

Junior Learn to Row Course 2019 – Pre-course Information

The Sessions

The sessions run 9:30-11:30am, Monday 22nd July to Friday 26th July 2019.

The course leader is Ray Dominy, she is supported by a team of volunteers called **Explore Assistants**. Explore Assistants are all members of the club, and include adults and juniors. All have some experience of rowing – some of them many years, some of them started only recently. Explore Assistants will help you out with getting boats in and out of the boathouse, getting you in and out of the boats, coxing, coaching, showing you what to do, and generally making sure you feel welcome and get lots out of the course.

The sessions will run every day whatever the weather. We have indoor rowing facilities, so if river or weather conditions stop us getting on the water, we can still do a useful session. There is also lots to learn about the equipment, terminology and safety, a lot of which must be done off the water anyway, and will benefit you once you get back on it. Being an outdoor sport we are at the mercy of the weather gods though, and we can only put you out on the water if it is safe to do so.

When you arrive please come into the foyer and have a seat on the chairs and we'll come and find you.

Facilities

As well as a shed full of boats, the club has free car parking, a gym equipped with rowing machines, toilets, changing facilities and a bar. Access to the building is via a key-fob system. As non-members you will need a member with a fob to let you in. All Explore Assistants will all be able to do this.

Safety

The safety of learners and Explore Assistants is paramount at all times.

If you have any health problems, which might put yourself or others at risk (you should have indicated this on your registration form), you **must** remind any Explore Assistant who assists you with any session at the start of the session.

If you can't swim (also indicated on the club registration form) or don't feel confident on water, you **must** tell the Explore Assistant taking your session, and you **must** wear a life jacket. Anyone coxing **must** wear a life jacket. Although it's not a requirement of the course, we would encourage anyone who is going to be involved in rowing on an ongoing basis to learn to swim.

It is **very** unlikely that you will end up in the water, since the boats you will use are very stable, but it can happen. If you do, the golden rule is **stay with the boat**. They all float, whichever way up they are. Also, note that you can stand up in most of the river Wear, so it's easy to walk the boat to the side and await assistance. To minimise the risk of hypothermia, you should get as much of your trunk out of the water as soon as possible, either by walking the boat to the bank, or by pulling yourself onto the boat. You will always have an Explore Assistant nearby who will help you.

If the weather's hot, or if you do a session on the rowing machines, it's a good idea to **bring a drink** with you to stop you from getting dehydrated. Sunglasses and caps can also be helpful in the evening sun.

You will be introduced to other safety matters (such as checking boats over, how to lift boats, and the rules of the river) as you progress on the course.

What should I wear for rowing?

Clothing for rowing should allow freedom of movement without being too baggy, and should be appropriate for the weather. The sort of clothes you might wear to the gym are usually fine. If it might rain you'll need a waterproof, and if it's hot and sunny a t-shirt and shorts. It can be cool on the water, so it's usually better to err on the side of more rather than less layers, and you can always take a layer off. Hats/caps are useful for if it's cool, or starts raining whilst on the water. It's a good idea to avoid clothing which is baggy, or has lots of pockets or strings attached. You sit on a moving seat when you row, and this sort of clothing can get tangled in this, or caught in the oars. This is why Lycra tends to be what experienced rowers wear, but there is no need to buy anything made of that for the course. **Please note that you are NOT allowed onto the water if you are wearing jeans/denim. It restricts movement and becomes very heavy when wet, and is banned under the British Rowing Water Safety Code.**

On your feet a pair of trainers is fine. If you have a pair of flat plimsolls or something with flat soles, they are even better, as they tend to be easier to strap into the boat.

Note that rowing is a water sport, and you can get wet even if you don't fall in. So you should **always have a spare set of clothes with you** to change into.

Finally, I really hope you enjoy the course and have a great introduction to rowing and all it has to offer.

I would also recommend you bring along a bottle of water as you may get thirsty.

*John McCudden
explorerowing@durham-arc.org.uk
Durham Amateur Rowing Club
City Boathouse
Green Lane
Durham DH1 3JU*

Club: 0191 386 6431