Pay as you Go' sum-up machine</p> <ul style="list-style-type: none"> - PSen to liaise with GW-S and progress <p>Simplified Google form for GRI membership</p> <ul style="list-style-type: none"> - GW-S to progress Google form - PSen to liaise with BR Go Row regarding requirement to capture medical information on form 	<p>GW-S has sent update</p>
<p>BSU rep replacement</p> <ul style="list-style-type: none"> - JG to progress 	<p>EF has joined Cttee</p>
<p>Boat House Management Committee Electricity consumption/options to reduce consumption in 2023</p> <ul style="list-style-type: none"> - AC/JG to explore settings in plant room/any other changes that can help to reduce usage - AC/JG to explore options for lighting controls 	<p>JSon has been reviewing the electricity contract, has looked at both Eon (current supplier) and EDF (best comparator supplier); very little to differentiate between them cost wise, prices are very high. JSon has now signed a 1-year fixed</p>



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<ul style="list-style-type: none"> - AC to liaise with JSon re electricity costs, AC to contact Monkton and University Bristol - AC to set up BMC meeting 	<p>contract with Eon, noted that there will be consequences for the club and other clubs need to pay to BMC. Will be discussed in usual way at budget setting in the new year.</p> <p>AC confirmed BMC meeting is set for 12/1/23, 10am. Whether we manage to have a Monkton representative is not clear; not vital for JSon to attend, but he is very welcome to join although financial matters won't be covered. This meeting relates to the fire survey, not a full BMC meeting.</p> <p>Ongoing: Investigating what we can do to reduce energy consumption [to stay on the minutes].</p>
<p>Safety 'Private/keep off' signage for pontoons</p> <ul style="list-style-type: none"> - JG to progress installation of signage around pontoons <p>Safety Adviser</p> <ul style="list-style-type: none"> - JG to progress seeking a club Safety Adviser <p>BR guidance re requirements for coaching/safety boats JG to seek further information and clarify whether this affects who can drive our launches</p>	<p>JG – to do</p> <p>Ongoing [to stay on minutes]</p> <p>Guidance from BR is now clearer. At moment, JG happy we are compliant with what we do. Do not need to worry unduly, just monitor. JSon – no particular knowledge to add, as long as what we are doing with what our insurance requires, that is fine.</p>
<p>Coaching review</p> <ul style="list-style-type: none"> - JG to liaise with all L2 coaches regarding paid coaching opportunities - JG to liaise with CP to update Paid Coaching list (remove A Bartlett) 	<p>JG has talked to most of the L2 coaches, not all. AB has been removed off the paid coaching list.</p>
<p>Boat purchasing plan New 70kg women's boat to be ordered.</p> <ul style="list-style-type: none"> - JG/PSen to place order 	<p>Ordered, will be ready April/May 2023.</p>

** Actions highlighted in grey have been completed*

3. Reports

Captains – Report circulated prior to the meeting, see below
 Nothing to add

Men – Report circulated prior to the meeting, see below
 Nothing to add

Women – Report circulated prior to the meeting, see below
 Nothing to add



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Social rowing – Report circulated prior to the meeting, see below
Nothing to add.

Social Rowers' Xmas lunch – JG a notable absence. 14 out of the original 17 attended.

Beginners (Adults) – Nothing to report

Development – Nothing to report

Juniors – Tough competition at Wycliffe with some good Junior results (2 silvers and 3 bronzes)

Volunteer co-ordinator – nothing to report. PSON needs to work out what she is doing (an action – more dynamism needs to be injected into it in an unspecified way by PSON!)

Go Row Indoor – Report circulated prior to the meeting, see below

Discussion regarding how we capture the GRI membership. Slightly different approach has been used for GRI so PSON not automatically being notified when members join. PSON to check the Google sheet accesses and see if this can be resolved.

Action: PSON to attempt to resolve access issue to GRI Google sheet so that PSON is automatically notified of new members

JSON happy with current Sum-Up process for PAYG, happy to leave checking/paying to GW-S and her colleagues.

GRI timing confirmed to the committee: Fridays 5pm, Saturdays 9am. Need to find another instructor for the Saturday session so time may change. PSON confirmed that individual doesn't need to be a coach, however they need to be competent at coxing (and therefore giving instruction), this instructor role can be paid or voluntary - £25/session. EF happy to take this on, she also confirmed that she will be taking part in the coaching course in January 2023. EF will also ask other BSU members so we can expand the instructor pool. Co-ordinators to put the requests out to their squads – may be perfect for men who can't fit in the coxing seat!

