

Induction Pack

Welcome to Marlow Rowing Club

Marlow Rowing Club sits on a picturesque stretch of the Thames that is approximately 2km in length. We also have access to a further 5km of river downstream of Marlow Lock.

The club exists for its members and is run by a volunteer committee which meets monthly. The club is funded by membership fees and fundraising.

Most members row or scull in a squad, while others join an informal group or scull independently.



New Member Checklist

Things we need you to do:

- Complete your membership profile online
- Watch this Induction video
- Book a Sculling Proficiency assessment (for access to independent sculling and booking club boats)
- Complete a Capsize Drill and Swim Test (as soon as available)
- Buy kit (if you intend to race)
- Meet your squad, enjoy your rowing, and get involved!

Squads

Juniors (12-15) enter via a Junior Learn-to-Scull course and join the Junior Development Squad. They then trial for a place in a competitive squad, grouped by age-group.

Adults from our Learn-to-Scull courses move into programmes to develop individual and crew sculling and sweep skills. Our Improvers Squad caters for those yet to commit to competing, whilst the Development Squad prepares members to fulfil the competitive squad criteria, in order to move to Senior Performance Squad or Masters squads. Most club members aim to compete in local, national or international races, depending on their squad focus. Others prefer regular sociable rowing with some local excursions and events and join our Recreational squad. We also run one of the most successful Adaptive programmes in the UK, supporting members with all types of impairment to train at any level from recreational to international competition.

All new adult members are invited to complete an Induction session and will have their progression and proficiency on the water assessed through our Bronze/Silver/Gold awards, which form the basis of our safety protocols.

The Junior and Senior Performance Squads are run by professional coaches and athletes pay a coaching fee in recognition of this. Improver, Development, and Masters squads also receive regular professional coaching and squad members are expected to contribute towards the cost of this. Many of our club coaches are volunteers, both experienced and in development, and they are a valuable asset to the club.

All squads have a representative who co-ordinates the group and attends the monthly Squads Committee meeting with the Captain.

Communication

The 'Weekly Splash' is our regular communication, sent out to all club members by email, which highlights recent and upcoming events and summarises what is happening each week. It is the best way to find out what is going on! Most squads also communicate internally, for example via WhatsApp or Strava.

Our Website, <https://www.marlowrowingclub.org.uk>, has a dedicated Members' Area giving access to Safety Rules and Information, Booking systems, Squad and Committee information, Equipment, Socials, Kit, as well as Results and Photo Galleries.

Find us on Social Media:

Instagram: www.instagram.com/marlow_rowing

Twitter: twitter.com/marlow_rowing

Facebook: www.facebook.com/marlowrc/

Inside the boathouse we have a Safety noticeboard in the lobby. Upstairs, there is a series of club and squad noticeboards with information on timetables, equipment allocations, committee personnel, events etc.

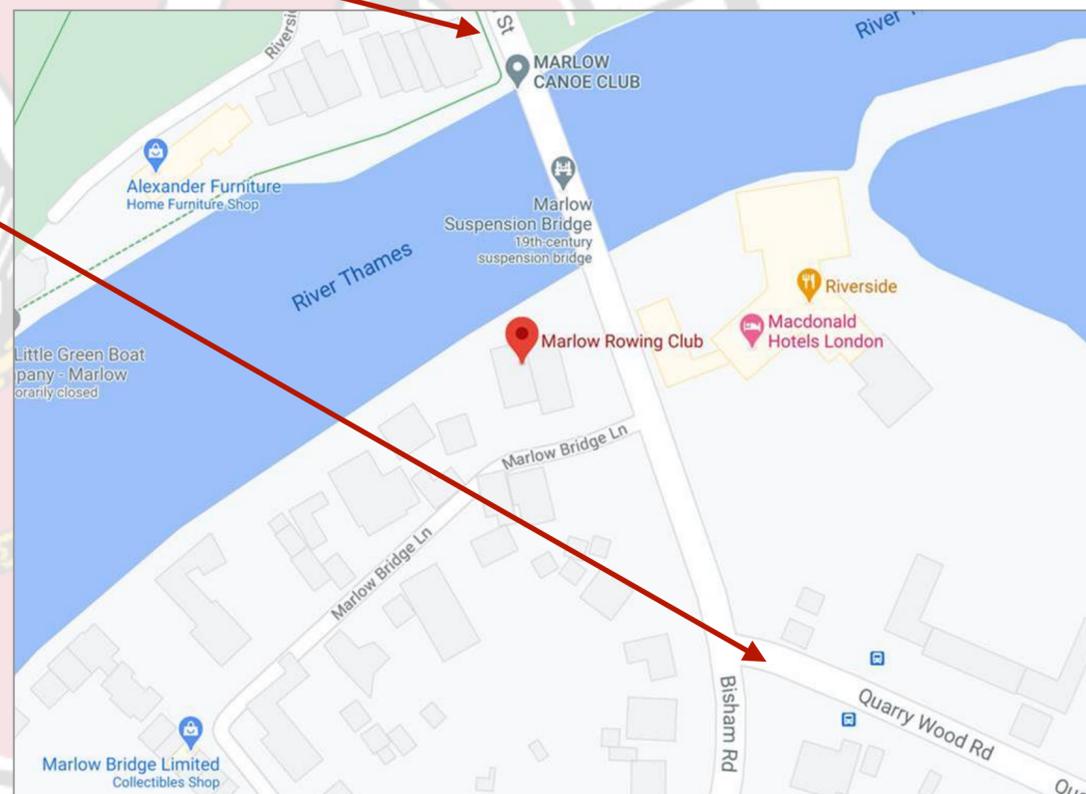
The Boathouse

Parking

We have limited number of parking spaces on the club site and they are prioritised for coaches and mobility-impaired members. We have a few spaces allocated at the Compleat Angler hotel, on an ANPR system. Most members park along Quarry Wood Road or over the bridge in the town, but do be aware of local parking restrictions.

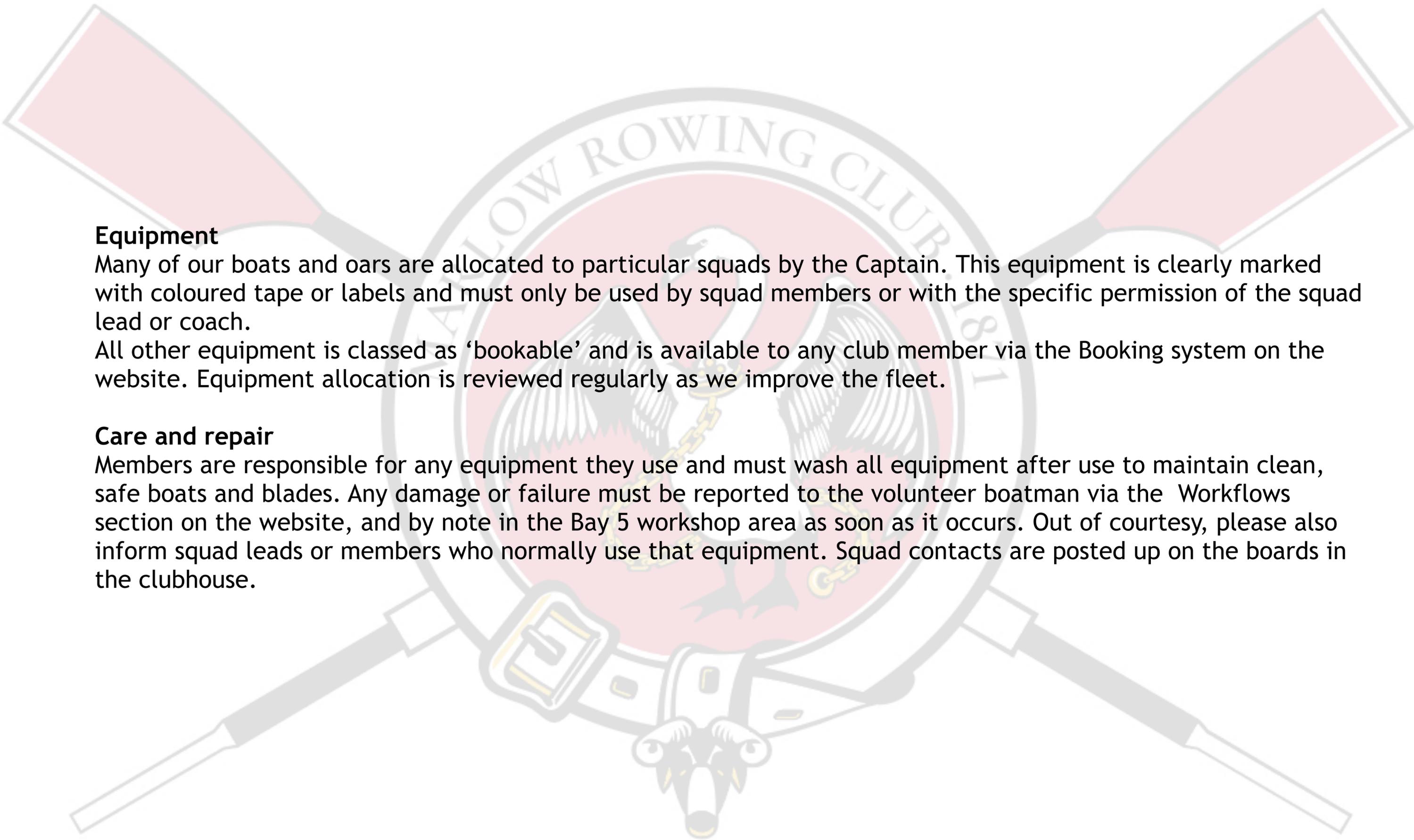
Please do NOT park:

