

MEMBERS

HANDBOOK

2023

Bundaberg Rowing Club_{INC}

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WELCOME

On behalf of the committee of Bundaberg Rowing Club (BRC), I would like to extend a very warm welcome to all athletes and families.

Over the decades our Club has been hugely successful in terms of athlete development, achievement, and enjoyment. I look forward to our continued success and growing Club spirit.

Rowing, as with most sports, is run by volunteers. At BRC we offer free coaching by a team of dedicated, qualified rowing coaches. Most coaching caters to all abilities and age groups (from 12 years old) with 'Come and Try' and 'Learn to Row' sessions offered regularly. Coaches are the face of our Club, and do much to promote the sport and encourage athlete participation. Importantly, they teach valuable rowing skills. To monitor your own progress, Time Trials are held regularly at the Bucca Rowing Facility. Just keep an eye on your email account or our Facebook page for session dates and times.

With the support of our teams of volunteers and Club members, particularly the Bucca Sub-Committee and Bundaberg Past Rowers and Supports Assoc., we regularly stage successful State and Regional Rowing Events. Our fully-bouyed rowing course and dormitory style accommodation at Bucca are popular. Both athletes and coaches enjoy these added benefits at regattas and clinics held throughout the year.

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During the past year our Club members and volunteers raised funds through weekly raffles. As a result, we were able to add to our growing fleet of club boats. Parents and/or supporters who would like to become involved through volunteering or rowing are always welcome, just come and chat to a Club committee member. We will happily train anyone who wants to give something a go and it's very likely you'll find it simple and fun.

To keep up with all the news and social events from BRC, please visit our Facebook page and also check out our website. Our social media is updated regularly with photos and happenings and contains a wealth of info about the Club. We also send regular emails to families throughout the year to update you on important news in the rowing community.

I also strongly encourage all athletes and rowing families to regularly visit the Rowing Queensland and Rowing Australia websites.

Lastly, to all our athletes, I wish for you a year of fun, friendship, improvement, and achievement. Set goals and train to achieve them but always do it with a smile and in the true spirit of Rowing.

Russell Mortimer
President

OUR VALUES

The core values guiding the Bundaberg Rowing Club:

- **Rower-centred**
Our activities are focused on the best interests of our rowers.
- **Inclusive**
We are inclusive within acknowledged restraints.
- **Ethical**
Integrity guides the actions of all our members.
- **Respectful**
We respect the rights and responsibilities of all members of the rowing community.
- **Fun**
We promote a sense of fun in all our programs and activities.

COMPLIANCE

As a member association of Rowing Queensland, Bundaberg Rowing Club's first priority is the safety and wellbeing of its athletes, coaches, officials, volunteers and supporters. We are committed to adhering to the policies of Rowing Queensland and Rowing Australia.

Bundaberg Rowing Club Inc. supports

Play by the Rules - www.playbytherules.net.au

Good Sports - www.goodsports.com.au

CLUB COMMITTEE 2023

President - Russell Mortimer

Vice President - Bruce McCarthy

Vice President - Rodney Dick

Secretary - Melissa Chapman

Treasurer - Shana Mortimer

Registrar - Megan Evans

Regatta Secretary - Georgina Markwell

Committee Member - Joanne Kenzler

Shed Captain (Town) - Nicole Freeman

Shed Captain (Bucca) - Ashlin Chapman

PATRON - Neville Cayley

COMMITTEE ROLES

President:

The President is the principal leader and has overall responsibility for the administration of the Bundaberg Rowing Club Inc. (BRC).

Vice-Presidents:

Vice-Presidents are prepared to assist the BRC President in carrying out his/her duties and/or assume the duties of the President in his/her absence. Represents the Management Committee at the Bucca Subcommittee meetings.

Secretary:

The Secretary is the chief administration officer of the BRC and provides the coordinating link between members, the management committee, and outside agencies.

Treasurer:

The Treasurer is the chief financial management officer. Works alongside the President to prepare an Annual Budget and plan for the financial future of the Club. Keeps all books and accounts of the BRC and prepares an annual balance sheet for auditing.

Registrar:

The Registrar acts as the key point of liaison between members and the Management Committee. Keeps the 'Register of Members' in accordance with the rules of Rowing Queensland.

Regatta Secretary:

Responsible for ensuring all necessary regatta entries for the BRC are uploaded to Rowing Manager (system supplied by Rowing Queensland) by the required closing date for entries for each regatta.

Bucca Shed Captain:

Responsible for ensuring the smooth operation of the Bucca Rowing Shed.

Town Shed Captain:

Responsible for ensuring the smooth operation of the Town Rowing Shed.

Committee Member:

Provides support for members of the BRC Management Committee, when called upon, to ensure the smooth running of the organisation.

LIFE MEMBERS

David (Dave) AMOS	† Aif LEWIS
† Ross BARNES	† J. LAWREY
† Thomas B. BARTON	† L. LISTER
John BIGG	† Ivan (Spike) LLOYD-JONES
† G.G. BOREHAM O.B.E.	Michael (Mick) LOVEHILL
R.B. (Berry) BROWN	Bruce McCARTHY
Ford CARSON	David (Dave) PERRY
L. CASTRO	Phil PIKE
Neville (Nev) CAYLEY	John PRESSLER O.A.M.
† Jack E. CLEMENCE	Neil ROSS
† Ron (Ronald) CLEMENCE	Ann RULE
† Mrs Vi. CULLEN	† Dr J.L.D. SCOTT
† N.A.J. CULLEN B.E.M.	† Mervyn G. (Merv) SLEAN
Malcolm (Mal) FORD	Trevor Ross (Ross) SMITH
Allan GOUGH	Veronica (Ronnie) TAYLOR
† C. GRIMWOOD	Edward (Ted) TURTON
† A. HASSAM	† T. WUST
† A.E. LEWIS	Allan ZUNKER

DEFINITIONS

- “BRC” shall mean the Bundaberg Rowing Club.
- The “Club” means Bundaberg Rowing Club.
- “Clubs” means an organisation holding membership of a Member Association.
- “RA” shall mean Rowing Australia Ltd.
- “Member Association” shall mean a member of RA.
- “RQ” shall mean Rowing Queensland Ltd.
- “FISA” means the International Federation of Rowing Associations.

