



AVON COUNTY ROWING CLUB

MINUTES

Committee meeting held via Zoom

Monday 19 February 2024

Present: Kim Pennelegion (KP), Jon Garner (JG), Philippa Sondheimer (Pson), Julian Sondheimer (Json), Penny Senior (PSen), Katherine Greenhead (KG), Jane Day (JDy), Patsy Lamb (PL), Emma Baker-Gaunt (EBG), Jim Dawson (JDw), Antony Constantinidi (AC), Alastair Watson (AW), Kaitlyn Noble (KN), Marian Lovell (ML) Ange Scott (AS)

Apologies:

1. Minutes of last meeting – Approved and adopted

2. Update on Action list –

ACTIONS FROM PREVIOUS MEETINGS:	
Boat House Management Committee KP/JG to meet to discuss boards/displays	Draft photo board for the committee has been circulated. Awaiting any minor changes before finalising.
Emergency evacuation procedure KP to liaise with JG/EBG for signage following safety review.	Work in progress.
Calendar of events	Work in progress.
Website	ARees has started working on the website ideas; currently awaiting images for inclusion.
	Website updated with 2024 LTR course details.
Mailchimp Current free package has a maximum number of contacts that can be emailed per month (this equates to 3xRNs/month). The current free subscription package to be upgraded to the 'Essentials' package, enabling sufficient capacity for all co-ordinators to then be able to use Mailchimp for their comms.	KP to organise the update to the subscription. Once this is in place, KP to organise overview sessions with the co-ordinators
ACTIONS FROM 8 JANUARY 2024 MEETING:	
Flood damage – J Flood has damaged the Uni rear beam, so Apex are attending.	Engineer scheduled to attend 28/3/24
Welfare – Safeguarding course	ML has forwarded links to safeguarding course. 4 have completed so far, the rest are working on it.
Membership – GoCardless pricing	JG/Pson/Json to discuss pricing plus GRI

* Actions highlighted in grey have been completed



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3. Reports

EDI –

PL has sent emails to local organisations; 1 positive response to date with a taster session organised for Sunday 19 May. EBG linking in with local prescribers. If anyone knows anyone who works for charities, please pass details to PL.

Canoe Avon have been in discussion regarding the potential for installing a lift as they may have wheelchair users. Has highlighted numerous adjustments that would need to be considered (including eg heights of door codes), PL currently looking at grants that may be provide suitable funding for these alterations. Coaches who are supporting crews of adaptive rowers will be provided with back-packs containing the necessary safety equipment, AS has secured a donation of 6 backpacks that have now been delivered to the club.

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

JG has requested a quote from Janosek for the latest boat damage (hopefully this will be covered by an insurance claim).

Coaching costs are currently under the rolling monthly rate that has been budgeted, we are being efficient with coaching. Costs may increase when we start to have evening rowing again. All happy with continue with the paid coaching provision.

Thanks to AW who has taken on the WAGS Masters rep role.

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

JD and AFraser are getting to grips with co-ordinator role v well.

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

Nothing to add.

Social rowing – Report circulated prior to the meeting, see below.

There are 16 rowers in total for the 11 March. PSON considering options for which boats will be used, this may include the Explore quads.

The tee-shirt design has been circulated to the social rowing squad, currently in discussion regarding colour. Once final design, JG to circulate to the wider club to see if any other members would like to purchase one.

JSON and PSON currently looking at a mini-tour from the club, up to Bath (through 1 lock) and return.



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Learn to Row – Nothing to report.

KG to chase those that have expressed an interest; to date, from the 33 on the list, 10 have replied and paid. Options regarding advertising and liaising with Ariel were discussed. KG to chase this week and then pick this up with JG to progress.

Action: KG/JG to progress

Juniors – Report circulated prior to the meeting, see below

Helpers will be required for the Easter Camp – PSen has created a google form for helpers to sign up, JG to include request in RNs.

JG has had email from Marieka/BR and has put JG in touch with BR person who has contacts with heads of PE for local schools. JG to follow up on that email. That might prove interesting.

Action: JG to follow up BR/local schools contact

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

Tuesday evenings have now been covered by Ella.

AFraser is helping to develop the GRI poster design.

PSen to send any GRI photos to PL for including on the club Instagram.

**Action: AFraser to progress poster design
PSen/PL – photographs for Instagram**

BSU co-ordinator –

Not much rowing recently. There is another University Activities Fair in the coming week, hopefully this will encourage more rowers to join. A taster session is being organised – date will be dependent on the weather/safe water conditions.

4. Boathouse Management Committee

Lift: Following on from the EDI update, need to look at potential grants once we know costs for installation. May not qualify for the Landfill Trust grant.

Action: JG/PL to investigate further

University payment has been sorted with the UoB, they are paying again.

Through the Uni, the electrical testing is being organised.



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5. Welfare

Noted that once the training module is complete, a copy of the certificate to be uploaded onto individuals' BR profiles.

6. Safety Report

Signage:

Draft signage was reviewed, EBG gave costing options for different materials and sizes. All asked to double check poster designs and feedback to EBG as soon as possible.

Discussions regarding the access to the defibrillator; it is not located in a public site (due to risk of vandalism), internal poster will contain details of location.

Circulation pattern poster – all hazards to be included. The circulation pattern applies to be everyone on site (members and visitors). EBG to mock up 2 posters (for internal and external use, containing different information).

**Action: EBG to draft internal and external signage and send around for comment
All to feedback to EBG asap**

BMG members to be consulted, we will need their agreement if BMG pay for this site-wide signage. JG to liaise with Monkton/University.