GW-S has suggested a separate session for club members who bring somebody along with a friend – dates proposed Friday 6th and Saturday 7th January 2023. We could do the week after too. JG happy that we can commit to that, GW-S to go ahead and advertise.

**Action: GW-S to advertise club member GRI sessions in January 2023
GRI instructor - Co-ordinators to put request out to their squads, EL to approach BSU**



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4. Boathouse Management Committee

AC outlined the Wessex Water programme for 2024/25 where – there is a storm drain that runs along top field. Wessex Water are going to intercept these pipes and place a 50 cubic meter overflow storage container; AC has met with Duchy on site and agreed that this is to be sunk underground and covered. Wessex Water prepared to do that; we are reasonably confident that that should work out. We may witness their surveyors doing test borings in future.

5. Welfare

Nothing to report

6. Safety Report – Report circulated prior to the meeting, see below

A few incidents, one that has been reported before. Collision between Bath Uni quad and Avon single. University have put insurance claim against us, JG anticipates we will have to pay excess.

2 incidents dealt with the wash up, 2 associated with rafts – one could have been avoided and one slippage. We need to be careful when we use the rafts as these can be slippery.

Around the country – reminders to check kill cords (these can freeze up), most launch drivers know that. Coxing and steers people to be aware of fast stream and the safe places to turn. Quite a lot of information about rowing with epilepsy, there is plenty of guidance online should we need this.

Safety audit – JG expressed his thanks for Pson for her work on this, the safety audit was submitted on the deadline. There will be a row safe update in April.

7. Events

Avon Autumn Head – this was a very good event with £5.3k raised. It went very well indeed, well done to the team.

Bristol Uni Head – postponed, the new date proposed is 4 February 2023. We will restrict our rowing on this date.

Action: JG to confirm date with Bristol University

Spring Head (4 March 2023) – Main organisational points are in hand and face-to-face meeting will start at the beginning of January. Mark Peacock will be recruiting helpers in January and February (thank you for already advertising this through RNs). Before Pson can place poster on the website, needs to agree business of rowing twice, Pson to check BROE website and will sort asap with the plan to make this live at the beginning of January. Discussion regarding Octuples and allowing coaches in the boat (either as cox or at bow), this might make it easier for everyone. In terms of entry, we need to allow adults in the entries so they will need to be entered as the cox (although acknowledgement that this will lead to potential inaccuracies with points for winning crews).



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Regatta (13 May 2023) - Hoping to have first committee meeting at the beginning of 2023. We are currently short of people to form the committee. The committee comprises 5 individuals, we have lost/need to recruit 2 people. Although the roles that need to be filled are the Safety Adviser and Helpers Co-ordinator JSon view that the new recruits do not need to fill these positions, there can be a reshuffle of duties. We are looking for a nucleus of 5 people to discuss overall issues of the regatta; it would be really positive to have new blood from across the club. JG to liaise with squad co-ordinators, TG happy to put out a notice to the mens's squad in the next couple of weeks.

**Action: JG to liaise with all squad co-ordinators
All – to consider all available channels to recruit to these 2 positions**

JSon outlined a potential conflict with Worcester Regatta, this event has been scheduled to take place the week following Avon Regatta however they have put in a request to change this to the same date (13 May). From an entries point of view, this isn't so much of a problem as we serve different markets but the bigger issue is recruiting enough umpires. JSon outlined the *West of England* competition, a long-standing competition for coxed 4s, now men and women to find best coxed 4 in West of England) which circulates around 5 key regattas and it is out turn to host the event in 2023. The request for the change of date from Worcester is awkward and their reasoning is not sufficient. JSon/Pson to reply to P Clements, ACRC to object to the request; Worcester's reasoning is not credible as they have 6 months to organise their volunteers, there will be major constraints with umpires and there will be a conflict as there are clubs that would come to our event from West Midlands and Wales.

Action: JSon/Pson to reply to Phil Clements re Worcester regatta request

Pudding Head, Sunday 18 December 10am

All to encourage as many as possible to come along and turn up, PSen normally able to persuade a couple of parents to help. PSen will set up the app, bring and share afterwards. All co-ordinators to remind their squads. JDy – will sort out Lindt reindeers as prizes.