COMMUNICATION

- **Email:** bundabergrowingsecretary@gmail.com
- **Memberships, finance, etc.:**
www.revolutionise.com.au>brc
- **Website:** www.bundabergrowing.com.au

The Facebook logo, consisting of the word "facebook" in a bold, lowercase, sans-serif font, with a registered trademark symbol (®) to the upper right of the word. The logo is centered within a light gray rectangular background.

- **Schools Rowing:**

School rowers are encouraged to get in touch with their School's appointed Rowing Coordinator in the first instance.

- **Other:**

ROWING QUEENSLAND:

www.rowingqld.asn.au

ROWING AUSTRALIA:

www.rowingaustralia.com.au

ENVIRONMENTAL SUSTAINABILITY

Rowing is a sport that requires clean water and clean air. Rowers are mindful of protecting the environment on which they must rely to carry on their sport. BRC is committed to rowing practices which continue that association and encourage a culture of responsibility for protecting nature and therefore the sustainability of the sport.

Principles for Environmental Sustainability

- Protection of the habitat of fauna and flora and biodiversity.
- Conservation of resources both renewable and non-renewable.
- Reduction of the production of waste and pollutants in all their forms.
- Recognition of the importance of heritage and Indigenous cultural values.
- Promotion of healthy conditions for athletes, officials, volunteers, and spectators in which to conduct the sport of rowing.
- Fostering environment awareness and education about sustainable development.

Actions

- Regardless of individual cases, BRC's commitment to safety is paramount and therefore, only act within your own capabilities.
- Before taking any actions to rescue wildlife on the water, consider boat stability.
- *If you find sick or injured native wildlife, contact:*
RSPCA on 1300 ANIMAL.

MEMBERSHIP & MEMBERSHIP RENEWALS

All BRC memberships fall due on 1 January.

Membership Types

School	2023 School
Reg Junior	2023 Junior Competitive
Reg Senior	2023 Senior Competitive
Volunteer	2023 Volunteer Member
Social	2023 Social Member
Life	Life Member

Membership Payment/Renewals

Yearly Membership: 1 January – 31 December

On-line membership is available for both new and returning members through the Revolutionise portal:

www.revolutionise.com.au>brc

NOTE

Insurance is included upon payment of BRC Membership. Members including Volunteer and Social memberships, are not covered by BRC Insurance when undertaking any rowing activities where a current BRC Membership fee has not been paid in full.

All prices include GST. A Capitation Fee is included in membership fees and passed on to Rowing Queensland and Rowing Australia.

Email BRC Registrar:

bundabergrowingregistrar@gmail.com

ROWING PROGRAMS

- **Club-based programs**
- **Come & Try**
The BRC regularly offers a FREE 'Come & Try' session to all in-experienced athletes.
- **Learn to Row**
The BRC regularly offers 'Learn to Row' sessions (fees apply) after attending a free 'Come & Try' session.
- **Para Rowing**
Bundaberg Rowing Club fully supports the Rowing Australia objective for inclusion:
to provide the opportunity for rowers with a physical or intellectual impairment, both men and women, to compete at RA events, FISA events and Paralympic Games.
- **Masters**
Adults over 27 years of age are encouraged to participate in this program.

Email BRC Secretary:

bundabergrowingsecretary@gmail.com

- **School-based programs**

Several schools in the Bundaberg Region run a rowing program which includes 'Come and Try' and 'Learn to Row' sessions.

Schools regularly participate in the Queensland Schools, South-East Schools, Central Queensland Schools Regattas, Head of River Series, and our local Bundaberg Rowing Club regattas.

These 'on water' rowing programs are only available to secondary school students in Years 7 to 12.

2023 Participating Schools:

- Bundaberg Christian College
- Bundaberg State High School
- Bundaberg North State High School
- Gin Gin State High School
- Kepnock State High School
- Shalom College
- St Luke's Anglican School

For more info, contact your relevant School Rowing Coordinator.

EVENTS CALENDAR 2023

JANUARY	JULY
<ul style="list-style-type: none"> • QLD State Championship Regatta - <i>State Regatta Centre</i> 	<ul style="list-style-type: none"> • South QLD Schools Regatta - <i>State Regatta Centre</i> • Bundaberg Rowing Club Regatta - <i>Bucca Rowing Centre</i>
FEBRUARY	AUGUST
	<ul style="list-style-type: none"> • Hyne Timber Bridge 2 Bridge - On Tour - <i>Bucca Rowing Centre</i> • Rockhampton Secondary Schools Championship Regatta - <i>Rockhampton</i>
MARCH	SEPTEMBER
<ul style="list-style-type: none"> • Australian Rowing Championships - <i>Champion Lakes, WA</i> 	<ul style="list-style-type: none"> • QLD Schools' Championship Regatta - <i>Bucca Rowing Centre</i>
APRIL	OCTOBER
<ul style="list-style-type: none"> • QLD State Masters Regatta - <i>State Regatta Centre</i> 	<ul style="list-style-type: none"> • BRC Annual General Meeting - <i>22 Oct 2023</i>
MAY	NOVEMBER
<ul style="list-style-type: none"> • Bundaberg Schools Regatta # 1 - <i>Bucca Rowing Centre</i> • Bundaberg Schools Regatta # 2 - <i>Bucca Rowing Centre</i> 	<ul style="list-style-type: none"> • BRC Annual Awards Dinner - <i>3 Nov 2023</i>
JUNE	DECEMBER
<ul style="list-style-type: none"> • Australian Masters Rowing - Championships - <i>Sydney International Regatta Ctr.</i> • Bundaberg All Schools Combined 'Head of the River' - <i>Bucca Rowing Centre</i> • Rockhampton City Regatta - <i>Rockhampton</i> • Central QLD Schools Regatta - <i>Rockhampton</i> 	<ul style="list-style-type: none"> • QLD Grade Championship Regatta - <i>State Regatta Centre</i> 2 & 3 Dec 2023 • BRC Christmas Row - <i>TBA</i>

