



CLUB Update SEPTEMBER 2020

From the President

AGM:

A reminder the AGM is on Saturday October 10 at 9am. This will be held outside the shed for Covid safety . The deadline for nominations for the Committee is 5pm Friday October 2, so please think about who you would like to see on the next Committee. A list of nominations to date will be published shortly. Hard copy forms are on the desk at the shed, along with proxy voting forms – put your completed form in the grey box or scan/take a photo of it and send it to secretary@bmrc.org.au

Attached to this newsletter is the Draft BMRC Code of Conduct. This work has been in progress for some time— firstly with the input of a working group and subsequently the Committee. This is on the Agenda for the AGM. We ask that you read it and vote to accept it.

New Boat Shed Proposal:

In 2015, John and Jeanette Gasson brought a proposal to the Club to rebuild the existing BMRC boatshed. The members strongly backed this proposal and the wheels were set in motion. The proposal has flipped back and forward with several well-developed designs and proposals and detailed discussions with RACT, the NCA and the ACT Government on a rebuild vs a new site. The process continues to frustrate and there is still much uncertainty in the outcome. Whilst John will continue to work with the ACT Government, he and Jeanette have informed the Committee that we should not include the new shed in future planning due to the uncertainty of an outcome. We thank them for the enthusiasm, insight, time, money and energy they have given this project.

New lightweight quad:

After some adjustments and trialing of the new quad by several different crews, the Yvonne Poels is now up and running. I can see another lightweight crew emerging for the chance to row a quad that's built to suit crews with a smaller frame!

Single Sculling Skills Course

Several factors have led to the Committee deciding to run a new fundraising venture this season. This is a Single Sculls Skills Course. It is a 6-week course, to be run on Sundays from 8am – 10am. The proposed starting date is 11 October.

The main factors behind this decision are:

- A generous offer from Leslee, Philip and Mary Quilty to donate their time and coaching skills, and from Judith to help with the logistics.
- The Club being approached by a group of CRC rowers asking if we offered this course (ie a ready-made group of students)
- Only 3 expressions of interest for a Learn to Row Course for complete beginners (this course has been a good fundraiser in previous years)

The course will be open to both BMRC members and other rowers from outside the Club.

The downside is that members will have limited access the non-red-dot singles on Sundays during the course. I have gone through the sign-in sheets since we re-opened. (A bonus from COVID 19 – we have an accurate record of actual boat usage, as distinct from bookings). There are three members who regularly row non-red-

dot singles on Sunday mornings and they will keep their bookings. There were 6 others who rowed occasionally over the 4-month period. For these and other members we ask that you rethink your plans – and either row before 8 or after 10 on Sundays, find a buddy and row a double, or sign up for the course! We understand this is an inconvenience for a few members, but we think the overall benefits to the Club in a financial sense are too good to pass up.

More details to follow, once the logistics are finalised.

From the Captain:

Winter Time Trial series:

Well done to one and all who participated in the Winter Time Trial Series!

Well done to Luke on his impressive times, breaking his own WTT record, and for his overall win in the Series.

Special mention to Richard Feakes on his steady climb up the results table.

Well done to all who participated in singles, doubles or quads. It was great to see so much RED out on the course.

Col Panton:

Congratulations to all the crews who braved the long wet row to the start of the Col Panton. Luckily, the heavy rain held off for the race itself.

Again well done to Luke for winning the race with the fastest time in a quad, crewed by some very handy rowers.

Special mention the ladies' 8, who I believe had their one and only paddle as a crew on the way to the start line.

They recorded the fastest women's 8 time of the race!!!

Boat storage:

As many of you may be aware the Kelly (double) is currently out of action. The Narrabundah will be sitting on the current Kelly rack as a replacement boat in the interim while the Committee investigates repair vs replacement options. The rudder will be removed to assist with rowing the boat as a double.

Please ensure when racking boats with back arms that the boat is not left **resting** on the back arms. Recently, I saw two boats racked at weird angles and closer investigation revealed they were sitting on back arms. We have amazing fleet, let's not shorten the lifespan prematurely!

Members should be aware that we have double-racked boats (2 x 2 doubles in the first bay) (1 x 2 private singles in the middle bay). Please don't lock one of these boats out of the shed if you are the last rower in. 'Boat away' labels are displayed on any unused racks.