**Action: All co-ordinators to remind members about the Pudding Head
JDy to organise prizes**

Social events – 4 February 23 club dinner

Preference from responses is Saltford Golf club and this is most accessible for more club members. JDy to finalise costings, the Golf Club has confirmed they are available on that date. No minimum numbers, they just charge for the room hire. To date, approximately 30 have confirmed, lots not filled it in yet.

8. Finances, Joiners and Leavers

Membership – Report circulated prior to the meeting, see below. Nothing to add.

KP to review the Mailchimp mailing list and remove any leavers.

Action: KP to review Mailchimp for any leavers (and keep this up-to-date with monthly reports from Pson)



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A reminder from PSON that if any co-ordinators receive notification that people want to cancel, please can they let PSON know rather than individuals just cancelling their membership DDs as this means PSON can't take their outstanding subs.

Action: All co-ordinators to liaise with PSON re leavers/remind individuals not to cancel their DDs

New members & Leavers – Report circulated prior to meeting, see below. Nothing to add.

Finances – Report circulated prior to the meeting, see below.

JSON confirmed the club funds have been moved from HSBC into a CAF Gold Account which is easy access and just under 1% interest. JSON considering closing the Virgin account, however needs to consider this in relation to the £85k financial protection (if all funds are transferred into CAF, the boathouse and club money will exceed this value).

O/s dosh – with entry fees paid by the club, the amount outstanding has gone up quite a bit. JG has reminded via RNs, easiest method is by Sum-Up at the weekend.

New boat purchase: Janousek has asked for 40% deposit, balance paid on delivery. The other 2 impending items are 2 insurances excesses (including AC repair which has not yet been completed.) JG has spoken to Janousek, awaiting confirmation of date when repair will be completed, he will keep chasing.

Discussion regarding updating the 2 model-B ergs to more contemporary models. The BMC has bought the most recent ergs, annual servicing is included in the budget. AC confirmed that the purchase of additional ergs can be built into the budget. JG has marked all the ergs as ACRC so that they are identifiable.

9. AOB

Discussion regarding the use of the erg room on Saturday mornings. UoB have 10 ergs in their boathouse however use the club house (most recent example UoB using the ergs 7.30-10am on Saturday morning) which impacts on our squad outings and importantly the lack of pre-outing warm ups (noted by the women's squad that this impacts on quality of outing/potential for injury).

Noted by AC that UoB have ergs at Combe Dingle for their regular training sessions and extra equipment in their boathouse – this equipment should be used by the University.

JG to liaise with Ed/UoB – we could book that slot, 7.30-8.30 for Women warm up. JG has checked all the other times with Ed/UoB previously.

Action: JG to liaise with Ed/UoB re Saturday morning 7.30-8.30am slot for ACRC squad use

EL mentioned instances where UoB have moved their ergs onto the pontoons which has meant Bath Spa not being able to get onto the pontoons. Agreed that Bath Spa members should tell UoB to move. JG to discuss with Ed.

Action: JG to speak to Ed/UoB re ergging on pontoons/impact on other clubs



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Thanks for JDw for the Captains board and all those involved (especially Pson) in captaincy research.

Date of next meeting: 30 January 2023, 7.45pm



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CAPTAIN'S REPORT

Captain's Report 12th December 2022

Avon Autumn Head. What a brilliant day! Thanks to the event organising team of Fergus, Jane, Alastair, Julian, Philippa, & David and to everyone who helped out in any way on the day. Lots of happy visitors, several ACRC winners (see below) and we raised £5,330 for club funds.

Thanks also to Jane, Patsy, Katherine and all the fantastic sandwich, scone & cake makers for putting on a very enjoyable & tasty afternoon tea to celebrate Penny's captaincy.

We now have a new Captains' Board in the clubhouse. Thanks to Philippa, Kim, Chris, & Penny for all the research & to Jim for the carpentry.

