



AVON COUNTY ROWING CLUB

MINUTES

Committee meeting held via Zoom

Monday 25 March 2024

Present: Kim Pennelegion (KP), Jon Garner (JG), Philippa Sondheimer (PSon), Julian Sondheimer (JSo), Penny Senior (PSen), Katherine Greenhead (KG), Jane Day (JDy), Emma Baker-Gaunt (EBG), Jim Dawson (JDw), Marian Lovell (ML)

Apologies: Ange Scott (AS), Patsy Lamb (PL), Kaitlyn Noble (KN), Antony Constantinidi (AC), Alastair Watson (AW)

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	Photoboard has been finalised, KP to print and laminate.
Emergency evacuation procedure JG/EBG organising signage following safety review.	EBG to organise the new meeting point signage (gravel area by the pond).
Calendar of events	JG has circulated a calendar of events, this will be updated with new events/dates.
Website	ARees has started working on the website ideas; currently awaiting images for inclusion. KP to check with AR before next meeting for progress update.
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 – currently having difficulty liaising with Mailchimp to check process for transferring onto the Essentials package, KP needs to be certain that all the data will migrate and will not be lost. Once this is in place, KP to organise overview sessions with the co-ordinators. One of the logins will be specifically for EBG/Safety.
ACTIONS FROM 19 FEBRUARY 2024:	
Learn to Row 2024 KG/JG to progress the next course – confirming numbers and options re advertising	Likely to have 2 groups for the taster session. KG considering running a 2 nd short session for individuals unable to attend the taster session. KG currently planning the schedule for the day.



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	<p>Discussions regarding:</p> <ul style="list-style-type: none"> - Potential to add latecomers to the course if the fit is good - Noted that we need to engage with new rowers each year to maintain our adult membership population. Through advertising, we could try to attract individuals who have previous rowing experience. - Need to start posting on social media regularly to market the club - JDean will be carrying out a survey of the mens' squad – perhaps we can use this to find out what skills are within the club <p>EBG offered to help with advertising/poster for LTR/attracting new members. .</p>
	We need to identify an individual to lead on the Social Media drive/advertising
<p>Juniors/BR contact – contacts with Heads for PE at local schools JG to follow up on email from Marieka/BR</p>	JG will continue to attempt to make contact with Dave Burston – our regional schools sports contact
<p>Go Row Indoors A Fraser to help with developing the GRI poster design PSen to provide GRI photos for club instagram</p>	<p>No progress so far. A Fraser currently working on a poster design.</p> <p>Posters can be added to Instagram once we have</p>
<p>BMC – options for potential grants for lift installation JG/PL to investigate funding options</p>	Covered in EDI section
<p>Safety EBG to draft internal and external signage for all to comment JG to liaise with Ed/Si re site-wide signage costs</p>	Covered in Safety section
<p>Membership Subs increases from Apr24 - JG/PSon to agree wording for RNs, info to be sent after March committee</p>	Done

* Actions highlighted in grey have been completed

3. Reports

EDI – Report circulated prior to the meeting, see below

Agreed that JG/AW (representing BMC)/PL/PSon to meet to discuss grants. 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.

Action – JG/AW/PL/PSon to progress



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Discussion regarding submitting a grant application for a stable Wintech. Agreed that in the first instance, JG will investigate location of the Bristol University boat, plus accessible ramp to pontoons before progressing this.

Action: JG to investigate where the UoB Wintech and ramp is

Thank you to PL for the considerable amount of work compiling grant application data.

Taster session with *We Get It* (Cancer support group) is scheduled for Sun 19 May, 11am. JG to add this to the calendar of events.

Action: JG to update Calendar of Events with 19 May taster session

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

Dobby falling off the trestles has prompted a conversation regarding refurbishing our fleet. JG to start going through the fleet, ranking them 1-5 (how poorly they look), with a view to refurbishing in order when funds allow.

Action: JG to create a refurb priority list

The ergs were all serviced last week. JG proposed purchasing a second-hand modelC with MP3 monitor (£250) from Concept2 R Us, it has low usage and all agreed, a good purchase.

There are 2 modelB ergs that are no longer used, JG to put a notice in RNs to see if any club members want to purchase an erg.

