



AVON COUNTY ROWING CLUB

MINUTES

Committee meeting held via Zoom

Monday 17 June 2024

Present: Kim Pennelegion (KP), Jon Garner (JG), Philippa Sondheimer (Pson), Julian Sondheimer (Json), Penny Senior (PSen), Katherine Greenhead (KG), Jane Day (JDy), Jim Dawson (JDw), Marian Lovell (ML), Patsy Lamb (PL), Alastair Watson (AW), Emma Baker-Gaunt (EBG), Patrick Carpentier (PC)

Apologies: Antony Constantinidi (AC), Ange Scott (AS)

1. Minutes of last meeting – Approved and adopted

Welcome to PC who is replacing K Noble (BSU)

2. Update on Action list –

ACTIONS FROM PREVIOUS MEETINGS:	
Signage	Thanks to EBG for all of the signage that has been created. Signage to be put up. Action: 'Emergency Meet Here' signage to be created JG to erect signage
Website	Thanks to JS, JDy and Thomas, a lot of work has been done to update and improve the website. Action: All to look at website and feedback comments. To consider whether we wish to update the website software as Wordpress has design limitations. Discussion regarding publicity officer/marketing – JDy to enquire whether the club qualifies as 'not for profit' and therefore whether we will be eligible for UWE apprentice (10-12 hrs/week) who would potentially be able to assist with these activities. Action: JDy to explore club eligibility and UWE apprenticeships All to explore whether there are individuals within the club that may potentially be able to assist with marketing/publicity



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<p>Mailchimp Subscription has been updated to the 'Essentials' package, this will enable sufficient capacity for all club communications.</p>	<p>EBG has a specific Safety login to Mailchimp and is now able to send safety-related emails to all relevant members. KP has provided the 'how to' guidance and will run through using Mailchimp in person before this is expanded out to the co-ordinators.</p> <p>Action: JG to sort monthly payment from his club credit card KP/EBG – Mailchimp 'how to' KP to expand Mailchimp out to Co-ords</p>
<p>Go Row Indoors Poster for GRI has been created by Alex.</p>	<p>Sundays are well attended, useful for social rowers although attendance has dropped off as LTR has progressed. We need more advertising.</p> <p>See above re – website/Publicity/Marketing</p>
<p>Grant applications We need to ensure we have a co-ordinated approach as there are potentially bigger funds (eg Sports England) where we may be able to make a combined application</p>	<p>JG/AW/PL/PSon to progress JG/PL to chat in first instance</p> <p>JG/PL have had brief chat, need to progress. PL currently compiling costs. Once figures together, can consider grant applications (it is a rolling application process without a submission deadline).</p> <p>KP/JG to organise supplying images of the clubhouse door/locking mechanism to Bath Lock & Key so that we can obtain quotes for moving the lock to make the door wheel chair accessible.</p> <p>Action: KP/JG to action Bath Lock & Key. Images have been sent to Bath Lock&Key 15/7/24, awaiting feedback re options/costs.</p>
<p>Refurbishment of fleet</p>	<p>JG to create a refurb priority list Work in progress</p>
<p>Welfare Safeguarding course</p>	<p>ML has sent reminders for completion of Safeguarding course, there are a few outstanding. BR have not followed up on this.</p>
<p>EDI – PL to follow up on contacts from Help for Heros, We Get It, Blind Society.</p> <p>With growing impetus for adaptive racing, to identify what is currently on offer across the region, for future consideration.</p>	<p>SGS Filton taster session for 4-5 individuals (plus 2 tutors) from the SEN section is being organised. 26 June.</p> <p>A summary of adaptive racing opportunities across the region has been drafted. Adaptive events only being offered – 1x and 2x.</p>



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	New guidance from BR for launches for people with physical disabilities – if we do have any enquiries, we need to make sure we have worked out whether we can accommodate any capsizes.
BMC AW to complete the external transfer of trustees AW will take over all BMC buildings and grounds actions from AC, and will provide an update to the committee on all BMC items (eg mains water leaks, roof repairs, fire safety actions, Duchy liaison etc)	Work in progress.
First Aid course – 27/5/24	KP currently updating the FA noticeboard following the recent course Thanks to MW for running the course.
LONG-TERM ACTIONS	
Rowing tank feasibility study	JG/PSen/PSon to report back, as and when, with further information PSon – would like clarification as to who is doing what. PSon to register interest in grant funding

* Actions highlighted in grey have been completed

3. Reports

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

Help for Heros postponed, a new date will be arranged
We get it – another event to be organised, PL has offered 11 and 18 August (although following the meeting, WGI have suggested 7-8 September 2024)

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

Congratulations to the winners over the weekend.
Committee agreement for PSen to arrange GB Junior entries. No seniors have expressed an interest.