Action: JG to liaise with Ed/Si re signage

Coxed quad incident:

Learning points to be taken from this incident. The decision matrix (currently being developed by EBG/JG) would have been beneficial in guiding the decisions about the outing. Detailed discussion regarding safety, including medical conditions declared by members, heel restraints/quick release, additional strapping, difficulty with microphone band.

Action: EBG/JG to report to BR and enquire whether the microphone band issue has featured in any other reported incidents.

There are many learning points from this incident. It is vital that all have knowledge of the safety checks required before any outing (including cox life jackets) and take responsibility for this, the cox's responsibility to support these checks. To consider the question raised around U18 coxes in adult crews and any safeguarding concerns, acknowledging that the cox is responsible for the adult crew in these situations. Life jackets, boat safety and capsize drills are covered for when new members join the club, need to ensure that refresher/key safety points are helpful for all members.

Ideas considered for how safety awareness can be embedded into our club culture/rowing practice. Noted the importance of one crew member taking responsibility for boat safety checks before the outing. It is our



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responsibility to ensure that everyone takes individual responsibility for their own and their crew's safety.

A number of ideas were suggested on how we enable a culture that enables us to talk about safety, including:

Poster for outside the boathouse with key points/reminders for safety checks

Back of tee-shirt – graphics of safety

To be discussed further at the next co-ordinator meeting. EBG/JG to share knowledge with all club members.

Action: EBG/JG to meet to progress safety discussions from Co-ord meeting
JG to share safety information in RNs *[Done, appended below]*

7. Events

ASH – 2 March 2024.

Full entry, JDw hopeful that the event will take place, although v dependent on weather and river. JD has had a positive response from the helper recruitment. Rafts need to be prepared. Cubes from Monkton won't happen before ASH, hopefully before the summer event.

Barnsdale Park field has been sold (on Friday). JDw is hoping to be able to speak to new owner shortly, has not had a response back yet. V much hoping we will be able to continue to use that field. Currently the field is very muddy, need to consider whether any club members have a 4WD in case towing is necessary. AW/JDw will make decision on Thursday before race day by 10am or before then if it is a non-runner.

Regatta – Sat 11 May -

AW will send out notice to umpires for the Regatta. 1st planning meeting has taken place. Not much to do for next couple of weeks, will report more at next meeting.

8. Membership & Subs

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

Pson has emailed GoCardless, they have agreed to put us on the Standard pricing package.

Affiliation is coming up at the end of March. BR offering insurance as part of affiliation. Public liability only. Pson to check ClubHub details for the club officials, the membership information is always incorrect so Pson will use our own numbers.

Subs will be increasing from beginning of April. Club members will not need to action any direct debit changes, this will be actioned by Pson after the



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March 24 subs have been taken. JG/PSon to agree wording for RNs, to be included in RNs after next committee meeting.

Action: JG/PSon to agree wording for RNs, to be sent after next committee meeting

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

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

Coaching bill (for January) reflects JG updates about managing coaching. Once the quote from Janosek is received, JSon will inform the insurance broker that we have another insurance claim. This will be our 3rd claim this year, we might get some comeback re increased excess etc.

10. **AOB**

Rowing Foundation Grant application – AW circulated information prior to meeting. Application for £4k, this is the limit of what is provided for any one scheme. They require us matching at least 50% which does have an impact on finances. Looking to spend £4650 of our own money. AW will upload onto online form. Agreed for AW to proceed.

AW attended River Avon Consultative meeting – couple of interesting things – water space connected project- BANES connecting Bristol and Bath along the river. This is a big project overall, they will be looking at rewilding, bridges etc. Money comes from WECA, currently there is money for the river north of Keynsham towards Bristol. AW to send presentation.

Action: AW to send presentation

BANES – has employed Nick Lovelock – Better Mooring Project. Currently focussed on Saltford and some of the areas towards Bristol. AW to keep cttee informed if any interesting information comes from that.

Rowing Tank – PSON circulated info prior to the meeting. In principle, it is of interest. Sub-group to be set up to determine the feasibility, including funding. Once we have a proof of concept (including whether we need a new building), we will need to speak to the Duchy. To be progressed after ASH, starting with a visit to Molesley club
(<https://www.moleseyboatclub.co.uk/tank>)

JG/PSON going to Cleveland lakes this week

JD to join the committee at some point in the future.

Date of next meeting: 25 March 2024, 7.45pm



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CAPTAIN'S REPORT

The weather & river continue to frustrate our efforts to train and race, although at least it's mild! Stourport, Worcester & Henley all cancelled, so there's no winners to announce. At least we avoided a repeat flood last weekend. Other clubs on the Severn were not so lucky.

Equipment:

- Debbie has a new set of backstays & is back in action.
 - The repair to John Hodge is complete and Janousek are going to deliver it back to us in the next couple of weeks.
 - We have started building the new upstream pontoon. Thanks to the people who helped with that. We're now waiting on further blocks to come from Dundas (we're chasing, but access over waterlogged fields is causing a delay)
 - One of the mens' quad (black/blue) sculls was broken coming into the landing stage. We had a single set of sculls which closely matched so the quad set is complete again.
 - The ergs are booked to be serviced on 21st March.
 - We're applying to The Rowing Foundation for a £4k matched funding grant for a junior 60kg single and some new macon training blades.
- For info so far this committee year we've spent over £4500 on significant damages (before insurance claims)

Coaching:

- We've spent £3225 (£645 pcm) for on-water coaching since September. The sessions work well with the timings on Saturday and Sunday mornings. Communication between Si, Jane and Jon is very efficient and there are no coaching costs if there are no crews to coach. Feedback from crews is consistently positive. Do we want to change anything at present?
- A small group of coaches met with Dan Harris (BR Development Coach Bath) and had a very insightful discussion on current thinking about "BR" rowing technique. The goal is to try to agree & describe the Avon County rowing style in a way which can be easily communicated to & understood by our coaches & members. The next step will be a coaches supper discussion. Date tbd.