- in the disabled space
- in front of fire escape
- in front of front door
- in front of trailers/truck



Access

All members are issued with a fob that enables access to the building through the front door and internal doors and activates the boat bay shutters. We have a lift for mobility-impaired access to the first and second floors. Please remember to shut everything when you leave.



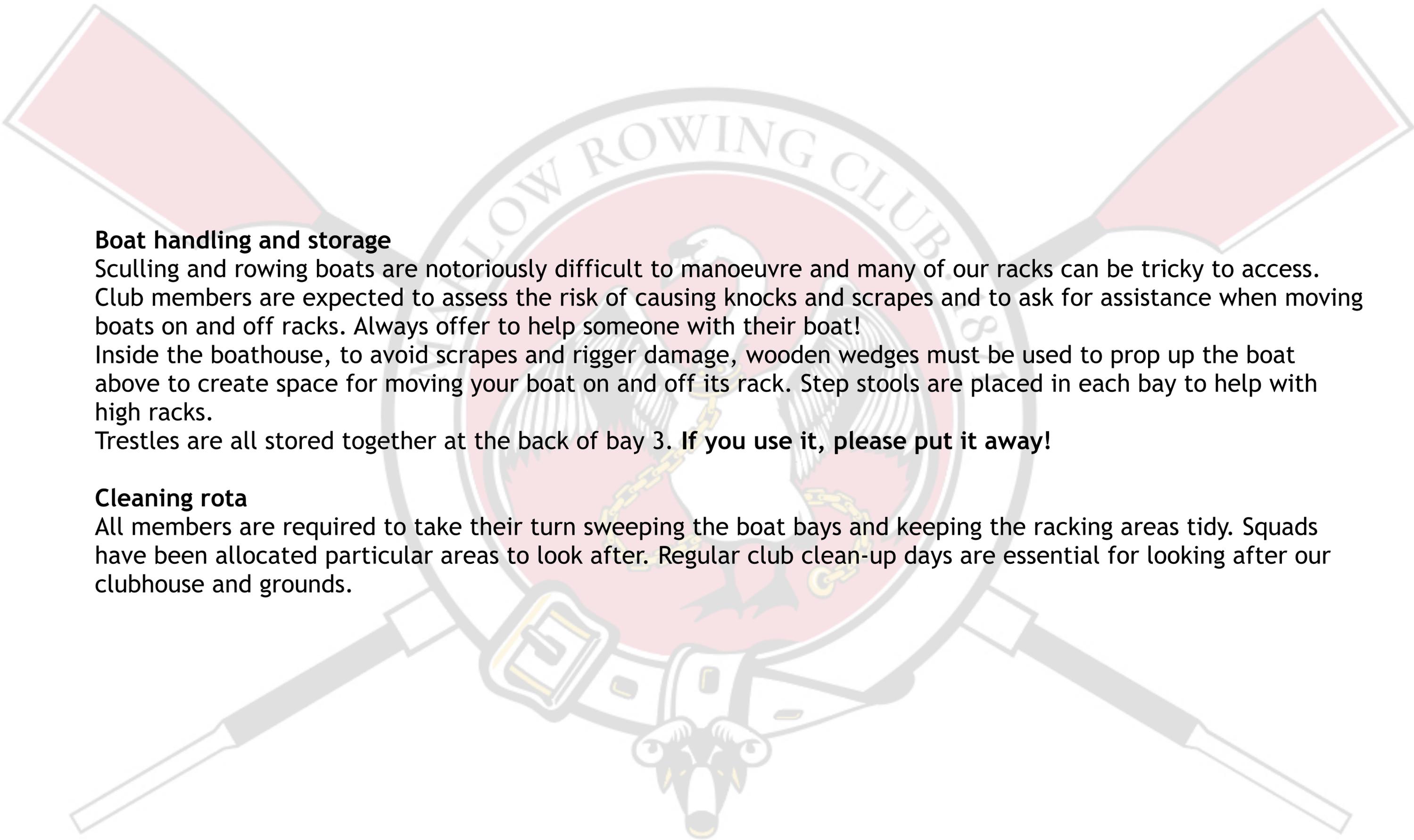
Equipment

Many of our boats and oars are allocated to particular squads by the Captain. This equipment is clearly marked with coloured tape or labels and must only be used by squad members or with the specific permission of the squad lead or coach.

All other equipment is classed as 'bookable' and is available to any club member via the Booking system on the website. Equipment allocation is reviewed regularly as we improve the fleet.

Care and repair

Members are responsible for any equipment they use and must wash all equipment after use to maintain clean, safe boats and blades. Any damage or failure must be reported to the volunteer boatman via the Workflows section on the website, and by note in the Bay 5 workshop area as soon as it occurs. Out of courtesy, please also inform squad leads or members who normally use that equipment. Squad contacts are posted up on the boards in the clubhouse.



Boat handling and storage

Sculling and rowing boats are notoriously difficult to manoeuvre and many of our racks can be tricky to access. Club members are expected to assess the risk of causing knocks and scrapes and to ask for assistance when moving boats on and off racks. Always offer to help someone with their boat!

Inside the boathouse, to avoid scrapes and rigger damage, wooden wedges must be used to prop up the boat above to create space for moving your boat on and off its rack. Step stools are placed in each bay to help with high racks.

Trestles are all stored together at the back of bay 3. **If you use it, please put it away!**

Cleaning rota

All members are required to take their turn sweeping the boat bays and keeping the racking areas tidy. Squads have been allocated particular areas to look after. Regular club clean-up days are essential for looking after our clubhouse and grounds.

Water Training

Fitness to row

Members are expected to take responsibility for their own physical condition and to inform their coach if they have any medical or fitness issues prior to the session.

What to wear

Rowers should wear tight clothing in multiple thin layers to suit the weather, e.g. shorts or leggings; tech top; gilet; splash top.

A hat or visor are recommended. Long hair must be tied back.

Hand protection - gloves are not advised, as they can reduce grip, instead use 'Pogies' for warmth. Keep Micropore handy for taping blisters.

Calf protection - avoid 'slide bites' with long socks or leggings.

A hi-vis outer layer must be worn by at least 50% of the crew when boating at dawn or dusk or in poor light conditions.