Thanks to all who have helped with the pontoons; provisional date – early July – to complete the works.

The adult squads are struggling with low numbers which is making it difficult to create crews of comparable technical ability. We need to grow the club membership. The BR summer initiatives were discussed in detail. Agreed that we will register with BR to signpost new members to us. In addition, we will engage with the LTR courses (6 sessions over the summer/autumn for all ages – 50 participants) whilst being aware of the risks associated with this (level of rowing ability at the end of the 6-week courses; not meeting the BR criteria and needing to repay the coaching contribution). BR will provide £2k towards coaching support – there would be possible potential for UoB coxes to engage with paid assistance. JG to explore which other clubs are



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engaging with this initiative – there could be potential to tie in with these clubs at the end of the LTR courses and host a race with a social element.

Action: JG to explore BR initiatives/which other clubs are engaging. To sign the club up to the initiative (on the basis that if we decide to pull out we can do so.)

3/7/24 – JG has signed up to the BR Olympic LTR initiative (although to date has not heard anything further.

Midsummer Madness – a reminder for everyone to enter their crews and if free, to help on bank/launches.

The survey from the men has provided some interesting results. The survey has also been circulated to the women, will collate and consider the responses at the next co-ordinator meeting.

Action: Co-ords to consider responses from the club surveys and report back

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

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

Nothing to add.

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

SPOND has been set up and this is now working for the social rowing squad. T shirts have been ordered.

PSon is organising a joint rowing initiative with Bristol Ariel. Everyone is delighted with Si's coaching.

Learn to Row – Report circulated prior to the meeting, see below.

KG is sorting out the details for a 2nd LTR, planned as an intense weekend (26/27 July). There are currently 8 on list, with another enquiry today. Maximum numbers will be 10-12. PL to pass on details from 2 enquiries from the We Get it charity.

KG confirmed that we are not giving BR membership as part of LTR this year.

Final session for this current course is 6 July, there will be a week off before moving over to squads, with some potentially moving into social rowing.

Welcome pack may need some updates for any new members.

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



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

BSU co-ordinator –

BSU is growing quite rapidly. PC currently unsure of numbers for the start of next academic year. This year has felt quite chaotic with managing boat bookings etc, would like to smooth this out for next year. PC/JG/BSU cttee to discuss in next academic year. Potential for boat booking, coaching etc to run more smoothly.

JG reminded PC that BSU are club members, would encourage members to join in with all activities.

PC to let Pson/JG know of any members who are staying over in the summer, will get VAC membership.

Actions: PC/JG/BSU cttee to meet next academic year to discuss boat booking, coaching etc
PC to provide Pson/JG with summer student members

4. Boathouse Management Committee

Nothing to report.

5. Welfare

Discussion regarding general conduct for all on site and spectator information for our events. PSen to draft, this to be included with our events documentation.

Action: JG to send a general reminder about conduct to all members in RNs
PSen to draft 'spectator information' for our events.

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

KP/EBG to meet re Mailchimp, EBG to mock up a couple of safety notices for issue.

Safety notice to include the newly published BR guidance with QR codes for easy access and a reminder about navigation and steering.

Action: KP/EBG to meet re Mailchimp
EBG to draft safety notices

Noted that there are current issues with mooring of canal boats, double parked etc. AC to liaise with Duchy to see if they can carry out an inspection as these are causing hazards

Action: AC to liaise with Duchy re an inspection



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EBG to draft competency guidelines for steering

Defib pads out of date – JG to order new ones.

Action: JG to order new defib pads 3/7/24 – These have been ordered

7. Events

Regatta - healthy surplus but less than previous years. A very good event with good racing, although noted that we had been tight on volunteers.

Avon Bluefriars – JDw handing over organisation to AW, will be starting that soon

Film night – Alex Fraser to draft information for JG to circulate in RNs

Action: A Fraser to draft Film Night communication

8. Membership & Subs

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

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

Nothing to add

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

1st draft of club accounts, to March 2024, were circulated. Main points to note – down £20k compared with last year, half of this was due to the cancellation of 2 events, £4-5k increase in coaching spending, increase in the cost base for rent to BMC to run the buildings, insurance increases. It is a good thing that we increased subscriptions from April 2024, this will bring in extra money.

Financial report – big increase in race fees, but we now have processes in place to ensure members don't rack up too big a debt.