Action: JG to include ModelB Ergs for sale in RNs

Rear beam still needs to be replaced. KP to chase Apex.

Action: KP to organise Apex visit to repair rear beam

Club house clean – proposed date 20 April (or the following week). ML has job list, happy to coordinate that.

Action: JG to include Club House clean in RNs, ML to co-ordinate

JG currently drafting a list of DIY jobs, will see whether University and Monkton able to help.

Rowing tank – JG/PSen/Pson have been to both Radley and Molesey, have had the opportunity to talk to the individual who installed the tank, plus several rowers. There is an awful lot of work to do with spec and working out how to get money. Molesey will send details of the tank (Dreyer), they have also provided details of funders. The Radley tank is not a Dreyer, PSen has emailed the architect for details and will report back. There are pros/cons for both styles of tanks. Retrofit style Molesey style if existing building. If new build building, Radley perhaps becomes more feasible.

Action: JG/PSen/Pson to report back, as and when, with further information



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Bath Lock and Key have replaced the broken lock. Discussion regarding moving the lock to a lower place on the door to make wheelchair accessible. Noted that this is possible, however there will be financial considerations and there will be a lot of other things that need to be considered within the club house to make it fully accessible.

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

No comments

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

Thank you to JD to implementing the boat check initiative.

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

Good French liaison.

Social rowers are carrying out their own boat checks for each outing.

Still hoping to have Head of the Dart. JG/PSen to liaise – re Bradford towing.

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

Juniors –

PSen has been working on the inter-regional junior teams. Currently unsure about details for the Easter camp, it is difficult to make plans when numbers are unknown. Still awaiting response from 2 schools, PSen has chased for a reply.

Go Row Indoor –

SPOND is working well for GRI. This year, to date, hopeful that we are not losing money with this initiative.

There are 3 GRIs who are doing it as a precursor to LTR course later in the spring.

BSU co-ordinator –

No update

4. Boathouse Management Committee

JG to meet with AW/AC to talk through a long list.

Wessex water have had planning approval to carry out works in the top field; works will start after our regatta in May. Reptile relocation started today (slow



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worms, newts and grass snakes), this will take a couple of months. Freya/Wessex water has offered to show anyone that is interested. Reptile fence will be installed next week to keep them near the matting, there will be daily checks under the mats for the foreseeable future.

Field will be available for regatta.

Wessex – will put in new permanent entrance, once all the works have been completed. They will dismantle the walls, reusing the stone to block off the existing entrance. There will be an improved entrance, away from the tree, with a new track to get to the railway tunnel. There will be a lot of additional stabilised surface which will be useful for our events. Will cut down all of the nettles and brambles that are growing along the stonework. Will have a far more useable field in the long-term.

5. Welfare

ML – sorting her DBS.

Still some people have to do their online training, ML to send reminder.

Action: ML to send reminder for completion of Safeguarding course

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

Emergency fire point signage being prepared, EBG will circulate. JG/EBG currently finalising all the posters and will then get printed.

Discussion regarding RNLI advice for rescue blankets. Noted that the foil sheets do work well, we also have dryrobes that were purchased for our events, specifically for use in launches on race days. We could put these in the launches for our outings – although the safety launches are Monktons, we need to discuss this with Monkton to determine what is already provided.

7. Events

Spring Head – it was very disappointing to have to cancel. More rain and snow than thought. Had full entry, we had to close several weeks before usual because of the high numbers. People who entered understood the reason why. We will have lost some money due to expenditure on toilets, bbq - ~£900. JD have written to CART to see if we can either reclaim or carry it forward.

Regatta – Sat 11 May -

BROE has been open a few days, already got 24 entries.



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Things are getting organised. Jason has been in contact with the Bath Soft Cheese Company (Kelston) who own the whole stretch of fields along the regatta course. When asked for permission to put some of the umpires on the far side, they are keen to put spectators on that side. The Regatta committee has been supportive of the idea, there will be more atmosphere and provision of a better PA system. Discussion regarding the logistics of transporting spectators across to the club side, also acknowledged that if BSCC provide catering, we may see a reduction in our catering revenue (although we would not need to fund the PA system costs).

