

Abingdon Rowing Club Under 18 Junior Regulations

The following Regulations are for the guidance of coaches, junior members and parents regarding all aspects of how the Junior Under 18 Section is run at Abingdon Rowing Club.

1.0 CLUB ENTRY AND INITIATION TO THE CLUB	
1.1	All new starts and potential new starts will be introduced into the club through the Club's Coach. In his absence introduction shall be via the Captain / Vice Captain. The new start will be given information about membership and the next swim and capsized test (see Attachment 1)
1.2	A date will be advised for the new starter to attend the club following receipt by the Club of a completed Membership Application Form and cheques (covering subscription fee, swim test fee and beginners' course fee (if applicable)).
1.3	Beginners will be introduced to the water by the Junior Coach, or his nominee.
2.0 SWIM TEST AND CAPSIZED DRILL	
2.1	The new junior member must take the next available capsized and swim test, which will include. <ul style="list-style-type: none"> • 50 m swim in light clothing • ARA capsized drill.
2.2	Pool sessions will be organised for the swim and capsized drill at the following times: <ul style="list-style-type: none"> • January • March • June • September Additional pool sessions may be arranged should there be demand.
2.3	Buoyancy aids must be worn by all Under 18 Juniors until they have passed the capsized, swimming and wet skills sculling test (see Attachment 2). The club has a limited number of buoyancy aids for use in the first 4 weeks of membership. Thereafter aids should be purchased (directly from suppliers) for members' own use. Second hand ones may be available through the Junior Coach.
3.0 BEFORE GOING AFLOAT	
3.1	Under 18 Junior members must report to their Coach prior to going on the water to be assigned to crews and boats.
3.2	The Coach will conduct a risk assessment as explained in Regulation 5.1 below.
3.3	Crews under the guidance of the Coach or nominee are to conduct a review of the condition of boats prior to boating . No boats are to go afloat that are missing or do not have fully functional: <ul style="list-style-type: none"> • Bow ball • Heel restraints • Hatch covers or where the boat is damaged in any way to make it potentially unsafe or prone to further damage (e.g. chipped hulls, split seams etc). Any damage must be reported to the Junior Captain.
3.4	Before taking out any boat, crews must check the boat booking sheet and sign the boat out.
3.5	Crews must only boat with the express permission of, and under the general supervision of, the Coach or his nominee. In these Regulations, "general supervision" of a coach means that the coach is in the vicinity and aware of the activities of the juniors under his supervision, and able to come to their assistance within a reasonable time - and what is reasonable will depend on the nature of the activity and the weather conditions.
3.6	Crews must be familiar with the map of the river, circulation rules, and water safety regulations on display on the notice board - see Regulation 5.5
4.0 APPROPRIATE ATTIRE	
4.1	In winter, rowers should wear several layers of thin, close fitting clothing and a hat. This is to ensure that the effects of cold are avoided. A waterproof "splash top" or similar item should be worn in wet weather. Leggings or tracksuit trousers should be worn. Coxswains should dress in warm and waterproof clothing as appropriate.
4.2	In summer, participants need to be careful to avoid exposure to the sun. Peaked caps,

