

## IRC Code of Conduct for all Members

- Play by the rules – the rules of your club and the laws of the sport.
- Be a team player and treat all rowers as you would like to be treated – fairly and with respect.
- Co-operate with your coach, the officials and crew.
- Arrive on time and prepared for both training and races.
- Row for your own enjoyment & to improve your skills.
- Control your temper – it can be frustrating when training or races don't go as planned but getting angry at officials, coaches, or crew won't help.
- Don't make unpleasant remarks based on race, religion, gender or ability – you'll let down your coach, crew and family if you do, plus many such comments are actually now illegal.
- Bullying, intimidating, or aggressive language or behaviour will NOT be tolerated. This includes using social networking sites such as Facebook and Twitter for such ends. Any concerns regarding behaviour which makes you uncomfortable should be reported to a committee member – in the case of Juniors and Cadets to the Child Protection Officer.

## Clothing for Rowing

Specialist clothing is available (see rowing magazines for suppliers), but it is not necessary for novices. If you follow the advice below you will not go far wrong.

- Dress appropriately for taking part in physical exercise, and for the weather on the day. In good weather, lycra/cycling shorts and a tee-shirt are fine. In wet weather a waterproof top or rain jacket plus hat becomes advisable. While in winter adding close-fitting leggings is ideal; trousers and jeans are not suitable for rowing. On cool days, wear several thin layers rather than one thick one.
- Try to ensure that your outer garment doesn't have pockets at the front. These can catch your oar handles when on the water and cause you to lose your grip. Folds in baggy jackets or shirts can also cause problems.
- If you can, wear something brightly coloured on the outside so that you can be seen on the water from a distance.
- Wear old trainers (new ones are quickly spoiled).
- Always bring a towel and a full set of spare clothing with you. Remember that in Scotland you can get soaked even if you don't fall in the water!
- Bring a sports bottle filled with water or still juice – not fizzy drinks.
- Bring a skip cap and sunglasses, and wear sun-block in sunny weather/summer.

## IRC Safety Guidelines October 2014

**IRC adopts and fully endorses the advice given to clubs and rowers in the Scottish Rowing Water Safety Code, a copy of which is available from the Downloads page on the SR web site [www.scottish-rowing.org.uk](http://www.scottish-rowing.org.uk) . In addition, members are expected to adhere to the following guidance which is relevant to our particular situation on the Caledonian Canal. Common Sense should be applied at all times.**

- 1. All rowers and scullers must be able to swim 50 m in light clothing. All should be prepared to demonstrate this at the request of the Captain or Vice-Captain.**
2. The most senior committee member present has the sole responsibility for deciding whether it is safe for boats to be launched. For this purpose, the Captain, followed by the Vice-Captain, is the most senior committee member. If in doubt it is safer not to launch! Do not take chances. You can always train on land.
3. Juniors, Cadets and beginners may only boat if there is a senior club member present who has given them permission to do so, having taken into account weather and water conditions, the boat it is proposed to use and the ability of the young sculler or crew. The senior club

member should withhold permission and tell the Junior(s) or Cadet(s) not to boat if there are any doubts about the safety'.