8. Membership & Subs

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

Subs updated for April 2024.

PSon trying to collect o/s dosh on GoCardless. Main item for O/s Dosh is splash tops, normally these are paid for once delivered. PSen is changing policy – as soon as it is ordered, you pay for it.

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

Will issue a 31/3/24 joiners/leavers and numbers so that we have proper end of year details

Affiliation – linked to insurance.

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

Public liability insurance – 10million cover (through Marsh). Jason will consider a proposal to potentially ask Marsh for an equipment renewal (Oct this year)

Affiliation will be sorted by 31/3/24 (this will enable us to benefit from the new Public Liability insurance offer)

Finance report –

Coaching £450 for February

We had unavoidable financial expenditure due to the cancellation of the Spring Head

If rowing foundation comes through, we will buy the sculling boat.

3x viruses

Voldemore incident – Speedy cox box has been dried off and is now fully functioning.

Jason will add the repair to the insurance claim.



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10. AOB

Film night proposal had been previously circulated prior to the meeting. All in agreement to progress this, to take place in the afternoon/evening after Midsummer Madness (Saturday 22 June). A Fraser has spoken to a number of club members who are very keen to get involved, plenty of ideas being generated.

Midsummer Madness – will think about Monkton and Clifton, Cheltenham

T Shirt options (colours) have been circulated to the Social Rowers. P Sen to collect sizes, colours and type.

P Sen – has found the coxing lecture. Will suggest a couple of dates (possibly am/Sat afternoon)

First Aid Course – Matt has offered course, but at short notice. GRI instructors, EBG, KG, P Sen need to do it. £15/head. JG to find out other interest in club and then sort date.

Action: JG to progress First Aid course (participants/date)

Date of next meeting: 29 April 2024, 7.45pm



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EDI REPORT

I have researched funding opportunities for a lift for the club house, please see attached. I suggest that the National Lottery Community Fund would be the first target (as it could potentially cover the whole cost) and then perhaps Grantscape (which is the landfill trust). I have checked we meet the criteria for these grants, and we do (for disability/inequality related applications), but obviously this is subject to approval.

- However, in the first instance I need to go back to the original clubhouse contractors and check which lift company they had in mind. This is due to the heated flooring and the allocated space in the flooring that the contractors allowed for a future lift installation. Before knowing this, Emma from Canoe Avon obtained some quotes but not all of these will be viable options. Anyway, once those logistics are covered and we have viable quotes for the lift and contractual work, I will check with the Boathouse Management Committee that I can go forward with this project by first obtaining a grant. It all looks promising.
- I have also included some suggestions for other/non-lift projects, such as applying for a grant for a stable Wintech, as the viruses aren't suitable for adaptive rowing...I'm thinking of targeting Sport England for this - **is the committee in agreement that I can apply for this grant for 1 to 2 stable Wintech's....**
- Once we get actively started on this whole EDI venture, I think there could be some exciting opportunities and projects for the future (very early days)
- Poster and info forms have been sent to We Get It - the cancer support charity for the taster day on 19th May
- Jon has kindly retrieved the stabiliser floats out of the store and we are looking to test these out....having tried 3 times so far and been scuppered
- The backpacks for coaches are here...I just need to fill them/potentially purchase items...
- Alex Fraser has organised an indoor rowing promotional event/course for special educational needs students at Filton College where he works. From Alex:
- *The initiative started with a positive discussion with some autistic learners at SGS Foundation Department about rowing. They expressed an interest in having a go at indoor rowing - access to sports is poor in our department at Filton. I canvassed various coaches at ACRC and promoted the idea with SGS Colleagues (Head of Dept' & tutors) who decided to run with the idea, expanding it into a 10 course of mixed activities, with learners earning a basic qualification. Learners generally have Education & Health Care Plans, lots with autism and or ADHD. One has cerebral palsy and another an Aquired Brain Injury. Course starts 12th April, Mondays or Thursday, 4-4.45pm, ends in June. Angie S has offered to help on 2 sessions, subject to getting time off work for volunteering. We plan to start very gently due to poor base level of fitness and keep activities fun. I would like to borrow 2 ergs and we have a third Concept 2 available from a tutor. A qualified Sports Teacher will be present at all sessions.*
- We also need to think about installing some items in the accessible toilet shower, such as a shower seat and handrails, as advised by the wheelchair user at Canoe Avon. I took a photo of the accessible toilet/shower at Glos, so have an idea of what we need (which I'm sure you don't need to see but we



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need at least 2 handrails that are on hinges, and a shower seat that folds back when not in use). The table will need to come out of that room (if it's still there...and the room needs not to be filled with other items). Jon is aware the mirror/and shower cord needs to be lowered and is on to this. I will look at getting costs at some point for the rails/seat, and I guess we could potentially look at one of the grant options for that as well.