Boating safely

Check it is safe to go out, using the safety lights above Bay 5 and your coach or Captain's advice.

The club's Bronze, Silver, and Gold Sculling Proficiency Awards demonstrate progressive levels of competence and experience, enabling members to train alone, at night, or under amber conditions.

All rowers are responsible for their own safety. If you are unsure of your ability to handle the conditions, follow the rule: "If in doubt, don't go out".

Before boating, check boat condition, blade length, gates, bow ball, heel restraints, seat, and runners.

For novices, your coach will teach you how to carry the boat to the pontoon and how to get in.

At peak times, on weekend mornings, we operate a squad boating slot system to regulate the numbers of people on the hard. Be aware of other crews waiting to land or boat and make sure you are ready to row before you push off.

Safety lights

Green = normal river flow. Unaccompanied crews must have Bronze award.

Amber = river flowing fast, windy, or both. Unaccompanied crews must have Gold award.

Red/Amber = only suitable for most experienced Gold-level crews and only in designated sessions with full safety launch cover as directed by Captain or Safety Officer.

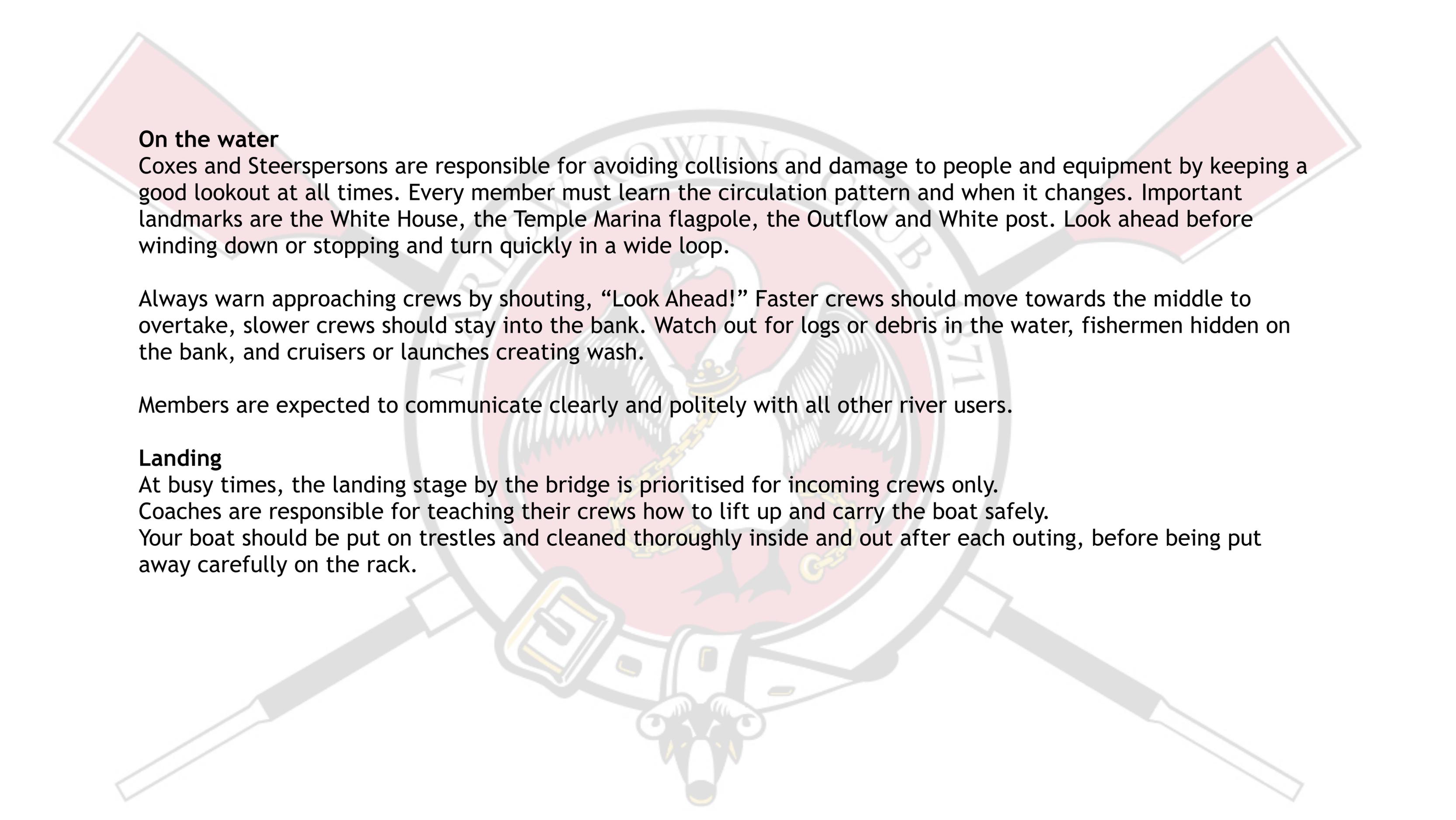
Red - no boating under any circumstances.

Weather conditions may change while afloat, e.g. fog or thunderstorm, and you should return to the club as quickly as possible or take shelter until safe to do so.

Summary of Safety Lights

	Bronze	Silver	Gold
Green	Can single / steer unsupervised in daylight	As bronze, plus can row at night	As silver, plus can pass locks
Amber Flow > 65 t/s or water < 8°	No unsupervised steering / singling	No unsupervised steering / singling	Can single or steer. Can row at night but not alone
Red+Amber	No rowing*		
Red Flow > 120 t/s or water < 3°	No rowing		
Fog	Higginson Park flagpole must be clearly visible for 5 mins		
Wind	Consider gusts and direction. Wind against flow is worse.		
Lightning	Do not boat for 30 mins. If already out, return directly.		
* rowing may be possible for experienced crew boats with extensive mitigation.			

Check the website home page for live updates: www.marlowrowingclub.org.uk



On the water

Coxes and Steerspersons are responsible for avoiding collisions and damage to people and equipment by keeping a good lookout at all times. Every member must learn the circulation pattern and when it changes. Important landmarks are the White House, the Temple Marina flagpole, the Outflow and White post. Look ahead before winding down or stopping and turn quickly in a wide loop.

Always warn approaching crews by shouting, “Look Ahead!” Faster crews should move towards the middle to overtake, slower crews should stay into the bank. Watch out for logs or debris in the water, fishermen hidden on the bank, and cruisers or launches creating wash.

Members are expected to communicate clearly and politely with all other river users.