10. AOB

Pond – reeds are taking over. Does AC have any knowledge of how this has been dealt with previously – how/when?

We could ask Wessex to help with big digger?

PSon to rationalise the First Aid kits.



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Cotswold water park – we need the discussion about whether we utilise this facility for training, racing. Noted that there is a lot of work and activity at Saltford currently, if we want to progress this, we need someone who has the time and enthusiasm to own it. Pson suggested that we ask UoB, if they are going to lead on it, we can follow. Ask Ed what his view is now, follow up in September.

Action: JG to discuss with UoB

Other part of BR post-Olympic activity – 7-8 September, Great British rowing weekend. For clubs to decide if they want to do something. * To note that this is the potential weekend for We Get It taster session *

Date of next meeting: Monday 5 August 2024, 7.45pm



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EDI REPORT

The We Get It (Cancer support charity), that we held back in May, was a huge success. We received lots of lovely feedback from those that attended with much gratitude and praise for the volunteers. The event achieved what I really hoped it would, in terms of what the attendee's took away from the day. This was demonstrated by the feedback, an example of which I will share below for those that have not yet seen this:

"I just want to save a massive thank you for giving me this opportunity. I never believed I would be able to do something like that and to have the video evidence of rowing 2K up the river is something I will treasure forever. When my cancer came back 2 years ago it really felt like the end of the world but this has made me realise that I can do anything and I came away on Sunday feeling two inches taller and very proud of myself, it was a personal challenge and the kindness, understanding and encouragement from everyone was just wonderful, thank you so very much."

I think it's fair to say, it was a very rewarding day for everyone involved.

Recruitment wasn't the intention of the day, however, two of the attendees have expressed further interest in rowing, so I will contact them about the LTR weekend. The charity is really keen for us to offer another taster day for those that weren't previously able to attend and dates for this have been offered for August, which I am waiting for them to confirm. The charity also linked us in with further organisations, including the Stroke Association, Mind and the Carers Group. The Carers group have expressed keen interest in joining us for a taster day next year, as their event calendar for this year is already full.

Following Alex's very successful 'introduction to indoor rowing' at Filton College, Alex and Jon have organised a water rowing event at the club on 26th June, for a small group of young people who have a range of special educational or physical needs. I understand there is much excitement from the college and young people that are to be involved.

The meeting with Help for Heroes has been temporarily postponed at their request.

Emma from Canoe Avon and I (mostly Emma) are continuing to progress with the quotes/details required in regard to the accessible lift installation and hope to be in a position to apply for a grant very soon.

CAPTAIN'S REPORT

Finally, we get to do some racing this year! I hope that everyone who's competed has enjoyed their races.



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Wins at several of the events we've been to:

Bristol Avon Regatta: WMasC/D 2x, WJ14 2x

Monmouth Regatta: WMasC 8+, MxMasD 8+

Hereford Regatta: WJ16 1x, OJ16 2x, WMasA/B 2x, O 1x

Reading Amateur Regatta: WJ16 4x- (comp with Millfield & Monkton)

British Masters Regatta: MxMas50+Int 4x-, WMas50+Int 4x-

Good luck to our W2x and WJ16 4x- at HWR next weekend. Then on to Llandaff & HMR in early July.

Are we entering crews to GB Senior and Junior Champs? For committee approval?

Our BAR on 11th May was successful with lots of positive feedback from visiting crew and umpires. Total profit £3912 which is a great result. Thanks to Julian, his organising team, and to everyone who helped on the day. As I've said before, these events don't happen without the support of the whole club and for which I'm very grateful. As always some things to consider for next year.

Also great support for the LTR course this year and our "We Get It" taster day on 19th May. Full reports from Katherine & Patsy. Thank you Katherine, Patsy & everyone who's been involved.

We have a small group of youngsters coming over from SGS College Filton with Alex on 26th June for a taster session. This is the final part of his outreach work with the college for this college year.

Thanks to Jane, Julian & Thomas who have put a lot of effort into updating our website. If everyone can have a look through and see what they think please.

We put a page info/ad in the June edition Keynsham Voice. So far to my knowledge this has attracted a couple of enquiries to join. I'd like to see if someone would take on a role of Publicity Manager to enhance our presence in the various local publications – volunteers please?

There were lots of helpers for putting the new pontoon together (& to enjoy seeing me fall in!) We'll need another date to finish it – provisionally Saturday 6th July. Thanks also to Jim for his ongoing repair work on the internal doors.

You'll see that Wessex Water are progressing with the work in the top field. I understand they are on plan so there shouldn't be any risk to ABH in October.