Upcoming Events:

- Saturday 2nd March. ASH is our next event & the good news is that it's full. We have 30 of our own entries in, & including several recent beginners, which is fantastic. I'll put out a RN call for helpers, cakes & 4x4s (possibly!)
- Monday 11th March. A group of touring rowers from Annecy are visiting.
- Easter will be busy with rowers visiting from Great Marlow School (3-9th April) & Barnes Bridge Ladies (4-7th April). No Monkton though.
- w/c 8th April. We're thinking about a junior camp for both new & current members. I'll put out a RN call for helpers.
- Saturday 13th April – Adult LTR Taster Day.
- Saturday 27th April – Adult LTR starts
- Saturday 11th May 2024 – Bristol Avon Regatta



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- May to October 2024 – Wessex Water provisional timing to install the intercept tank in the top field.
- Midsummer Madness in here somewhere
- Saturday 5th October 2024 – Avon Bluefriars Head
- Saturday 16th November 2024 – Avon Autumn Head
- Saturday 7th December 2024 – Bristol University Head

Other stuff:

- The alarm is working again, although Uni rear beams need replacing after the flood.
- We have a co-ordinators meeting on 25th Feb
- Philippa & I are going to have a look at Cleveland Lakes on 22nd Feb and will report back
- WAGS are still looking for a Masters Rep. Anyone interested.

Thanks for everyone's support.

WOMEN'S SQUAD REPORT

General

The continued bad weather has stopped play on the river many times so far this year which has been really frustrating for all! Hoping that things look better going forwards.

As part of my coaching qualification, I have included a pre-outing dynamic warm-up for the crew which I have now introduced across the squad before first outings on a Saturday with many members of the squad joining in.

The warm-up involves 6 minutes of exercises and a few minutes synchronised on the erg and has felt really positive with the aim for crews to have a feeling of togetherness on land before getting on the water. It has also meant we can then row whole crew from the start of the outing as people are better warmed up.

Racing Past and Future

No racing in recent weeks due to event cancellations and lack of numbers to make up crews.

However, we have a number of crews entered for ASH including some squad members who only started to row last year and finalising entries for Gloucester on 17th March.

Unfortunately numbers interested in Vesta are currently low so it looks like it will only be a quad going for the squad.

Coaching

We had a helpful meeting between a few coaches and Dan Harris from BR to discuss rowing style with Dan sharing a helpful presentation that he uses with both new and performing rowers which breaks down the phases of the stroke



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and provides an outline of what this part of the stroke looks like, useful coaching calls and drills to support.

This is helping us to shape thoughts about a rowing style for Avon with the aim of rowing in a simple, more consistent way which will enable members to row together and swap between crews easily. We will discuss this more at a coordinators meeting next week before meeting as a coaching group to share and talk further.

MENS' SQUAD REPORT

Men's Squad Coordinator Handover

Firstly, I'd like to take the opportunity to thank Tim again for his excellent work as Coordinator over the last few years, and for his useful and detailed handover to myself and Alex Fraser. This has made for a relatively seamless transition (so far!)

I have picked up the lead Coordinator role, with Alex deputising when I'm unavailable, as well as helping to maintain a strong link with the squad, and in particular our new/LTR members. Thanks to Alex for all his support and feedback, it is much appreciated.

Membership

The LTR cohort from last year has integrated well, regularly joining outings and getting to know the rest of the squad. Thanks to the wider membership for welcoming them in, and for helping them to develop and enjoy their rowing.

We have been approached by several experienced rowers in recent months, and I'm pleased to say that several of them have joined (or are in the process of joining) and have been getting involved in our coordinated outings.

This year's LTR will be starting soon, and we look forward to helping as we did last year and welcoming more new members into the squad.

Training

The squad continues to benefit significantly from Si Brown's coaching. His coaching injects focus and passion into our training, and I am confident this will translate into more racing success in the coming year, as well as enhanced enjoyment and retention.

I understand that a "house style" guide is being developed to encourage a consistent rowing style across the club. This is great news and over time should make it easier for members move seamlessly between crews.

There is a need to expand the number of coxes and steerers within the men's squad, to enable greater flexibility when selecting crews for training and racing. I am pleased to say that several members have been willing to give this a try, and we will be building on this in the coming months.



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Finally, where experienced rowers join the club, especially ex-uni rowers, we often find that they have significantly more sweep experience than sculling/coxing. Bespoke sculling/coxing training would therefore be of significant benefit in terms of integrating these new members into the club. Jon Garner has been providing some of this recently, and it would be great for there to be a sustained opportunity for such training sessions within the club.

Racing

We have established a Men's Squad racing availability sheet, with the aim of targeting races and holding dates in diaries. In early 2024 we targeted the following races:

Worcester	3 crews entered, unfortunately cancelled due to high water
Avon Spring Head	6 crews entered
Gloucester	4 crews entered so far
Vesta	1 crew entered, but no coordinated crew this year due to lack of availability...we will target this again next year
Head of the Dart	1 crew planned so far

Summer racing will be reviewed in the coming weeks and added to the availability sheet so that we can start to plan ahead. Racing provides excellent motivation to get more involved and to improve fitness and technique, so I'm hoping we can manage a few races over the summer period.