PERFORMANCE HISTORY

2023	<ul style="list-style-type: none"> • QLD State Championship Regatta • Australian Rowing Championships 	1 x Gold -	2 x Silver 1 x Silver	3 x Bronze 1 x Bronze
2022	<ul style="list-style-type: none"> • Australian Rowing Championships • QLD State Championship Regatta • QLD Grade Championships Regatta 	- 1 x Gold -	- 1 x Silver 6 x Silver	2 x Bronze 1 x Bronze 1 x Bronze
2021	<ul style="list-style-type: none"> • Australian Rowing Championships • QLD State Championship Regatta • QLD Grade Championships Regatta 	- 2 x Gold 2 x Gold	- 1 x Silver 8 x Silver	1 x Bronze 2 x Bronze 2 x Bronze
2020	<ul style="list-style-type: none"> • QLD State Championship Regatta 	1 x Gold	-	1 x Bronze
2019	<ul style="list-style-type: none"> • QLD State Championship Regatta 	-	3 x Silver	1 x Bronze
2018	<ul style="list-style-type: none"> • QLD State Championship Regatta 	-	3 x Silver	2 x Bronze
2017	<ul style="list-style-type: none"> • QLD State Championship Regatta 	-	-	1 x Bronze
2016	<ul style="list-style-type: none"> • QLD State Championship Regatta 	-	2 x Silver	-
2015	<ul style="list-style-type: none"> • QLD State Championship Regatta • NSW Rowing Championships Regatta 	1 x Gold -	3 x Silver 1 x Silver	3 x Bronze -
2014	<ul style="list-style-type: none"> • NSW Rowing Championships Regatta 	1 x Gold	2 x Silver	-
2013	<ul style="list-style-type: none"> • QLD Masters Championship Regatta • QLD State Championship Regatta 	- 2 x Gold	- 5 x Silver	1 x Bronze 6 x Bronze

TROPHIES & AWARDS

Trophies are awarded for rowing attainments according to the Rowing Australia points system.

Meritorious Service Awards are given at the discretion of the BRC Awards Sub-committee.

- Athletes (including coxswains) will not be eligible for any Awards during a Rowing Year (October 1st to September 30th) if a breach has occurred of either:
 - BRC Rules and/or BRC Code of Conduct
 - RQ Rules
 - RA Australia Rules
- The ownership of perpetual trophies shall always remain with BRC.
- Perpetual trophies are to be returned to the BRC Regatta Secretary within three months of presentation.
- BRC perpetual trophies shall not leave Queensland.
- Meritorious Service Awards will be determined by the Bundaberg Rowing Club Awards Sub-committee.

(cont.)

Trophies

- **Most Improved Junior Male Rower:**
Awarded to the Most Improved Junior Male Oarsperson at Club Regattas.
- **Most Improved Junior Female Rower:**
Awarded to the Most Improved Junior Female Oarsperson at Club Regattas.
- **Ras Slean Memorial Trophy:**
Awarded to the Most Improved Senior Male Oarsperson at Club Regattas.
- **Don Hogarth Memorial Trophy:**
Awarded to the Most Improved Senior Female Oarsperson at Club Regattas.
- **Charlie & Maralyn Zimitat & Family Trophy:**
Awarded to the female sculler with the highest point score for single scull events at Club Regattas.
- **Dave & Judy Amos Family Trophy:**
Awarded to the male sculler with the highest point score for single scull events at Club Regattas.
- **Bundaberg Travel Centre Trophy:**
Awarded to the crew with the highest point score for events at Club Regattas.

(cont.)

- **Bundaberg Past Rowers & Supporters Assoc. Trophy:**
Awarded to the highest overall point scorer senior male at Club Regattas -
Total Highest Points Senior Male – crew plus scull.
- **Bundaberg Past Rowers & Supporters Assoc. Trophy:**
Awarded to the highest overall point scorer senior female at Club Regattas -
Total Highest Points Senior Female – crew plus scull.
- **Coach of the Year:**
Awarded for meritorious service to coaching at Bundaberg Rowing Club during the current season achieving the highest levels attained from his/her rower/s at Club Regattas, State, National Competition.
- **Geoff Pressler Memorial Shield for Rower of the Year:**
Awarded to the Bundaberg Rowing Club member for the highest levels attained in either:
point score, State, National or World Championships representation.

(cont.)