Voldemort & our new (Rowing Foundation) junior 1x will be ready for collection at the end of June. I'm seeing if they can be collected at HRR or HMR. Otherwise I'll collect them.

On water coaching costs so far this committee year has been £5010 (ave £557 per month) which is significantly below the level we had planned & signed off. In the main this is due to the poor conditions in the early part of the year when we missed several weekends. June coaching will be at a higher level as I've brought in Angus Pollard (GB U23) to do some final race prep with crews



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preparing for BMR, HWR & HMR. This is for 3 weeks only & in addition to Si's regular weekend coaching of all other crews who want it.

We held a Co-ords meeting on 27th May: Key points for committee

- Approval given for WJ16 4x & W2x entries at HWR
- Coxing training good so far. Progress is now to on water training with launch following. Consider 2x with rudder for practice bow steering.
- LTR. Discussion about progression into Dev Squad & then into Adult Squads with ongoing coaching support. LTR2 weekend proposed in July.
- Safety. Far fewer incidents now conditions better / awareness higher. Need to revisit steering guidelines for all. Revisit the new member induction pack.
- Preliminary results from Men's Squad survey are interesting. Roll out to Women's Squad and then review
- Both Adult squads struggling with low numbers – how can we grow membership? Lots of discussion around publicity, LTR numbers, website
- Could we have a "sculling ladder" &/or adult crews join in the regular junior time trials *** Next dates 25th & 27th June***

BR have launched a summer initiative to encourage people into rowing on the back of the Olympics. I circulated a webinar and notes last week. Question for committee is to what extent do we want to sign up?

Looking ahead to Midsummer Madness this weekend. Let's get crew entries in & we'll need a few helpers on the bank / in launches

WOMEN'S SQUAD REPORT

General

Learn to Row continues to be well supported by quite a few members of the squad for the taster and initial sessions. I will continue to encourage more people to sign up to support as we go forward as the newbies are introduced to sweep rowing.

A number of the squad attended first aid training in May to support the Club.

Work has been done on the website to update the content and images including the introduction of a 'Squads' area to raise the profile of ACRC.

Racing Past and Future

A busier start to regatta season with some wins and medals for crews!

BAR – WMasC 2x with Sal and Hannah



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Monmouth – WMasC 8+ with Joanna, Chloe, Patsy, Katherine, Helen, Molly, Kim and Jane coxed by Primrose and MxMasD 8+ with Patsy, Katherine, Joanna, Jane, Jon, AD, Chris and Woody coxed by Helen

Hereford – WMasB 2x with Victoria and Abbie

GB Masters – W50+ 4x- with Kath, Steph, Ange and Sal, MxMas50+ 4x- with Patsy, Katherine, AD and Chris and a bronze medal for WMasE 4x- with Kath, Helen G, Ange and Sal

Next event will be for Victoria and Abbie racing at Henley Women's Regatta on 21st June!

Then looking ahead for possible crews for Stourport and Gloucester.

Squad Survey

I have sent the Jon Dean's to the women's squad to gather feedback. This will be reviewed shortly to understand what might be needed or could be done better.

MENS' SQUAD REPORT

Membership

- We have two new joiners since the last report, Peter Williams and James Goldstraw. Both are doing very well (as are all of our recent joiners). Thanks to all members for making them feel welcome.
- We have received an enquiry from another experienced rower, Lee Stidolph. Lee had a taster row this weekend and is considering joining. A key consideration is whether he can row regularly with experienced crewmates. Also keen to single scull.

Training

- We have a core group of around 10-15 members regularly signing up for outings on Spond. The remaining 35-40 men's squad members are mostly self-organising, with some helpful chaps offering to join the coordinated outings where needed. This is much appreciated, and really helps with squad integration and crew formation. I would encourage all of our experienced rowers to get involved as much as possible; everyone's welcome!

Racing

- Bristol Avon Regatta 11/05 (7 crews entered, win for Andy Davies MasDEF 1x)
- Worcester Spring Regatta 18/06 (2 crews entered)
- Monmouth Regatta (4 crews entered, win for the Mx MasBCD 8+ incl Robin Wood, Chris Roach, Andy Davies and Jon Garner)



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- BR Masters Championships (4 crews entered, gold for the Mx Int 50+ 4x- incl Andy Davies and Chris Roach)
- Well done all and congrats to the winners!
- Upcoming races in June/July include ACRC Midsummer Madness, Henley Masters, Llandaff Regatta and Bewdley Regatta (unless replaced by an ACRC event). Relatively light sign up to date; it would be good to submit some more crews if poss.

