

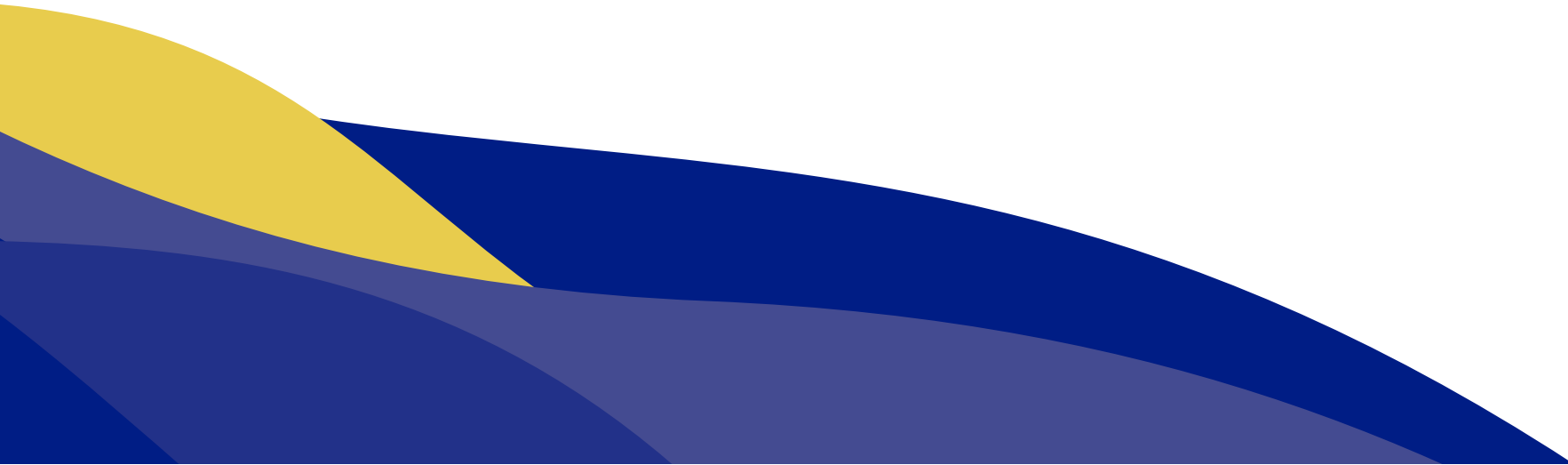


Bendigo Rowing Club Members' Handbook

**A Guide to Rowing
on Lake Weeroona
and Beyond.**



A Guide to Rowing on Lake Weeroona and Beyond.



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Our Club, Our Culture

Welcome to the Bendigo Rowing Club (BRC).

This Handbook will help make your involvement in rowing in Bendigo a safe and enjoyable experience.

It provides essential information to help you fully participate in the club as a rower, coach, office bearer, volunteer or supporter.

The booklet details the club's activities, facilities and procedures for rowing on Bendigo's Lake Weeroona and competing at regattas on other waterways.

By understanding and adhering to the advice outlined in this guide, your overall enjoyment of the club will be enhanced and we can ensure the BRC continues to be a popular, safe and inclusive environment.

The Handbook will be regularly updated as the BRC continues to evolve and grow.
Your input is welcome.

Acknowledgement

The BRC acknowledges the Traditional Owners of the land and the lake on which we row – the Dja Dja Wurrung people (Djaara). We acknowledge their living culture and their unique role in the life of this region.

The Bendigo Rowing Club is an
affiliate of Rowing Victoria



BRC Sponsors

The BRC is supported by the following valued sponsors:



The Bendigo Rowing Club

The BRC has been part of Bendigo's social fabric for over 150 years.

We are a welcoming, inclusive community club catering for people of all ages and abilities.

It is our objective to provide pathways for people to pursue rowing in a supportive club environment.

Our focus is on fun, friendship and fitness. While some people row competitively – racing for medals and trophies at regattas – many others participate purely for social recreation. At the BRC, we encourage participation at all levels.

The club has a Code of Conduct that outlines the behaviours expected of all members and underpins our club values of respect, integrity, fairness and inclusion.

The BRC is run by volunteers. No one gets paid. Our success depends on people donating their time and talents to keep club activities running efficiently and effectively. There are many ways people can help, and all support is greatly appreciated.

The BRC is a not-for-profit club. All fundraising is used to subsidise our operations and cover costs such as insurance and equipment. We try to keep our costs as low as possible to enable our club to be affordable and accessible to all.

Safety is our highest priority. The procedures outlined in this guide will help reduce the likelihood of mishap or personal injury and maximise the thrill and enjoyment of rowing in Bendigo and beyond.

The BRC is an affiliate club of Rowing Victoria (RV), the state's peak body for the management of rowing. RV facilitates rowing events and regattas, oversees talent participation pathways and helps clubs build capacity.



Rowing for Life

There is nothing quite like the thrill of propelling a finely balanced rowing boat through water at speed.

Whether silently sculling at dawn, competing hard at regattas, or closing out the day coxing a crew of friends, rowing has something for everyone.

Rowing is an Olympic sport with its roots firmly embedded in community participation. It is a fun way to meet people, learn new skills and improve personal fitness.

The rowing technique is a fluid motion, low impact and forgiving on the body. It provides a whole-of-body workout and is great for weight loss, toning and building muscle.

Rowing is a sport for all ages. The BRC has members aged from 12 to 80+. At times, crews are created spanning the generations. Indeed, families rowing together is particularly special.

Mastering rowing requires practice, dedication and commitment; however, it builds personal character and creates life-long friendships. It's worth persevering with.

The BRC makes rowing easy and affordable. The club provides participation pathways for beginners through to the elite and everyone in between. Every member is on their own personal journey in the sport. We all continue to learn and progress with every row.

We place a high priority on creating an inclusive environment, promoting respectful relationships and gender equality across our operations. Through these efforts, we aim to create pathways for women and girls to pursue excellence and become leaders both in the club and in the broader community.

Rowing in Bendigo occurs on Lake Weeroona, one of the city's most popular public places. It is an ideal environment as it is not impacted by currents or tides, which can make learning to row difficult. It is also one of the few rowing courses in Victoria with fully buoyed 'lanes' – making it ideal for coaches and beginners.

The BRC has a proud history, and hundreds of families have passed through our doors over the decades. Through their support, the club has withstood many challenges, including the impacts of drought.

Despite our modest facilities, the BRC punches above its weight at competitive regattas. We have supported athletes who have competed at state, national and international levels, including the Olympic Games.

The BRC's primary aim, however, is to introduce people to the pleasures of rowing through proper boat handling and rowing techniques.



A Rich History

In 1872, John Godfrey, a mining surveyor and keen rower, moved from Tasmania to the Sandhurst goldfields (later named Bendigo).

He built his own wooden scull, christened it *Australasia*, and displayed it outside the Bank of Australia in Pall Mall to raise public interest in rowing.

The enthusiasm that ensued led to the formation of the Sandhurst Rowing Club on Grassy Flat Reservoir (now Strathdale).

Competition was fierce within the fledgling rowing community and a splinter group calling itself the Bendigo Rowing Club soon formed, building its own sheds nearby.

In 1877, a structural defect in the reservoir forced the clubs to relocate to the newly constructed Lake Weeroona (Koori for 'we rest').

The two clubs ultimately merged in 1928 as a consolidated Bendigo Rowing Club, with athletes competing in Bendigo's civic colours of royal blue and gold.

The late 19th and early 20th centuries were heady days for rowing in Central Victoria, as:

- new clubs were established in Eaglehawk, Seymour, Cobram, Shepparton and Echuca, and competed for an ornate silver urn;
- large crowds paid to watch the annual Henley on Weeroona regatta, a carnival of rowing, brass bands, girl pageants, dancing and picture shows; and
- local scullers Arthur Cambridge and Stan McGorm dominated state and national rowing championships.

The BRC was a social outlet for many families during the Great Depression and the global conflict of World War II. Several club members served in the Pacific War, most notably Jack Butt, who fell at the infamous Tol Plantation Massacre.

Bendigo rowing re-established itself in the post-war period and surged in popularity through the 1970s under the stewardship of dual Olympic rower Neville Howell.

The club's fleet transitioned to lighter, faster fibreglass boats; a Bendigo Schools Sprint Regatta was introduced; and well-drilled crews competed at all the major regattas across the state.



Elite championship-winning talent emerged, including Charlie Barton and Peter Armstrong dominating in coxless pairs (1976) and Neil Manefield lifting both state junior and senior sculling titles (1980). Six years later, Jason Day began his dominance of sculling that would ultimately take him to three Olympic Games (1992, 1996, 2000).

Women's rowing also flourished, with female crews competing across all classes. The medal-winning performances of Deidre and Caitlin Fraser at state, national and world championship regattas (1988-89) inspired many other local females and created the inclusive club culture that helped introduce 2012 Olympian Hannah Every-Hall to the sport.

Underpinning these elite performances has been the efforts of many individuals whose recreational rowing participation has provided the foundation for the club's programs.

Dry weather and drought have always played a defining role in Bendigo rowing, forcing athletes to be innovative. During the 14 year Millennium Drought in the early 2000's, the club's male masters quad of John Gorey, Denis Nihill, Peter Wearne and Neville Howell pursued a gruelling ergo training regime under the motto '*sed tamen nobis est arida in stagnum remigandi it cordialiter - the lake is dry but still we row!*'..... and ultimately won gold at the 2014 World Masters Rowing Championships on Lake Wendouree, Ballarat.

The BRC continues to adapt through adopting information technology, carbon-fibre boats and oars, and new coaching methods.

Hundreds of families have supported the BRC over the decades, and notable surnames are recognised on club boats, trophies, awards and honour boards, including Griffith, Hazelwood, Burnett and Deacon.

The countless contributions of many anonymous volunteers have made the club prosperous and progressive.



Good Governance

The BRC is governed by a Committee of Management, formed through the election of club members at the Annual General Meeting.

Any member can nominate to be a part of the committee. Wherever possible, the club seeks a to create a committee with a blend of experience, skills and representation across ages and genders.

The committee makes decisions through the application of the Model Rules outlined in the Club Constitution.