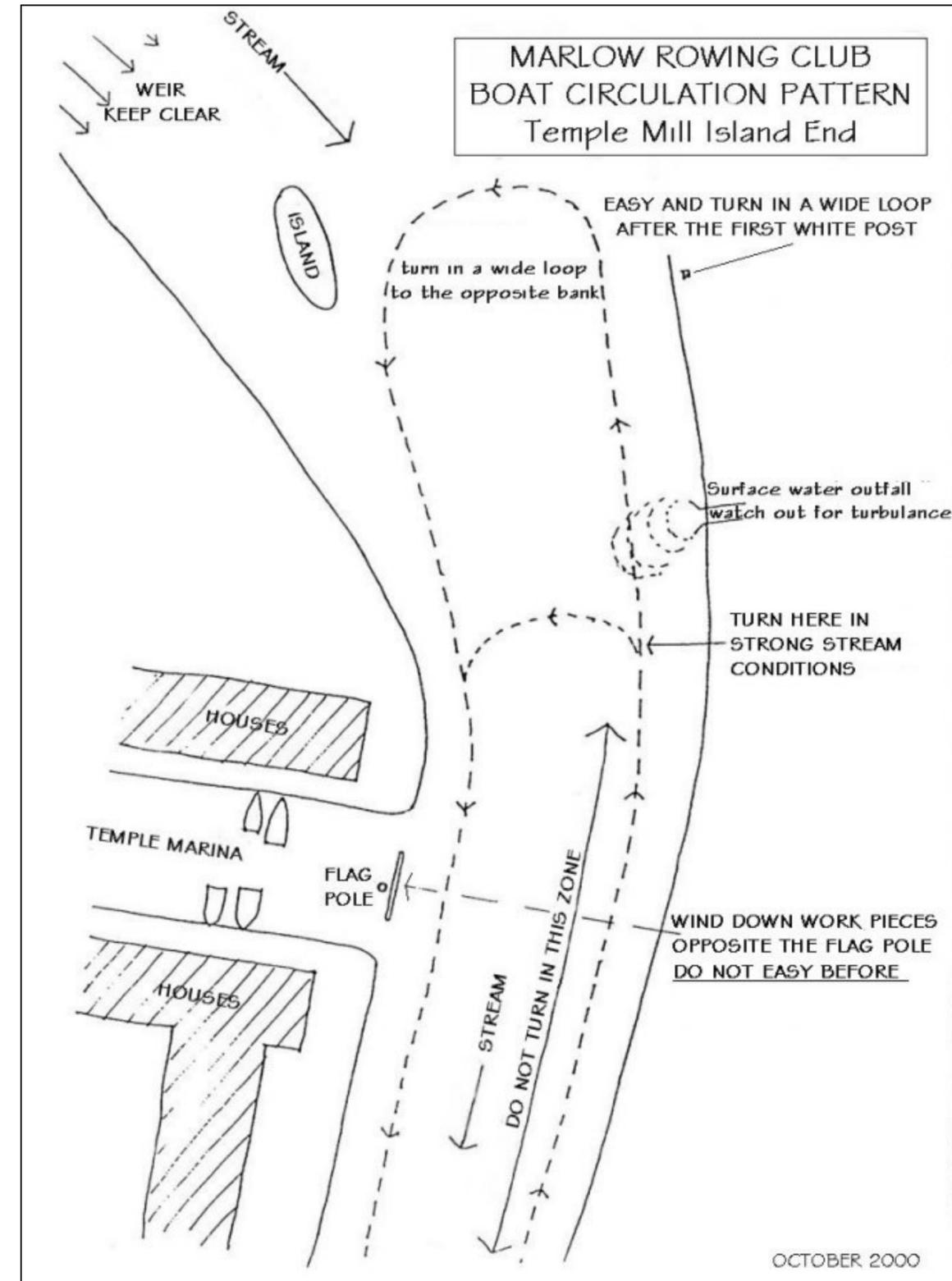
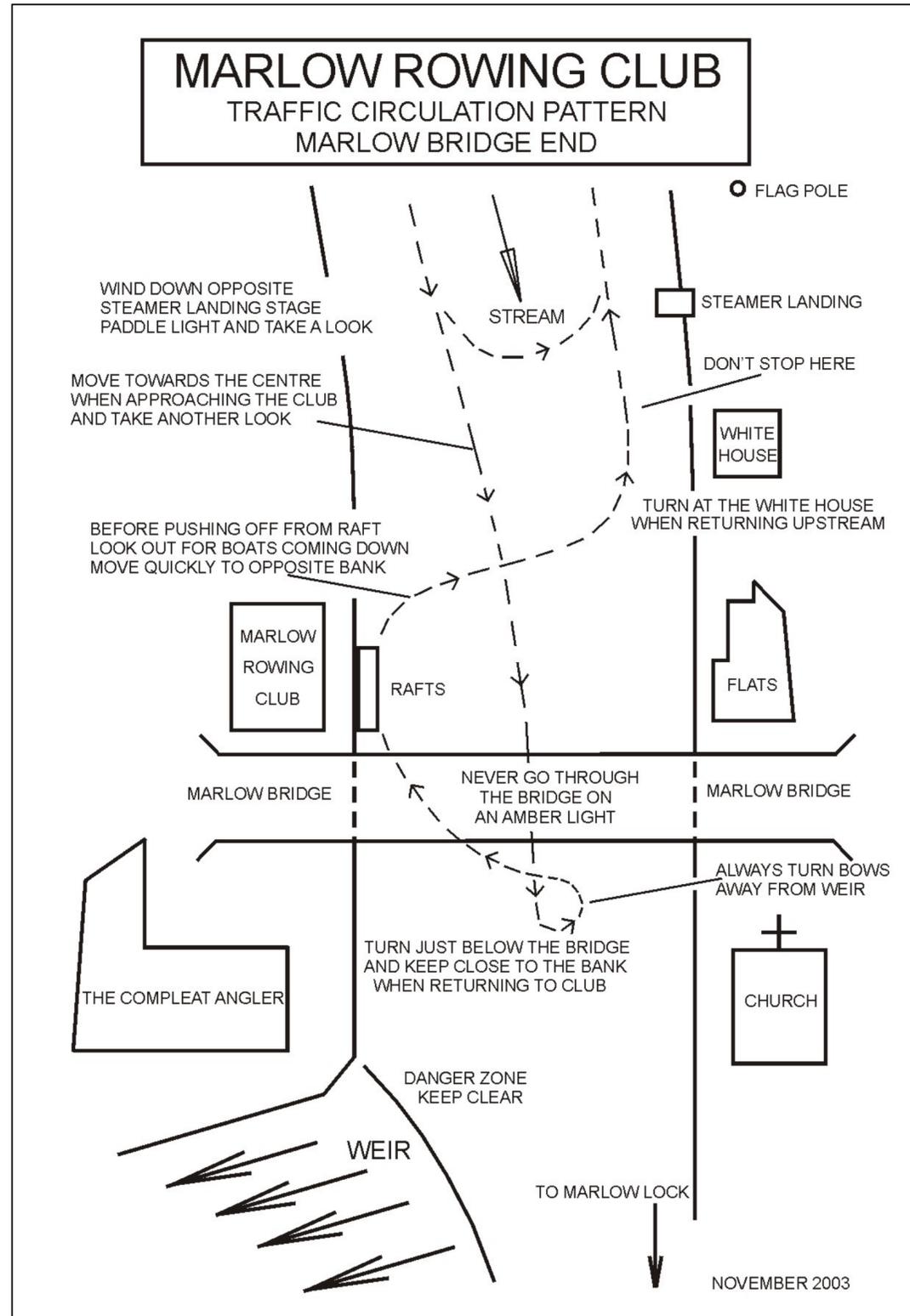
Landing

At busy times, the landing stage by the bridge is prioritised for incoming crews only.

Coaches are responsible for teaching their crews how to lift up and carry the boat safely.

Your boat should be put on trestles and cleaned thoroughly inside and out after each outing, before being put away carefully on the rack.

Summary of Circulation Patterns



Launch Driving

The club has a fleet of coaching and safety launches for use by coaches in squad training sessions, Learn-to-Scull courses, and events.

Launch Driving

Launch drivers must have a RYA2 certificate and the Captain's permission to use a launch for coaching. They must book their launch in advance and ensure that they have sufficient fuel and a complete Launch Safety Bag on board. Safety bags are checked regularly and should have a tamper-proof seal to show they are complete. It is the driver's responsibility to check they are wearing a Buoyancy Aid correctly and have attached the kill cord to their person before pushing off. Drivers must tie up the launch securely and return fuel and keys to the stores at the end of every session. At peak times, launches will be block-booked for squad sessions. Launch drivers are expected to drive courteously and avoid creating wash wherever possible.

Troubleshooting

Plan Ahead

Always inform someone that you are going out on the river. This is particularly important for lone scullers training at quiet times of the day. Buddy up with another member if at all possible.

Capsizes

All club members must learn how to self-rescue if they fall in. New members must inform the club of their swimming ability and then attend one of the regular swim tests and capsize and recovery drills at a local pool. Check the RowSafe section of the British Rowing website britishrowing.org for further information, in particular *3.6 Swimming Competence* and *3.7 Capsize and Recovery*. Waterborne diseases are a potential risk and you should seek medical attention should any symptoms occur following your immersion.