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	sun block, and sun glasses (not necessarily the most expensive brands) should be worn. Girls should avoid low cut tops in preference to normal T-shirts.
4.3	Participants should bring a full change of clothing, spare shoes and a towel with them to each water training session in case of capsize or rain.
4.4	Parents and guardians must ensure that junior members in their care arrive at the club appropriately dressed and prepared. Anybody who is considered to be inappropriately dressed will not be allowed out on the water by his or her coach.
5.0	ON THE WATER
5.1	The locations that Juniors are allowed on the river will be governed by: <ul style="list-style-type: none"> • Their ability • The ability and experience of the crew as a whole • The time of year • The weather and river conditions on any day and shall be decided by the Coach following a risk assessment undertaken by the coach, based on the above before boating. The risk assessment need not be recorded in writing.
5.2	Notwithstanding the above, all under 18 Juniors may only row between Redline Boat House and the Danger Sign (spinning immediately downstream of the Danger Sign) unless given express permission by the coach on an accompanying launch.
5.3	Coaches may add any additional constraints to outings as he feels appropriate.
5.4	Coaches on launches should consider carrying mobile phones with them during outings.
5.5	All crews shall comply with the water circulation routes and local water safety regulations published by the club and the ARA's Water Safety Code . These shall be displayed on the Safety Notice board.
5.6	In the event of swamping (i.e. the boat fills with water and sinks to below the surface) or capsize of a boat, the crew should get out of the boat immediately and STAY WITH THE BOAT , using it as buoyancy, and await assistance from a launch and should not attempt to leave the boat and swim to the shore.
5.7	Beginners will progress under the tutelage of one coach, or his specifically nominated delegate, in the following progression: Tub Training boat > Quadruple scull > Double scull > Single scull. At the coach's discretion members can be fast-tracked in single sculls with coaching given on a one to one basis.
5.8	Everyone on the water must behave properly and must take the activity seriously.
5.9	A launch shall be on the water (moored, or in use by a junior coach) for the duration of the period that juniors are on the water on Sundays and Thursday evening "Club Nights." Coaches will provide general supervision of junior crews on the water at all times, but crews will not necessarily be actively coached for the duration of the outing.
5.10	Crews must obey the instructions of the coach at all times, and crews must return immediately to the club house on the instructions of the coach.
6.0	ACCIDENTS AND EMERGENCIES
6.1	Any accident, injury or other incident that may have resulted in injury, shall be immediately reported to the Coach, the Captain or the Safety Officer.
6.2	A copy of emergency contact numbers shall be kept on the club notice board. Members and their parents/guardians shall provide this information to the club and shall notify the club of any changes to the emergency contact information.
6.3	Parents/guardians shall notify the club of any special medical requirements of the junior member under their care.
7.0	AFTER OUTINGS
7.1	Any damage to a boat or other equipment must be reported to the Coach or Captain.
7.2	Boats must be wiped down and put away on the correct rack. Blades must be put away.

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8.0 ROWING EVENTS	
8.1	The Coach and Captain shall decide which level of events and which specific events are suitable for junior members to enter.
8.2	Competitors will be expected to wear the club's colours. Club kit should be purchased before events.
8.3	Competitors' parents/guardians are responsible for the supervision, care and safety of their children at racing events and are responsible for the transport for their children to these events and any accommodation at events. The coaches are to supervise rowing activities only.
8.4	Competitors will be required to pay the race entry fees per event entered and make a contribution towards towing costs. Payment should be made to the coach who has arranged the entry. No refund will be made if the competitor withdraws after the entry has been made.
8.5	Competitors will be expected to help load equipment on to and off trailers, and to help rig and de-rig their boats, before and after events in which they are participating.
9.0 LAND TRAINING	
9.1	No weight training shall be undertaken by junior members .
9.2	Training on ergos may be undertaken only with the express permission and under the guidance of a coach. All juniors should ensure that the handles are left next to the flywheel to prevent stretching of cables.
10.0 USE OF CLUB HOUSE AND GENERAL BEHAVIOUR	
10.1	When attending the club, ARC social gatherings and representing ARC in racing and other events, Juniors shall conduct themselves in an appropriate manner at all times. Inappropriate behaviour, which detracts from the image of the Club and causes nuisance to others, will not be tolerated and will result in temporary bans or expulsion from the Club.
10.2	Under no circumstances may juniors under the age of 18 drink alcoholic drinks at or around the club's premises, nor bring alcoholic drinks to the club for their consumption.
10.3	Anybody causing excessive noise or using unacceptable behaviour or language will be asked to leave the premises. Please remember, especially during early outings, that the Club is in a residential area.