4. Juniors must never boat unaccompanied. Juniors – even competent ones must as a very minimum have another senior/ experienced adult on the water but preferably someone following on the bank able to assist in the event of a capsize.
5. A novice (not a junior) who wishes to boat at times when there is no senior club member present must make a formal advance request to the Committee for authorisation. The Committee will consider the rowing ability and experience of the member and any other factor it thinks relevant. The Committee will advise the member of its decision and, where permission is given, access to the water will be subject to any conditions imposed by the Committee and permission may be varied or withdrawn at any time. **This procedure applies to private boat owners as well as to those using club boats.**
6. All rowers, scullers and coxes must make sure that they are fully acquainted with, and at all times obey, the local rules of navigation specific to the Caledonian Canal (see Circulation Maps).
7. Rowers must sign out the boat in the 'boat book' and sign the diary before boating for each outing. And sign in again on return noting any damage to club equipment
8. Boats should be launched with their bows facing Loch Ness
9. Adhere to the circulation pattern for all craft on the Canal - including action to avoid any obstacles which are present - see maps.
10. During the summer when the canal is busy with pleasure craft ensure you are aware of approaching craft. Ensure that when undertaking any work pieces you adhere to the circulation pattern and remain in your own water,
11. Do not ever 'wash hang' on motorised craft
12. All crews and scullers must drop to light pressure once they draw level with the boat house on the way back from Dochgarroch.
13. The bow and stroke of **all** crew boats and all single scullers **must** wear hi-viz/brightly coloured clothing so that they can be seen from a distance.
14. All coxwains must learn and use the simple, standard commands for boat control both on and off the water. These commands must be used correctly, clearly and exclusively.
15. Coaches must ensure that all members of the crews in their charge are aware of appropriate safety procedures.
16. If a change of position is required within a boat, this must only be done at a launching platform
17. Beginners must not use equipment without prior and adequate instruction and must not boat unsupervised.
18. Adults are encouraged to use the Raptor Balance aids for initial outings in shell singles.
19. The use of a life jacket or buoyancy aid is strongly recommended.
20. All members are urged to participate in the clubs annual capsize practice.
21. **In the (unlikely) event of a fall into the water, stay with the boat - it cannot sink! Use the boat for floatation and kick towards the bank. The most accessible bank may NOT be the one closest to you.**
22. A land line telephone may be obtained at the Jacobite Queen office – or if closed at The Loch Ness Hotel.
23. For contact with the Emergency Services, dial **9 9 9** . Before dialling make sure you have ready
  - a. the service which you require (police, fire, or ambulance),
  - b. the location of the incident,
  - c. details of the situation,
  - d. details of access.
24. The club's Safety Adviser is the **Captain**.
25. **All incidents which have the potential for damaging equipment or injuring athletes must be recorded on an Incident Report Form which should be handed to the Captain or Vice-Captain once completed. A note in the diary will also alert other members to the potential danger.**

**26.** Finally, everyone must be constantly aware of the rights of others who use the Canal and its banks. Extend to them at all times the courtesy which you would hope to receive from them yourself.

## Getting going

Once adults have attended a few Sunday sessions and have got a grip on the basics you may feel it is time to get a bit more structure into your rowing. This may be based on friendship or ability but the most important factor at this stage is the ability to commit to being together regularly.

As adults you must make your own decisions about what you want to do. In many sports decisions are taken for the club members by "The Management." Who is in what team, playing in what position, being 'rested,' etc. In rowing that does not often happen particularly in the beginning and it is unlikely to happen at IRC. We are a very small club and we need everyone to be self motivated and self directed. It is down to the individuals, in consultation with their regular crew members to get together and make it happen. .

In most rowing clubs it is only elite rowers and complete beginners who are looked after full-time by coaches. IRC is no exception. We do have a number of experienced rowers and a number of qualified coaches who are willing to help you get going. Unfortunately there is an overlap between these two groups with many of our 'coaches' still competing successfully themselves and although willing to help beginners also keen to get their own training done too. .

If you wish to form a crew please speak to the Captain or Vice Captain who, will support you to get going, advise on the most appropriate boat/oars and even best training plans.

Once the Captain deems you – or your crew – sufficiently competent, you may row at any time there is sufficient light and/or appropriate conditions. Make sure that the boat is available and that no other crews are planning using the same boat. If this happens it is likely that there will be an alternative or you may need to negotiate with the other crew for access. As before, any more experienced rowers showing up 'out-of-hours' will be there to train, not to support beginners. They will help you launch, etc but will probably not share a boat with you or indeed follow you up the bank .

Junior progression is more structured – and once you have the basics the most likely next step is to join the junior training on a Saturday afternoon. Times for this varies depending on the time of year – and light available. It is possible that progress to this may be delayed if there is high demand as clearly we have a finite number of boats.

