

Welcome to



We hope this document helps you feel at home!

Your point of contact at the Club is

Name :

Email address :

www.ardinglyrowingclub.co.uk

About Ardingly Rowing Club

Ardingly Rowing Club (ARC) was founded in 1995 by 4 rowers who saw the beauty of the Reservoir and lamented the lack of rowing in our local area. They begged and borrowed surplus equipment from their rowing contacts and here we are today! South East Water own the Reservoir site and control the main car park – for which they may levy fees. Ardingly Activity Centre Ltd (AAC) control and manage the Reservoir within the constraints of their lease with SE Water and local planning restrictions. We row with the permission of AAC with every member rowing under the terms of the ‘Season Ticket’. We have to be members of both Ardingly Activity Centre as well as Ardingly Rowing Club. This gives us access to the water, a racking and storage area and to the AAC Building when it is open, where there are showers and loos. There is also a commercial Cafe.

We currently have 120 Rowing Club Members, the capped limit on our numbers set by agreement with AAC. (AAC is a commercial Watersports centre and fishery with up to 700 visitors a week). We have competition squads, as well as recreational rowers, and run annual Learn-to-Row sessions for Adults and for Juniors.

Our Vision

To enable all who come to the sport of rowing at our Club – regardless of age, race, gender or athletic ability - to be able to row, scull or cox to their full potential, and to enjoy the sport safely to the level at which they wish to participate.

The club is run entirely by volunteers. All Coaching is offered by volunteers. There is a management Committee of volunteers elected annually at the AGM. When you join, you will be allocated to a squad and it is your responsibility to keep in touch with your squad Captain as they will organise your rowing on the Lake. Please keep in your mind at all times that they are volunteers and the amount of time they have for rowing admin will be limited! There is a contract between the rower and their coach - depending on the squad you join. Some of the factors in this are training on and off the water, availability and attendance, and membership and racing fees. We currently have a 3 squad system: beginners / recreational; development; and competition squads.

We have an active facebook group, a twitter account @ardinglyrc, and a website at www.ardinglyrowingclub.co.uk. We also send out regular all-Club emails.

We don't have a Clubhouse – just the boat racks in the woods. This means we have to make extra efforts for a Club social life. We recommend you plan some time to share a coffee and a chat with your squad after outings.

We are affiliated to British Rowing, the National Governing Body of our sport. We adopt all British Rowing policies as our own – there is a host of information on their website, www.britishrowing.org and you should pay attention to the Water Safety Code - Rowsafe, the Safeguarding Code, and (although we hope you never need them) the Grievance and Disciplinary Code.

We recommend you are a personal Member of British Rowing – this gives you a racing licence for UK events, bespoke insurance cover and access to some membership discounts.

SAFETY

Ardingly Rowing Club follows, in full, the current British Rowing Water Safety Code of Practice as displayed at the Club and on the British Rowing website www.britishrowing.org

In addition, we have a local navigation plan and your Coach or Squad Captain will explain this to you. Our Lake is generally very safe but it is shared with many other water users and rowing is a sport where we work backwards so we are more at risk than some other users.

As part of joining the Club you will have confirmed that you are confident around water and that you can swim. We reserve the right to run swim tests and you **MUST** take part in a capsize drill. Capsize drills allow you to be confident of your abilities when the inevitable happens – water confidence is more important than the ability to get back into a boat. A boat is a huge buoyancy aid and when you capsize you must stay with it until you are rescued or right yourself.

Our local rules are

- High visibility clothing must be worn by all single scullers and steerspeople as their top layer
- A red disc is displayed at the noticeboard when unaccompanied outings are strictly forbidden (due to lake water temperature)
- A green disc is displayed at the noticeboard when unaccompanied outings are discouraged but possible, so long as you
 - Are aged over 18 (as a Junior will not be able legally to assess their own risk)
 - Have been assessed for competence by the Club Captain (and your Coach) and approved for outings
 - Have performed your own risk assessment and completed the unaccompanied outings log
- All coxswains and people in the launch must wear life jackets or buoyancy aids which are correctly fastened
- Launch drivers must be RYA II qualified and wear the kill-cord in each launch
- Any incidents should be reported on an Incident Report Form – available on the British Rowing website or from our Water Safety Advisor (who will also offer help for you to complete it if needed)
- You should run through a simple boat safety check before your outing – the same as every Control Commission Umpire will ask before you race
 - Are the hatch covers in place
 - Are the heel restraints on the feet in place & no longer than 7cm
 - Is the bow ball secure

We have trained first aiders within the Club and at the AAC. A defibrillator is available at the AAC. Mobile phone signals can not be relied upon at the Lake.