We've had a busy few weeks racing at Stourport (2 entries), AAH (15 entries), V4H (1 entry), Wycliffe SBH (13 entries) & Monmouth (3 entries). Congratulations to our winners:

Stourport Head

WMasC4x Sal, Angela S, Hannah L & Kath

Avon Autumn Head

J16 4x+ Albert, AJ, Ethan, Ben, Tatiana (cox)

WJ15 4x+ Talya, Olivia, Tatiana, Honor, Primrose (cox)

WMasC 8+ Hannah W, Katherine, Patsy, Hannah L, Helen, Abbie, Kim, Jane, Sal (cox)

MasD 4x- Chris, Andy, Steve, Robin

MasG 4- Russell, Antony, Jim, Jon G

Monmouth Winter Head

MasD 4x- Chris, Darrel, Steve, Robin

MxMasD 8+ Chris, Andy, Angela S, Robin, Darrel, Katherine, Patsy, Jane, Marian (cox)

Still no news from Janousek about the return of AC. I'm hoping it's going to be ready in the next couple of weeks.

The order for a new 70kg stampfli wing rigger 4x- has been placed and is expected to be ready by May next year.

Session Coach & Club Coach courses will be run at Saltford in January for anyone interested.

Ella Ford has agreed to join the committee as BSU representative. Welcome Ella.

The Club Safety Audit was completed and submitted before the deadline (16th Nov). Thanks to Philippa for ploughing through this yet again this year. We updated the Risk Assessment, Safety Policy and Safety Plan as part of the review.

Finally, just a plea to be careful please now it's got colder and the river less predictable. I've put quite a long safety piece in the latest RN, but can we reinforce this with all crews / squads.



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MEN'S SQUAD REPORT

Competitions

The squad was represented at AAH and Monmouth Head.

- Wins at AAH for Antony, Jim, Jon and Russell (Mas 4-) and Chris, Andy, Steve and Robin (Mas4x-)
- Wins at Monmouth for Chris, Darrel, Steve and Robin (Mas 4x-) and Chris, Andy, Darrel and Robin (Mas Mx 8)

The squad is moving forward through the Spring Head Season with 25 active competitive members comprising:

- 4- (Jon's crew)
- 4x- (Darrel's group)
- Residual squad of 15 (supplemented by willing subs) which divides for coaching purposes into coxed sweep boats (8s and 4s).

We will shortly finalise targets and entries but at present I intend that we should actively consider Stourport, Worcester, Gloucester, Avon Spring and Tideway.

Water training (repeated from

The main squad outing takes place on Sunday between 8 and 10am. This time slot is importantly supported by paid coaching which fills a current and historical gap in men's squad development with a requirement to commit to training, fitness, crew development and participation in competition.

Land Training

Andy Mason circulates weekly erg training plans. Training at the club take place on Wednesday evenings. Many squad members prefer to carry through (or claim to carry through) the training plans at home. Numbers have increased and it may become necessary to designate time slots for participants.

Boat Booking

The new system is in operation and appears to be working well.

Other

I have read Jane's report and will follow up the very helpful suggestions she has made about including the men's squad in additional activities.

Tim Grice (Men's Squad Co-ordinator)

WOMEN'S SQUAD REPORT

Head Season

We have had some wins and hard fought races at recent events:

- Sal, Ange S, Hannah L and Kath won the WMasC4x at Stourport
- Hannah W, Katherine, Patsy, Hannah L, Helen, Abbie, Kim, Jane with Sal as cox won the WMasC 8+ at AAH
- Patsy, Katherine, Ange, Jane, Chris, AD, Woody and Darrel coxed by Marian won the MxMasD/F 8+ at Monmouth
- A very creditable and hard fought second place out of four for the WMasB/D 8+ with Kath, Patsy, Katherine, Ange, Elaine, Paula, Marian and Jane coxed by Penny as a last minute stand in for Jon who had Covid

We are now looking at 8+ crews to train and race at Stourport and Worcester with a view to a crew going to WEHARR on 4th March followed by 8+ and quad(s) to Vesta on 19th March.



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Erg Coaching Session 8th November

We were fortunate to have an erg coach come and lead the women's squad training session on 8th November which those of us who attended found really helpful with useful tips and reminders. I am keen to set up another session in the new year targeted at less experienced crew members to focus on and improve technique and understand. Also happy to talk to Tim about whether he would be interested in Andy coming to run a session for the men's squad as I'm sure he would be happy to do so.