Men's Squad Survey

- The survey is now complete. Thanks to everyone who contributed (53% of men's squad members, which is a great response). A summary will be circulated shortly and key findings used to develop the squad/club in future.
- Feedback was overwhelmingly positive, with some great suggestions. Key themes included the importance of coaching and crew selection to enable progression, and a desire for improved squad integration and socialising.

GRI REPORT

Now the river has returned to normal, Sunday classes are less well attended but still OK. I will probably cancel Tuesdays class as it is not generating enough interest.

JUNIOR REPORT

We have about a dozen beginners atm, mostly attending on Fridays. I am using Spond for the newbies to sign in which is really useful. Very few from Wellsway – more from Oldfield – and we have just advertised at Hayesfield so we shall see. Very poor response from those on the waiting list when invited to sessions.

Liv and Tatiana are racing in a composite J16 quad with Minerva & Millfield. They won at Reading Amateur and are looking forwards to racing at Henley Womens on Saturday.

SOCIAL ROWING REPORT

Coxing

Ten people, mostly social rowers, have attended Jon's coxing workshop. Of these, only Theresa has pursued the coxing for social and, after a few coached sessions on the water, is now able to cox a quad, without a launch alongside.

Hoping to encourage others (and provide opportunities) so that we have more than three coxes. Julian generally coxes the oct, with Philippa and Theresa coxing a quad as needed.



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Glen and Ange happy to bow steer.

Outings 29th May to 14th June

Outings have happened on most Thursdays and Sundays plus one Tuesday evening.

22 rowers have taken part in these outings, and reserves come to the club and erg.

There is demand for more outings but a) we need more coxes, steersmen, and organisers and to use Spond properly (Penny is helping and progress being made) and b) it may be that evening outings are simply a substitute for the regular Thursday and Sunday outings which then become poorly attended. Squad needs to grow and diversify!!

Coaching

Si is now coaching social rowing on Sunday mornings. This has been received with great enthusiasm; Chloe summarises the coaching as "the epitome of constructive criticism".

21 September West Midlands League (committee boats – assume fours/quads)

We have an invitation to this and some gentle interest.

RecRow invitation

As WAGS rep I sent out a survey of recreational rowing and got quite a good response rate – 11 clubs. As expected, WAGS' recreational rowing is not centred on touring and stable boats as other regions' seems to be. All clubs indicated interest in a little guest row at another club, followed by lunch and chat.

Replies to follow up invitation to Avon County.....silence. Fine, no cake for them, then.

LEARN TO ROW REPORT

The 16 people on the current course continue to progress well, albeit at different rates.

They are a very positive bunch and are all enjoying the time spent on the river.

Support is good in terms of helpers.

They were introduced to the joy of sweep rowing this week and racing starts on the erg!

Plans are afoot to organise an intensive LTR course for the new enquiries.



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The dates are the weekend of 26th/27th July. I have 8 people who have expressed an interest, 4 men and 4 women and hopefully two more from the We Get It charity. Details, timings and cost are to be confirmed.

SAFETY REPORT

ACRC Incidents reported since the last meeting.

Date	Description	Reported online by club
8.4.24	At Easter camp. Elliot Thorpe. Standing rigger dipping in Virus on pond. Got back in	27406
12.4.24	At Easter camp. Ed Fooks in Scabbers and Oscar in Vicki both fell in doing confidence drills, rescued by Jon using tin fish	27407
5.5.24	At the end of a 4+ outing (Robin, Jon D, David A, Mark, cox Andy) I was stepping out of the boat, the boat was at the jetty, bowside getting out first, and as I stood up in the boat I lost my balance and fell into the water (to strokeside). I swam round the boat and got out onto the pontoon, showered, put on my own emergency dry clothes and all is well. Cause was that as I stood up the boat probably wobbled / leant to strokeside a bit, and I lost my balance, tired after the outing.	27559
9.5.24	In sunny clear weather, BSU intermediates in Andrew Barton. They report, "We were landing on white pontoon and had got the parking angle correct and bow was just gently pulling the boat further down the pontoon and it caught on the corner of the pontoon sticking out, making a hole in the stern close to stroke seat on bow side. We will remind bow to only pull in once the boat has fully passed the jutting out pontoon".	27560
13.5.24 11:15	Alastair Watson reports, "I was in a double scull travelling downstream on the river when I saw a barge stationary on the wrong side of the river. We stopped and the barge driver told us he was assisting a sculler who had capsized and was in difficulty. He passed over the incident to us and carried on upstream. The sculler was in the water, holding on to her boat. The boat was the right way up, but she was unable to get back in. She was not in any distress, and asked us how she could get back into the boat, as she had not been trained to do this. We advised her about how to get back into the boat, which she did eventually achieve, and sculled herself back to the club pontoons. We stayed on the straight until we knew she had returned safely to land. She seemed pretty competent, and was not distressed at all. The water temperature was not too cold after a week of unseasonal high temperatures. Measures taken: We	27595 And see comment from UBR