It's worth noting that we remain an inclusive squad; all members are welcome, whether they are racing, training or simply enjoying time on the water.

Equipment

There have been several instances of boat damage over the winter period. A safety briefing is being developed and will be shared with the Men's Squad to encourage safer (and less damaging!) rowing practices.

JUNIOR CO-ORDINATOR REPORT

Less said about the weather the better.
Little rowing, no racing.

Plans afoot for an Easter Camp – 5 days both for existing scullers and for newbies too. Hoping that some of our ex-juniors who are at Uni might be available to help.

Hoping we might get to race somewhere soon.

GRI Report

My excellent poster at Tesco's has borne fruit – well one new member anyway... 7 people have done tasters recently – some of them planning to learn to row, others



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not. Last Sunday we ran our first full (12) class. The Monday class has been moved to Tuesday as more people can make this – time will tell. Could really do with help advertising.

SOCIAL ROWING REPORT

Outings

- Lots of outings in the oct in shifts or in the oct with one shift and others on ergs.
- Overspill does Molly's erg session 10:15 on Sundays.
- Dev squad and Monkton Ladies still coming along.
- Record number of people was 16 - the oct, a 4x- and three on ergs (although there are 45 people on the Social Rowing WhatsApp).
- Some outings flooded off.

Other things

- We are hosting eight people from Annecy on Monday 11th March. So far we have eight of us hosting and will hope to use the oct and various Explore boats as the French people are tourers. They are bringing the lunch!
- We are still hoping to do Head of the Dart in the oct but have been referred to their committee! Why they can't just take the money I do not know! But not sure what we would do about a similar request for Avon Spring. So, maybe fair enough?
- Susie Loates of the BR Recreational Rowing Committee is doing an article about rowing in octs and we have promised to contribute pictures and quotes by end Feb. Hoping this will dispel the notion that all recreational rowers are tourers who row 35 km per day in big fat boats.
- The WAGS recreational rowing survey now has 11 replies; I must analyse the response (after Avon Spring) and make some suggestions about link ups.
- I think the social rowers must test the idea of rowing up to Bath and back as a prelude to a mini tour. Through one lock, where do you turn, can you land, how far is it etc.? Do not fancy the idea of Bath Bottom Lock which is second only to Gloucester Lock in my nightmare locks rankings but there is a slipway up near Pulteney Weir. One boat is not a CART event. Two is, so just the oct.

In what might have been a weak moment, Alex said he would design a T shirt for social rowing. I must remind him.



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LEARN TO ROW REPORT

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SAFETY REPORT

ACRC Incidents reported since the last meeting.

Date	Description	Reported online by club
24.1.24 10:00	<p>Geoff Peattie and Alastair Watson bent the bowside backstay on Debbie Blackmore as they hit the tree which carries the 1250 marker; because of the higher river level it was actually in the water. The river level (between 1.0 & 1.1m), & wind speed (between 15 & 20mph) was appropriate for an experienced pair but Geoff says, "Once on the water the wind did seem a bit stronger than we had perhaps anticipated. The water was choppy on that bend due to the wind direction and I was deliberately trying to keep close in but clearly misjudged it".</p> <p>The club is working on trying to improve decision making tools for members, by suggesting river level and wind speed parameters for assessing whether crews should go on the water.</p>	26674 System down 26/27 Jan and now saying it went wrong but, as before, it is there in draft.
28.1.24 08:40	<p>Fergus steering the Geoff Peattie (4x-) had a slight collision with a UBR coxed boat. The Avon crew was Bart, Dave, and Russ. Fergus says, " At the top of the straight mid river, we were slightly wide of our lane avoiding a buoyed hazard tree. UBR were on the limit of their lane. I saw the risk of collision and called both crews to emergency stop. UBR cox was slow to react. Minor bump did occur. We were tangled for a while and sought Simon's assistance.</p>	26675 – this one worked
As above	<p>26675 above was reported by MIN who were actually the other boat involved. Made clear in comment box that the AVN report of the incident stands, and apologised to UBR who will have been wrongly notified by the system</p>	26680 reported by MIN
17.2.24	<p>Rory Worsman capsized from Sean B-T. He caught his blade in the branches of a tree resulting in a capsized ~50-100m downstream of</p>	26809



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	<p>Minerva club. Due to the stream speed he was pushed into the trees on the corner before the first barge:at most 2ft closer to the bank than intended but this was enough. No injuries and the Boat was undamaged. He swam the boat to shore, exited next to a House-barge, with permission, and re-boated from Minerva, who kindly helped him get the boat out.</p>	
<p>17.2.24</p>	<p>Two AVN quads were coming downstream by Minerva in a fast stream. Si from MNK 1 was in a catamaran safety launch and started to follow both the quads.</p> <p>Si shouted at both crews to easy as there were 2 Minerva crews on the corner waiting to cross the river to get to the landing stage to get off the water. One AVN managed to get through the gap and carry on going as the Minerva crews moved out of the way.</p> <p>The other AVN quad (Primrose coxing Krishna, Karen, Ross and Rodrigo) stopped and was then at the mercy of the stream and when they tried to row off got swept into an over hanging tree and the branches caused panic in the crew. Si was shouting for stroke to back it down and everyone to hold the handles but when panic set in all crew members let go of the oars and the boat flipped over.</p> <p>One of the ladies rowing at 2 had a leg caught and the cox had her foot snagged on something so it was quite a stressful few moments. Si manoeuvred the launch to be directly in front of them, told them all to climb on top of the boat and 1 by 1 I loaded them onto the launch. When they were all aboard he could see that a couple of the crew were showing signs of shock and were shaking so decided to abandon the boat and get the crew back to the boathouse asap.</p> <p>Si phoned Penny and told her the situation and she was ready with help when they got back.</p> <p>Andy from Minerva had secured the boat and they towed it back but it was badly damaged in the bows.</p> <p>The main cause of the accident was the bottleneck on the Minerva corner and The Avon quad not having the experience to counter the stream on the outside of the bend to stay away from the barges and overhanging tree.</p>	<p>26811</p> <p>Précis of Si's report put online and Safety adviser to add comments</p>