Yoga for Rowers

One of our lovely squad members, Sam Roach is a trained yoga instructor. Sam has offered to run a session for the squad to share some yoga moves and stretches that would be really relevant for rowers, explaining how the moves relate to what we do in the boat. We will be doing this on a Sunday in January either at 9-10:30 followed by brunch for anyone that wants to eat afterwards, or 10:30-12 followed by lunch. Dependent on numbers/space, men's squad members would be welcome too.

Social Events

Afternoon Tea happened on 12th November with about 45 people in attendance All who came seemed to have a good time and we raised about £280 for Club Funds.

Proposed Club Dinner, Saturday 4th February

As we haven't had a Club Dinner since 2020, and a number of people have been asking about a get-together, I have emailed out to get a view of interest in a re-run of the last one with dinner and drinks and posh frocks and dancing!

The proposed date is 4th February at either Bailbrook House, the Hilton or Saltford Gold Club. I'm just getting availability and costs confirmed for the Golf Club but hope it would be the cheapest option.

To book one of these dates with the hotels particularly, we need a minimum of 70 people for sole use of the room and adjoining private bar so Club members have been asked to complete the form to confirm thoughts asap so I can understand interest and availability. Partners are obviously very welcome (with their dancing shoes on!).

[Club Dinner 4th Feb](#)

Jane Day, Women's Squad Coordinator

SOCIAL ROWING REPORT

We have had four quad outings and four oct outings since the last meeting, which is not too bad as it takes account of gaps due to co-ordinators not being around for every outing.

We have Christmas Lunch booked (thanks to Kate) at The Boathouse on Sunday 11th December. There were originally 16 sign-ups, Covid has knocked out two and we shall see who struggles to get there through the snow.

We now know that there are recreational "squads" at Ariel, CBR, UBR and WSS – do we want a get together? But what is the offer – they all know our river? Food? A go in the oct?? Thinking required.

The Social Rowers have been offered a "List of exciting possibilities" including Head of the Dart, Severn Wonders Tour, Tours in Germany, Eire and Malta and the Vogalonga and an invitation for an exchange visit from Christchurch Rowing Club.



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INDOOR ROWING/GO ROW REPORT

The GRI membership form has been done and is on the website. It contains medical data capture information and information about what classes people want.

This last section will be removed in the new year once a doddle pole has been added to the GRI web page to capture this information separately.

We currently have 3 GRI members who have signed up via the monthly membership form, and 17 individuals who attend classes in varying degrees paying by the pay as you go machine, with some showing regular commitment.

A GRI register has been created so we can see who has attended from bookings made, an option to add a payed can be added if needed to ensure funds are coming through - treasure please advise how you want this, if it is even needed. An on line App on the website will replace this eventually.

We have lost our Saturday instructor, and are in the process of looking for a new one. Anyone wanting to take up the role please make yourself known. Feelers have gone out to university students.

We would like to encourage a GRI social event where current members bring a friend, family member, co-worker along for a taster session and participate with them in a taster class for free. This is so that the current members can see what the classes are like as the majority of new GRI people are referred by word of mouth. It also would make it a lovely experience to get loved ones involved with added support.

Would like to suggest Friday 6/01/23 and Saturday 7/01/23 if we have an instructor available on the Saturday.

MEMBERSHIP & SUBS REPORT

Membership and Subs Report Dec 2022 (subs and membership figures to 8th Dec) Membership numbers

	31 March 2022	July 2022	Sep 2022	Dec 2022	Notes
Full	99	104	105	103	
Full paying junior rate during lockdown	2	2	2	2	
Coach	2	2	2	2	
Non Rowing	3	2	2	3	
GoRowIndoor				1	
GRI Coordinator				1	
Student	0	1	1	2	
Vac student (paying)	19	3	3	3	Brend, Brown, Stratton
VacM (maybe maybe)		7	7	7	
VACL (never to be seen again)		8	7	7	



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Junior	53	60	49	48	
Taster	5	5	5	5	
LTR Taster + course	6	17	4	3	
Junior - family membership 1 parent	2	1	1	5	
Junior - family membership 2 parents	3	3	3	2	
Bath Spa	30	0	0	27	Only pay Oct - May
Non Bath Spa Leavers this FY	58	16	45	56	
Total exc all VAC, T, LTR, BSU	164	175	165	169	
Total exc all Vac, T and LTR	194	175	165	196	

Points to note and action if appropriate

BSU – Tom Bennett has listed 27 BSU rowers and we are invoicing as usual for Oct to May. I have asked Tom to encourage them all to complete the Google form so we have up to date contact details.