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	<p>kept an eye on her as she returned to the rafts, just in case she had any further problems. We were the only other rowing boat on that stretch of the river at the time, and there were no coaching launches or safety boats present. No other UBBC members were around.</p> <p>Many thanks to ACRC for bringing this to our attention, all UBBC members have been reminded of the importance of reporting incidents, instructed again on how to right and get back into a boat, and coaching staff have been reminded not to leave crews, particularly less experienced small boats, unattended</p>	

HRSA Monthly Report – June 2024

The main focus of the HRSA report this month was the need to remember the basics of safety. This connects with the work we have been doing and the posters that we have created - so we are in line with British Rowings current stance. They have provided a back to basics document that I will use as the basis for the first Safety Notice through Rowing Notices and mailchimp.

Other key comments of note:

- Six cases of illness from waterborne diseases and the advice to continue to be aware of the risks. Also included was a clear message that the drinking of Coke fizzy drinks does not have any impact on the stomach or prevent someone from getting sick.
- There is more information provided about the safety training available on Go Row for anyone who would like to complete it. There are 2 modules:
 - The first phase is called "Safety Basics - Understanding and Managing Risk". This can be <https://www.rowhow.org/login/index.php>. Level 2 Club Coaches are required to complete this as a prerequisite to their training.
 - The second phase is Advanced Risk Assessment, <https://www.rowhow.org/login/index.php>.
 - If there are problems with the links then <https://www.rowhow.org/>, login and click on "Online Learning", there are links here to these and other training modules.
- One club asked what to do when someone is not happy to go afloat. As this has been a conversational point for Avon, I have popped the response from British Rowing included in this months report:

" There is a statement in the risk management plan document here that states: Remember, before an outing can start, everyone involved (coach, crew, cox, parents, etc.) has to be satisfied that it is safe to proceed as planned (or with revised plans). It is better (and safer) to be



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on land wishing you were on the water than to be on the water wishing you were on land.

Also consider whether, even if it is safe, the crew will benefit from an outing in marginal conditions and whether less competitive rowers will be put off the sport by outings in unpleasant conditions. "

With the following added:

Remember that the British Rowing Code of Conduct (here), contains the following in the section on Standards of Behaviour and Conduct in relation to Coaches, Instructors, Officials, Umpires and Volunteers : -

4.5 maintain an environment free of fear and harassment.

4.8 not force anyone to participate in the sport or place undue pressure on them.

4.18 recognise the rights of all Participants to be respected, treated as equals, with their dignity preserved.

Please take extra care of people who are nervous about taking part in a planned activity and respect their wishes. Take care also not to allow others to exert any pressure on them.

Rowsafe & Safety Audits

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

Other Matters

- All safety posters are now printed and at the club ready to be put up
- The next steps for continuing to support the safety of rowers is helping to look at competency sign off for steering across a number of different types (coxing, bow steer, foot steering and 1x). Jon and I will be working on a simple log so that co-ordinators and others can check to ensure someone is signed off. More information to follow at the next meeting.

MEMBERSHIP & SUBS REPORT

Membership and Subs

Membership numbers

	Abbr	31 March 2023	31 March 2024	29 April 2024	17 June 2024	Notes



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Full	F	96	105	103	104	
Full paying junior rate during lockdown	FJ	2	2	2	2	
Coach	C	2	6	6	5	Cheek, Churchman, Ffooks, Hook, Hopper,
Non Rowing	N	5	4	5	5	Carter, Gadsden, Ponting, Watson, Teague
Donors	D	3	3	3	3	Camacho, Jones, Browning
GoRowIndoor	GRI	3	0	0	0	
GRI Coordinator	CGRI	1	0	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	5	5	4	Laura B-T, Ella, Debra, KimP
Vac student (paying)	VAC	3	5	2	2	Poettier, Lloyd
VacM (maybe maybe)(racking)	VACM	7	8	2	2	Jones, Magee
Junior	J	41	35	35	40	
Taster	T	13	27	19	10	
LTR Taster + course	LTR	16	2	0	15	
Junior - family membership 1 parent	Jfam	5	4	4	4	
Junior - family membership 2 parents	Jfam2	0	0	0	0	
Bath Spa	B	27	24	24	24	
Non Bath Spa Leavers this FY	L	75	72	3	8	
Total exc all VAC, T, LTR (only), BSU		163	164	163	167	
Total exc all Vac, T and LTR (only)		190	188	187	191	