Comments & Matters Arising

- Three incidents have occurred since December's meeting.
- Two of the three involved collisions with trees / objects in river conditions above 1.0 (between 1.0-1.1 and 1.2 respectively), where



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other factors were also creating more challenging conditions (such as no. of crafts on the water, wind and river levels).

- The incidents continue to highlight the need for ongoing conversations and clarity around competency and mix of crews, cox and river/weather conditions. This includes similar issues from previous months around understanding of river navigation and rower / cox responsibilities. Attached to the report is a proposal for signs and the draft designs for the matrix for the committee's consideration.
- A full report with further actions in response to the 4x+ capsized will be shared once completed. Early considerations and learnings from the events so far indicate:
 - Strengthening the draft decision matrix to be more prescriptive with when rowing cannot occur (eg No novice crews at all when the river is above 1.1m. Again regardless of coxes experience)
 - Clear briefs for novice crews from a co-ord or coach before the outing
 - Considerations of: No novice crews out before 10am when we know the Uni are training, &/or be prepared to stop the outing if too busy. with a question over Who makes that call?
 - No junior coxes with inexperienced crews, perhaps ever, or maybe only ever on the straight with a launch in attendance ie treat them as we would a junior crew.
 - Presence of Simon alongside the crew was good planning and this should continue to be considered as a benefit to paid coaching, as it was a key factor to the handling of the 4x+ incident.

HRSA Monthly Report – January 2024

(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)

- January's Brief identified the clubs with the highest number of reports submitted in 2023. Avon RC sits in the top 12. British Rowing has 137 clubs with 100 members or more, of these 124 clubs reported one or more incidents in 2023 and 13 (9%) did not report any incidents. It has been picked up that all clubs have incidents and it is important to report them.

Club	Number of reports
Lea RC	72
Marlow RC	47
Kingston RC	43



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City of Bristol Rowing Club	42
Britsol Ariel RC	39
Maidenhead RC	39
Norwich Rowing Club	34
Leicester RC	33
York City RC	33
Avon County RC	30
Bewl Bridge RC	30
Latymer Upper School BC	30

Other learning from club incidents include:

- Consideration of advising crews to ensure someone has a way to contact for help if there is no side along support.
- Reviewing of lifejackets for launch wearers - to have self inflating life jackets for launch drivers and to ensure all life jackets are in good working condition and users know how to fit them correctly.
- Boats will drift in the stream and crews may not be able to respond quickly
 - An experienced junior 8 drifted downstream towards an island. The crew eased and the coach instructed them to turn the boat, but they responded too slowly, and the boat was swept onto the island. The boat came to rest in a stable position but pushed onto the island. The crew was instructed to get out onto the island without entering the water. They were taken to safety in the launches and the boat was recovered later.
 - The learning points were: -
 - 1. Do not underestimate the distance a boat can drift in the time it takes to turn.
 - 2. Do not overestimate the ability of a crew to turn a boat.
- RNLI advised blankets for rescue for those who have entered the water: *"The best ones are officially called a disrobe pack like this: - <https://www.respirex.com/en/products/pre-decontamination-modesty-pack>. They have a fleece like lining that absorbs water off the casualty. There is a more widely available version that is foil lined, it is a heavy duty waterproof poncho. There is more information [here](#)"* - I will look into what was provided in the incidents, what may need replacing and check to ensure all launch drivers have safety kits in the boats with them.

Outstanding safety actions:



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Action	Lead	Status	Comments
Develop an awareness campaign around good look out, rowing in fast rivers and the use of weirs (learning from British Rowing following the death of a rower reported in November's papers)	EBG	On track	Draft posters and decision matrix to be shared at this month's meeting

Rowsafe & Safety Audits

- The Annual Safety Audit was actioned by Philippa & Jon and accepted by WAGS region on 23rd November 2023.

Other Matters

- NA

SAFE TO ROW: DECISION MATRIX

Regularly assess the environment around you.

Always be prepared to modify or adapt your session.

Think about the conditions in the next 2 hours not just what they are now

This decision matrix is designed to help you decide if you feel it is safe to go out on the water.

Remember we are all responsible for our own safety on the water. If in doubt - don't go out.