- I need to write something for Abbie for our website...hopefully having something on our website that talks about inclusive/accessible rowing will generate some interest at some point
- At some point the EDI coaches will visit Just Row Glos to get some knowledge/hands on experience of the work Indiajane and the coaches do there
- Please tell friends/family about accessible rowing at Avon :)

Question: does our RA for taster days cover us for the EDI taster day, or do I need to amend this?

CAPTAIN'S REPORT

Unfortunately, a combo of dangerous river state & snow prevented ASH going ahead. Very frustrating. Many thanks to Jim & his team though for doing all the hard work to pull it together. It would have been a brilliant event...

We have had rows at Gloucester, Scullery, JIRR trials & Vets Head though, with wins for WD4x, MxD8+ and W4x+ at Gloucester. WD4x also had a very strong race at Vets Head and came 2 in the CD category and were the fastest D crew.

Well done to those crews & it's great to be racing again.

Equipment:

- The repair to John Hodge is complete and it is back with us.
- Voldemort has gone to Janousek for repair.
- Dobby fell off trestles in the wind on Saturday & it may be a good candidate for a refurb when funds allow. We need to generate a list. For discussion.
- We're still waiting on further pontoon blocks to come from Dundas (we're chasing, but access over waterlogged fields is causing a delay)
- The ergs were all serviced last Thursday. I can pick up another model C in good condition for £250. For discussion.
- Philippa, Julian, Penny & I tried out rowing tanks at Radley & Molesey last week. We can report more in the meeting.
- We've agreed to buy 3 more viruses from Castle Dore RC at £350 each. I'll go to get them after Easter.
- We're waiting to hear about our fund application for The Rowing Foundation.
- Should be scrap the model B ergs?
- Steering damage to Chris & Albie over the weekend which I'll aim to fix this week.

Coaching:



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- We held a coaches' supper last week (with an excellent Chinese) to review progress towards describing a rowing style at ACRC. It is very much work in progress but I felt we had a very useful debate. I need to write up the notes & circulate.

Upcoming Events:

- Easter will be busy with rowers visiting from Great Marlow School (3-9th April). UBBC have 2 weeks rowing camp (2 water sessions in the mornings) at Saltford starting Easter Monday. There's no Monkton though.
- w/c 8th April. There will be a junior camp for both new & current members.
- Saturday 13th April – Adult LTR Taster Day.
- Saturday 27th April – Adult LTR starts
- Sunday 28th April – Bath SUP litter pick from SRC
- Saturday 11th May 2024 – Bristol Avon Regatta
- May to October 2024 – Wessex Water provisional timing to install the intercept tank in the top field. Planning permission has been approved. Reptile relocation work in April.
- 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:

- Subs going up this week. RN sent out and thanks to Philippa for the extra admin.
- The alarm is working, although Uni rear beam still need replacing after the flood. Need to chase BWS on this
- The entrance door lock has been replaced but still needs a part to be fitted tomorrow
- I think the facilities block could do with a thorough Spring Clean. Date tbd 20th April perhaps.
- The evenings will be light enough for rowing again after this weekend. Crews back before dusk & wear hi viz please. I'll put in RN

Thanks for everyone's support.

WOMEN'S SQUAD REPORT

General

The last few weeks have continued to be frustrating in terms of weather which has impacted training for crews.

The pre-outing dynamic warm-up has become a part of the early session outing and it well attended by many of the crew members As well as being better warmed up it also feels like a really positive way to start the morning together.



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Racing Past and Future

We finally managed to get some racing in this month after having to cancel ASH!

