



CLUB Update AUGUST 2020

From the President

An update from our Committee Meeting – 5th August 2020

COVID-19

The current Covid situation was discussed and this statement from our Covid-19 Safety Officer supported by the Committee:

"On Friday 31 July, the ACT Government advised ACT residents to avoid all non-essential travel to NSW, and correspondingly discouraged all non-essential visitors to the ACT from NSW (outside of the Capital Region) as a result of this advice, BMRC has decided not to host any visitors from outside the ACT region whilst this advice remains current. Unfortunately, this impacts events such as the upcoming WTTs.

The current ACT Government advice is clear for gatherings in communal areas in the club. During the current Covid conditions, the Committee has decided to not allow any gatherings in the shed.

*<https://www.covid19.act.gov.au/what-you-can-do/faqs-changes-to-restrictions/sport-recreation-pools>
What can't I do? Do not allow gatherings to take place in communal areas."*

Annual Dinner

The BMRC Annual Dinner is being held at King O'Malley's Irish Pub, in Civic, Wednesday 19th August 6.30pm. Diners order individually from the menu. BMRC will have a designated area, and we ask our members to strictly follow Covid protocols: 1.5 meters social distancing and eating and drinking while seated. Please let me know your intention to attend either by placing your name on the chart in the shed, or emailing me bonneytm@netspeed.com.au by Friday 14th August for booking purposes. We ask that you make a mindful decision on the day to attend or not, based on the current situation in Canberra and your health.

Rower's Rower:

We received a number of nominations for this award. All are worthy recipients quietly going about their business and doing that bit extra to support the Club. The Award will be presented at the BMRC Annual Dinner.

Administration:

The Committee has been updating some of our paperwork. Thanks to my husband Trevor and to Judith for making our Membership Application form fully online. This led to the question – how current are our details on the Members database? I joined the Club many years ago and have never updated any information. We will be asking you to review your personal information soon, to ensure we have all relevant details. Judith will shortly send instructions on how to update your profile in our database.

You will also find an 'Incident Form (non-boating)' on our website and in the shed soon. This is for all incidents off the water. ie injury, illness, Covid cases, harassment, theft etc. These will be reviewed at Committee Meetings, action taken if necessary, and will be kept on record.

"What if.."

What if ...there was a serious incident at the Club - are we prepared? The Safety Officers past and present have ensured we have relevant information on display. But what happens after the initial response? Can we find your emergency contacts quickly? This is one reason we are updating your personal information. All Committee Members have access to these numbers – see the list displayed at the shed for contact details of

relevant Committee Members for emergency situations.

New equipment:

You may have seen the new lightweight quad, and a few of us have had a row. My description after a short paddle - very smoooooth. Thanks to Alex and Susan who drove to and from Yass to collect it. Thanks to Alex, Darrell and Cecilie for setting up the boat initially and adjusting the oars.

We will have a boat-naming ceremony for this quad and other recent additions to our fleet when the weather warms up and Covid restrictions allow!

We have also acquired a new trolley – part of our solution to lack of racking space for our substantial fleet.

BMRC Code of Conduct:

This document is now completed and will be sent out to Members before the AGM, and a vote of acceptance will be on the agenda for that meeting.

Cheers

Mary B

Annual boat safety audit

Club safety audits are carried out regularly by the Club Safety Officer and/or Club Captain, Vice Captain. Over the last, and next few weeks, we are conducting the annual boat safety audit. This not only ensures that any weakness in our equipment are identified and rectified, but that our equipment also complies with criteria set out in Rowing Australia's Rules of Racing. The audit is being undertaken using the Quick Reference Checklist at right (not to scale), based on the BMRC Safety Manual. A scaled version is attached to this newsletter.

We will be using the next WTT as an opportunity to check boats that have not yet been assessed, in particular, the big boats. The checks only take a couple of minutes, and we will make sure not to get in the way of boating and racing.

But what can you do?

In addition to the formal audit, we strongly encourage all rowers to check that their boat (whether a Club or private boat) complies before going out onto the water and take remedial action as appropriate. If any of these requirements cannot be met, please notify the Club Captain, Vice Captain and/or Safety Officer.

Reminder about cold mornings

Just a reminder to be very careful when navigating the pontoon as it has been very slippery with ice build-up. Also, we cannot stress enough how important it is to consider having a minimum of four oars in any training session. Please 'find a friend', particularly when training in a single. As past events have shown, even the most experienced can capsize and need a helping hand.

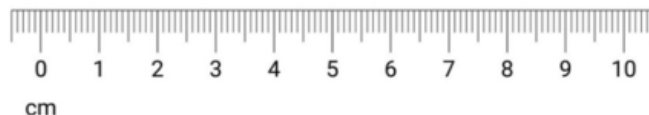
Kerri Hughes



BOAT SAFETY ASSESSMENT QUICK REFERENCE CHECKLIST

Safety audits of club boats, following the below checklist, are regularly carried out by the Safety Officer and/or Club Captain to ensure compliance with Rowing Australia's Rules of Racing. However, rowers are also encouraged to check their boat before going out onto the water. If any of the below are not met, please notify the Club Captain, Vice Captain and/or Safety Officer.

Item	Minimum standard required
Bow balls:	A white solid bow ball is firmly affixed, with a minimum diameter of 4 cm.
Quick release:	Each shoe device is independently restrained such that the heel will not lift more than 7 cm from where it is tied down. Laces, Velcro or similar materials must be able to be released immediately with a single quick hand action of pulling on one easily accessible strap.
Buoyancy compartments:	Boats are appropriately sealed/fitted with bungs and the interior of the boat is watertight.
Steering:	Rudder lines, steering mechanisms, the rudder and fin, are secured and in good working order.
Coxswain's seat:	The opening of the coxswain's seat must be at least 70 cm long and it must be as wide as the boat for at least 50 cm. The inner surface of the enclosed part must be smooth and no structure of any sort may restrict the inner width of the coxswains section.
Blades:	3 mm from the outer edge of the blade for oars, must have a minimum thickness of 5 mm throughout, and 2 mm from the outer edge of the blade for sculls, must have a minimum thickness of 3 mm throughout.



Coming up:

WTT

15th and 16th August

<https://regattas.rowingact.org.au/regattas/5092>

BMRC Annual Dinner (RSVPs needed)

King O'Malley's Irish Pub, City Walk, Civic

Wed 19th August 6.30pm

WTT

12th & 13th September

Introducing:

Richard Feakes



What I like about rowing is the way you completely lose yourself as you row - no thoughts, just concentrate. Or as Rodney says 'everything stays inside the boat'. I joined BMRC because I wanted something challenging, a little competitive and, after three shoulder operations and a knee operation, not too hard on the body. Having spent time in Iraq and Afghanistan, I also thought it might be good for the mind and soul; meditative in its way. I didn't expect it to be so technical, to fall in the water so often and to enjoy it so much. I have a new appreciation of water - rippled, cold, mirror-like, choppy, glassy, wet. And of wind.

I like the beautiful cold Canberra evenings after rowing the course and I like that it brings together different people, at different levels but with the same enthusiasm.

And I like that people support each other. There's camaraderie.

When I'm not rowing, I work in government. I have a beautiful little boy, Alexander (who wants to row), and wife, Kate.

DON'T FORGET:

- RSVP for the Annual Dinner by Friday 14th August
bonneytm@netspeed.com.au
- Check your boat for safety compliance
- Enjoy your time on the water, but know there will be other days to row if it is too foggy or windy or wet. If in doubt – don't go out.