River Level	Wind Speed & Direction	Visibility	Temp	Thunder and Lightning
1.0 - 1.1 You can still see the edge of the bank. Flow is manageable for most rowers. Not learner or new rower appropriate.	15 mph steady conditions, below 15 is row-able for most people	Fog, Mist and Haze Looking from the pontoons: can you see the last of the official moored boats &/or the bend? if not - wait to see if it clears. If not, it's not safe to go out. Think about adapting your session for the land.	Water Temp Below 5 degrees - water is cold and dangerous if entered. Only skilled crews and bigger boats. Water temperature below 4 degrees - No small boats on the water. Only experienced crews in large boats. Below 2 degrees or ice on the water - no rowing	Follow the 30/30 rule. There should be no less than 30 mins between each clap of thunder or lightning. If you hear thunder or lightning on the water. Get off the water wherever you can and come in once cleared.
1.1 - 1.2 This is a faster flow. You can't see the edge and landing can be difficult. Experienced cox and responsive crews needed.	15 - 20 mph Caution advised. This wind speed is not learner or new rower appropriate.	Sun height Check time of day and the height of the sun. Take caution in autumn and spring. Low sun heights can impact your vision. Look more frequently around you, be prepared to stop or change your outing to stay on the straight. if you can't see - don't keep going.	Air Temp Cold weather: Dress appropriately. Keep yourself warm with activity and plan your outing wisely. Cold and wet is worse than cold and dry. No learners or new rowers in wet and below 3 degrees. Hot weather: Be aware of the impact of dry heat. Adapt your outing, think about the length of time you are on the water and the height of the sun.	For all conditions, think about the skill and experience of the crew, how established you are, and your steering ability. Consider the amount of other crews, crafts and river users. Always be prepared to modify your outing.
1.3+ Flow is dangerous. No rowing for anyone.	Wind direction: SSE caution, wind is channelled between the boat houses and landing is difficult. Experienced cox needed.	(This cell is empty in the original image)	(This cell is empty in the original image)	



AVON COUNTY ROWING CLUB

THINK: IS IT SAFE TO ROW?

Is it safe now? Will it be safe in an hour?



River level

Check the latest river levels. Wellies needed over 1.0. Think twice if it's between 1.1 and 1.2m. 1.2 - 1.3 is fast and challenging. No rowing above 1.3.



Wind speed & direction

Caution should be taken between 15-20mph. 20-30mph is very challenging. No rowing for gusts over 40mph. Taker canton, landing is difficult when wind direction is S or W.



Visibility

Can you see the last of the official moored boats? Remember no night rowing everyone must be back before sunset.



Temperature

Adapt to the conditions. Hot or Wet & Cold weather can be dangerous, dress appropriately. Water temp below 4 degrees experienced crews only. No rowing below 2 degrees.



Thunder & Lightning

If thunder or lightning is forecast, consider delaying. Never go out in a thunder storm. If you're on the water when it starts get off the water - either to ACRC, Minerva or a bank. Whichever is closest and safest.

If in doubt - don't go out

Use the decision matrix on the safety board to help you decide
Always be prepared to change your plan



AVON COUNTY ROWING CLUB



AVON COUNTY ROWING CLUB

SALTFORD ROWING CENTRE
BATH ROAD, SALTFORD BS31 3JS WWW.AVONCOUNTYROWINGCLUB.ORG.UK



Your location
what3words: prefer.laces.films
Main road
what3words: decking.races.exam



 **Emergency contact**

999





Defibrillator
Inside ACRC Club House (gym)

For more information contact

captain@avoncountyrowingclub.org.uk
secretary@avoncountyrowingclub.org.uk



AVON COUNTY ROWING CLUB

MEMBERSHIP & SUBS REPORT

Membership and Subs Report for 19 February 2024 (money to 8 Feb, members to 17 Feb)

Membership numbers

	Abbr	31 March 2023	31 July 2023	6 Nov 2023	19 Feb 2024	Notes
Full	F	96	106	116	108	
Full paying junior rate during lockdown	FJ	2	2	2	2	
Coach	C	2	2	3	5	
Non Rowing	N	5	5	5	4	
Donors	D	3	3	3	3	
GoRowIndoor	GRI	3	3	3	0	
GRI Coordinator	CGRI	1	1	0	0	
GRI, also doing Taster	GRI,T	1	0	0	0	
GRI, also doing LTR	GRI,LTR	5	0	0	0	
Student	S	2	1	3	4	
Vac student (paying)	VAC	3	4	4	5	
VacM (maybe maybe)	VACM	7	8	8	8	
Junior	J	41	39	51	38	
Taster	T	13	13	13	19	
LTR Taster + course	LTR	16	13	2	2	
Junior - family membership 1 parent	Jfam	5	7	6	6	
Junior - family membership 2 parents	Jfam2	0	0	0	0	
Bath Spa	B	27	0	0	23	
Non Bath Spa Leavers this FY	L	75	17	39	62	
Total exc all VAC, T, LTR (only), BSU		163	169	192	170	
Total exc all Vac, T and LTR (only)		190	169	192	193	

Commentary

Money – Subs still coming in at over £40,000 for the year, but only just!

VACM, Tasters and LTR stragglers – in the next FY, we will remove these. But more people are now paying for tasters, including 3 extra not inc here as cannot understand the payments.



AVON COUNTY ROWING CLUB

GRI, T There are GoRow people signed up for the taster but they are not actually GoRow members.

BSU – invoiced and paid. (£2208 not included above)

GoCardless – Bulk update facility not yet tested. Request to be kept at Standard pricing accepted.

JOINERS & LEAVERS

Adult Rowing Joiners and Returners

Student Joiners

Ella Bolton ellabolton2006@icloud.com (DoE?)