Collisions

Always keep a lookout and follow the circulation pattern. Use boat lights and wear a hi-vis top at night.

All incidents, however insignificant, must be reported straightaway on the British Rowing website: incidentreporting.britishrowing.org. (The Captain and Club Safety officer are then notified automatically.)

Hazards

There are several known hazards on our stretch. Members are expected to be well-informed of their location and to keep a good lookout. Refer to the MRC Steering Guide for further detail and pictures.

Marlow Weir is 100m downstream of the club and is a high-risk area. Care must be taken to spin well upstream and always to turn your bows away from it.

Travelling upstream:

The boat moorings alongside Higginson Park can become very busy with leisure cruisers and hire boats manoeuvring in and out, especially in summer.

The first 500m section has protruding or fallen trees and underwater branches.

On the top stretch opposite Temple Marina beware of getting drawn into the bushes on the Bucks bank.

Look out for the water Outfall, partly hidden in the reeds. It is here that you begin your wide turn. Be aware of cruisers coming out of Temple Lock and do not stop for a break until you are alongside the Marina flagpole.

Travelling downstream:

Look out for moored boats and protruding trees by Temple Sailing club.

Sudersee is very large Dutch barge moored on the bend about 500m further downstream. You must start your turn at the first of the two boathouses just ahead of it, to give a wide berth.

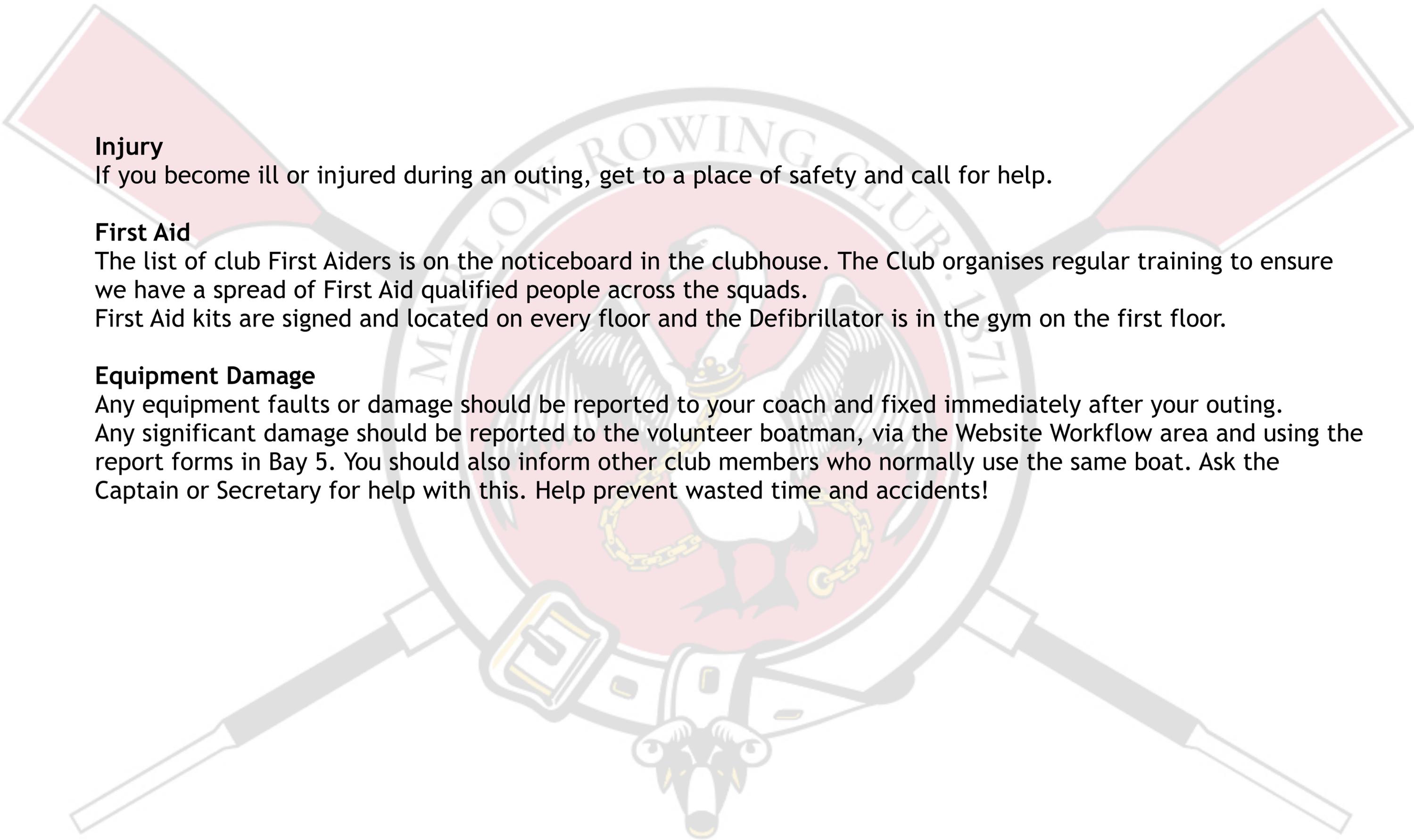
There are often double-moored boats at Bisham Abbey Sailing School, where you will also find small sailing boats tacking across the full river.

Be aware of overhanging trees just after the Bisham Church bend.

Wind down opposite the Higginson Park flagpole so you can complete your turn in line with the White House or paddle slowly to the club, being vigilant for crews leaving the pontoons.

Look out for all **other river users** in boats, canoes and kayaks. There are increasing numbers of paddleboarders and swimmers on our stretch, many of whom are difficult to spot.

Floating logs and debris can be a problem particularly when the river is high.



Injury

If you become ill or injured during an outing, get to a place of safety and call for help.

First Aid

The list of club First Aiders is on the noticeboard in the clubhouse. The Club organises regular training to ensure we have a spread of First Aid qualified people across the squads.

First Aid kits are signed and located on every floor and the Defibrillator is in the gym on the first floor.

Equipment Damage

Any equipment faults or damage should be reported to your coach and fixed immediately after your outing.

Any significant damage should be reported to the volunteer boatman, via the Website Workflow area and using the report forms in Bay 5. You should also inform other club members who normally use the same boat. Ask the Captain or Secretary for help with this. Help prevent wasted time and accidents!