Commentary

- Subs now coming in at about £42,000 for the year, plus rack rent of about £2000 but not including donations or tasters or LTR or BSU



AVON COUNTY ROWING CLUB

- We have repeat offenders whose subs payments fail. Have started putting their subs plus associated GCL penalty payments in OS dosh
- Are we planning to continue with GoRow membership or just use PAYG?
- Need to check taster numbers - should be zero by now



AVON COUNTY ROWING CLUB

JOINERS & LEAVERS

Adult Rowing Joiners and Returners

Jo Virr {HYPERLINK
"mailto:virr@btinternet.com"} (invited to complete google)
Peter Williams pwilliams2998@gmail.com (paying)
James Goldstraw {HYPERLINK
"mailto:James.goldstraw11@gmail.com"} (paying)
Ange Ellis (from coach member) {HYPERLINK
"mailto:angelaellis39@btinternet.com"} (paying)

Student Joiners

Coach/Non-rowing memberships

Junior Joiners and Returners

Maxine Holcombe {HYPERLINK
"mailto:eharveyholcombe@hotmail.com"} (paying)
Alanah Cox {HYPERLINK
"mailto:clairewaggy@hotmail.com"} (paying)
Isla Frost {HYPERLINK
"mailto:nichola.frost@me.com"} (paying)
Hattie Morris {HYPERLINK
"mailto:charlotterosemorris@gmail.com"} (paying)
Joshua Soares {HYPERLINK "mailto:Sophia-
soares@hotmail.com"} (paying)
Henry Thorpe {HYPERLINK
"mailto:r.j.preece@doctors.org.uk"} (paying)
Daniel Heskia {HYPERLINK
"mailto:vickmillar@gmail.com"} (paying)

Leavers (or joiners who never really happened)

Joss Williams GCL mandate cancelled,
mail to J
Emma Francis GCL cancelled by Caroline
Francis
Orin Bridge GCL mandate cancelled 3 June
Sarah Loader Removed from GCL 11 June,
mail to JG
Verity Slater Mail to PS, removed from GCL



AVON COUNTY ROWING CLUB

FINANCIAL REPORT

AVON COUNTY ROWING CLUB					
Financial Report for Committee Meeting on					
17 June 2024					
1. BANK BALANCE		This report (17/06/24)	Previous report (29/04/24)	Change	
	Interest rate				
Current account - General ¹		68,620	61,274		7,346
CAF Cash account		9,034	5,339		3,696
CAF Gold account ²	2.50%	26,698	26,698		0
Virgin Money account	1.35%	18,337	18,337		0
Total in bank		122,689	111,648		11,041
¹ General excludes subs standing order receipts since 09/06/24					
² Includes £3,000 events working capital and £2,513.83 transferred from the Trustees					
ENTRIES/KIT/MISC DEBTS/(CREDITS)					
Balance 31/03/24		1,605			
Race fees		3,488			
Kit & Misc		169			
Credits this year		(2,106)			
Total Current Balance		3,156			3,156
2. MAJOR INCOME & EXPENDITURE ITEMS SINCE LAST REPORT					
(excluding normal routine items)			Amount		
Coaching Simon Brown (Apr/May)			1,050		
Rowing Foundation grant for J1x/sculls			3,120	income	
Regatta surplus			3,912	income	
3. IMPENDING MAJOR EXPENDITURE/INCOME					
			Amount		
Insurance excess Voldemort 4x+ repair			250		
J1x and sculls (balance after deposit)			5,902		
4. FINANCIAL ISSUES					



AVON COUNTY ROWING CLUB

FIRST DRAFT - SOME DETAILS MAY CHANGE

AVON COUNTY ROWING CLUB

BALANCE SHEET

as at 31 March 2024

31-Mar-23		31-Mar-24	
£	FIXED ASSETS	£	£
99,078	Boats and Blades		106,199
267	External assets (pontoons, hard standing etc)		214
99,345			106,413
CURRENT ASSETS			
21,226	HSBC & CAF current accounts	63,629	
	- HSBC deposit account	-	
69,281	CAF Gold account	26,698	
18,156	Virgin Charity deposit account	18,337	
9,779	Stock	12,178	
12,057	Debtors	4,307	
130,500		125,149	
(10,082)	less: Creditors	(12,477)	
	- Creditors (grants not yet spent) *	-	
(10,082)		(12,477)	
120,418	NET CURRENT ASSETS		112,671
219,763			218,084
Represented by:			
193,654	Unrestricted Fund		213,945
3,761	Grants not yet released to income account *		3,009
22,348	Restricted Fund **		1,130
219,763			218,084

* See Note 3 (grants analysis) for a note about the treatment of grants in the accounts
 ** Includes funds generated by Heads, Regatta and 100 Club, not to be used for general expenditure

Based on the records produced to me, the Income & Expenditure Account and Balance Sheet as at 31 March 2024 are in agreement with the accounting records kept by the Club.