Gloucester Head – wins for Mx MasD 8, WMasD 4x- and Low CRI W4x+

Vets Head – WMasD 4x- had a strong race and placed 2 in the CD category and 1st in D

Now looking ahead to gauge squad availability for BAR, Monmouth, Hereford and GB Masters.

Safety

We have taken lots of learnings following a number of incidents on the river and recognise that we can do things better in the squad.

On the weekly email outing plan, I have now started to identify one person per crew to be responsible for making sure that basic boat checks have all been completed before boating to make sure the safety features are in working order and help to reduce the risks of harm if we do capsize or have an incident.

It's important to remember that we are all responsible for our own safety but I hope this new approach will help to remind everyone of the basic checks so that they become a part of every crew member's routine every outing.

MENS' SQUAD REPORT

We had a fair number of crews entered for ASH earlier in the month, which was unfortunately cancelled due to high water, but I'm pleased to say we had a reasonable turnout for the Gloucester Spring Head on 17 March (a low CRI 4x-, a low CRI 4x+ and two eights). A great day of racing and some decent times. And useful race experience for our newer members.

Jon's 8 took on Vesta this weekend (hope all went well!). I'm hopeful we can manage at least one other entry next year with a decent period of training in the run up.

Looking ahead, we have an eight entered into the Head of the Dart on 13 April, and I will start looking at crews for Bristol Avon Regatta on 11 May, based on those who have expressed interest on our racing availability sheet. The sheet now includes all of our targeted races for the summer period.

I've had a good response to some proposed training around sculling, steering and coxing, and I will start looking at how we get this moving in the coming weeks, perhaps aligning the sculling training in particular with one or more LTR sessions.



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Finally, I will be circulating a survey in the coming month to better understand our members' preferences and aspirations. This should help with planning and squad development in the coming months.

Thanks as ever to our willing coxes and coaches who make a massive difference week in week out, and to all members for sticking with it through the last few rainy months. We had some beautiful weather this weekend...and some sunnier rowing to look forward to!

JUNIOR CO-ORDINATOR REPORT

GRI Report

SOCIAL ROWING REPORT

Outings since last meeting

- Some cancelled due to river/height or flow problems but a few oct and quad outings.
- We are thinking that a height of 1.0 and a flow of about 50 cu m/sec are the limits of outings for us. We are checking hull, bow ball and heel restraints.
- Penny Senior (oct) sprang some holes – hmmm – thanks to Jon for mending.
- We have now rerigged the Robin Leach (so much lighter to carry and fewer size 15 shoes) and had a few outings in it. Jon has mended some holes in the hull and replaced one pair of shoes – thanks again for maintenance work.
- Julian coxed a quad in the Explore boat after all other quads were either at Gloucester or out of action. Enjoyed by all!
- Sunday 24th March was our record - 14 scullers. Julian coxed Robin, Philippa coxed Albie and Ange steered Oliver (new rower) in Andy Mason

Other stuff

- Monday 11th March 7 people from Anney visited. Julian coxed them plus Kate in the oct. Stroke spoke no English but a lot of simultaneous translation went on. Charlotte coxed Theresa, Anne, SusanR, and Ange in Albie. Nice lunch of French cheese and meat, Waitrose bread and lovely cake and scones from Kate, Anne and Theresa. We took the Anney people back into Bath and dropped them off at Royal Crescent for some high speed sightseeing. We will leave a decent interval before our return visit; don't want to look too eager.



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· Social rowing emails from the website seem to be landing in my junk - two people invited to visit on Head day. Forgot to tell them it was cancelled. Oliver visited Sunday 10th and has now joined – see above. Must rescue Elizabeth!

· Still hoping to do Head of the Dart. No reply from Dart Totnes but they have taken our money and we have booked accommodation so we are going anyway.

LEARN TO ROW REPORT

We have 15 people who have paid their taster fee, of that 11 are women and 4 men.

I do have a couple of stragglers who might join, and I have chased them.

Disappointingly low take up considering the long waiting list I had through the winter. From the responses the majority of them seem to be between 45-55.

Given the lower numbers, I am thinking about the format of the day itself as it looks like we might only have 2 groups rather than three this time.