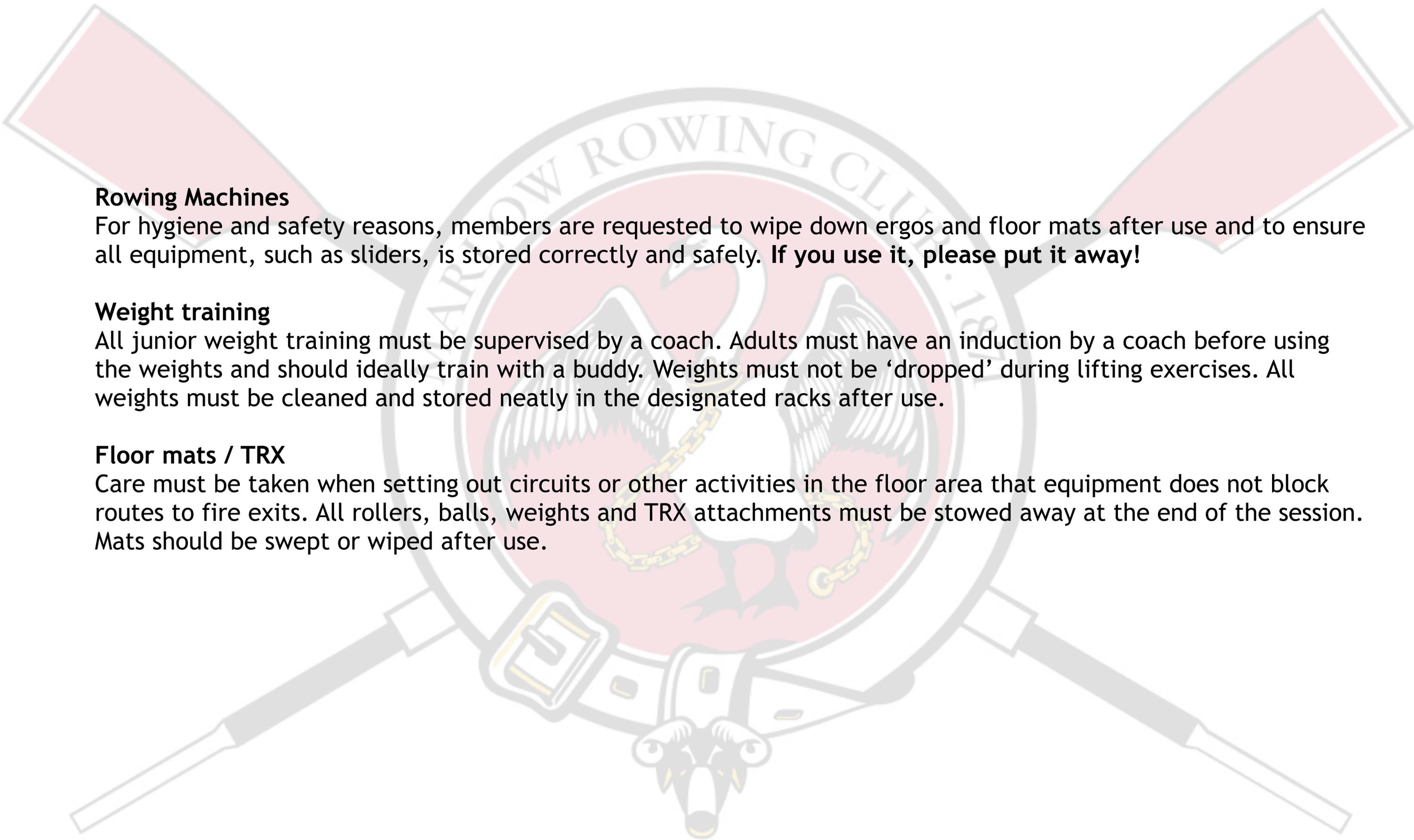
Land Training

Gym Use

The gym plays an important part in training, especially in winter, when it becomes very crowded in the evenings. To maintain a safe training environment, we divide the gym into three separate training zones: ergos; weights cages; floor mats. All squads are allocated session times for use of the ergos, weights, and floor areas. The timetables are displayed on the noticeboard. We also have a set of exercise bikes which can be booked.

Fitness to train

Members are expected to take responsibility for their own physical condition and to inform their coach if they have any medical or fitness issues prior to the session.



Rowing Machines

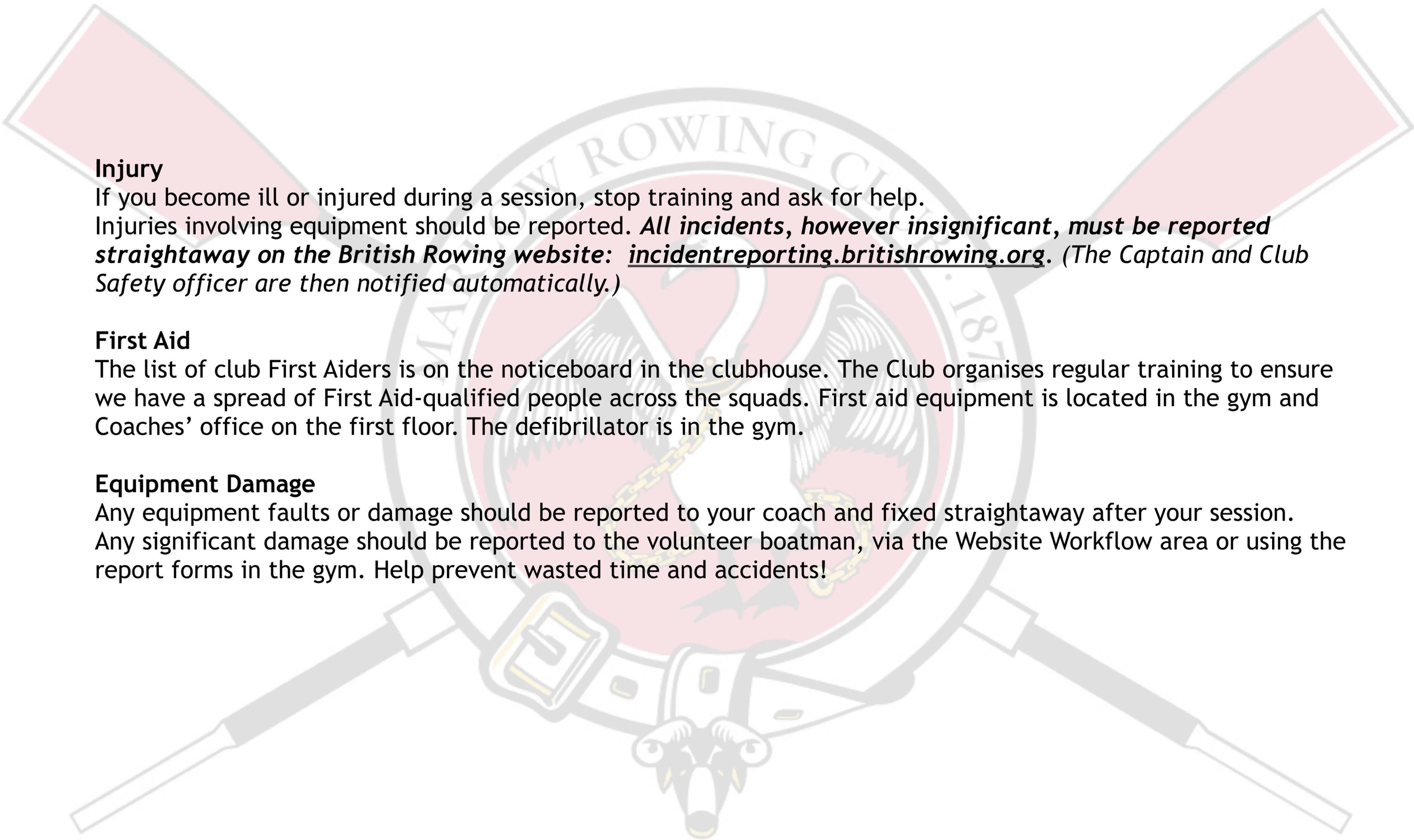
For hygiene and safety reasons, members are requested to wipe down ergos and floor mats after use and to ensure all equipment, such as sliders, is stored correctly and safely. **If you use it, please put it away!**

Weight training

All junior weight training must be supervised by a coach. Adults must have an induction by a coach before using the weights and should ideally train with a buddy. Weights must not be 'dropped' during lifting exercises. All weights must be cleaned and stored neatly in the designated racks after use.

Floor mats / TRX

Care must be taken when setting out circuits or other activities in the floor area that equipment does not block routes to fire exits. All rollers, balls, weights and TRX attachments must be stowed away at the end of the session. Mats should be swept or wiped after use.



Injury

If you become ill or injured during a session, stop training and ask for help.

Injuries involving equipment should be reported. ***All incidents, however insignificant, must be reported straightaway on the British Rowing website: incidentreporting.britishrowing.org.*** (The Captain and Club Safety officer are then notified automatically.)