EQUAL OPPORTUNITIES and CHILD PROTECTION / SAFEGUARDING

Ardingly Rowing Club follows, in full, both the current British Rowing Equal Opportunities Policy and the Child Protection / Safeguarding Code of Practice as displayed at the Club and on the British Rowing website www.britishrowing.org

In addition, we have a local Safeguarding Code and your Coach or Squad Captain will explain this to you. We have a Club Welfare Officer and a Deputy Welfare Officer – their photos are on the website and on the Club noticeboards. All of the Coaches and Committee have been briefed on Safeguarding principles.

ANTI-DOPING

Ardingly Rowing Club follows, in full, the current British Rowing Anti-Doping Policy as displayed on the British Rowing website www.britishrowing.org. The fundamental anti-doping principle of strict liability means that rowers are responsible for their conduct, the decisions they make and for any banned substance they use, attempt to use, or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat. It is important that all rowers conduct themselves within the rules and make informed decisions to ensure they train and race clean.

You should check all prescribed medications are safe to take. You / your GP can do this online via the Global Drug Reference Online (Global DRO), www.GlobalDRO.co.uk. You may need to ask your GP to consider an alternative medicine or to supply you with a TUE (Therapeutic Use Exemption).

British Rowing's Anti-Doping Rules are in line with the UKAD rules. If you are involved in rowing at any level these rules apply to you, regardless of age, or whether you are competing, coaching or supporting rowers. UK Anti-Doping testers have the right to test any rower at any time including without consent of parents for Junior rowers. This includes in training at our Lake although this is highly unlikely.

MEMBERSHIP

All Ardingly Rowing Club Members have to be members of Ardingly Activity Centre. Currently your AAC membership is collected as 40% of your ARC membership fee.

- For adults, the membership year is from 1 March to 28/29 February.
- For Juniors & those in full-time education (students), there are 3 membership trimesters starting on 1 January, 1 May and 1 September.
- For University Students only, we offer a summer membership for July and August which is only offered to competent Ardingly Rowing Club alumni as these sessions are not accompanied by a coach or safety launch – see the unaccompanied outings rules

If your membership fee is not paid you are not able to go on the water. You will not be insured to use Club equipment and you will not be a member of the AAC and therefore will have no access to the Lake. You will not be able to compete as an ARC member away from the Lake.

KIT

The only bit of kit we ask you to buy is the bright yellow performance tee



This costs £10 and is suitable as your hi-vis top layer for scullers and steerspeople.

There are other 'nice-to-haves' with Club branding including on the water and off the water kit. If you are racing for the Club then you must wear Club kit which matches with the rest of your crew.

Winter

In the winter it can get very cold on the water. You will need to wear layers of light clothing rather than a big thick layer as this will get in the way. Ideally a long sleeved thermal base layer (as worn by climbers and walkers) under 1 or 2 t-shirts with a sweatshirt and light waterproof on top will give you the protection you need from the weather. Stretchy leggings, of the type used by runners or cyclists are ideal. **NO JEANS** - you will not be allowed on the water in jeans. We **DO** go out when it is raining, snowing and freezing, the only weather conditions that keep us off the water are fog, thunder and lightning, ice on the lake and strong winds. A hat is recommended as your ears can get cold but **NO HOODS**.

Summer

In the summer leggings, shorts and t-shirts designed for running, cycling or rowing are suitable. Sun cream, sunglasses and baseball caps are required on most days as the sunlight is reflected off the water even when it's cloudy. We strongly discourage bare-chested rowing – you should be wearing hi-vis!

Old trainers / crocs or plimsolls are suitable as the boats have shoes attached in them, so you won't be wearing your own – you will be sharing boats with all the other Club Members so it is important you wear socks – this protects yourself and others!. You must bring a change of clothes and towel in case of a capsized or heavy downpour of rain. We don't have lockers or safe places to leave your kit / belongings so please do not bring valuables to the Lake. Squirrels have been seen breaking into kit bags to find post-rowing snacks.

And finally

Ardingly Rowing Club via our Captain and Committee would like to thank you for choosing to join the Club and we hope you will soon feel part of the family.