Two committee members also represent the club on the Lake Weeroona Pavilion Committee.

The BRC Committee meets monthly and focuses on three key areas: rowing participation and performance; financial management; and club capacity building.

Bendigo Rowing Club - Governance Framework



The roles of the BRC Committee include:

President	<ul style="list-style-type: none"> • Strategic planning. • Public relations.
Vice President	<ul style="list-style-type: none"> • Internal club communications.
Secretary	<ul style="list-style-type: none"> • Record-keeping. • Co-ordination of the Annual General Meeting.
Treasurer	<ul style="list-style-type: none"> • Financial management.
Club Captain	<ul style="list-style-type: none"> • Rowing program co-ordination. • Recruitment strategies.
Head Coach/es	<ul style="list-style-type: none"> • Athlete talent pathway. • Coach recruitment and development.
Vice-Captain	<ul style="list-style-type: none"> • Leadership support.
Junior/Schools Program Co-ordinator	<ul style="list-style-type: none"> • School liaison. • School Sport Victoria regatta co-ordination.
Youth Representative	<ul style="list-style-type: none"> • Liaison with young members.
Member Information Protection Officer	<ul style="list-style-type: none"> • Member protection and welfare policies.

At times, the committee may create working groups for specific projects, such as fundraising, planning or marketing and promotions, with club members engaged formally and informally.

The names and contact details of office bearers of the BRC Committee can be found on the BRC website.



BRC Rowing Programs

BRC programs are designed to introduce and advance people of all ages and rowing abilities.

They strike a balance between supporting people who row for personal fitness and social interaction and those who train and compete in regattas.

The programs align the abilities and aspirations of rowers with the club's fleet, equipment and volunteer coaches.

Squads and crews are formed through discussions with individual rowers, potential crew members, and coaches to bring together people with similar motivations, talents and time.

There are also special initiatives such as camps or coaching workshops, to further build athletic and coaching capacities.

The BRC programs comprise:

- **Learn to Row Program** – an eight-session introductory program for beginners.
- **Junior Rowing Program** – our youth development program, where squads are formed to refine their techniques and potentially compete at RV and School Sport Victoria (SSV) regattas.
- **Girton Grammar School Rowing Co-curriculum Program** – culminating in crews competing at SSV regattas.
- **Masters Rowing** – dawn rowing sessions for adults to build fitness and potentially compete in masters regattas.
- **Women on Water Program** – rowing sessions conducted by women for women.
- **Social Sunday Rowing** – where the emphasis is on relaxed recreational rowing for fitness and fun.
- **Rowing Victoria regattas.**

During a typical season, the club may compete in 6-10 regattas at various locations, including inland lakes at Nagambie, Hamilton and Rutherglen, and on the Murray, Goulburn and Barwon rivers.

Regattas can be a fun way for athletes to test themselves against rowers across the state. Competitive rowing is not for everyone, however, and participation in regattas is optional.

The BRC also supports adaptive rowing opportunities for people with physical or intellectual disabilities, including modifications to equipment, coaching and rowing structures, and supporting participation in para-rowing regatta events.

Finally, responsible members may be provided with a key to the club allowing them to row on the lake whenever they like.



Joining the BRC

Joining the BRC is easy. Prior to rowing at the club, everyone must complete a membership application form to ensure you are covered by BRC and RV insurance policies.

New rowers are invited to attend three rowing sessions before the appropriate membership fee must be paid.

Application forms are available for download on the club's website and hard copies can be found in the gym.

Completed membership application forms should be forwarded to the Club Captain or Secretary for consideration at the monthly committee meeting.

As a new member, the Club Captain will contact you to discuss your ambitions and rowing abilities, and to brief you on how the club operates.

People who have never rowed before are required to complete a Learn to Row (L2R) program. This consists of eight sessions and teaches fundamental boat handling skills, the rowing technique, and understanding rowing's unique terminology.

It is a requirement that all beginners undertaking the L2R program can swim at least 50m and are medically fit to row.

The L2R program cost \$80. This amount is deducted from membership fees upon joining the club.

Membership Fees

Membership fees are due at the time of applying for membership (calculated on a 12-month pro rata basis), and subsequently on the 1st of July each year.

It is the responsibility of each member to ensure their fees are fully paid at the beginning of each financial year.

The fee structure is available on the club's website. For 2021-22, it is as follows:

Adult Membership	\$300
Student Membership	\$200
For those who wish to participate in regattas, an additional fee of \$50 (adults) and \$10 (students) applies.	
Social Membership	\$30
Gymnasium Membership	\$100
Coxswain Membership	free

Social and gym-only memberships are also available.

Members have the option to pay annually or monthly.

Members who have not paid their fees at the start of the financial year will not be covered by BRC and RV insurances and will be unable to row until they are financial.

Any member experiencing general financial hardship should speak to the Club Treasurer to make suitable payment arrangements.

Membership subsidies and discounts are considered in special circumstances, e.g. restrictions on rowing from COVID-19, etc. Questions about membership should be directed to the Club Captain or Secretary.

Code of Conduct

Rowing at the BRC is to be undertaken in a spirit of fairness, respect and goodwill.

All BRC athletes, coaches, officials and supporters are expected to represent the club with dignity and respect.

Club members are bound by a Code of Conduct that has been developed by RV as a whole-of-sport Member Protection Policy.

The code forms part of the conditions of being a BRC member and can be found on the club website.

It outlines the attitudes and behaviours that are expected to ensure our club continues to nurture a culture based on:

- respect for other people regardless of their age, race, gender, ability, cultural background, sexuality or religion;
- fairness and non-discrimination, where people are given equal opportunities; and
- freedom from all forms of harassment, including verbal abuse, threatening behaviour, humiliation, bullying or intentional exclusion.

Through the Code of Conduct, members agree to:

- Act honestly, in good faith and in the interests of the club and the sport.
- Show respect and courtesy to all involved in rowing.
- Play by the rules.
- Treat another person's property with care.
- Respect the decisions of the BRC Committee, coaches and rowing officials.

In addition to the Code of Conduct, BRC rowers are expected to:

- Bring a positive attitude and commitment to the club. Strive to do your best.
- Display high standards of sportsmanship. Acknowledge the performances of other rowers, crews and clubs.
- Be organised, punctual and correctly attired for training and regattas. Make the most of your time at the club.
- Follow club rules and communicate positively with other rowers, coaches and race officials. Co-operate to achieve success.
- Behave responsibly around the boats and equipment, which are easily damaged and expensive to repair.
- Not use performance-enhancing drugs or illegal substances.
- Enjoy the sport. Recognise rowing for what it is – a highly rewarding way to build skills, gain confidence, meet new people and lead a healthy lifestyle.



BRC coaches are expected to:

- Place the safety and welfare of rowers above all else by acting within RV's Coach Code of Behaviour and Child Safe Code of Conduct.
- Treat all rowers fairly but as individuals; each with their own talents, skills, developmental stage and potential.
- Ensure training and regatta schedules are suitable for the age, experience, ability, goals and physical and psychological conditions of the rowers.
- Promote fair play. Focus on effort and performance rather than winning or losing.
- Respect the decisions of the BRC Club Captain and RV race officials.
- Provide feedback to rowers in a manner sensitive to their needs and aspirations to build confidence.
- Encourage rowers' independence and responsibility for their own training, performance, decisions, behaviour and actions.
- Avoid unaccompanied and unobserved activities with children under 18, wherever possible.

Parents and supporters are expected to:

- Act in a manner appropriate to the interests and reputation of the BRC and rowing.
- Treat all fellow supporters, rowers, coaches, other clubs and competitors with respect and courtesy.
- Respect the decisions of coaches and officials, who balance a variety of factors in determining aspects such as crew selection, boats and equipment allocation.
- Give your child space to grow and be independent. Allow crews to develop their own unique identities.
- Give positive feedback. Never ridicule any child for making a mistake or losing a race. Encourage participation.
- Assist coaches to make rowing a safe and positive experience for all participants.
- Avoid placing undue pressure on young rowers. Let them learn through their endeavours.



Volunteer Support

The success of the BRC relies on volunteerism and the generous donation of people's time, energy and skills.

Membership of the BRC includes a requirement to provide volunteer assistance to club activities.

People can support the BRC in many ways, regardless of whether they have a background in rowing or not.

All support, no matter how large or small, is valued by the club.

Volunteers are particularly needed to help with the club's annual rowing regatta. This major annual fundraising event is usually conducted on the third Saturday of October as part of RV's calendar of regattas.

The range of tasks requiring volunteer support at the Bendigo regatta include:

- co-ordinating car parking for visiting clubs and supporters;
- setting up tents and marquees;
- catering from the club kiosk and BBQ tent;
- selling raffle tickets;
- driving the safety boat ('tinny') on the lake;
- helping crews use the boat launching pontoon;
- handing out boat bow numbers to competitors;
- race calling; and
- helping our crews rig and de-rig their boats for competition.

Other volunteer roles throughout the year include:

- helping repair and maintain our fleet of boats;
- organising the annual club dinner and awards night;
- assisting with club administration and public relations;
- fundraising and sponsorship;
- becoming a volunteer coach; and
- transporting boats and crews to regattas.

The success of any club depends on the inclusion of new members, who bring with them new ideas, commitment and passion.

If you are interested in supporting the club as a volunteer, please contact a committee member.



Recognising Excellence

BRC's annual awards recognise the valued behaviours and achievements of club members in their pursuit of rowing excellence.

The awards are presented at the club's annual dinner and celebrate members who have shown commitment and dedication to participation, training and competition; respect to others; and generosity of time and voluntary support to the club.

BRC Awards include:

-
- Most promising first-year sculler.
-
- Most improved rower.
-
- Club Coaches Award.
-
- Most dedicated adult rower.
-
- Best first-year adult rower.
-
- Most improved adult rower.
-
- Hannah Every-Hall Award for the most promising female sculler.
-
- Coxswains Award.
-
- Club Champion Award.
-
- John Godfrey Award for outstanding service to the club.
-

The BRC may also honour individuals or families who have provided outstanding service to the club through awarding life membership status or christening boats in their name.



Environmental Stewardship

Rowing is a sport that is particularly vulnerable to a changing climate due to global warming.