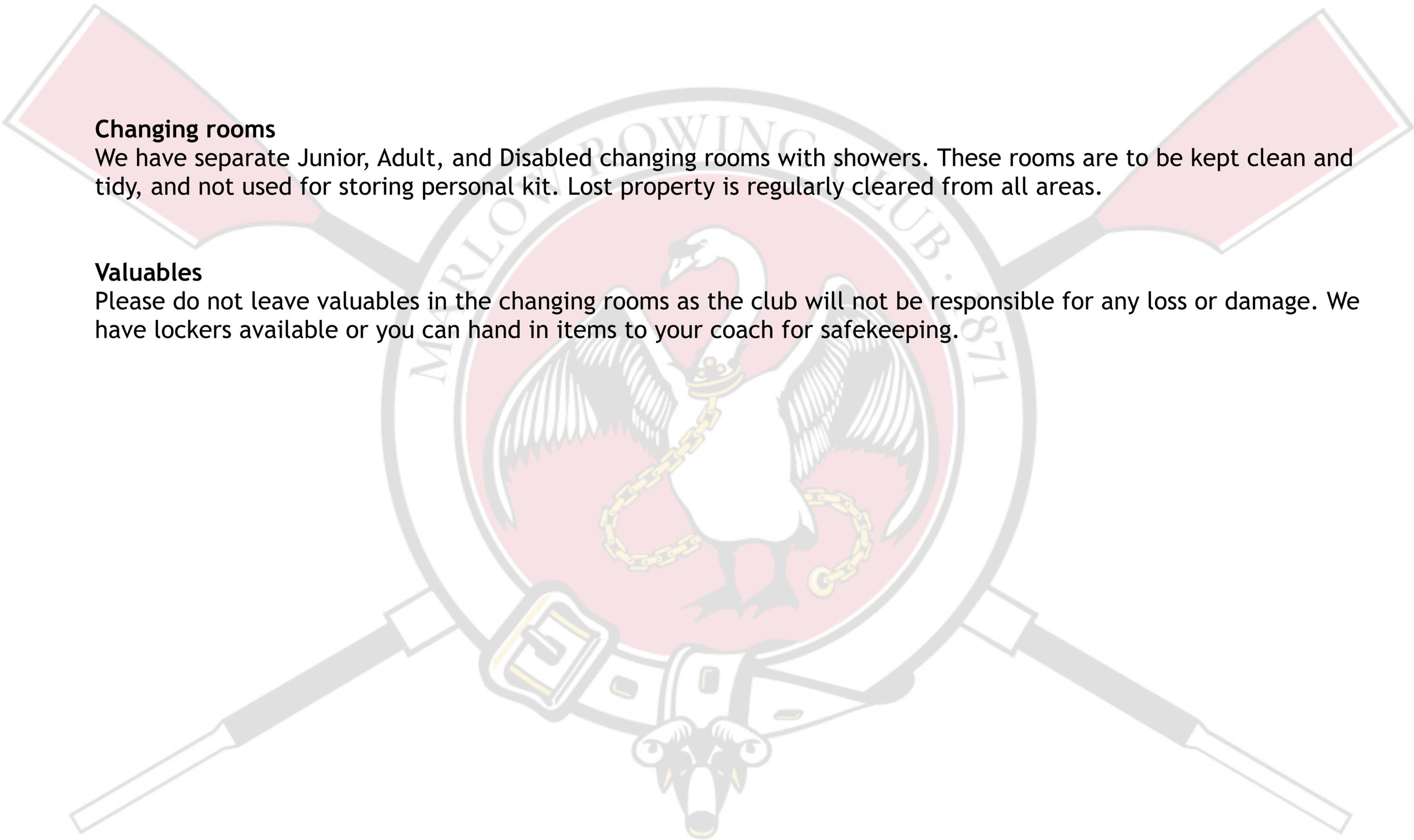
First Aid

The list of club First Aiders is on the noticeboard in the clubhouse. The Club organises regular training to ensure we have a spread of First Aid-qualified people across the squads. First aid equipment is located in the gym and Coaches' office on the first floor. The defibrillator is in the gym.

Equipment Damage

Any equipment faults or damage should be reported to your coach and fixed straightaway after your session.

Any significant damage should be reported to the volunteer boatman, via the Website Workflow area or using the report forms in the gym. Help prevent wasted time and accidents!



Changing rooms

We have separate Junior, Adult, and Disabled changing rooms with showers. These rooms are to be kept clean and tidy, and not used for storing personal kit. Lost property is regularly cleared from all areas.

Valuables

Please do not leave valuables in the changing rooms as the club will not be responsible for any loss or damage. We have lockers available or you can hand in items to your coach for safekeeping.

Racing

Coaches and squad leads are expected to plan their racing calendar and co-ordinate with the Captain at Squads Committee to organise boat, truck, and trailer logistics. Coaches and squad leads enter their own crews for races via the British Rowing online entry system.

Racing Kit

We are proud to race in Cardinal Red. Crews representing the club at all racing events are expected to race in matching Marlow Rowing Club kit. At a minimum, the regulation club Cardinal Red and Black all-in-one must be worn (with white sleeves and black leggings in cold weather). There are several other items of standard club kit available, such as splash tops, leggings, and visors, which can be ordered via our regular supplier. Details of ordering windows are advertised in the Weekly Splash and on the website. In addition we offer one-off items like hoodies, fleeces, leggings and hi-vis tops, designed and ordered on a seasonal basis by our Kit manager.

Trailer loading

The Captain or nominated coach will publish a trailer loading plan ahead of each event. Squads are expected to provide sufficient people to de-rig and load their own boats and blades at the times stipulated in the plan. Posters showing how to load safely and correctly are on the noticeboard. If in doubt, always ask for advice.

The club has a team of nominated truck drivers who undergo training in how to tow the trailer and how to maintain the truck record accurately. Truck drivers must organise at least one other person to ride in the cab when towing the trailer.

After each event, squads are expected to unload, re-rig and rack their own boats on their return or within two days, unless the Captain indicates otherwise.

Behaviour

All members attending a Head Race or Regatta are expected to have read the Rules of Racing prior to the event and to respond to Marshalls and Umpires with due courtesy. All crew members should be familiar with the marshalling plan and circulation map so they can assist their cox or steersperson. It is common practice to call 'Three Cheers' for the opposition at the end of a race.

Club Events and Socials

The MRC Bar is open to members several times a week and is also available to hire for private functions. As well as having the best view in Marlow, the MRC Bar is a great source of revenue for the club and we encourage all members to support it. Each squad hosts a 'One Club' Social event during the season to bring everyone together. We have been entertained by everything from Burns Night suppers, to quiz nights, Christmas fairy competitions to curry nights.

We hold our annual Club Supper every autumn, as well as club time trials, weekend breakfasts, and barbecues through the year.

Marlow Spring and Marlow Town Regattas in May and June are huge club priorities that require helping hands from everyone. Every member is expected to give an hour or two (or more) during the preparations and on the day. Both events are major fundraisers for the club. Marlow International Regatta at Dorney also still has a connection with the club where it first began, and we send a team of volunteers to help every year.

Fundraising

Our membership fees cover the running costs of our fantastic clubhouse, launches, truck, and trailers, and the maintenance of our fleet of boats. Anything new needs fundraising!

We are always looking for sponsorship for new boats from local or national companies. Do talk to us if you have useful contacts with potential donors.