Meritorious Service Awards

- **Nev Cayley Trophy:**
Awarded to the Male Rower who shows great commitment and sportsmanship.
- **McCarthy Family Trophy:**
Awarded to the Female Rower who shows great commitment and sportsmanship.
- **Junior Member of the Year:**
Awarded to the Junior Club Member who has displayed exemplary character and true Bundaberg Rowing Spirit. They have given their time to many voluntary activities for the Club.
- **Senior Member of the Year:**
Awarded to the Senior Club Member who has been enthusiastic and willing to provide consistent and outstanding assistance to the Club in all areas of operation.
- **Nev & Vi Cullen Memorial Trophy:**
Awarded for Club Service to a member who has shown dedication to the sport of rowing and to the Bundaberg Rowing Club.

EMERGENCY EQUIPMENT

Town Shed

- First Aid Kit - *located near Notice Board*
- Fire Extinguishers - *located near Coach Storage Cupboards*
- Automated External Defibrillator (AED) - *located near entrance to Shed.*

Bucca Facility

- First Aid Kit - *located in Front Kitchen*
- Fire Hose - *located at entrance to Front Kitchen*
- Fire Extinguishers - *located inside Front and Rear Kitchens, Dave Amos Building, Hogies Hut.*
- Fire Blankets - *located inside Front and Rear Kitchens*
- Automated External Defibrillator (AED) - *located door entrance to Richard Cox Boat Shed.*

In the case of an emergency an ambulance will be contacted and/or medical assistance sought at the expense of the member or parent/guardian in the case of a minor.

IN CASE OF EMERGENCY CALL 000

UV SAFETY

Bundaberg Rowing Club supports good UV protection practices:

1. Slip on sun protective clothing that covers as much of your body as possible.
2. Slap on SPF 50+ broad spectrum sunscreen liberally to face, to dry skin, at least 20 mins. before sun exposure.

Reapply every two hours when outdoors.
3. Slap on a broad brimmed hat that shades your neck and ears.
4. Seek shade.
5. Slide on sunglasses.

Note

SPF 50+ sunscreen is available for everyone at the Town Shed and the Bucca Rowing Facility.

Download the Free SunSmart App to know the UV rating.

NAVIGATION

Burnett River boating

When heading *down stream* (towards the sugar mill and mouth) ensure boats are kept to the **southern bank**.

When heading *up stream* (towards the bridges) ensure boats are kept to the **northern bank**.

Please be aware that moored boats need to be given a wide berth when rowing.

Kolan River boating

All Rowers and boat drivers must adhere to Maritime Safety Queensland Rules (MSQ) at all times.

Please be aware of irrigation pumps along river banks.

BOAT LIGHTS

All motorboats and rowing boats **must** have regulation lights operating when rowing outside of daylight hours, as per Maritime Safety Queensland Rules.

USE OF CLUB MOTORBOATS

Members use of Club motorboats

BRC members have a responsibility under the BRC Safety Management Plan (SMP), to ensure that they comply with all laws, rules and regulations that govern the safe operation of BRC motorboats.

In addition, they will:

- Be fully conversant with the SMP and assist with its further development.
- Attend Education/Induction Briefings before driving motorboats.
- Ensure that any motorboats they drive/operate are equipped and operated in full compliance with the Australian Builders Plate (ABP) and BRC rules and regulations.
- Ensure they complete the trip pre-start checking process, including tinnie use signing positioned in each vessel and action any items necessary.

Volunteers use of Club motorboats

Any volunteer engaged by BRC to drive/passenger in a BRC motorboat has a responsibility to act as per those items listed for BRC Members as well as:

- Attend education/Induction briefings before driving motorboats, as well as be inducted in use of all equipment associated with their work tasks.

MARINE INCIDENTS

All Marine Incidents involving BRC vessels, **must** be reported to Maritime Safety Queensland (MSQ) as per MSQ reporting requirements, even if no injuries were sustained and/or there are no material damages to a boat. If in doubt, whether an incident is reportable –

REPORT THE INCIDENT.

1. Marine Incidents must be reported, using the approved MSQ form (*F3071 Marine Incident Report form*) **within 48 hours** of the incident occurring, unless there is reasonable excuse. (Penalties apply for non-compliance)
2. All Marine Incidents reported to MSQ are to also be reported to the Club Executive (President/Vice-President).
3. All Marine Incidents reported to MSQ are also to be reported to the Education and Safety Officer, Rowing Queensland.

EQUIPMENT BREAKAGES/DAMAGE

Any member/s, who wilfully, or by gross negligence, damages any property of the Club, shall make good the same at their own cost. Costs of all *accidental* damage shall be borne by the club.

Damage sustained to private equipment including rowing shells, **must** be immediately reported to the relevant Shed Captain and/or owner.

Members and users of any BRC facilities are advised that Security Cameras are installed and are regularly monitored.

BUNDABERG ROWING CLUB RULES/ CODE OF CONDUCT

A condition of becoming a member of the Bundaberg Rowing Club Inc., is that our Club's Constitution and BRC Club Rules are observed.

Visit our website: **www.bundabergrowing.com.au**

The BRC rules are to be read in conjunction with the Rowing Australia and Rowing Queensland policies and by-laws:

- Rowing Queensland: www.rowingqld.asn.au
- Rowing Australia: www.rowingaustralia.com.au

ANTI-DOPING RULES

Doping is strictly prohibited.

In rowing, for those who infringe doping provisions, a penalty may be imposed extending to, in a relevant case, lifetime ban from all competition. The version of the World Anti-Doping code, its By-laws and the RA Anti-Doping By-laws valid at the time of the violation shall apply.