Guest Rowers:

Please get in touch via email with the Captain/Vice Captain about guest rowers and non-financial members using Club equipment. ianmongan@yahoo.com.au. There is a form to be completed by guest rowers, to ensure we are covering any associated risks.

Ian

Rower's Rower

At our recent Club dinner Rodney Palmer was awarded Rower's Rower – for his services to the Club through coaching and BRO activities. Rodney sent this email in response:

"I'm very privileged to have received this gracious honour, however I could not have received this honour without the hard work and support from the committee and all the individual club members that were eager to pitch in.

The organisational skills of Judith, is an immense effort in supporting and driving the beginners to complete the course and the follow up coordination ensuring these beginners were welcomed into our important community.

My philosophy that has positioned me for this award is those that wish to learn rowing are the most important

for rowing, as its paramount to appreciate rowing than to those to be successful at rowing. A rower is motivated by the desire to achieve, not by the desire to beat others. Success is climbed by stepping on the rungs of opportunity, with successful rowers cherishing their achievements. Difficulties should be seen as a gift, providing rowers with the opportunity to explore their responsibilities for finding their own full potential. Every rower must manage their lows and learn how to overcome them, by understanding the difficulty that caused them and then learn from those difficulties.”

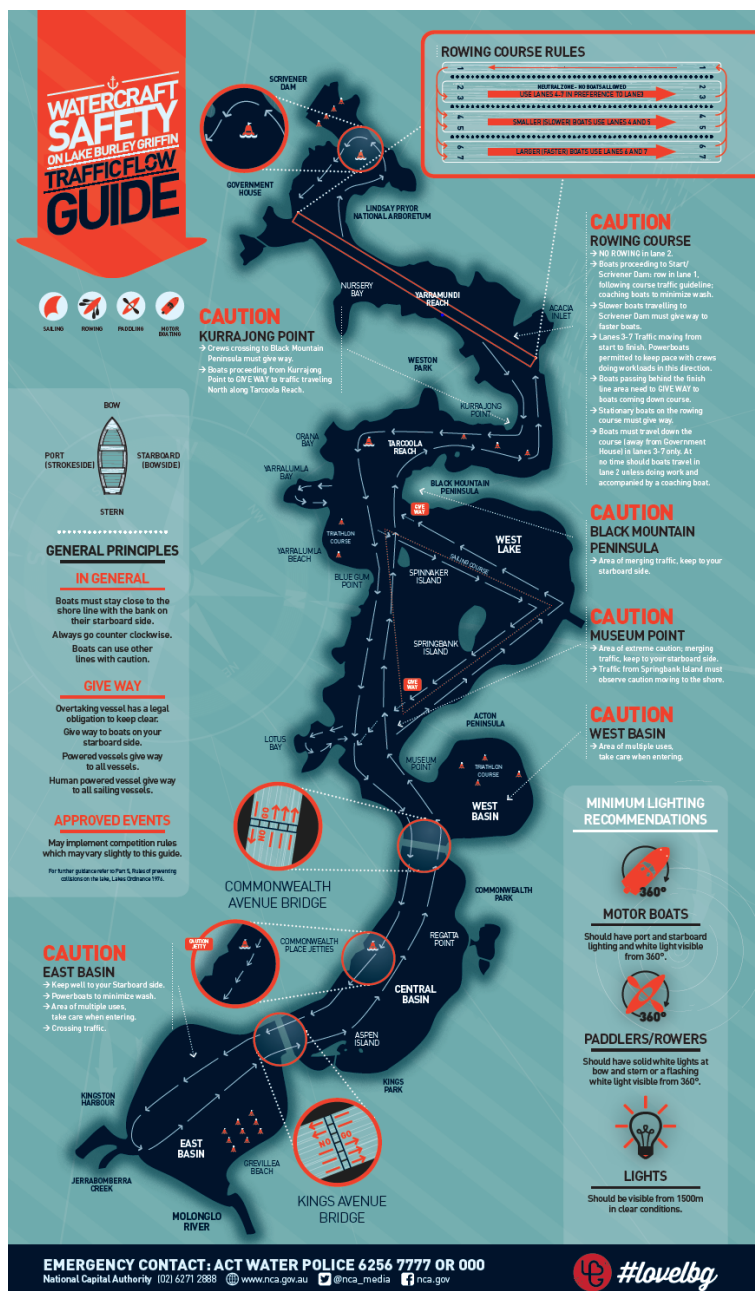
Rodney

Safety

Keep a lookout!