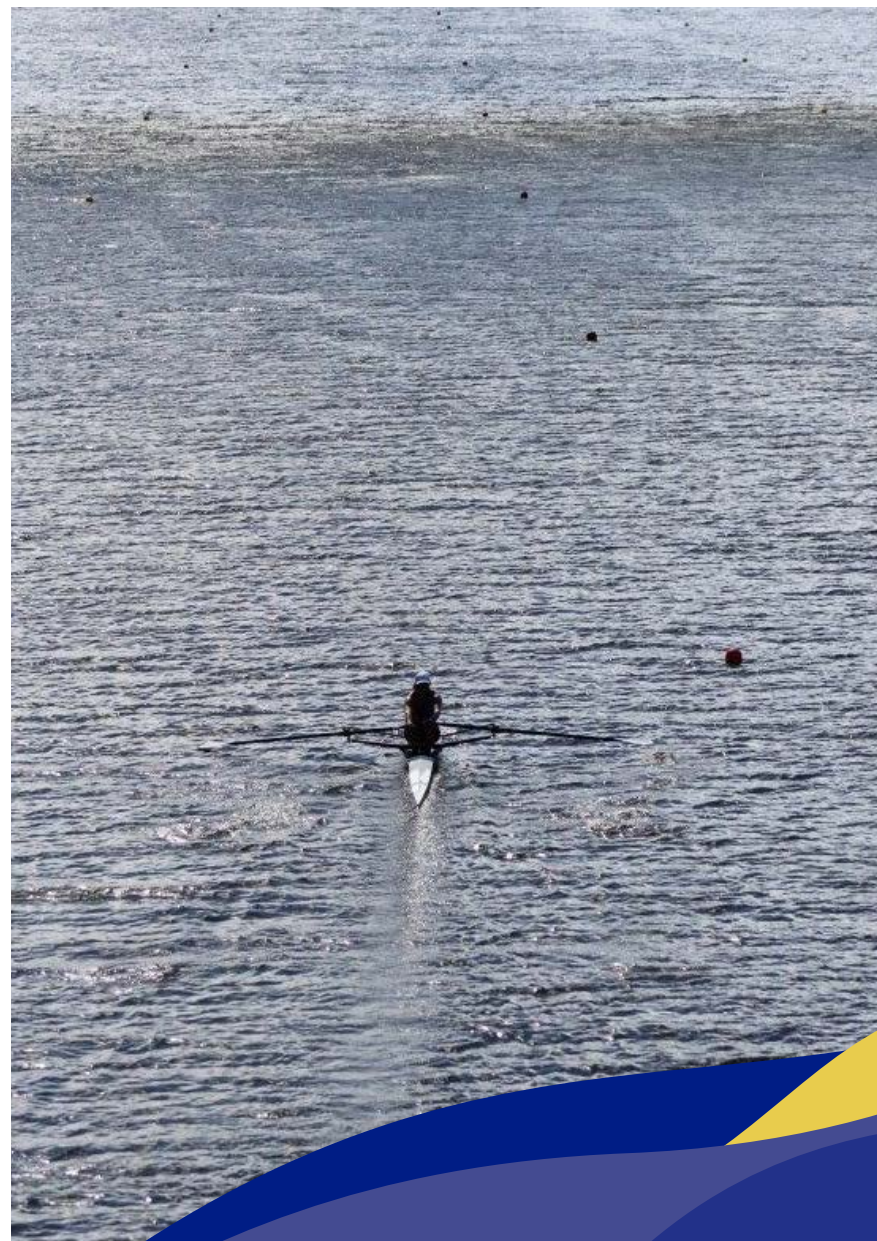
The sustainability of rowing on Lake Weeroona and other waterways will be impacted as our climate becomes hotter, drier and more prone to drought.

The BRC can play a community leadership role in environmental sustainability to help safeguard rowing in Bendigo and beyond for generations to come.

BRC members are encouraged to adopt behaviours to reduce our impact on the environment. This could include:

- saving electricity by turning off lights;
- using water wisely;
- walking, cycling or using public transport;
- car pooling to travel to rowing venues;
- saying no to plastic;
- reusing and recycling sports kit;
- shopping locally through ethical and sustainable supply chains; and
- supporting local environmental campaigns.

Acting locally can impact globally. Being environmentally aware will help reduce the BRC's carbon footprint, make rowing more affordable for everyone, and help improve the health of our planet.



Health And Safety

Safety is of paramount importance at the BRC.

While rowing is a very safe sport, the BRC Committee continually seeks ways to maintain a safe rowing environment.

The BRC and its members operate expensive equipment in an environment that can present dangers to equipment and people.

The BRC Committee works hard to reduce risks and hazards by providing safe premises and equipment for athletes and coaches, information and training for members on safety procedures, and emergency and medical cover for competitors during regattas and events.

Safety however is everyone's responsibility.

While BRC members and volunteers receive insurance coverage through RV's Victorian Rowing Insurance Program, the scheme does not compensate for irresponsible behaviours. Failure to follow safety policies/ procedures is taken seriously and may be grounds for suspension or expulsion from the club.

Rowers and coaches should not go out on the water if:

- there are electrical storms (e.g. thunder/lightning);
- the weather is stormy or squally;
- there is thick fog; or
- it is extremely hot or cold.

At training and regattas, rowers are required to:

- ensure boats are fit for purpose and ready to use;
- abide by the decisions of the Club Captain and coaches, and instructions of RV boat race officials; and
- act responsibly, particularly around boat trailers and moving vehicles.



Parents and rowers must inform the Club Captain of all health and medical conditions.



All BRC coaches must have first aid training and Working With Children Checks.



All rowers must be able to swim at least 50m in their rowing gear.



All boats out before sunrise or after sunset must have navigation lights.



No beginner or junior rowers are allowed out on the water without supervision.



The use of the club gymnasium by juniors must be supervised by an adult.

Rower Preparedness

There are several ways for rowers to stay healthy and safe.

Maintain high standards of personal hygiene

- Wash hands frequently with anti-bacterial soap.
- Do not share personal items such as hats, towels or water bottles.
- Protect open wounds.
- Wash training gear after every session.

Wear appropriate clothing

- When rowing, wear either a zootie suit or shorts and t-shirt.
- Wear socks within the boat shoes, and flip-flops/thongs outside the boat.
- Bring a spare set of dry clothes, towel, wet-weather gear and pair of runners.
- Carry EpiPens, inhalers or any other necessary medications.

Be sun smart

- Wear a cap/visor and long-sleeve top.
- Apply sunblock to exposed areas of the body.
- Rehydrate regularly with water.
- Use the club tent at regattas.
- Avoid rowing in peak UV exposure times.

Fuel your body

- Maintain a nutritious diet. Eat three healthy and balanced meals per day, consisting of lean protein, vegetables and fruit, and wholegrain or other healthy carbohydrates.
- Replenish energy with healthy snacks, e.g. bananas, dried fruits, energy bars.
- Avoid sugary drinks.

Warm up, cool down

- Stretch your muscles regularly; before and after exercise.
- Avoid holding an intense stretch for more than 20 seconds.
- Remember to breathe.

Rest and recovery

- Take time out. Allow your body to heal and recuperate after intense effort.
- Diversify your training. Mix things up to use different muscles and keep yourself motivated.
- Get plenty of sleep – at least eight hours a night.

COVID-19 Risk Minimisation

The Novel Coronavirus (COVID-19) is a highly contagious, deadly disease that is a major threat to public health.

The risk of contracting COVID-19 is increased through people:

- interacting together in confined spaces and sharing facilities;
- breathing near each other and spreading the disease through droplet transmission; and
- sharing and handling equipment and fixtures that haven't been sanitised.

The club has imposed regulations to reduce the risk of COVID-19 based on advice from the Department of Health and RV. Members must strictly adhere to these rules. The committee reserves the right to sanction members if COVID health and safety guidelines are not adhered to.

All members and guests must sign in and out of the sheds at all times to ensure they are covered by RV insurance and Department of Health COVID 19 prevention requirements.

BRC's COVID-19 risk minimisation rules are as follow:

- Do not attend the club if you are unwell.
- Let the committee know if you have tested positive for COVID-19 for tracing purposes.
- Arrive dressed ready to row. Leave personal belongings at home.
- Minimise contact with people. Maintain social distancing by keeping 1.5m apart.
- Practise personal hygiene. Wash your hands regularly with soap and running water.
- Avoid touching your eyes, nose or mouth.
- Record your attendance via the QR access code and sign in sheet for tracing purposes.
- Use only allocated boats. Record which boats and oars are used.
- Wash and sanitise boats and equipment before and after use.
- Stay in touch with fellow club members and support each other.

The BRC Committee regularly reviews its COVID-19 risk minimisation procedures to ensure the club remains a safe environment. Updates are placed inside the pavilion and on the club's Facebook page and website.

Before you row



1. Sanitise Hands.



2. Sign in.



3. Rig/check boat.



4. Enjoy your row.



**Social Distancing
At All Times.**

After you row



**1. Boat on trestles.
Place (not throw)
oars on grass.**



**2. Sanitise
hands.**



**3. Put
carwash in
bucket.**

**4. Wash boat in
& out inc seat,
riggers, foot
stretchers.
Dry boat with
chamois. If boat
has shoes, spray
shoes with
Glen 20. Put away.**



**5. Wash oars,
shafts &
handles.
Put away.**



**6. Sanitise
hands.**



**7. Safety officer
to sanitise tap
& doors with
sanitising spray.**



8. Sign out.

Child Safety Policy

The BRC is committed to the safety and wellbeing of children and young people.

The club adheres to RV's Child Safe Policy, Child Safe Code of Conduct and Member Information Protection Policy, which collectively outline the expected behaviours of club committee members, coaches, athletes and supporters who are involved in child-related activities.

These policies also detail the processes and procedures within the club to eliminate discrimination, harassment, child abuse and other inappropriate behaviour.

Club members and supporters can raise matters of inappropriate behaviour through the BRC's Member Information Protection Officer and Committee complaints procedure, or access independent support people to talk about their experience at the BRC.

All BRC adult coaches and volunteers, including those having direct contact with minors that is beyond just occasional or incidental contact, are to provide the club with current Working With Children Check documents. The BRC Committee holds copies of these documents for reference purposes, should anyone make an enquiry.