GoRow – Apologies – still need to co-ordinate this report with Gudrun's list.

Philippa Sondheimer

11 December 2022

JOINERS & LEAVERS

Joiners and Leavers and payment queries December 2022 v1

Paying people included in membership numbers

Adult Joiners (receive Welcome Pack)

Mazen Abou Farha

mkaboufarha@gmail.com (paying)

Glen Sullivan

Glen.sullivan@shiny-robot.com (paying)

GRI joiners

Gudrun Wiesenthal-Saunders

wiesenthal.saunders@gmail.com

Ingrid Beattie

Adult Rejoiner

Student Joiner

Junior Joiners

Lily Rainbow

hayleyw1@hotmail.com (thinking)

Becky Heath

phil@heathling.com (paying)

Rawinia Sullivan

kittybroo@hotmail.com (paying)

Gaia Sullivan

kittybroo@hotmail.com (paying)

Tobias Vivallos

marcelo_lecocq@hotmail.com (invited)

Leavers (or joiners who never really happened)

Ollie Mills

GCL mandate cancelled 14/11, mail 21/11
mail 9/11

Jen Durant

Carlos Righton Bueno

mail 29/11, busy and now injured

Sarah Hothersall

GCL mandate cancelled, no mail

Faith Bridge

GCL mandate cancelled, no mail

Orin Bridge

GCL mandate cancelled, no mail

Rebecca Kemp

GCL mandate cancelled, no mail

(NB People who leave temporarily are counted as left as they are not paying – they are not deleted from the spreadsheet)



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FINANCIAL REPORT

AVON COUNTY ROWING CLUB						
Financial Report for Committee Meeting on						
12 December 2022						
1. BANK BALANCE			This report (12/12/22)	Previous report (31/10/22)		Change
	Interest rate					
Current account - General ¹			6,524	54,231		(47,707)
CAF Cash account			3,096	7,587		(4,491)
CAF Gold account ²	0.95%		62,019	8,019		54,000
Virgin Money account	0.40%	TBC	18,109	18,109		0
Total in bank			89,748	87,945		1,802
¹ General excludes subs standing order receipts since 09/12/22						
² Includes £3,000 events working capital						
ENTRIES/KIT/MISC DEBTS/(CREDITS)						
Balance 31/03/22 (after write-offs)			374	374		
Race fees			6,352	5,142		
Kit & Misc			1,798	1,010		
Credits this year			(5,998)	(4,566)		
Total Current Balance			2,526	1,961		565
NB active members only						
2. MAJOR INCOME & EXPENDITURE ITEMS SINCE LAST REPORT						
(excluding normal routine items)					Amount	
Avon Autumn Head				5,331	income	
Womens Stampfli 4x- (deposit)				8,482		
3. IMPENDING MAJOR EXPENDITURE/INCOME						
					Amount	
Insurance excess A Constantinidi 4- repair				500		
Insurance excess Bath Uni 4x repair				500		
Womens Stampfli 4x- (balance)				12,723		
4. FINANCIAL ISSUES						



AVON COUNTY ROWING CLUB

SAFETY REPORT

Safety Report for Committee Meeting 12th December 2022

Incidents 2022/23

Incidents reported since the last meeting.