As the weather warms up, there will undoubtedly be an increase in activity on the Lake as more clubs/schools come out of hibernation. In light of this, we all need to be vigilant by maintaining a lookout for others and following the traffic flow rules; don't assume other Lake users are following the rules. We highly recommend that you take a few minutes to review Rowing ACT's advice for 'rowing safety' and re-familiarise yourself with the traffic flow guide (<http://rowingact.org.au/rowing-safely/> and <http://rowingact.org.au/maps-guides/>)

Traffic flow guide – January 2020



The outside whiteboard

Thank you to most who already do this, but just a gentle reminder to put your details on the whiteboard near the roller door before going out and deleting it when you return. At the same time, please confirm if anyone else is out, by checking the racks and the whiteboard so you know what bay/s to leave open so no-one is inadvertently locked out.

Incident reporting

Unfortunately, as activity on the Lake increases, so will the number of incidents. If you have an 'incident' as defined below by Rowing ACT, please report this to the Club Captain in person, by phone or by email. The Club Captain will request completion of the Rowing ACT Incident Report Form (available from <http://rowingact.org.au/rowing-act-incident-report-form-ms-word/>). Once completed, this form is submitted to the Club President for final sign-off and forwarding to Rowing ACT.

The BMRC Committee will also review the incident to consider the safety implications and any actions needed to mitigate the chance of reoccurrence. BMRC's process for reporting an incident ('Att-6.-Incident-Reporting1') is available at <https://www.revolutionise.com.au/bmrc/about/health-and-safety/>.

Rowing ACT Incident Report Form



This form must be completed to report any collision, near miss and winter capsizes. Retain the original and provide a copy to your Club Safety Officer and Rowing ACT Safety Officer

Name of Individual reporting the incident: _____

Name of club/school reporting the incident: _____

Role of person reporting the incident: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Phone # (h): _____ Phone # (m): _____

Which club or third parties were involved? _____

Types of boat involved (e.g. 8+, 4-, 2x, 1x, etc): _____

Were the boats (please circle): Training / Racing / Recreational

Date of the incident: ____ / ____ / ____ Time of the incident: ____ am / pm

Where did the incident occur? _____

Please give a full description of the incident; this should include weather, water, and any other conditions which contributed to the incident: _____

An on-water incident or 'near incident' is an event causing or involving:

- a collision or near miss
- a capsized or swamping of a rowing boat in winter (1 May to 30 September)
- a capsized or swamping of a coaching boat at any time
- material damage to a boat
- danger to a person caused by a boat's operations
- danger of serious damage to a boat
- danger of serious damage to a structure caused by a boat's operations
- loss or presumed loss or abandonment of a boat
- serious injury (or grievous bodily harm to, or death of) a person caused by a boat's operations.

Kerri

Upcoming dates:

10/10/20 Sat BMRC AGM 9am BMRC Shed

October					
10/10/2020	Sat	Disher Cup	ANU	Lake Burley Griffin	
18/10/2020	Sun	Head of the Molonglo	Rowing ACT	Lake Burley Griffin	Head Race
23/10/2020	Fri	RACT Time Trial #2	Rowing ACT	Lake Burley Griffin	High Performance
24/10/2020	Sat	Tuggeranong Cup	Lake Tuggeranong	Lake Tuggeranong	Sprints
November					
7/11/2020	Sat	Radford/Daramalan Regatta	Radford College	Lake Burley	Standard

				Griffin	
20/11/2020	Fri	RACT Time Trial #3	Rowing ACT	Lake Burley Griffin	High Performance
21/11/2020	Sat	CGGS/Marist Regatta	Canberra Girls Grammar	Lake Burley Griffin	Standard
December					
5/12/2020	Sat	Capital Lakes Rowing Club Sprint Regatta	Capital Lakes	Lake Burley Griffin	Sprints
11/12/2020	Fri	RACT Time Trial #4	Rowing ACT	Lake Burley Griffin	High Performance

RACT Communications policy:

FYI

RACT Policy on Communications August 2020

<http://rowingact.org.au/wp-content/uploads/2020/09/Rowing-ACT-Communications-Policy-Final.pdf>