

TRRC Rules for Rowers

These are intended to form a code of good practice and to address some of the problems we have had in the Club, notably delays on the beach and undue wear and tear on boats and kit. They are not a twenty-five point Nazi programme for the extermination of the disobedient. Everyone's co-operation will be necessary and we hope will be willingly given.

Care of kit

1. Remember that you are part-owner of all assets during your membership and treat them as if they were yours.
2. Treat the boat like a new-born baby. Lift it gently and carry it lovingly. Do not drag, scrape or drop it.
3. Keep the boat off the ground whenever possible by carrying, or using rollers or trolleys.
4. On Club meets, take all oars out of the box at the beginning of the session and lay them in kits on a clear part of the beach. At the end of the session, one sensible person to be responsible for reloading oars brought up by crews.
5. **Never** float an oar until you reach the beach. Lift it before it makes contact with the ground.
6. When holding off, use the butt end of the oar. **Never** use the blade.
7. Anyone using a privately-owned oar is solely responsible for its marking, storage and transport.
8. The aim is for the Club to use only three sets of kit, for A, B and junior crews. Please be ready to adapt.
9. The trailer-driver to do a final check on readiness to travel of gig and trailer before **every** journey, particularly that the gig is snug on its rollers **and the spreaders are correctly tensioned on the gunwales.**
10. Trailers parked for any length of time, ie., overnight or longer, must be left with the handbrake in the **off** position. Wheels may need chocking fore/aft. This is in order to prevent damage to the braking system.
11. Any proposed gig-driver, for instance to a minority event, must be approved by

the Committee.

Launching and Landing

Gigs are at their most vulnerable to damage getting on and off the beach. All the following points derive from this fact.

1. Wear shoes you can use in the water.
2. Do not stand on any part of the hull. Feet go on bow-, stern- and floorboards.
3. If your crew is taking over an incoming boat, be there to meet it and prepared to help with beaching. Have your oar handy and be ready to row. If you are not ready, let someone else have the row.
4. If you place your oar in the boat prior to launch, make sure it is lying blade to stern and tight to the gunwale, not down the centre of the boat.
5. The cox is in charge from the moment s/he enters the boat. S/he is responsible for adherence to Club policies and to CPGA safety and rowing rules.
Rowers should therefore sit down as soon as possible, with oar in place, at the ready for any instructions.
Shore crew/bow pair wait until they are told only by the cox to push off.
Once the boat is in clear, safe water, you will be given time to adjust stretchers, stow kit, remove excess clothing, etc. **Please** do not do this while waiting to launch.
6. Before landing, lift and ship kit according to cox's instructions.
7. Before landing, the cox is to lift the rudder into the boat.
8. On landing, be immediately prepared to leave the boat/help steady her/ lift and carry her/ go overside as necessary. Your personal kit can be retrieved when the boat is safe.
9. Do not leave the boat on shore until the next crew and cox is ready to take over control.

While rowing

1. On the water, the cox is in sole charge of the boat. His/her decision is final. It may be unpopular, but it's still final.

2. Rowers must concentrate and listen to the cox, being prepared to execute all commands as soon as possible. If you can't hear commands, tell the cox.
3. If you are in a training/racing crew - don't chat.
- 4.. Unless you are asked to do so, don't give commands or advice to another crew member.
5. When racing, keep you mind on the job in the boat, not on other crews. Don't shout, swear, or respond to any provocation . Put the energy into the oar.
8. Wear the Club's official kit for all events.
9. If you can't swim, take a lifejacket with you in the boat and make sure you know how to use it.
10. All under-16 and under-14 crew must wear a lifejacket in the boat, whatever crew they are rowing for, as must the cox of that boat.
11. If any problems arise in the boat, please bring them calmly back to shore and make then known to your rowing rep or to a Committee member. Please don't seethe.
12. No rower may use any form of foot restraint/strap/loop/tie. This is a Club policy and in line with CPGA recommendations.