ROWING ETIQUETTE

- Crews, Scullers, and power boat drivers must comply with Maritime Safety Queensland Rules when on the water, except during regattas where race rules apply.
- Outgoing craft have preference over incoming craft on pontoons. All incoming craft are to be removed from the water immediately.
- Power boat drivers must reduce speed to minimise 'wash' when approaching rowing boats and pontoons.
- Scullers/crews must give right-of-way to another sculler/crew who is undertaking a Time Trial or Training Piece.
- All boat adjustments/alterations (foot stretchers etc) and repairs are to be completed on land away from the pontoon, NOT on the pontoon.
- All rowing equipment and personal items (water bottles, shoes, clothing etc.) must be removed from pontoons and launch areas immediately following training sessions and race events.
- All BRC rowing equipment, including boats and oars, is to be returned to its allocated position within the rowing shed.
- All rubbish (including used water bottles, food wrappings etc.) is to be placed into the rubbish bins provided at the Town Shed and/or the Bucca Rowing facility.

SHED & BOAT SECURITY

1. **Boats are to be signed out and in by the stroke/coach of the rowing craft. Motorboats are to be signed out and in by the driver of that craft.**

Details required:

- Date/time (Out and In).
 - Name of signatory.
 - Boat number/boat name.
 - Boat type (e.g., 2x, tinny).
2. It is the responsibility of all coaches/members who last use the Club facilities to:
 - ensure all cleaning equipment (buckets, hoses etc.) is stored appropriately inside shed. *(these items pose a trip-hazard).*
 - ensure water taps are fully turned off.
 - securely lock all doors and windows.
 - switch off all lights *(internal and external).*
 - securely lock all boats *(rowing and powered)* and oars in the shed.

SAFE HANDLING OF OARS

- ensure oars are carried with **blades in front** of you.
- ensure oars are washed after each use.
- ensure oars are returned to original position after use.

BOAT CLASSES

The following classes of boat are recognised by Rowing Australia:

- Single Sculls (1x)
- Double Sculls (2x)
- Pair (2-)
- Coxed Pair (2+)
- Quadruple Sculls (4x)
- Four (4-)
- Coxed Four (4+)
- Coxed Eight (8+)

GENERAL BOAT TERMS

BOAT

The boat itself – sometimes referred to as the shell.

BOW SIDE

(Starboard)

The right side of the boat – when sitting in the cox's seat, looking forward, Oars for this side of the boat often have a green marking.

STROKE SIDE

(Port)

The left side of the boat – when sitting in the cox's seat, looking forward. Oars for this side of the boat often have a red marking.

(cont.)

STERN

The back end of the shell, where the cox usually sits; also, the end of the boat with the rudder and/or fin.

BOW

The front end of the shell covered by a bow-ball.

BOWBALL

Small rubber ball that covers the end of the bow that is intended to prevent or reduce damage upon collision.

DECK

The part of the shell on top of the bow and stern that is covered with fibreglass or thin plastic – previously known as the canvas.

FIN

The fin under the stern of the boat which helps to keep the boat on course.

RUDDER

A small movable part, usually metal, that sits under the stern of the boat which allows the coxswain to steer the boat.

FOOT STRETCHER

The adjustable footplate with built in shoes which allows the rower to adjust their position in the shell relative to the oarlock.

OARLOCK

The u-shaped lock at the end of the rigger that attaches the oar to the shell. The oarlock allows the rower to rotate the oar between the squared and feathered positions.

GATE

The bar across the oarlock that keeps the oar in place.

(cont.)

SLIDES/TRACKS

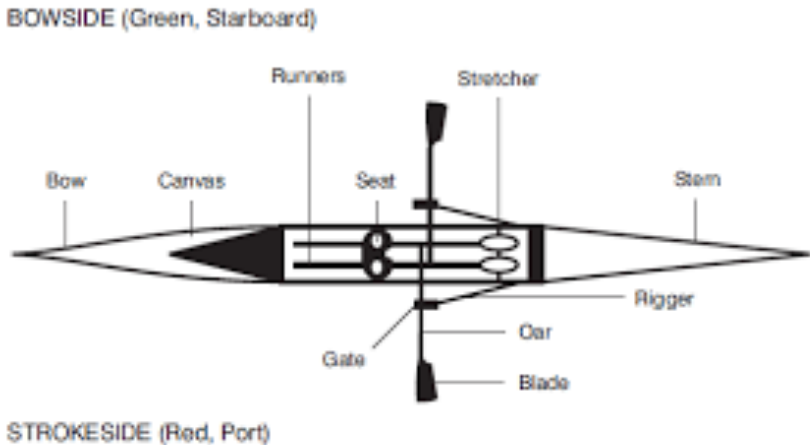
Rails that the rowers rolling seat rolls on.

SEAT

Moulded seat mounted on wheels that the rower sits on. The seat rolls on slides/tracks which allow the rower to generate power with their legs.

RIGGER

The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.



RACING TERMINOLOGY

Time Trial

Type of race where crews start in a single file line and race for time.

Repechage

A second chance heat at a regatta to ensure that all crews have two chances to advance. These races are for all crews that didn't qualify in their heat. From the French word meaning 'to save' or 'second chance'.

Bow Number

A card attached near the bow of each shell that identifies which lane the crew is assigned to.

Buoy

Coloured floatation devices that mark lanes and other various areas of the racecourse. Also used for marking hazards.

Split

The amount of time it takes a rower or crew to complete 500 meters at their current pace on either the water or on an ergometer.

Rating/Stroke Rate

The number of strokes per minute taken by a crew.

THE ROWING STROKE

One complete cycle of the catch, drive, release, and recovery. The term Stroke is also the stern most rower in the boat who is responsible for setting the stroke rating and rhythm of the crew.

Catch

The moment the blade enters the water and initiates the drive of each stroke.

Drive

Portion of the stroke that propels the boat through the water. The Drive starts at the catch and ends with the release. The main power from the drive is generated by the rower's legs pushing off the foot-stretchers.