The BRC promotes a 'two-up' policy, which prohibits one-on-one coaching or supervision of junior members in a confined space. That means if one coach is present, two or more juniors are required. Two or more coaches are needed if only one junior is rowing.

Club-related social media activity must not contain material which is, or has the potential to be, offensive, defamatory, discriminatory or otherwise inappropriate.

Club members involved in child-related work must not communicate directly with children through private communication channels (e.g. social media, texting, etc.) except where the communication is reasonable in the context of club activities or safety information.

Illicit Drugs, Alcohol & Smoking

The BRC endorses the Rowing Australia (RA) Illicit Drugs in Sport Policy, which is available on the RA website. It is the responsibility of members, parents and coaches to ensure they are familiar with this policy.

Further details, including lists of prohibited medications and other substances, can be found on the Sport Integrity Australia website, sportintegrity.gov.au.

Legitimate therapeutic use of a prohibited substance may be granted under a Therapeutic Use Exemption (TUE). If in doubt, consult your doctor.

Members found to have breached the RA anti-doping policy will be dealt with under the club's Code of Conduct and may face further action from Sport Integrity Australia, RA or other supervisory organisations.

The BRC is committed to conducting sporting and social events in a manner promoting the responsible service and consumption of alcohol.

Alcohol consumption at the BRC is permissible for adults only, served in moderation in social situations, and with consideration of any juniors attending. Alcohol service is provided under the guidelines of the Good Sports Program.

The BRC is a smoke-free environment. Club athletes, coaches and volunteers should refrain from smoking and ensure they are smoke-free when involved in club activities.

Rowing Fundamentals

Rowing looks graceful and effortless when done well, however it requires many hours of practice, dedication and commitment to master.

The BRC helps people understand the fundamentals of rowing to make the learning process easier and their participation in the sport more enjoyable.

There are many factors which influence the balance and speed of a rowing shell. The boat's configuration, the athlete's technique, the cox's steering, and the coach's instructions all play their part in influencing the velocity of the sculler or crew.

The BRC has a series of procedures to help make accessing and using boats, equipment and other facilities safer and easier.

Adhering to set processes when using club assets helps ensure rower safety and security both on and off the water.

There are two forms of rowing: sweep rowing and sculling.

In sweep rowing, athletes hold a single oar (approx. 4m long) with both hands.

In sculling, rowers hold two oars (approx. 3m long), one in each hand.

Rowing boats are often referred to as 'shells' and are designed to accommodate one, two, four or eight rowers.

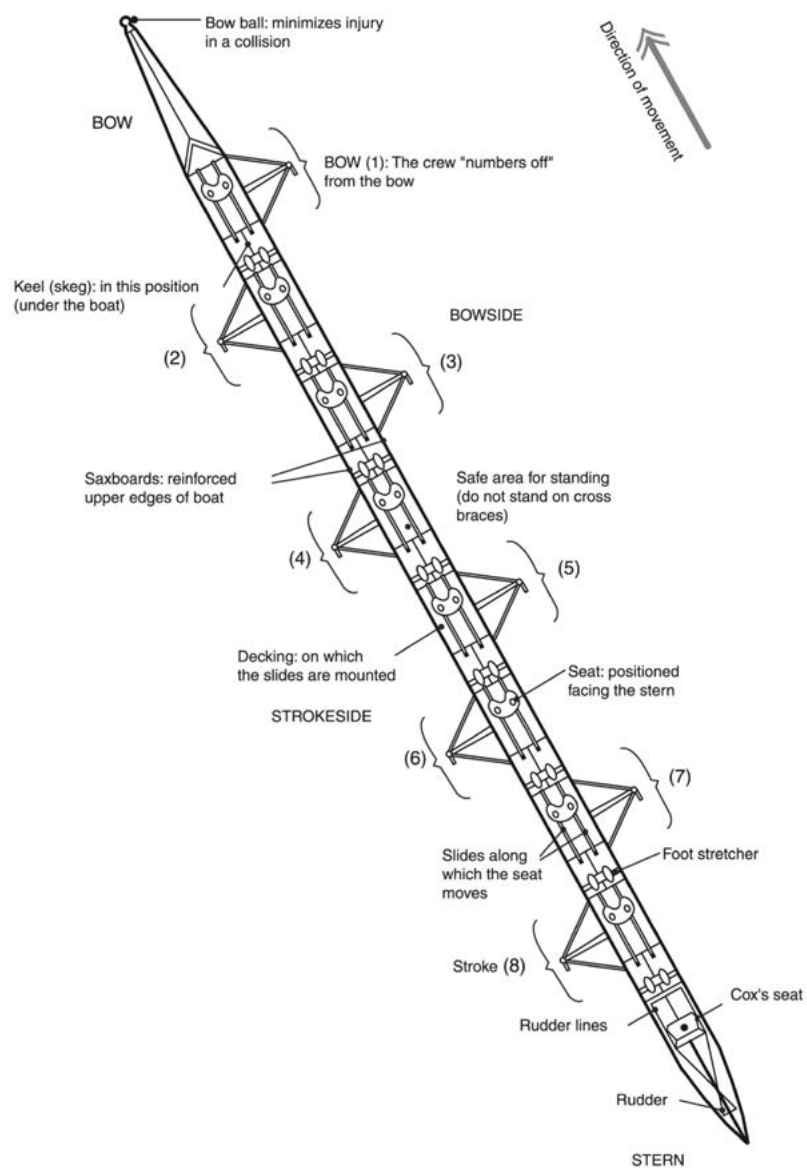
Each rower has their back to the direction the boat is moving and power is generated using a blended sequence of the rower's legs, back and arms.

The front of the boat is the bow, and the back of the boat is the stern.

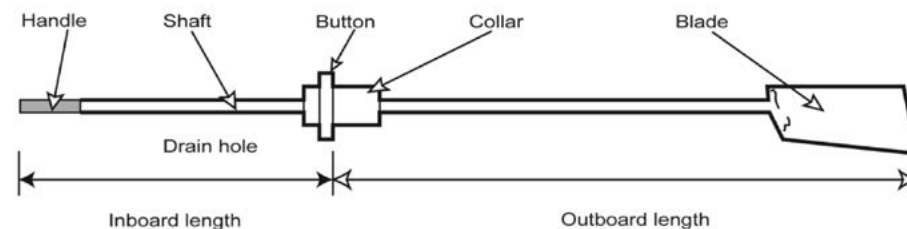
The bow is fitted with a small rubber ball to protect it in case of collision with another boat or the launching pontoon/jetty.



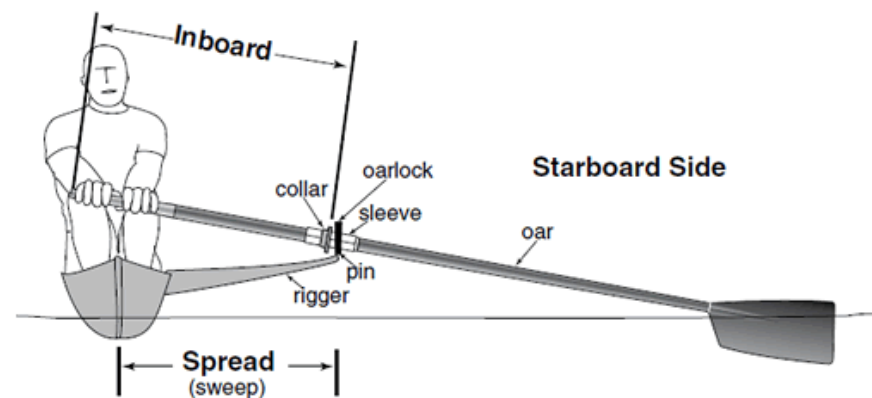
Parts of the Boat – Sweep



Parts of the Oar



Inboard Settings – Sweep



Rowers are identified by their position in the boat.

Bow	The person closest to the bow of the boat. First across the finish line.
Two	The second person from the bow.
Three	The third person from the bow.
Four	The fourth person from the bow. In a quad (4 scullers), this is also the stroke.
Five	The fifth person from the bow.
Six	The sixth person from the bow.
Seven	The seventh person from the bow.
Stroke	The last rower to cross the finish line. Sets the pace and rhythm of the rowing stroke for everyone to follow.
Coxswain	The person who controls the crew, including steering the boat. The last person in the boat to cross the finish line.

Each rower sits on a sliding seat that rolls on wheels along a fixed track called the slide.

The sliding seat enables rowers to extend their reach and take longer strokes in the water, moving the boat further.

Rowers' shoes attach to footplates and have quick release straps.

Each oar is held in place in swivel oarlocks, known as gates, and attached to metallic cross arms, known as riggers. Oars not only move the boat through the water but act as balancers to help 'set' or balance the boat. A balanced boat goes faster.

Rowing boats can be steered by the coxswain (often referred to as cox), or by individual rowers.

Coxes steer using a rudder, controlled using cables inside the boat. They face the direction the boat is moving and convey the instructions of coaches.

Being a cox is a big responsibility and highly respected in the BRC. The role is suited to people with a smaller/ lighter build.

Boats without a cox are referred to as 'coxless' (e.g. coxless pairs or quads) and can be steered by the rower in stroke seat, via a cable connecting the rudder to his foot stretcher. If the rudder is fixed, steering is done from bow seat.

In regatta races, the cox implements race strategy and motivates the crew to win.

Most boats are fitted with a small microphone and speakers, known as a cox box, to help the cox issue commands to the crew.

Common Cox Rowing Commands

Sitting at the finish	Rowers sitting at the finish position with oar blades squared and buried in the water.
Easy	Stop rowing and let the boat glide, using its momentum.
Check	Stop the momentum of the boat by putting the blades in the water.
Check Hard	Used in an emergency to stop the boat as quickly as possible. Stop rowing, and use the blades as a brake to halt the boat's momentum.
Touch	Rowing with arms only, used to change the boat direction or to make a small movement in the water.
Bury the blade	Make sure the entire blade is submerged in the water.
Sit up	Have a straight back and get body rock from the pelvis.
Set	Get ready to begin rowing.
Row	Start rowing.
Set it up	Hold the boat level.
Missing water	Legs are driving before the blade is in the water.
Opening early	Opening body from catch before the legs are used.