6.11.22	Isabel Rowland and Racine Theaker fell out of Ogley opposite the rafts. Andy M used a Virus to help them back in.	21285
13.11.22	<p>Gudrun, Thomas and Poppy were standing by the tree waiting for the men's 8+ to come in when one of the women's Bristol 8+s attempted to land on raft 3. There was a Bristol oar left on the pontoon so, as Gudrun and Poppy went to help catch them, Thomas went to pick up the oar to get it out of the way. He slipped stepping off the raft grazing his knee on the wooden edge of the hard standing. The wood was very rotten and one of the bolts holding it in place came away from the hard standing. We have tied it down and I will contact Jim about the best next steps.</p> <p>He is okay and they made sure his knee was cleaned and they were aware of where some of the first aid kits lived.</p> <p>Poppy was concerned that the rafts are getting very slippery and are coming away from the hard standing, making raft three undesirable to rowers.</p>	21296
13.11.22	Antony was taking his boat out of the water but had not realised he had a fishing line attached to it and somehow managed to hook Janos's granddad as he carried his boat and trailed the line across the ground. The hook got caught in granddad's trousers (not him so he was unharmed). We cut the line then cut the hook (as the barb meant we couldn't just pull it through) and he was released.	21298
13.11.22 At 10:00	<p>Tim Grice reports, "Coming into the pontoon, the bow of the boat (ed. JD) ran into and slightly onto pontoon 4. Our cox was Primrose who is a junior. There was some damage to the underside of the bow".</p> <p>The idea had been for Poppy to coach rowers and cox using the tin fish with the RIB engine but the boat/engine did not work.</p> <p>Furthermore, the people on the raft ready to help the boat land were dealing with an earlier incident involving another club.</p> <p>Measures taken: The message that landing a boat requires concentration and communication between cox, stroke and bow has been reinforced.</p>	21341
19.11.2022 14:30	The ACRC Mas E 8 in Jim Dawson Division 4 was directed to proceed through the far side arch (field side). Tim reports, "We came to the far side arch on a correct course and were just entering it. An 8 from Ariel had directed to proceed through the nearside (club side) arch. They missed the bend and were heading directly towards the centre pile of the bridge. In order to avoid this they steered over towards the far (field) side arch and into us clashing with us in the arch itself. We became completely entangled and both boats stopped. We disentangled the boats and they rowed on first, necessarily (but not	21460



AVON COUNTY ROWING CLUB

	<p>maliciously) pushing us into the vegetation on the far side of the river immediately after the bridge from which we then had to extricate ourselves. No damage to Jim on either side of the boat. Ariel apologised".</p> <p>Ariel mailed and said, "The Ariel E8 was closing on the Avon E8 in the approach to the bridge with race marshals instructing Avon to take the right arch, leaving the left arch to the Ariel crew. However as the crews were side by side, the Ariel 8 was off the racing line and consequently too close to the left bank to make the turn, aborting and also passing through the right arch to avoid the central arch". They go on to suggest that overtaking should be discouraged/prohibited in the run up to the bridge.</p> <p>[ed. I have not added in their comments online but note that our Special Control Zone is designed to deal with exactly this situation and offers the overtaking crew a better line.]</p>	
26.11.22	<p>Mazen Abou Farha rowing back to the club from the weir, (t 600m from club on far side) when I got caught up in the bushes on the bank. The stream was quite fast. I tried to get out of the bushes but balanced wrongly in the stream and capsized. I got back into the boat using the capsizing drill. Aided by Darrel also in a single & then Tim & Jon back at landing stage. Hot shower, dry clothes & confirmed OK afterwards.</p>	21461
19.11.22	<p>Report by Cotswold First Aid says, "13 year old female. Following race she was very cold, lethargic and upset. Was upset after being shouted at by another crew. Warmed up, previous history of similar occurrences and anxiety. Patient recovered but then appeared to have a relapse. Worsening advice given to mother, if concerned, go to MIU".</p>	21467

Issues Arising

- Incident 21074 reported last month. BAU have made a claim against our insurance for incident 21074. We have provided insurers with our comments, including the excessive amount BAU are claiming for transportation.
- Incidents 21460 & 21467. AAH incidents dealt with by Event Committee
- Incident 21296. Rafts need pretty much constant attention. We'll check them again, however their condition can change day to day & everyone needs to take care on them. I'll talk to UoB about leaving blades out.
- Incident 21341. This could have been avoided if the crew had been paying attention. Hopefully that message has got through!

HRSA Monthly Report – Nov 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)



AVON COUNTY ROWING CLUB

- Reminder to check launch kill cords for correct operation.
- Reminder not to turn boats immediately upstream of fixed obstacles when there is a fast stream. In our case the 3 bridges, the Saltford weir & on tight corners. There have been several badly damaged boats around the country as a result of this. No injuries fortunately.
- BR have received 3 requests for information on Rowing with Epilepsy. There are BR guidelines available. This relates to the committee action on updating member medical information.
- The consultation between BR & EA regarding Launches & BSS Certification continues. BR has issued further advice & we are confident that we are acting within that advice as it stands at present.

Rowsafe & Club Safety Audit

Safety Audit – This has been completed & submitted on time. Thanks to Philippa for her support in this.

There will be an updated RowSafe 23 available in April.

Other Matters

Nothing further to report.