Finish/Release

The end of the drive when the rower removes the oar from the water and then feathers the oar. Also called the release.

Recovery

The portion of the stroke after the rower releases the oar from the water and returns to the catch position.

Square

The act of rotating the oar prior to the catch so that the blade is perpendicular to the water. The opposite of the feathered position.

Feather

The act of rotating the oar at the finish so that the oar's blade is parallel to the water during the recovery. The opposite of the squared position.

(cont.)

Pitch

The angle between a squared blade and a line perpendicular to the water surface. The standard pitch is around 4 degrees.

Backsplash

The water thrown back toward the bow by the oar blade as it enters the water during the catch. A proper catch should throw a small amount of water.

Crab

Occurs from an error where a rower is unable to properly remove their oar from the water. A crab can slow down or even stop the boat. In extreme cases a crab can eject the rower from the shell.

Digging

A rower error when the blade of the oar goes deeper in water than it should, slowing the boat down.

Air Stroke

A rower error where the oar's blade is not completely in the water. Results in a lack of power.

Skying

A rower error where the rower drops their hands just prior to the catch. This causes the blade to move higher off the water and will disrupt the balance/set of the shell.

Missing Water

A rower error where the rower begins the leg drive before the catch has been completed.

Rhythm and Swing

The feeling in the boat when all rowers are driving and finishing their strokes together.

(cont.)

Rush

A rower error where the rower moves toward the stern during the recovery before the rest of the crew. This increases the amount of check during each stroke.

Washing Out

A rower error when an oar comes out of the water during the drive and creates surface wash. This results in a reduction in speed and can disrupt the balance/set of the boat.

Run

The distance the shell moves during one stroke. This can be seen by looking at the distance between the puddles made by the same oar.

ERGOMETERS

- Report any damage, flat batteries etc. to the relevant Shed Captain or a Coach.
- Ensure the safe and correct usage of Ergometers.
- Novice rowers must be supervised when using Ergometers.
- Ergometers are not to be moved from their allocated position (including moving to outside the shed) without the approval of the relevant Shed Captain or Management Committee member.
- As a courtesy to other athletes, ensure that the handles and seat are sanitised after use.
(Sanitising wipes are provided at both the Town Shed and Bucca Rowing Facility)

ROWING COMMANDS

Tap it Down

Use arms only to initiate small strokes to get into final position at start line.

Check/Check it Down

Cox or Bow seat call for all rowers to drag their oar blades through the water perpendicularly, slowing or stopping the boat.

Back It Up

Cox or Bow seat to row in reverse.

Let it Run

Cox or Bow seat call for all rowers to stop rowing and to pause at the finish, letting the boat glide through the water and coast to a stop. Used as a drill to build balance.

Easy/Easy Oar

Cox or Bow seat call for all rowers to immediately stop rowing.

STATUS OF COMPETITORS

Competitors shall be divided into the following RA Classes although they are to be a minimum age of twelve for each class:

School:

A school competitor is one who is attending a secondary school as a fulltime day student and is representing his/her school and will not attain the age of 20 by 31 December of the year in question. This definition also applies to the coxswain of a school crew.

School competitors may be divided into Year 8, Year 9, Year 10, Year 11, and School Open categories.

Under 14:

A competitor ceases to be Under 14 on 31 December of the year in which he/she reaches the age of thirteen. This definition also applies to the coxswain of a Junior - Under 14 crew.

Under 15:

A competitor ceases to be Under 15 on 31 December of the year in which he/she reaches the age of fourteen. This definition also applies to the coxswain of an Under 15 crew.

Under 16:

A competitor ceases to be Under 16 on 31 December of the year in which he/she reaches the age of fifteen. This definition also applies to the coxswain of an Under 16 crew.

(cont.)

Under 17 – also known as Junior ‘B’:

A competitor ceases to be Under 17 on 31 December of the year in which he/she reaches the age of sixteen. This definition also applies to the coxswain of an Under 17 crew.

Under 18:

A competitor ceases to be Under 18 on 31 December of the year in which he/she reaches the age of seventeen. This definition also applies to the coxswain of an Under 18 crew.

Under 19 – also known as Junior:

A competitor ceases to be Under 19 on 31 December of the calendar year in which he/she reaches the age of eighteen. This definition also applies to the coxswain of an Under 19 crew.

Under 20:

A competitor ceases to be Under 20 on 31 December of the year in which he/she reaches the age of nineteen. This definition also applies to the coxswain of an Under 20 crew.

Under 21 - also known as Youth:

A competitor ceases to be U 21 on 31 December of the calendar year in which he/she reaches the age of twenty. This definition also applies to the coxswain of a Youth crew.

Under 23 also known as Senior ‘B’:

A competitor ceases to be Under 23 on 31 December of the calendar year he/she reaches the age of twenty-two. This definition also applies to the coxswain of an Under 23 crew.

(cont.)

Lightweight:

Elite Lightweight and Senior B Lightweight races are restricted to male competitors weighing 72.5 kilograms or less and female competitors weighing 59 kilograms or less in the case of single sculling races and in all other classes of boat to male competitors weighing 72.5 kilograms or less and female competitors weighing 59 kilograms or less.

Provided that the average of all members of the crew in which such competitor races (excluding the coxswain) does not exceed 70 kilograms in the case of male competitors and 57 kilograms in the case of female competitors.

Elite (Group 1) – also known as Senior ‘A’:

All competitors (male/female) shall be eligible to compete in Elite category.

PARA-ROWER CLASSIFICATIONS

The Rowing Australia (RA) Classification system provides a structure for competition for rowers with a physical, vision or intellectual impairment. Classification groups athletes according to the impact of their impairment on their ability to compete in the sport of rowing.