Call for helpers going out this week, I am conscious that a lot of our 'regulars' will be slogging down the Dart!

SAFETY REPORT

Report for Committee Meeting 25th March 2024 - Incidents 2023/24

ACRC Incidents reported since the last meeting.

Date	Description	Reported online by club
19.4.24 08:20	Julia Wood in her own single reports, "I was proceeding downstream about 400m downstream of the Minerva landing stages when a Bath Uni men's 8 stopped and turned about 50 m ahead of me forcing me to stop or t bone them. Fast stream so I was going reasonably quickly. Bath cox was a girl with thick rimmed glasses who declined to acknowledge me when I asked if it was a sensible place to turn. No coach. Dangerous practice which should go on the list of things to highlight with them".	27099
23.3.24 08:30	Ella Ford steering Chris Hopper was going up stream on the correct side of the river with Bristol coming downstream, just after the moored boats on the bend just upstream of the club. Ella reports, "Bristol Uni were in a pair in the middle of the river coming downstream however because of glare I struggled to see them. The boats did not collide but the stroke blade of the pair hit the heads of the AVN crew. Everyone seems to be okay but quite shaken and in shock". The steering in Chris Hopper has broken and will need fixing. More information has been requested from UBBC's W2-	27100



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Comments & Matters Arising

- Recent updates to safety information was shared more widely with members in an Rowing Notices on March 2nd
- Some feedback from club members on the posters and safety information has been received, with overall response positive. Some members have said they found the matrix interesting and has made them think (a positive sign). We will now start to print posters and trial within the club.
- Canoe Avon raised questions around Fire Risk and emergency plans. Jon was able to signpost them to our emergency on the safety notice board. One of the concerns was a lack of visual information of where to go if there is a fire and where the meeting point is. The proposal is that we move the fire assembly point from the centre of the gravel area (current point) to the gravel area near the pond. We would then have a fire assembly point sign created and put up at that point – giving a visual cue to all users. **For Discussion**

HRSA Monthly Report – January 2024

(This is a monthly report we receive on notable safety incidents and updates from across all

Other learning from club incidents include:

- Our 4x+ incident was highlighted in the February report with the heading *Larger boats capsize too* – It included praise for the way the incident was handled “The subsequent actions were exemplary”. Well done to everyone involved. It also highlighted another 4x+ that had capsized elsewhere when doing single strokes – all the blades were not fully square at the catch and the crew fell in. Reminder that its important to ensure the drills are appropriate for the conditions.
- **Take care with contaminated water** – there has been a rise in rowers experiencing illness from the water. One rower contracted a bacterial infection after capsizing (despite coming in straight away and showering and being well after the capsize). In another incident a rower contracted [cellulitis](#) (it makes the skin painful, hot and swollen) from the water – which if not treated quickly can be very serious. Both these rowers needed treatment with anti-biotics and one with anti-sickness medication. Another rower had water splashed in their face, eyes and mouth contracting nausea, diarrhoea and abdominal pain – despite washing their face and showering. **Please remind member to be aware if they come into contact with the water and to seek medical advice.**
- In Jan 2024 notice - 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



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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](#)". Do we want to follow this and upgrade provision of foils in kits?

Rowsafe & Safety Audits

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

Other Matters

- If a decision is made about increasing our use of mail chimp – I propose that we consider a safety specific rowing notice that goes out once a month sharing some of the highlights from HRSA and any reminders from our own incidents. I would be happy to lead that if the committee felt it would be useful. For discussion



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MEMBERSHIP & SUBS REPORT

Membership and Subs

	Abbr	31 March 2023	28 March 2024	Notes
Full	F	96	105	
Full paying junior rate during lockdown	FJ	2	2	
Coach	C	2	6	Cheek, Churchman, Ellis, Ffooks, Hook, Hopper,
Non Rowing	N	5	4	Carter, Gadsden, Ponting, Watson
Donors	D	3	3	
GoRowIndoor	GRI	3	0	
GRI Coordinator	CGRI	1	0	
GRI, also doing Taster	GRI,T	1	0	
GRI, also doing LTR	GRI,LTR	5	0	
Student	S	2	5	
Vac student (paying)	VAC	3	5	
VacM (maybe maybe)	VACM	7	8	
Junior	J	41	36	
Taster	T	13	27	
LTR Taster + course	LTR	16	2	
Junior - family membership 1 parent	Jfam	5	4	
Junior - family membership 2 parents	Jfam2	0	0	
Bath Spa	B	27	24	
Non Bath Spa Leavers this FY	L	75	71	
Total exc all VAC, T, LTR (only), BSU		163	165	
Total exc all Vac, T and LTR (only)		190	189	

Commentary

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

VACM, Tasters and LTR stragglers – in the next FY, we will remove these. The current numbers include this year's taster people.