## Scottish Rowing Membership

It is strongly recommended that all of our members, whether intending to race or not, to apply for and hold Scottish Rowing Membership, (unless they already have this through membership of another club). This includes a competition licence - mandatory for taking part in open competitions. There is also an insurance element included in the SR Membership fee which covers members while participating in the sport of rowing, including aspects of the sport which would not be covered by our boat insurance policy.

Administration of SR Membership is done via an on-line system. This requires individuals to apply for and pay for SR Membership independently from the club. You can apply by going to: <http://rowing.ismysport.org> .

The cost of Scottish Rowing membership from 1st January 2014 is £41 for a Senior and £30 for a Student or Adaptive rower. Juniors cost???. The system will accept payment by debit and credit cards. Please ensure that you apply for SR membership once your application to join Inverness Rowing Club has been accepted.

## Going to Regattas

**Are you competing at an away regatta?** Well for some people it may come as a surprise but the boat trailer does not load or unload itself.

**Boat Loading** - If you expect your equipment to arrive at the event, you must help with de-rigging and loading the boat, blades, riggers etc onto the trailer. If you haven't got a rigger jigger (spanner), you should get one – or ensure that you have a 10mm and a 13mm spanner available. If you are in a crew boat, make arrangements for at least some of the crew to help, and not just with your own boat. You may not always be needed but you should offer so ask the person organising the loading.

If you do not make arrangements to be at boat loading you may find that your equipment does not arrive. It is **YOUR** responsibility to ensure that your boat and oars are loaded for travel.

**On return to the boathouse** the trailer needs to be unloaded and the boats need re-rigged so they are available for your next outing – and the rest of the club. You are expected to help with this as well. Safe transport of the expensive equipment is as much a part of racing as the actual activity on the water.

The £5 cost covers **some** of the transport costs. It certainly does **not** pay for other club members to do the work for you.

**Use of the clubs expensive equipment is a privilege not a right. Members who consistently fail to support with these vital tasks may find that next time they arrive at a regatta they do not have a boat to race in.**

## INVERNESS ROWING CLUB SAFETY INFORMATION

### DOs

- Get help to carry equipment when ever possible
- Ensure the hatches are securely closed during every outing.
- Check the heel restraint are attached and not too loose
- Check that the seat runs smoothly – clean slide beds every outing
- Always keep to the bow-side bank:
  - boathouse side up to Dochgarroch,
  - city side on the way back.
- Ensure that coxes always wear a life jacket.
- Make sure that all bow, stroke and single scullers wear hi viz clothing at all times.
- In cold weather ensure that your cox is warm at all times.
- If coxless keep a regular check on the water ahead, take a look ahead every five strokes or so.
- If you foresee the possibility of a collision by your own or any other boat, call a warning such as “STEERING” or “AHEAD”. It is never too early to shout.
- Always bring a change of clothes with you.
- Ensure before taking to the water that you are aware of the weather conditions and your own capabilities and limitations. If in doubt ask!
- Keep an eye on the weather – be prepared to turn back if things change
- Report ANY adverse incidents and near misses to a Club official and complete an incident form.

### DONTS

- Do not attempt to lift or carry equipment that is too heavy for you:.
- Do not step over a boat.

- **Do not ever 'wash hang' on motorised craft**
- **Assume that someone else will intervene to prevent an accident/collision**

### **CAPSIZE**

- **In the event of a capsize,**
  - ❖ **Free your feet from the shoes,**
  - ❖ **HOLD ONTO THE BOAT WHICH WILL STAY AFLOAT.**
  - ❖ **Keep hold of the boat while you swim (kick) for the bank.**
- **Climb out of the water far enough to right the boat. Do not let the boat drift off.**
- **Remove unnecessary wet clothing which will chill you but keep a wind proof top if possible.**
- **Climb back in the boat and row back to the boathouse, if you are able.**
- **If unable to row back secure boat on the bank and get back to the boathouse as quickly as possible**
- **Change to dry clothing immediately. Do not under estimate the effect of cold: you are not 'OK 'or 'fine' until you are warm and dry again.**

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