The Rowing Technique

The rowing stroke is defined by a long drive phase, and a relaxed and controlled recovery. It is a continuous, fluid and dynamic motion engaging the legs, back and arms.

The drive phase creates speed as the oar blades catch the water and lever the boat forward.



- The oar blades are dropped in the water ('the catch'), the arms and wrists are straight and relaxed, the shins vertical, the back straight and leaning forward.
- The instant the oar blade is covered with water, the legs push and the body moves back with the seat, propelling the boat through the water.



- Boat speed is powered through the legs, with a feeling that the body is 'hanging off' the oar handles.
- As the legs reach half their extension, the hip angle begins to open, back remains straight, and the hands parallel to the boat.
- An even blade depth is maintained.



- As the body swings and the legs straighten, the arms draw the oar handles powerfully to the body, maximising boat speed.



- The legs are flat down (ie straight). The back is straight but leaning slightly back, head is up, shoulders relaxed.
- The hands finish about half-way up the body (rib height).
- The blade handles just brush the body as the hands 'tap down' to extract the oar cleanly from the water.

The recovery phase is as important as the drive. If executed correctly, it makes the drive more dynamic, propelling the boat faster.



- The body is in the 'finish position' with the legs pressed down and back straight.
- At the beginning of the recovery phase, the hands 'tap down', extracting the oar from the water, and then turn or 'feather' the blade.
- The recovery is initiated with the arms straightening.
- Legs remain flat until the hands pass over the knees.
- The oar is off the water.



- The body pivots forwards from the hips, the legs bend and the seat moves gently forward.
- Arms are straight but loose, the shoulders relaxed, and the hand grip on the oar handle is light.
- The body is well balanced, able to make subtle adjustments to keep the boat balanced (level).

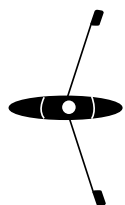


- The seat rolls forward at an even speed until the shins are vertical.
- The back is straight, arms fully outstretched.
- Hands begin to square the oar blade and rise slightly, dropping the blade in the water again to commence another catch-and-drive phase.

Boat Configurations

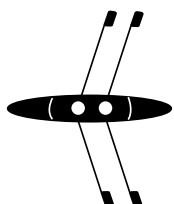
Rowing boats are denoted by names, numbers and symbols.

- Sculling is identified by the letter X; there is no symbol for sweep rowing.
- The crew size is identified by numbers 1, 2, 4 or 8.
- A coxed crew is represented by the symbol +
- A coxless crew is represented by the symbol –



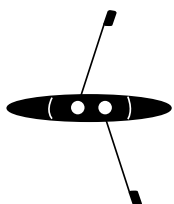
1X (Single Scull)

The smallest boat used in rowing. It is used by one athlete, with a pair of sculling oars, one in each hand.



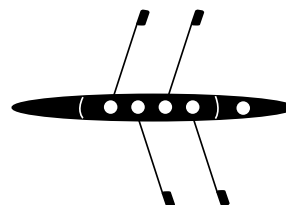
2X (Double Scull)

Two rowers, each using a pair of sculling blades. No cox.



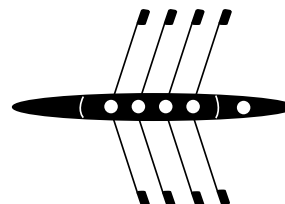
2- (Coxless Pair)

Two athletes rowing, each holding a single sweep oar. No cox.



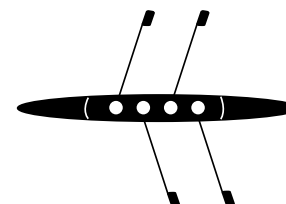
4+ (Coxed Four)

Four athletes rowing, each athlete holding a single sweep. Includes cox.



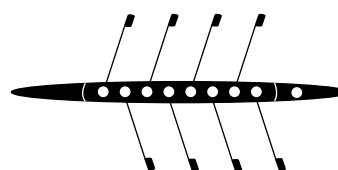
4X+ (Coxed Quad Scull)

Four athletes rowing, each holding a pair of sculling oars. Includes cox.



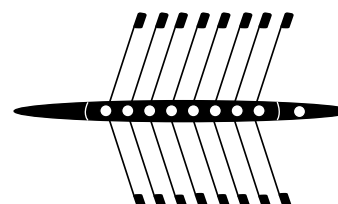
4- (Coxless Four)

Four rowers, each holding a single sweep oar. No cox. The boat is steered by the stroke seat, via a cable connecting the rudder to his foot stretcher.



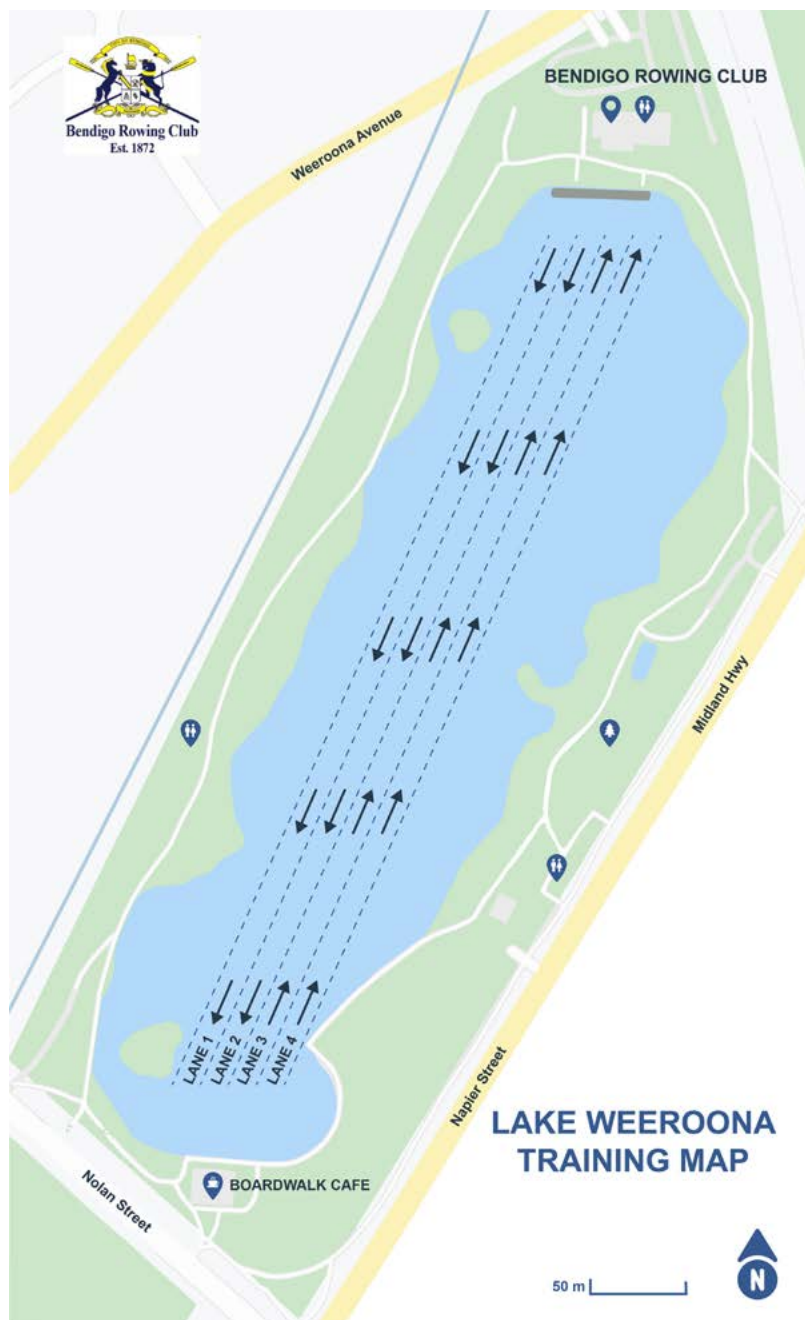
8+ (Coxed Eight)

The largest boat in rowing. There are eight rowers, each holding a single sweep oar. Includes cox.



8X+ (Octuple Scull)

Eight rowers sculling with two oars, one in each hand. Includes cox.



Rowing On Lake Weeroona

Lake Weeroona is one of Bendigo's most picturesque and popular public venues and an ideal venue to learn to row.

Rowing on the lake is very safe. The water is usually calm, being relatively protected from the wind and devoid of currents or tides.

Lake Weeroona is shallow and easy to navigate. Passive surveillance is excellent; you are never far from people should you need assistance.

The other main users of the lake are the Bendigo Canoe Club and the Bendigo Dragon Boat Club. There is ample space for rowers, canoeists and other recreational boaters to share.

The floating pontoon makes launching boats very easy and the rowing lanes are fully buoyed, which is helpful when learning to row (backwards) in a straight line!

Lake Weeroona has four rowing lanes. The 'down course' (from the pavilion to the city end) consists of lanes 1 and 2, and the 'return course' is lanes 3 and 4.

All rowing is confined to the rowing lanes.

Slow crews and scullers should use outside lanes and avoid sitting stationary at the start and finish lines.

Rowers must move to the launching pontoon immediately after completing their sessions to avoid the risk of collisions and other mishaps.

Crews and scullers should avoid rowing close to the edge of the lake, as rocks and overhanging tree branches can easily damage the boats.

Please keep out of the area designated as the 'canoe course'. There is ample space to learn to row within the rowing lanes.

On occasions, the rowing lanes may be used by other recreational boating clubs, or the lake may be closed for public events. Please accommodate the shared use of Lake Weeroona and treat all users with courtesy and respect.

Safe Boat Handling

It is important to handle rowing boats, oars and other equipment carefully and safely.

Rowing shells can be awkward to manoeuvre and easily damaged.

Members must take extreme care in the handling of boats inside and outside of the shed.

The following procedures should be followed to ensure the safe lifting, carrying and launching of boats:

- One member is chosen as the leader to give commands – usually the cox or stroke.
- The crew spreads along the extendable boat rack upon which the boat is sitting, so they are standing by their seats.
- Slide out the extendable boat rack.
- On command, the crew lifts the boat slightly (2cm), and pushes the rack back in.
- One crew member on each end goes to the opposite side of the boat to help bear the load.
- The crew steps slowly into the aisle, clear of any obstructions.
- On command, the crew carefully carries the boat out of the shed and to the water for launching.
- Point the boat bow ball in the direction you will be rowing to save having to turn around on the water.