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

GoCardless – Bulk update facility used for updating subs; we have 21 different subs templates!



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JOINERS & LEAVERS

Adult Rowing Joiners and Returners

Paying people included in membership numbers

Adult Rowing Joiners and Returners

[Luke Belton](#) luke.w.belton@gmail.com (paying)

[Tom Conradi](#) conraditom@gmail.com (paying)

[Oliver Talbot](#) olitalbot14@gmail.com (reminded)

[Will Griffiths](#) wrhysg91@gmail.com (paying)

Student Joiners

[Ella Bolton](#) ellabolton2006@icloud.com (DoE?)

[Sarah Loader \(from full \)](#) sarah_loader98@hotmail.co.uk

Coach/Non-rowing memberships

[Ange Ellis \(coach \) \(from full \)](#) angelaellis39@btinternet.com

Junior Joiners and Returners

[Raphael Burke-Nott](#) Thomas.burke@mac.com (paying)

[Thomas Wiesenthal-Saunders](#)
Wiesenthal.saunders@gmail.com (paying)

Leavers (or joiners who never really happened)

[Matthew Brown](#) [GCL subs etc cancelled 18 Feb, mail to Philippa](#)

[Matt & Adam Butterworth](#) [GCL mandate cancelled 26 Feb, mail to Penny](#)

[Daisy Gilmour](#) [GCL mandate cancelled 11 March.](#)

[Hanka Davidson](#) [mail to Penny 14 March, GCL reduced](#)

[Sara Huntington](#) [mail to Jon 22 March](#)

[Sam Millar](#) [mail to Philippa 23 March](#)

[Alice Carr](#) [mail to Penny 25 March](#)

[Oscar Durant](#) [mail to Philippa 26 March](#)

[Chloe Burroughs](#) [GCL mandate cancelled 26 March](#)

[Susan Comber](#) [mail to Philippa 27 March](#)

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

FINANCIAL REPORT



AVON COUNTY ROWING CLUB

AVON COUNTY ROWING CLUB					
Financial Report for Committee Meeting on 25 March 2024					
		This report (25/03/24)	Previous report (19/02/24)	Change	
1. BANK BALANCE					
	Interest rate				
Current account - General ¹		57,159	55,088	2,070	
CAF Cash account		1,232	2,142	(911)	
CAF Gold account ²		31,502	31,502	0	
Virgin Money account		18,259	18,259	0	
Total in bank		108,151	106,991	1,160	
¹ General excludes subs standing order receipts since 09/03/24					
² Includes £3,000 events working capital					
ENTRIES/KIT/MISC DEBTS/(CREDITS)					
Balance 31/03/23 (after write-offs)		544	544		
Race fees		7,860	6,595		
Kit & Misc		3,304	2,785		
Credits this year		(9,628)	(8,430)		
Total Current Balance		2,080	1,494	586	
2. MAJOR INCOME & EXPENDITURE ITEMS SINCE LAST REPORT					
(excluding normal routine items)			Amount		
Coaching Simon Brown (Feb)			450		
ASH24 unavoidable expenditure (first aid, toilets, aquascribe, BBQ)			900 approx		
3. IMPENDING MAJOR EXPENDITURE/INCOME					
			Amount		
Insurance excess Voldemort 4x+ repair			250		
J1x and sculls (after grant)			4,600 approx		
3 x second hand virus Castle Dore			1,125		
4. FINANCIAL ISSUES					