The purpose of classification is to provide a structure for competition, to ensure an athlete’s impairment is relevant to sport performance and that the athlete competes equitably with other athletes.

Paralympics Australia (PA) is the peak body in Australia representing Paralympic Sport. RA only recognises classifications where athletes are assessed by individuals accredited or endorsed by the relevant Classification System Partners.

NATIONAL SPORT CLASS - Para	
Sport Class	Minimum Impairment
PR3	<p>PHYSICAL IMPAIRMENT</p> <p>The minimum physical impairment is a full loss of three fingers on one hand, OR at least a tarsal or a metatarsal amputation of the foot, OR the loss of ten points on one limb or the loss of fifteen points across two limbs when assessed using the Functional Classification Test as set out in the Classification Application Form for Physical Impairments.</p> <p>Minimum Impairment equivalent to one of the following:</p> <ul style="list-style-type: none"> • Amputee • Neurological Impairment equivalent to incomplete lesion at S1. • Cerebral Palsy Class 8 (CPSIRA)
PR3 - VI	<p>10% of Vision in best eye with best correction (from visual acuity above 2/60 up to visual acuity of 6/60 and or a visual field of more than 5% and less than 20%.</p>
PR3 - (II)	<p>INTELLECTUAL IMPAIRMENT</p> <p>Be registered with Virtus: World Intellectual Impairment Sport and have completed the athlete's classification application using the form on the Virtus website (www.virtus.sport) and have been issued a Virtus Athlete Card, or</p> <p>Have a current SIA Registration. This can be obtained by completing and submitting the form on the SIA website (www.sportinclusion.org.au) to SIA and being issued with an SIA card.</p>

(cont.)

NATIONAL SPORT CLASS - Para (cont.)	
Sport Class	Minimum Impairment
PR2	<p>Minimum Impairment equivalent to at least one of the following:</p> <ul style="list-style-type: none"> • Bilateral around knee amputation, or significantly impaired quadriceps; or • Neurological Impairment equivalent to a complete lesion at L3 level, or an incomplete lesion at L1, or • Combination of the above such as one leg around knee amputation and one leg with significant quadriceps Impairment; or • Classification by the International Sports Federation for rowers with Cerebral Palsy (CPSIRA) as eligible to be in Cerebral Palsy Class 5. •
PR1	<p>Minimum Impairment equivalent to at least one of the following:</p> <ul style="list-style-type: none"> • Cerebral Palsy Class 4 (CP-ISRA); or • Neurological Impairment with a complete lesion at T12 level, or an incomplete lesion at T10.
NE	<p>NOT ELIGIBLE</p> <p>Rowers who have undergone the RA Classification process and have not the minimum impairment to be eligible to compete as a para-rover at National Competition.</p>

ROWING QUEENSLAND SCORE (RQS)

All competitors seeking to enter Group 5, Group 4, Group 3, or Group 2 races at regattas conducted under the auspices of the Company, must obtain from the Company a Queensland Rowing Score. The Rowing Score is a number that represents a competitor's rowing ability and is allocated to each individual by the Company. To receive a Rowing Score, the individual must comply with By-law 3.7(e).

The Rowing Score is a number with a maximum score of 4.000 and a minimum score of 0.000. The number is calculated to three decimal places.

- **Group 1**
Group 1 events are open to all competitors.
- **Group 2**
A Single Sculler may enter a Group 2 event if his/her RQS is more than 2.000. In the case of a crew the average RQS for the crew (excluding coxswain) must be more than 2.000.
- **Group 3**
A Single Sculler may enter a Group 3 event if his/her RQS is more than 2.750. In the case of a crew the average RQS for the crew (excluding coxswain) must be more than 2.750.
- **Group 4**
A Single Sculler may enter a Group 4 event if his/her RQS is more than 3.500. In the case of a crew the average RQS for the crew (excluding coxswain) must be more than 3.500.
- **Group 5**
A Single Sculler may enter a Group 5 event if his/her RQS is more than 3.800. In the case of a crew the average RQS for the crew (excluding coxswain) must be more than 3.800.

(cont.)

Rowing Score recalculation is based on competition results.

Win: = Current Rowing Score -0.2

Loss: = Current Rowing Score +0.04

A win recalculation is conducted for any competitor or a crew achieving first place result only in either a final or division of regattas nominated by the Board (including the Queensland State Championship Regatta).

A loss recalculation is conducted for all competitors or crews that did not place first in the final placing in either a final or division of regattas nominated by the Board (including the Queensland State Championship Regatta).

Results in Masters, Under16, Under 15, Under 14 and School races will not affect a Competitors Rowing Score.

For each regatta, a competitor's status will be that applying at the close of entries.

The determination of the classes of competitors is made each season by the Regatta Secretary of the Company.

Allocation of Score to School Competitors and competitors with School rowing experience. Where a competitor's rowing score is already below the Score listed above it shall not be changed.

The board may nominate the regattas, including school regattas at which the races may be used to determine or adjust Rowing Scores of competitors.

(cont.)

To ensure junior and masters rowers are not forced to compete at too high a level in the Group system:

Competitors who are eligible to compete in Under 16 events shall have a minimum Rowing Score of 2.700

Except for competitors who are current Australian Representatives in Senior A competition or were representatives the preceding season, competitors who are over 43 shall have a minimum score of 2.700.