Checking the Boat

It is good practice to check the settings of the boat before carrying it to the water.

Roll the boat onto some trestles in an area clear of the shed doorway.

If winds are strong, tie the boat down on the trestles with straps, or have one or two crew members hold it, while the rest of the crew checks the boat.

On no account should a boat be left stored outdoors on trestles without being strapped or held down. In gusty conditions, boats can easily become airborne and dangerous.

The crew should check:

- bow ball is securely fitted;
- light is fitted if conditions are dark;
- bow and stern compartments are sealed;
- slides are firmly fixed and seats move freely;
- riggers are firmly in place;
- gates on swivels close and secure properly; and
- all other moving parts are tight and in good working order.

Make sure that foot stretchers are in the correct position depending on your height and personal preference.

It is particularly important to ensure that rowing shoe heels are tied down by laces that do not permit the heel to lift more than 7cm off the footplate, and that quick-release straps on the shoes can be operated with one hand.

Carrying a Boat

Be sure there are at least as many rowers to carry the boat as there are seats in the boat. For example, eight rowers to carry an 8+.

The rower behind the rigger watches to make sure the rigger is clear.



Figure 1



Figure 2



Figure 3

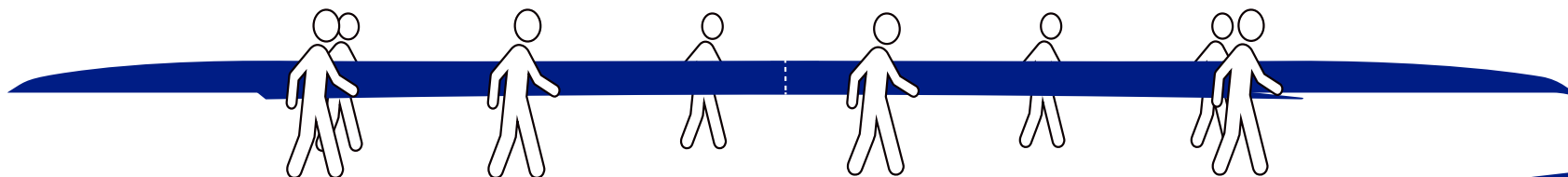


Figure 4

Figure 1 – To carry a single scull, handle the boat from the centre.

Figure 2 – To carry a double or pair, lift approximately half-way along the bow or stern.

Figure 3 – Ensure you are directly across from the rower in the nearest seat and that you do not use the riggers as handles.

Figure 4 – The seam joining the two sections of the boat needs to be supported, so position two people at each end and opposite a rigger as shown when carrying the boat to the water.

Note: Take care when lifting and carrying boats that you don't shift the weight on to your fellow crew members. If it feels too light, lower your hands.

Launching a Boat onto Water

At water's edge, the leader decides whether to toss or roll the boat, depending on the experience and strength of the crew, as well as weather conditions.

If tossing, the leader calls 'above heads', everyone lifts the boat simultaneously above their heads, then stands single-file beneath the upturned hull, before carefully turning it over and slowly placing it on the water.

If rolling, the leader makes sure the crew are equally spaced along the shell before the boat is slowly lowered into the water, bending at the knees and keeping backs straight.

Always turn the boat so the bottom of the boat (the hull) faces the wind.

Launch the boat in sufficient water depth to prevent damage to the fin.

Never leave the boat unattended. At least one rower (or more in windy conditions) must hold the boat while the rest of the crew gathers their oars.

Rowers should enter the boat from the bow end, one person at a time.

Alternatively, stroke side rowers should enter first, while bow side rowers hold the boat steady.

Oars should be pushed out fully into the oarlock.

Rowers enter the boat by holding both oar handles with one hand and then stepping into the shell right foot first, taking care to put their weight on a sturdy cross member of the boat – not the fragile hull.

Once seated, rowers should gently push the boat away from the pontoon with hands or oar blades. Row clear of the pontoon as quickly as possible.

After a Row

The return to the boatshed is the opposite to the above points, except the shell should be washed down and dried off with a chamois before being returned to its rack.

The inside of the boat should also be cleaned and wiped regularly, particularly the slides. This helps boats and equipment last longer.

Abrasive pads or cloths are not to be used on boats or oars, unless under the direction of a committee member.

Shoes and oar handles/grips must be sanitised to reduce the potential spread of COVID-19.

Before returning the boat into the shed and onto its rack, ensure there are no obstacles such as hoses, buckets or trestles in the way, and that crew members are focused and engaged.

Reporting Damage

Rowing shells, rigging and oars are easily damaged. If you believe there may be some damage to any boats or equipment, you must record the incident and damage sustained in the repair logbook located inside the door of the rowing shed.

You should take pictures of the damage as soon possible. These images can be helpful in determining the repairs required and for claiming insurance.

No repairs or boat maintenance activities are to be conducted by general members without the written or verbal approval of the committee or the Club Captain.

Capsize Recovery

All rowers must know capsize procedures.

The golden rule is to stay with the boat, summon assistance, and get as much of your body out of the water as soon as possible, for example by lying over the boat.

Avoid rowing alone. Scullers should row with a group or have a coach or supporter accompany them by bike, speedboat or in another scull.

Shoe heels must be tied down properly in the boat and fitted with quick-release straps so a rower's feet can be released quickly in an emergency.

Coxswains in a bow coxed boat should consider wearing a personal flotation device.

Emergency speedboats must carry enough flotation devices for all rowers on the water.

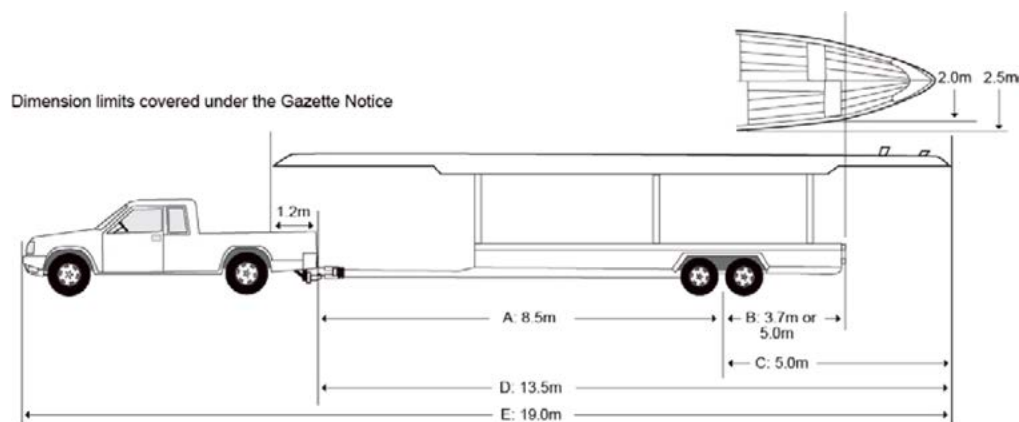
Should your boat capsize:

- Do not try and swim to the bank on your own, even if you are a good swimmer.
- Roll the boat to increase flotation or use oars if the boat has sunk.
- Use the buddy system in crew boats to keep track of everyone, including the cox.
- Avoid unnecessary movement: in cold water, you will lose warmth and energy very quickly.
- Try to attract attention by whistling or waving your arms.
- If you are not far from an accessible bank or landing, it may be possible to swim to the bank with the boat where you could re-enter the boat with help from your coach. The crew must number off to ensure everyone is present once on the water's edge.

Capsize drills form part of the Learn to Row program. All members are encouraged to do refresher drills during the rowing season.



Boat Loading & Transport



The club has two trailers designed to transport rowing boats and equipment to events and regattas.

The Club Captain will nominate a person to collect and tow the boat trailer.

The Club Captain will also nominate a member in charge to set loading and unloading times and provide a trailer plan of boat positions.

The trailer driver will nominate times for regatta venue arrival and departure, and for unloading on return to BRC.

It is the responsibility of all crew members to:

- attend all boat loading and unloading, or nominate a stand-in person if they cannot attend;
- de-rig their own boat and tie down seats;
- load and tie down their own boat onto the trailer; and
- load their own riggers and oars into the trailer.

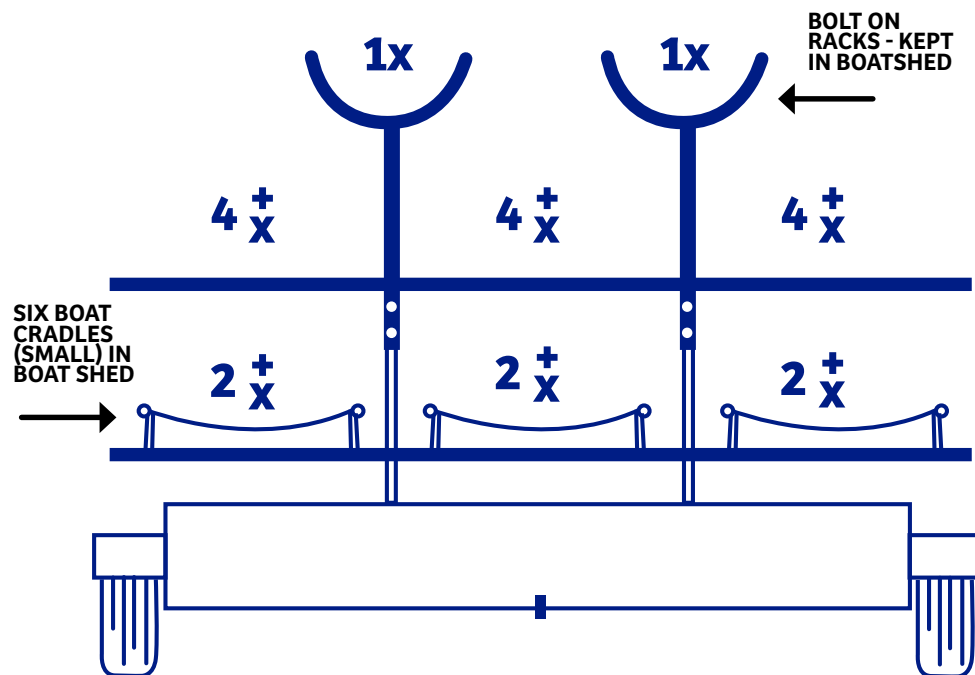
Boat loading procedures comprise the following principles:

- Load boats from the top down and from the inside out.
- Spread the load evenly across the trailer to disperse the weight between the axles.
- Secure boats with straps immediately once they are in place.
- Make sure boats are properly tied down and the load is stabilised.
- Ensure that the top deck of boats are tied to all racks (ie three straps for '4s'). If sectioned '8s' are loaded, a strap must be fixed to prevent the tapered boat from sliding out of position.
- No boat should project more than 1.2m over the back of the trailer.
- All '4s' are to be loaded as far forward as practical, while allowing for the vehicle to turn.
- All other boats are to be loaded as far back as possible, but not exceeding 1.2m overhang.
- Tie red flags to the rear of boats overhanging the trailer.
- Affix red flashing lights to the rear of boats when travelling between sunset and sunrise.
- Before leaving the venue, double check the security of all loading and restraints.
- Drive according to the load and driving conditions.
- Check the load and restraints regularly during the journey as ropes and webbing straps can loosen over time.