AVON COUNTY ROWING CLUB

ROWING CALENDAR OF EVENTS		
Regular events		
Mondays	6.30pm Circuits	
Tuesdays	6pm Women's Squad 6pm Junior Squad 7pm GRI	Land training or on the water depending on daylight
Wednesdays	6pm Men's Squad	Land training or on the water depending on daylight
Thursdays	9.30am Social Rowing 6pm Adult LTR from 2 nd May 5pm/6pm Junior Squad	Helpers please Land training or on the water depending on daylight
Fridays	4pm Junior Beginners	Starts Feb ½ term
Saturdays	All squads training in the morning 10am Adult LTR from 27 th April	Helpers please
Sundays	All squads training in the morning 10.15 GRI	
January		
Friday 5 th	Flood	Highest ever recorded at 2.38m
Sunday 28 th	Stourport Winter Head	Cancelled
February		
Saturday 3 rd	Wycliffe Big Head	Didn't enter
Saturday 10 th	Worcester Head	Cancelled
Saturday 17 th	Henley 4s & 8s Head	Cancelled
March		
Saturday 2nd	Avon Spring Head	Cancelled
Saturday 9 th	WeHoRR	Didn't enter
Sunday 17 th	Gloucester Spring Head	Raced. MxD8,WD4x,O4x+ winners
Friday 22 nd	Oarsport Junior Sculling Head	Raced
Saturday 23 rd	HoRR	Didn't enter
Sunday 24 th	Vesta Vets Head JIRR Trials at Saltford	Raced
April		
Monday 8 th – Friday 12 th	10am – 4pm Junior Easter Camp	
Saturday 13 th	Head of the Dart Adult LTR taster	Crews entered. BOARC towing Helpers needed please
Saturday 20 th	Junior Inter-Regional Regatta Club Spring Clean tbc	
Saturday 27 th	Adult LTR course starts	Helpers needed please
Sunday 28 th	10am Bath SUP litter pick	
May		
Saturday 4 th & Sunday 5 th	Evesham Regatta & Sprint	Undecided whether to attend
Saturday 11th	Bristol Avon Regatta	Keep it free please – help needed!
Friday 24 th – Sunday 26 th	National Schools Regatta	
Saturday 25 th & Sunday 26 th	Monmouth Regatta & Sprint	
Monday 27 th	Channel Kayaks "Race the Dragon"	
June		
Saturday 1 st & Sunday 2 nd	Hereford Regatta	



AVON COUNTY ROWING CLUB

Saturday 15 th & Sunday 16 th	British Rowing Masters Champs	
Friday 21 st – Sunday 23 rd	Henley Women's Regatta	
TBD	Midsummer Madness	
July		
Tuesday 2 nd – Sunday 7 th	Henley Royal Regatta	
Friday 12 th & Saturday 13 th	Henley Masters	
Saturday 13 th & Sunday 14 th	Llandaff Regatta & Sprint	
Friday 19 th – Monday 22 nd	British Rowing Junior & Senior Champs	
Saturday 27 th & Sunday 28 th	Bewdley Regatta & Sprint	
August		
Saturday 10 th & Sunday 11 th	Stourport Regatta & Sprint	
Saturday 17 th & Sunday 18 th	City of Oxford Regatta & Sprint	
Saturday 17 th	Warwick Regatta	Good for beginners
Saturday 24 th & Sunday 25 th	Gloucester Juniors & Masters Regatta & Senior Regatta	Good for beginners
Sunday 26 th & Monday 27 th	Ross Juniors & Masters Regatta & Senior Regatta	
September		
Wednesday 11 th – Sunday 15 th	FISA Masters in Germany	
Saturday 14 th	Vesta Scullers Head Channel Kayaks "Big Avon Paddle"	
October		
Saturday 5th	Avon Bluefriars Head	Keep it free please - help needed!
Saturday 12 th	Pairs Head	
Sunday 27 th	Gloucester Autumn Head	
November		
Saturday 16th	Avon Autumn Head	Keep it free please - help needed!
Saturday 23 rd	Fours Head	
Sunday 24 th	Vet Fours Head	
December		
Date tbc	Wycliffe Small Boats Head	
Sunday 1 st	Monmouth Winter Head	
Saturday 7 th	UBBC Head at Saltford	
Saturday 21st tbc	Christmas Pudding Head & BBQ	