Allocation of Rowing Score to new members with no previous Rowing experience and members with no status history:

1. Allocate Base Score (4.000)
2. Any Representative History
3. Championship Holder in any event

Allocation of Rowing Score to returning members:

1. Allocate previous score
Yes (-0.750) Yes (-0.250)
2. Years out of the sport
Less than one year (No Change)
More than 1 year less than 3 (+0.500)
More than three years (+0.750)

REGATTAS

To access the Queensland Regatta Calendar, go to:
<http://rowingqld.asn.au>

From the Menu Tab select> REGATTAS & VENUES
Under the heading> ROWING QUEENSLAND REGATTAS,
to access the Rowing Queensland Regatta Calendar.

Regattas are listed chronologically. Click the link for 'Info' about the regatta which provides important information e.g., Seat Fees, Close of Entries etc., (Regatta Notice). Links to 'Events' and 'Entries' can be found for the relevant regatta on the Regatta Calendar page. On occasion, links to 'Live Results' are available or an 'Event Website' link which provides info regarding Spectator Tickets, Venue Parking etc.

ENTERING A REGATTA EVENT

All athletes **must** be fully paid members to compete at any regatta. Bundaberg Rowing Club Coaches/School Rowing Coordinators of Junior Rowers will usually provide information about the eligibility of an athlete to participate at a Regatta. Junior Rower's must obtain permission from a parent or legal guardian to compete. Senior Rowers in consultation with their Coach/s usually discuss suitable Regatta Events that may be contested.

Entries for an Event (race) at a Regatta are to be completed by Coaches/Senior Rower, using the BRC Regatta Entry interactive form. Once this form has been completed, email it to the BRC Regatta Secretary.

Following Close of Entries, the list of Entries for all Events will be visible on the online entry platform.

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SEAT FEES - payments

Seat fees are charged per athlete, for each Event entered. An Invoice for payment will be forwarded to each athlete's contact email by the Club's Registrar after each Regatta. Payment of this invoice can be made electronically.

BOAT TRANSPORTATION – application and fees

The Club currently owns two boat trailers. Members private vehicles are used to tow these trailers. To cover costs for this transportation of boats and equipment to regattas, fees may be charged. Generally, the BRC Secretary or coaches will advise athletes as to the cost.

The BRC Boat Transportation Application form is used to determine the trailer size needed for boat transportation. Application forms may be completed on-line by Private boat owners, Coaches or Senior Rowers. Once completed, email this form to the BRC Regatta Secretary.

BOAT LOADING & UNLOADING

Athletes will be advised prior to a Regatta by Coaches when and where boat loading and unloading will occur. It is an expectation that all athletes using a School, Club or Private boat assists in this activity.

It is recommended that a quality Boat Bag is used during transportation for added protection against any damage that may occur.

NO RESPONSIBILITY WILL BE TAKEN BY THE BRC FOR EQUIPMENT NOT LOADED/UNLOADED OR DAMAGED.

SANCTIONS - RA RULE 72

1. In any case of breach of the rules, a member of the Jury may impose appropriate sanctions. The sanctions available are:
 - a) **Reprimand** - which is a formal admonishment that the conduct of the rower or crew is in breach of the Rules and that this breach may be taken into account when considering an appropriate sanction for any further break during that regatta.

This will be an appropriate sanction where the breach does not warrant a high level of sanction:

- b) **Yellow Card** - which is a formal warning.
 - i. A Yellow Card shall apply to the next race in which that rower or crew competes in that regatta. It shall lapse only when the race is concluded and shall therefore still apply in the case of a postponement or a re-row of that race.
 - ii. A crew awarded two Yellow Cards applying to the same race shall be awarded a Red Card and excluded from the event.

Examples: Late arrival at Start; Traffic violation; Interference to opponents causing disadvantage; Conduct unbecoming to the sport of rowing (e.g., offensive language).

- c) **Relegation (REL)** - which places a rower or crew in the last position in a race where specifically provided in these rules.

(cont.)

- d) **Red Card or Exclusion (EXC)** - which excludes a rower or crew from all the rounds of the event in question.

This sanction is for a serious and/or repeated breach of the Rules justifying that the offending rower or crew take **no** further part in the event.

- e) **Disqualification (DSQ)** - which disqualifies a rower or crew from all events in the regatta.
- i. This sanction is for the most serious breach of the Rules justifying removal from the regatta.
 - ii. Where a rower or crew is disqualified, that rower or crew shall take no further part in the regatta.
 - iii. Where a rower is disqualified at a time when Rules 59 and 60 only allow substitutions for medical reasons, then the rower may not be replaced, and the crew of that rower shall be excluded from all rounds of the event in question.
 - iv. Where a crew is disqualified, no member of that crew shall take any further part in any event at that regatta.

VOLUNTEERING

We understand families are often 'time poor'. However, when we all pull together, we can reduce the incidence of 'volunteer burn-out'.

Regattas need volunteers to ensure everything runs smoothly and are events enjoyed by everyone, especially our athletes. We accommodate our volunteers when it comes to watching an important rowing event or attending medal presentations during volunteer shifts.

Our Committee regularly organises 'Working Bees' at either the Town Shed or at the Bucca Rowing Facility. Working Bees are often followed by a get-together and are a great way to meet other members and parents.

Our 'day to day' volunteering tasks may include - shed sweep-out, amenities clean, kitchen clean, accommodation clean, pontoon wash down, general shed tidy-up etc.

Key Volunteer opportunities include:

- Fundraising
- Venue/Course set-up and take-down
- Canteen workers - food preparation, cash handling, clean-up
- Bow numbers - distributing, retrieving
- Coaching – Prerequisites: Be at least 16 years of age, Complete the Level 1 NCAS Coaching Accreditation course (minimum)
- Boat Race Official – undertake RQ Officiating Courses.

Importantly, we ask that volunteers always sign-on to the VOLUNTEER REGISTER prior to undertaking any volunteer task.