Rear overhang limits and operating conditions apply to towing rowing shells. Accordingly, a Victorian Government Gazette Notice has been published setting out conditions that allow trailers transporting rowing shells to exceed the regulatory rear overhang limit.

A copy of the Gazette Notice must be carried by the driver of a vehicle towing the trailer whenever operating under this exemption and be produced when requested by a member of Victoria Police or a relevant road authority.

Boat Loading - Small Trailer



1. Trailers are stored just inside the second gate at Fasso Transport Depot, Mcdowalls Road, East Bendigo.
2. Check trailer brake, tyre pressures and lights before use.
3. Above configuration - eight boats.

Boat Allocation for Crews

The club has assembled a fleet of boats to support the needs and aspirations of rowers and coaches.

They have been sourced through planned and opportunistic purchases, coupled with occasional donations from generous individuals, schools and other rowing clubs.

Several BRC members also allow their private sculls to be used by sufficiently skilled members.

The fleet encompasses single sculls, double sculls, quads and eights, including heavy tub boats suitable for teaching beginners and lighter shells that are favoured for racing.

Boats are divided into three colour-coded groups:

- **Green** – available for use by all rowers. Predominantly fibreglass broadhulled boats suitable for beginners.
- **Yellow** – available for use by all members in consultation with the Club Captain or coaches. Predominantly older racing boats suitable for squad training for regattas and social row programs.
- **Red** – restricted use; can only be used with permission of Club Captain/head coaches. Typically carbon-fibre racing boats suitable for rowers competing in regattas.

The Club Captain and coaches will allocate boats according to rower skills and experience.

Boats are stored on a combination of fixed and mobile racks and a suspension system from the ceiling of the sheds. Only members who have been given permission and training are permitted to operate the boat suspension system. Care is required when operating the suspension system to avoid safety risks and damage to boats.

All boats and oars are to be returned to their allocated storage rack in the sheds after use.

The boat storage area is shared with the Bendigo Canoe Club. BRC members are requested to use the shared space in a safe and courteous manner.

Privately Owned Boats

Private boats owned by members may be stored in the boatshed subject to available space and the approval of the BRC Committee. Priority is given to storing BRC equipment.

Requests for rowing equipment storage should be in writing to the committee and will only be granted on signing an agreement and payment in advance of annual membership.

Where private boats are stored or racked is at the discretion of the committee, taking into consideration the club's own requirements, the type of rowing equipment, the amount of use by the owner, etc.

Transport of private rowing equipment to and from any regatta or club activity is the responsibility of the owner.

The club is not responsible for damage to or loss of private boats. Owners are responsible for all insurance cover for their boats. The club may allow private boat owners to insure their boats at a cheaper rate under the club's insurance policy.

Any decision to permit the storage of private boats within the boatshed may be reversed at the discretion of the committee.

Boatshed Security

Boatshed security is vital to help prevent equipment and personal possessions being stolen.

The door to the boat storage area must be closed and locked when the facility is not being used (e.g. after crew training sessions).

It is the duty of the last person leaving the shed to turn off all the lights and make sure all doors are closed and cannot be opened from the outside.

The BRC Committee issues keys to adult members who are regarded as responsible and experienced in the operation of club equipment and the boatshed generally.

Members with an allocated key to the boatshed are responsible for its security.

All keys are the property of the BRC Inc. and are to be returned to the club if membership ceases or the member no longer requires access.

The BRC Gymnasium

Use of the BRC gymnasium is restricted to BRC members only.

At times, the committee may allow non-members to use the gymnasium for a specified period, subject to an agreement.

Members use gym equipment at their own risk. The club cannot be held accountable for the improper or negligent use of equipment.

Junior members (U18) are not to use gymnasium equipment unless supervised by an adult.

The gym is to be kept clean, tidy and devoid of clutter.

All equipment must be handled with care and stored in allocated positions.

Powerlifting bars should not be dropped to the floor, and stripped of weight plates after use.

All common touch points (e.g. benches, weights, mats and ergometers) must be sanitised with disinfectant and wiped after use.

The sound system volume must be kept to a modest level.



Rowing Competitively

Regattas are a great way to meet people who share a love of rowing.

Competing in regattas can be a thrilling experience, as athletes test themselves against their peers. It can be a great learning process.

The BRC and its members compete in RV's series of club regattas, and occasionally state and Australian rowing championships.

RV-sanctioned regattas are held from September to late May each year, with the calendar of events posted on its website.

The BRC expects its members to present a positive image of the club at regattas and compete with respect and courtesy.

Regattas are highly organised, busy events, conducted within strict rules, procedures and timeframes.

Typically, races are held every 3-4 minutes between 8am and 4pm.

Rowers and coxswains need to be well prepared, self-sufficient and organised.

Crews not adhering to race rules, for example, arriving late to starting lines, not presenting in correct uniform, or behaving disrespectfully, risk financial penalties.

Regattas are conducted on inland lakes and rivers. Races range in distance from 350m to 1000m for most junior events, while higher-level racing can include 1500m to 2000m courses. Iconic head-of-river races can cover distances from 6km to 80km.

The BRC Committee determines which regattas the club will attend and informs members early in the financial year via the club website, Facebook page and notices.



BRC scullers and crews who show dedication, willingness to train, and capacity to compete are invited to attend regattas such as:

- Bendigo Sprint Regatta: one day of racing, usually the third Saturday in October.
- Nestles/Hamilton Regatta on Lake Hamilton: two days of racing, usually the first weekend in December.
- School Sport Victoria/Head of the Schoolgirls Regatta on the Barwon River. SSV is usually on the second Thursday in March, while HOSG follows on the Friday, Saturday and Sunday for higher-level rowers.

BRC scullers and crews often compete in additional RV regattas, in consultation with the Club Captain and coaches. Popular Victorian regatta venues include:

- Geelong, Barwon River
- Footscray/Essendon, Maribyrnong River
- Nagambie, Nagambie Lakes
- Melbourne, Yarra River
- Ballarat, Lake Wendouree
- Hamilton, Lake Hamilton
- Rutherglen, Lake Moodemere
- Wentworth, Darling River
- Mildura, Murray River

Competitive and talented BRC rowers also compete at the State Championship Regatta and the Australian Rowing Championships.



Regatta Entry Procedure

BRC regatta entries are submitted to RV's online Rowing Manager system (RM) for incorporation into the regatta program.

The regatta entry procedure entails:

- checking the regatta calendar program on RV's website to determine race intentions;
- confirming that all crew members have agreed to be entered, are financial members of BRC and meet any required category criteria (e.g. gender, age or grade status); and
- emailing entries to the Club Captain via bendigorc@live.com.au at least five days before the RV deadline.

The email must include the following:

REGATTA NAME:	(e.g. Bendigo Sprint Regatta)
EVENT/S:	(e.g. Event 27, MM 8+)
CREW MEMBERS:	names in full, listing from stroke to bow
COXSWAIN:	name in full
COACHES:	name/s in full

The Club Captain has the authority to approve or not approve the crew/boat allocation for a regatta.

All members entering a regatta should double-check their entries on RM. The Club Captain can assist in this process if needed.

All BRC crew members must be financial members of BRC and RV.

Entries submitted after RV's regatta entry deadline must be approved by the Club Captain and RV. They will incur a late entry payment fee (an additional seat fee).

Entries for members owing money to the club that is more than 30 days overdue may not be accepted.

Seat Fees

Members competing at regattas are required to pay race entry or 'seat fees'.

A sculler or crew entered into a race but who then scratch after the cut-off date will still be liable to pay the seat fee.

Also, if the regatta is cancelled, rowers still have to pay seat fees as RV will bill the club regardless.

The Club Treasurer will issue invoices for seat fees which must be paid promptly. Non payment of fees may result in rowers being ineligible to enter future regattas.

Affiliation

BRC juniors can represent their school at the annual School Sport Victoria Regatta in March. For the rest of the year, juniors train and race together as the BRC, regardless of which school they attend.

There may be opportunities to combine with other rowing clubs to form 'composite' crews, with a mix of rowers from across clubs.

BRC Racing Uniform

BRC's racing uniform is a zoot suit of black bottoms with navy blue and gold stripes.

If an undershirt is required (such as long sleeves for sun protection or extra warmth), it must be white. A club white or navy blue baseball cap may also be worn.

RV's regatta rules require all competitors to be attired in their club's official uniform.

All competitors' garments must be identical in design and colour, including hats, ribbons and long socks. Fines may apply if this is not followed and payment is the responsibility of the crew.

At times, the BRC may have a store of uniforms available for use. Enquiries should be directed to the Club Captain or coaches.



What to Bring to Regattas

Rowing regattas can be long days. It is important to bring the right gear to enjoy the event, including:

- a comfortable chair;
- a yoga mat or travel rug to stretch out on between races;
- clothing for all seasons at all times of the day (cold mornings, hot afternoons), wet-weather gear, a spare set of clothes and a towel;
- sun protection, e.g. sunscreen, hats, long sleeves;
- a pair of runners for pre-race warm up, and thongs to slip on and off when getting into a boat; and
- refreshments – while a variety of food and drinks are available for purchase, consider bringing healthy snacks and drinks in an esky for convenience.