S Comber

Dated:

DESIGNATED FUNDS

The Club Committee has determined that the balance sheet total should be divided into designated funds:

Assets used for normal day-to-day rowing club operation:		
99,345	Fixed assets	106,413
25,000	Working capital	25,000
9,779	Kit and medals stock	12,178
134,125		142,591
Reserves for specific purposes:		
	- Opportunistic boat purchases	-
2,500	Contingencies	2,500
Reserves available for development:		
22,348	Restricted	1,130
60,791	Unrestricted	71,863
219,763		218,084



AVON COUNTY ROWING CLUB

FIRST DRAFT - SOME DETAILS MAY CHANGE

AVON COUNTY ROWING CLUB INCOME AND EXPENDITURE ACCOUNT for the Year ended 31 March 2024

Year 31-Mar-23		Year 31-Mar-24
£	INCOME	£
39,105	Subscriptions from active members	38,429
4,743	Fees from potential members	2,380
2,619	Donations & fund raising (excl specific boat purchase)	4,475
940	Grants recognised as spent <i>(see Note 3: Grants analysis)</i>	752
4,776	Subscriptions and rent from associated clubs	4,801
2,100	Boat storage fees	2,106
(350)	Go Row Indoors	(256)
20,515	Dividends from Heads & Regatta	8,537
338	Bank Interest	1,109
185	Profit on catering at minor events (not Heads/Regatta)	-
<u>74,970</u>		<u>62,332</u>
	EXPENDITURE	
10,675	Rent and maintenance of premises	11,523
5,773	Insurance	6,824
6,307	Boat maintenance	6,133
2,348	Event equipment	1,906
24,825	Depreciation and write offs	26,341
406	Launch fuel & repairs	456
2,034	Coaching (including courses)	6,777
1,664	British Rowing and EA/Canal & River Trust fees	2,305
750	Administration costs	812
191	Web Site & Publicity & Club Dinner	48
173	Net expenditure member services	71
-	- Elite support	-
-	- Sundry	63
<u>55,147</u>		<u>63,259</u>
<u>19,823</u>	Profit / (Loss) before exceptional items	<u>(927)</u>
	EXCEPTIONAL ITEMS	
	- Site development costs net of donations and grants <i>(see Note 4: site development)</i>	-
	- Donations for specific boat purchase	-
<u>19,823</u>	Profit / (Loss) after exceptional items	<u>(927)</u>



AVON COUNTY ROWING CLUB

NOTE 1 MOVEMENTS IN FUNDS

	Year 31-Mar-24
	£
<i>Unrestricted Fund:</i>	
Balance at start of year	193,654
Change in fund	20,291
Absorption of event working capital into these accounts	-
Balance at end of year	<u>213,945</u>
<i>Grants spent but not yet released to income account:</i>	
Balance at start of year	3,761
Grants spent	-
Grants released to income account	(752)
Balance at end of year	<u>3,009</u>
<i>Restricted Fund:</i>	
Balance at start of year	22,348
Dividends from Heads & Regattas	8,537
100 Club profit	-
Donations & Fund Raising for Boat Funds	2,654
Boat/oars purchase (after any grant)	(32,409)
Balance at end of year before transfer	1,130
Transfer from Unrestricted Fund	-
Balance at end of year	<u>1,130</u>

NOTE 2 CAPITAL EXPENDITURE

	Year 31-Mar-24	£	
		Restricted	Unrestricted
<i>BOATS & OARS:</i>			
4 pairs Concept2 sculling oars	2,230	2,230	
Stampfli 4x- Abi Shears	22,139	22,139	
Janousek 1x Merlin (secondhand)	1,500	1,500	
1 pair Concept2 sculling oars (secondhand)	150	150	
Janousek 1x Finnola Stratton	6,389	6,389	
<i>OTHER:</i>			
		-	
	<u>32,409</u>	<u>32,409</u>	<u>-</u>