Ella Ford ella.lindsey@hotmail.com (paying)

Luke Belton luke.w.belton@gmail.com (invited)

Tom Conradi conraditom@gmail.com (invited)

Coach/Non-rowing memberships

Charlotte Hook (from full)

Junior Joiners and Returners

Raphael Burke-Nott Thomas.burke@mac.com (invited)

Leavers (or joiners who never really happened)

Hunter Collacott-Nuur [GCL now sorted, I hope](#)

Alice Bassett [GCL mandate cancelled by](#)

Eve Bassett/Scuffil

Matthew Morris [mail to KP, removed from GCL](#)

Thomas Wiesenthal-Saunders [mail to PS, subs stopped after Jan](#)

Tobey Showering [mail to Penny, mandate cancelled 22/1](#)

Miles Bradley [GCL mandate cancelled by](#)

Marcus Bradley 26/1

Aune Tytti Hyttinen [GCL mandate cancelled 6 Feb, mail to Philippa](#)

Bartosz Palyga [GCL mandate cancelled 14 Feb, mail to Jon](#)



AVON COUNTY ROWING CLUB

FINANCIAL REPORT

AVON COUNTY ROWING CLUB						
Financial Report for Committee Meeting on 19 February 2024						
1. BANK BALANCE		This report (19/02/24)	Previous report (08/01/24)	Change		
	Interest rate					
Current account - General ¹		55,088	47,331			7,757
CAF Cash account		2,142	3,246			(1,104)
CAF Gold account ²	2.50%	31,502	31,502			0
Virgin Money account	1.35%	18,259	18,192			66
Total in bank		106,991	100,272			6,720
¹ General excludes subs standing order receipts since 09/02/24						
² Includes £3,000 events working capital						
ENTRIES/KIT/MISC DEBTS/(CREDITS)						
Balance 31/03/23 (after write-offs)		544	544			
Race fees		6,595	6,595			
Kit & Misc		2,785	1,855			
Credits this year		(8,430)	(7,967)			
Total Current Balance		1,494	1,027			467
2. MAJOR INCOME & EXPENDITURE ITEMS SINCE LAST REPORT						
(excluding normal routine items)						
				Amount		
Insurance excess John Hodge 4x+/4+ repair				250		
Coaching Simon Brown (Jan)				495		
Bath Spa Uni subs 2023/24				2,208	income	
3. IMPENDING MAJOR EXPENDITURE/INCOME						
				Amount		
4. FINANCIAL ISSUES						



AVON COUNTY ROWING CLUB

Rowing Notices 2 March 2024

SAFETY:

Could all members who actively row at the club, please make sure that they read this section through & look at all the links. This is important information. I'm sure that most of you know most of this, but even if you do a refresh is valuable & you can help us to improve the information too. If it is new to you then that's great!

OK, so as you will probably know, we've had a few on-water incidents in the last few months. These have resulted in some damage to boats, but fortunately no one has been hurt. It could easily have been otherwise. These incidents have caused us to stop and think about the safety information we present to members, both on joining the club and ongoing. As a result, we're revising / updating some documents and bringing in some new ones. I am going to run through all these below. Once we're fully happy with them, they will start to appear around the boathouse and facilities block in big A1 / A0 format. If you have any comments, or suggestions, or if you don't understand what anything means, please let me or Emma or a Squad Co-ordinator know & we'll explain what we mean & work to improve them.

When filling out a membership form to join the club, everyone signed to say that they have read the Safety Policy. For some of us however this might have been some time ago...! So worth a re-read please. If you've never seen the Safety Policy before then now's a good time. There's a copy on the safety board at the club and in the attachment below.

https://mcusercontent.com/c0cd6572e5a50b2317e8a6cdb/files/01461d1c-22fc-3f57-f260-5bf865810b19/Safety_Policy_Nov_2023.pdf

One of the most important parts of the Safety Policy (point 9) is the boat checks. THE CREW ARE RESPONSIBLE FOR CHECKING THAT THEIR BOAT IS SAFE TO USE.

The key boat checks are :

- Check boat visually for hull damage
- Check the buoyancy compartments, seals and hatches are secure and watertight
- Check riggers and gates are secure and in working order
- Check heel restraints are strong, secure and the correct length ie. heels go no higher than the fixed point of the sole on the foot plate. NEVER GO ON THE WATER WITHOUT YOUR HEEL RESTRAINTS TIED.
- Check that the shoe quick release cord works and releases the velco on both shoes with one pull. DO NOT FIX FEET INTO SHOES WITH ADDITIONAL STRAPS
- Check bow ball is present, in good condition and secure. THIS IS ESSENTIAL TO HELP PREVENT INJURIES IF YOU HIT ANOTHER BOAT
- Make sure no fixing screws or bolts could cause damage in an accident, eg bolts which protrude excessively.
- Check seats, runners and stretchers are secure and working correctly
- Check the rudder lines, steering mechanism, rudder and fin are secure and in good working order
- Ensure the cox has a correct fitting life jacket, knows how to use it, and is wearing a visor/cap for the cox box headset to sit on. This is so the headset can be quickly removed in a capsized situation.



AVON COUNTY ROWING CLUB

- No hoodies, dry robes or wellies at all in the boat as these are very dangerous if you are wearing them & the boat capsizes.
- Ensure the blades are undamaged and buttons are secure and properly set
- Sign the boat out

Do not use the boat if there is anything faulty or broken. On returning from the outing:

- Sign the boat back in
- Clean the boat & oar handles (particularly if the handles have blood on them – it happens!)
- Note any damage or issues in the damage book &/or email me so I know to fix them.
- Fill in an incident form or report on line if any unplanned incident has happened during the outing. This is important as we learn from things that go wrong.
- I'd also encourage you to wash your hands straight after the outing as the river water may not be very clean.

I would encourage everyone to watch the short video below from British Rowing which identifies the basic checks that need to be taken before we boat.

<https://www.youtube.com/watch?v=Jv294UHbj0s>

Jane has started to ask a member of each of her womens crews to take a lead on boat checking for the next few weeks in order that it becomes more of a routine. I think this is a great way to go forward, thanks.