The BRC marquee is erected on the bank of the rowing course at regattas to provide a meeting point and shelter for rowers, parents and supporters.

Crew Selection - Boat Allocations

Crew selections and boat allocations are based on a variety of criteria. It is important that rowers and parents trust the selection processes of the Club Captain and coaches.

Crew selections and boat allocations can encompass:

- availability of rowers and coxes;
- the skill level and physical fitness of rowers;
- factors relevant to crew combination, e.g. age, gender, crew compatibility;
- race conditions such as weather and race distance; and
- race scheduling, e.g. back-to-back events that may preclude use of a certain boat.

Boat Rowing Officials

Clubs and schools entering RV regattas are required to supply certified Boat Race Officials (BROs) to help conduct the events.

Roles of a BRO include:

- checking boat safety;
- marshalling boats on the course or assisting boats getting in or out of the water;
- issuing and retrieving bow numbers; and
- assisting with judging at the finish line.

Becoming a volunteer BRO is an ideal way for parents and supporters to contribute to regattas and support the BRC. BRO training is conducted online via the RV website.



Registration of Coxswains

All individuals coxing a crew must be accredited under RV's Good Coxswain Program, having completed the online Good Coxswain Course and Level 1 assessment. The program covers topics including competition, safety, training techniques and responsibilities.

Crews that compete at RV and SSV regattas with an unaccredited coxswain risk financial penalties and relegation to last place.

A coxswain must also satisfy the Club Captain or crew coach that they are physically capable of coxing the boat, have adequate vision and hearing, and meet the minimum swimming requirements.

The BRC subsidises the costs associated with registration as a cox.

Regatta Race Nomenclature

Regatta races are categorised by rower gender, age, weight and ability, as well as boat configurations.

Abbreviations are used to simplify the race descriptions in regatta programs, and encompass:

Gender	
M	Male.
F	Female.
W	Women's.
X	Mixed, equal numbers of either gender.
Age	
J	Juniors aged 18 or under by the end of the calendar year.
U19	Athletes aged 18 or less by the end of the calendar year.
U17	Athletes aged 16 or less by the end of the calendar year.
U15	Athletes aged 14 or less by the end of the calendar year.
O	Open age.
M	Masters athletes aged 27 and above.

Weight

Lightweight men's crew (excluding coxswain) requires an average weight not exceeding 70kg.

Lightweight male rowers may not weigh more than 72.5kg.

Lightweight women's crew (excluding coxswain) requires an average weight not exceeding 57kg.

Lightweight female rowers may not weigh more than 59kg.

Rowers and crews that exceed weight limits may still compete in races not categorised as lightweight events.

The minimum weight for a coxswain (wearing racing uniform) is 55kg for all RV events including all School events. If the coxswain is under 55kg then a weight bag may need to be carried by the coxswain in the boat.

Ability

Regatta races may be graded based on the performance levels of athletes. Rowing Victoria uses a Rowing Score to determine the grading of races, starting at D-Grade for entry-level rowers and progressing up to A-Grade for elite.

Boat Type

1, 2, 4 or 8	Denotes the number of rowers in the crew.
X	Sculling (two oars per rower); no symbol for sweep (one oar per rower).

Cox

+	Denotes the boat is coxed.
-	Denotes the boat is coxless.

Regatta race categories that are popular with BRC scullers and crews

FLW1X	Female Lightweight Single Scull
FU151X	Female U15 Single Scull
FU171X	Female U17 Single Scull
FO1X	Female Open Single Scull
FLW2X	Female Lightweight Double Scull
FU152X	Female U15 Double Scull
FU172X	Female Under 17 Double Scull
FO2X	Female Open Double Scull
FLW4X	Female Lightweight Quad Scull
FU174X+	Female U17 Coxed Quad Scull
FO4X+	Female Open Coxed Quad Scull
FM4+	Female Masters Coxed Four
MLW1X	Male Lightweight Single Scull
MU151X	Male Under 15 Single Scull
MU171X	Male Under 17 Single Scull
MO1X	Male Open Single Scull
MLW2X	Male Lightweight Double Scull
MU172X	Male U17 Double Scull
MO2X	Male Open Double Scull
MO2-	Male Open Coxless Pair
MD4X+	Male D Grade Coxed Quad Scull
MM4X+	Male Masters Coxed Quad Scull
MO4+	Male Open Coxed Four
X2X	Mixed Double Scull
X4X+	Mixed Coxed Quad Scull
X8+	Mixed Coxed 8



Regatta Race Program

The official regatta program is released prior to the event on the RV website and may sometimes be available for purchase at the regatta venues. Regatta race results are published 'live' on the RV website.

The program details the race schedules by name and number.

Races are categorised into divisions based upon the age, weight or ability of athletes and crews.

Each crew is required to have a bow number, a sign which slots into the bow of the boat and shows a letter and number corresponding to the race event and the rowing course lane the crew must compete in.

The bow number makes it easier for race officials, crews and spectators to see which boats are competing.

For example:

Race 15 FU174X+ Division C 1000m 10.05am Heat 1 Progress: 1,2,3 > A Final (Race 54); 4,5,6-> B Final (Race 53) E2 _____ Essendon RC E3 _____ Rutherglen RC E4 _____ Bendigo RC E5 _____ Nagambie RC E6 _____ Mildura RC E7 _____ Corio RC Time: _____: _____: _____ Margins.: _____

This denotes that:

- the BRC crew of four under 17 female scullers is rowing in a coxed quad and competing in race 15, Event E of Division C;
- the race starts at 10.05 am;
- their bow number is E4, so the crew must row in lane 4 during the Event E.
- the race distance is 1,000 mtrs;
- if the BRC crew places 1st, 2nd or 3rd, they will progress to the A final, which is Race 54 on the regatta program; and
- if the BRC crew places 4th, 5th or 6th, they will progress to the B final, which is Race 53 on the regatta program.

The regatta schedule is continually updated throughout the event based on the outcomes of races.

The presentation of winning trophies can occur at intervals during the day.

At the Bendigo Sprint Regatta, trophies are awarded during the lunch break and after the final race on the program.

The trophies presented at the annual Bendigo Sprint Regatta are a mix of silver perpetual urns, individual medallions, and also coffee mugs specially crafted by the historic Bendigo Pottery.



Rowing Terminology

Rowing has its own unique vernacular. Understanding these terms will help you learn and enjoy the sport more.

Back Chocks:	A training drill where the rower sits with legs straight and rows 'arms only'.
Backing Down:	Rowing backwards by putting the blade in the water and pushing the oar away from the body. Often used to position a boat in a regatta race lane.
Balance:	Keeping the boat level to maximise its speed.
Blade:	The flattened or spoon-shaped end of the oar.
Bow:	The front end of the boat (that crosses the finish line). Also, the name given to the rower who sits closest to the bow end of the boat.
Bow Ball:	A small hard rubber ball at the bow end of the boat that helps protect it from damage.
Bow Number:	A small sign fitted to the bow end of the boat during regattas to denote race and lane numbers.
Bow Side:	The side of the boat where the oars are on the left of the rower.
Catch:	Part of the rowing stroke where the oar blade enters and 'catches' the water to propel the boat.
Check It:	When rowers stop the run of the boat by dragging their oar blades 'squared' or vertical through the water.
Collar:	The ribbed, plastic section in the middle of the length of the oar.
Cox Box:	The speaker system and stroke rating monitor used by the coxswain.

Coxswain/Cox:	The person who steers the boat.
Crab:	When the oar blade gets caught in the water and stops the boat run.
Drive:	The part of the stroke between the catch and the finish, propelling the boat at speed.
Ergo/Ergometer:	A rowing machine used for land-based training.
Feathering:	Turning the blade parallel to and above the surface of the water to reduce wind resistance.
Finish:	Part of the stroke just before the blade is taken out of the water.
Fin:	A small metal plate under the boat that helps keep it balanced and on course
Gate:	Part of the rigging that holds the oar in place during the rowing stroke.
Grips:	The coloured rubber handles where you hold the oars.
Gunnels:	Reinforced upper ledge of the boat, where it rests on the storage rack.
Hull:	The curved bottom of the boat. Not to be stood on.
Oar:	The lever that moves the boat through the water.

Rating:	The number of rowing strokes taken per minute (i.e. 'stroke rate').
Recovery:	Part of the stroke when the rower is sliding forward with the oar out of the water, feathered, and then returned to the catch position.
Regatta:	An organised event where scullers and crews compete in races.
Rigger:	The detachable metal triangle that holds the oar to the boat.
Rigging/De-Rigging:	The process of taking riggers off and putting riggers on, usually before and after the boats are transported on the trailer.
Rudder:	Metal plate attached to the stern and used for steering by the cox.
Run:	The distance the boat travels between strokes.
Sculling:	A form of rowing in which the rower holds two light oars, one in each hand.
Shaft:	The long, thin, black part of the oar.
Shell:	A term used to describe a boat, more specifically a racing boat

Slide/s:	The metal, parallel tracks in the boat that the seat slides on.
Stern:	The back of the boat. Rowers face the stern whilst rowing.
Stroke:	The action used to propel a boat. Also, the name given to the rower who sits at the stern of the boat.
Stroke Side:	The side where the rower has the oar out to their right.
Square Blade Rowing:	Keeping the blades square (vertical) throughout the rowing stroke. Used as a training exercise.
Sweep:	A form of rowing in which the rower holds one long oar with both hands.
Tap Down:	When a rower drops hands down at the finish to get the blade out of the water.
Tapping It:	Taking small strokes with arms only, no leg movement. Used to help turn a boat around at the end of a rowing lane.
Zootie:	A rower's racing uniform.

Useful Web Links

Bendigo Rowing Club

revolutionise.com.au/bendigorowing

Rowing Victoria

rowingvictoria.asn.au

Rowing Australia

rowingaustralia.com.au

World Rowing

worldrowing.com

VicSport

vicsport.com.au

Sports Focus

sportsfocus.com.au

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