I would also suggest that you don't take valuables such as keys, bank cards or mobile phone in the boat unless they are in a waterproof pouch/bag which is tied securely to the boat. It is however good practice for at least one crew member to have a phone in case you need to call for help. Everyone should ideally also have a change of clothing and a towel back at the club in case of capsize. We do have stocks of towels and spare clothes though if these are needed. It is quite possible for all boats to capsize or become swamped, clearly it is less likely with bigger boats, but it does happen as we've found out recently with the 4x+ incident.

I think there's a lesson in this clip about keeping hold of your blade handle if you can...

<https://www.youtube.com/watch?v=w5IQLTf0xjU&list=PLUgw-j6wWMzZuM2Sf-gr2iHLa97VC0u6r>

We run regular capsize training sessions in a swimming pool. If you haven't done one then I strongly encourage you to sign up to the next one. In the meantime, please watch this capsize video, so you know what to do if you're in a boat which capsizes.

<https://www.youtube.com/watch?v=A6un3TkbQUQ> (up to 9'40" when the Para rowing section starts)

When you are out on the water then regularly looking ahead is critical. We have a very busy stretch of river, particularly when all the clubs are out at the weekend. From time to time, branches and trees fall into the water or float down the river. And dare I say it, but



AVON COUNTY ROWING CLUB

other boats may not be where they should be! You can't control what other crews do, but you can be in the right place on the river yourself, looking round regularly (at least every 5 strokes), ready to shout and take avoiding action if necessary. British Rowing provide the following video about look out. LOOK AHEAD FREQUENTLY. DON'T EVER ASSUME BOATS WILL BE WHERE THEY SHOULD BE.

https://www.youtube.com/watch?time_continue=14&v=Aha1G3R7jE&embeds_referring_urei=https%3A%2F%2Fwww.britishrowing.org%2F&source_ve_path=Mjg2NjMsMjg2NjY&feature=emb_logo

And if you don't look out then this is what might happen ... I didn't pick one of the really gory ones, but you can imagine...

<https://www.youtube.com/watch?v=y1ng6DSOxGQ>

Since the latest incident with the 4x+ we've taken action to remove the build up of debris on the top bridge pier, cut back the overhanging tree by Minerva & removed the old 1250m marker stump which has caused at least one problem recently.

Of course, safety isn't just about when you're on the water. Lots of injuries and incidents happen in the boathouse and carrying boats. There should always be one person in charge of the boat on land, usually the cox or bow steers. Listen to what they say & lift boats as a crew. They are heavy and awkward if you don't. Pontoons are particularly hazardous. We try to keep them clean and tied securely but don't take this for granted, particularly after floods. Please take great care stepping on & off them all the time, particularly when wet, watch out for the edges, wear good shoes (I hate sliders personally – they slip) and take your time. PLEASE WATCH THE GAP BETWEEN CONCRETE & PONTOONS

The last safety bit I want to talk about now, is the decision about when to row and when not to row. Previously we've had 'rules' about river height. These are still in place. And we've had the advice IF IN DOUBT, DON'T GO OUT. Again this remains. However we're trying to give everyone some better tools for decision making. Lead by Emma, we've been working on a "Safe to Row? Decision Matrix", a "Water Circulation Pattern" and a "Safe to Row? Poster ". These build on what we already know about boating at various river levels and weather conditions but bring everything together in one place. All 3 documents are attached below &, when completed, will be produced in large size and put up where they are very visible. Please if you have any comments do let me or Emma know. There will be a 4th poster showing the whole of our stretch of river with significant danger points and safety information noted. This will follow shortly.

Please read through these 3 documents & I'd appreciate any feedback at all, particularly if anything doesn't make sense. Everyone who rows at the club needs to understand these guidelines & be able to apply them to their own rowing. Just a caveat, that junior sessions are a little bit different as they are always coached and risk assessments are done by the coaches.

https://mcusercontent.com/c0cd6572e5a50b2317e8a6cdb/files/1a387a99-99a2-883a-eedb-953dc7b71fd8/Decision_Matrix.pdf



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https://mcusercontent.com/c0cd6572e5a50b2317e8a6cdb/files/c361e9f2-69a1-3266-2cd7-547a7b086e20/Safe_to_Row_Poster.pdf

https://mcusercontent.com/c0cd6572e5a50b2317e8a6cdb/files/c858af16-e4f7-d174-5ce8-e45771d435a9/Water_Circulation_Pattern.pdf

We do also have a Safety Plan, Risk Assessment, Emergency Plan & Flood Plan which I attached for information. Don't feel you need to read these unless you wish to, as they are quite detailed. However, it is important to understand that safety at the club is built up from looking in detail at what might go wrong and how we might prevent it. The reporting of incidents is part of this ongoing risk assessment & mitigation process.

https://mcusercontent.com/c0cd6572e5a50b2317e8a6cdb/files/333a88c4-f946-f894-1ab1-13bc2475b2ca/Safety_Plan_amp_Risk_Assessment_for_Safety_Audit_Nov_2023.pdf

https://mcusercontent.com/c0cd6572e5a50b2317e8a6cdb/files/9069421d-8a49-987c-d2ff-f492a74786c5/Emergency_Plan_Nov_2023.pdf

https://mcusercontent.com/c0cd6572e5a50b2317e8a6cdb/files/db387756-3473-9e93-e311-84ca7c9464a4/ACRC_Flood_Plan_Nov_2023.pdf

Thanks for taking the time to read all this.