Our ongoing RowAbility project seeks to raise money for an upgrade to our site to create fully accessible racking for our Adaptive and less-mobile members. More information at rowability.marlowrowingclub.org.uk

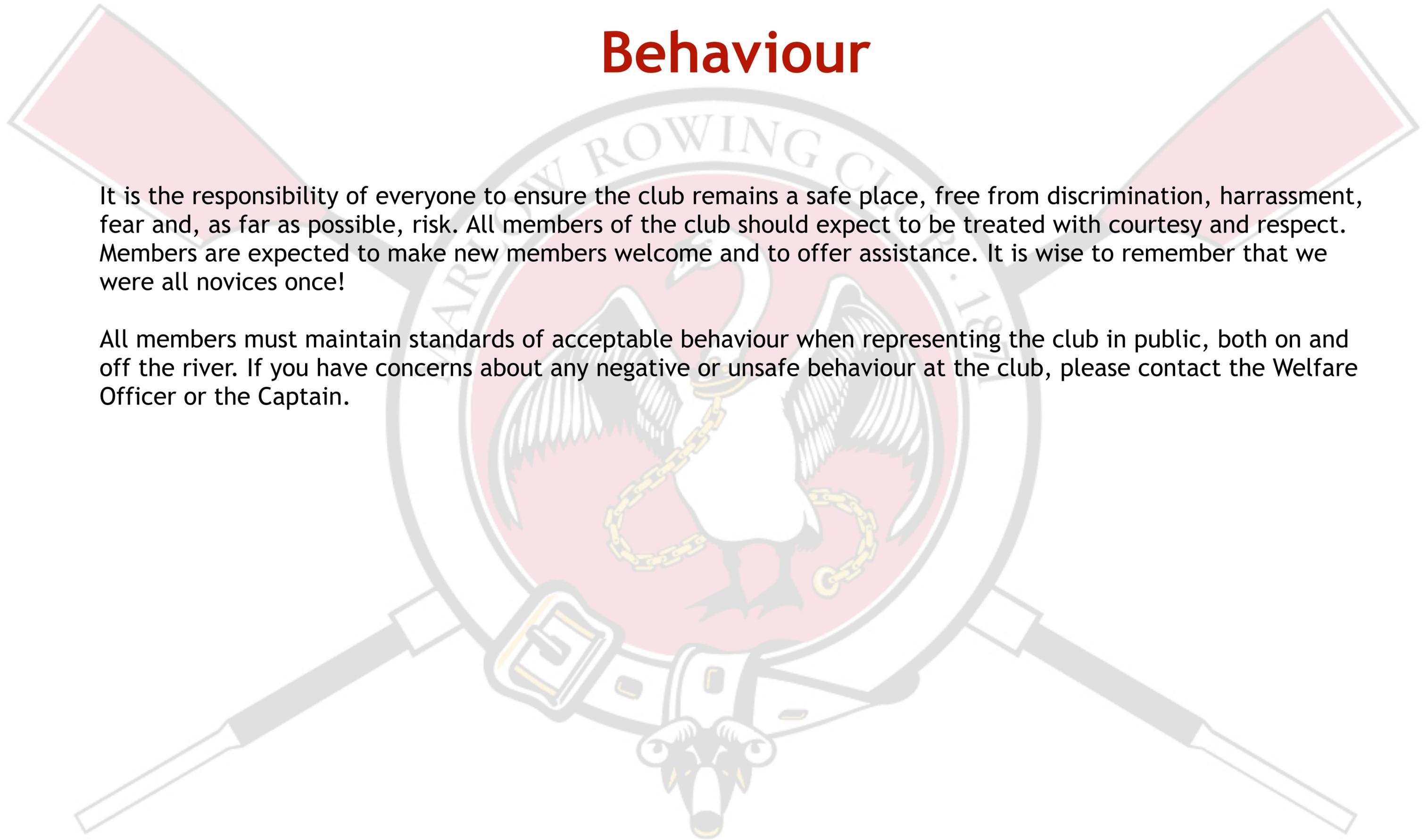
We work with many corporate organisations to run away-days and corporate training events. Members are regularly invited to take part in running these days, helping with moving and setting up boats, rowing with corporate delegates, or helping with coaching. These events are usually held either at the club or at Dorney Lake, and they raise significant sums for the club.

We organise annual sponsored events such as Rowathons and Parent Learn-to-Row courses. Some squads design one-off pieces of training kit to raise money, or sell baked goods at weekend breakfasts. Every little helps and all ideas are welcome.

Behaviour

It is the responsibility of everyone to ensure the club remains a safe place, free from discrimination, harrassment, fear and, as far as possible, risk. All members of the club should expect to be treated with courtesy and respect. Members are expected to make new members welcome and to offer assistance. It is wise to remember that we were all novices once!

All members must maintain standards of acceptable behaviour when representing the club in public, both on and off the river. If you have concerns about any negative or unsafe behaviour at the club, please contact the Welfare Officer or the Captain.

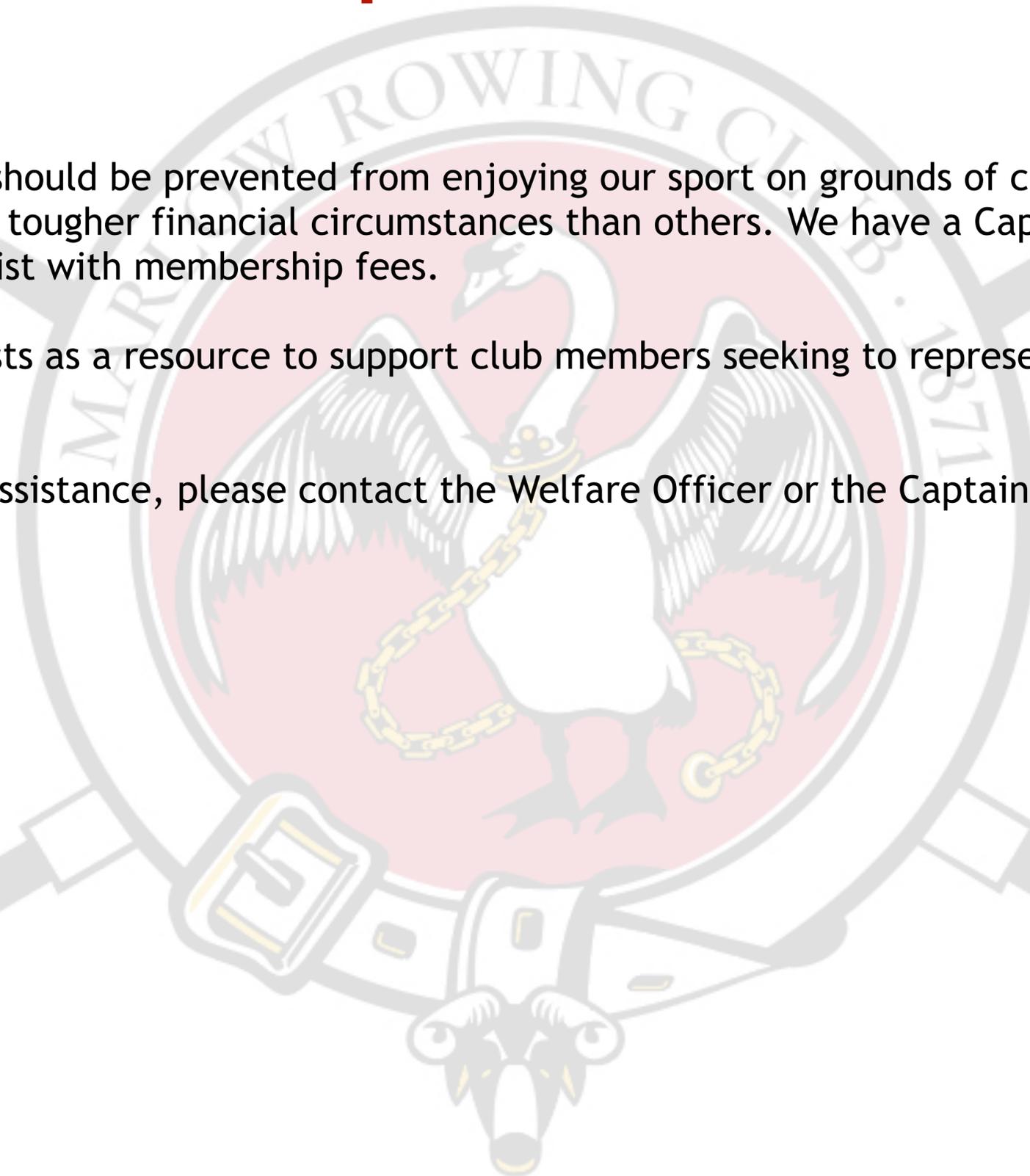


Captain's Fund

We believe that nobody should be prevented from enjoying our sport on grounds of cost. We are very conscious that some members face tougher financial circumstances than others. We have a Captain's Fund available on a case-by-case basis to assist with membership fees.

Our President's Fund exists as a resource to support club members seeking to represent their country at Junior or Senior level.

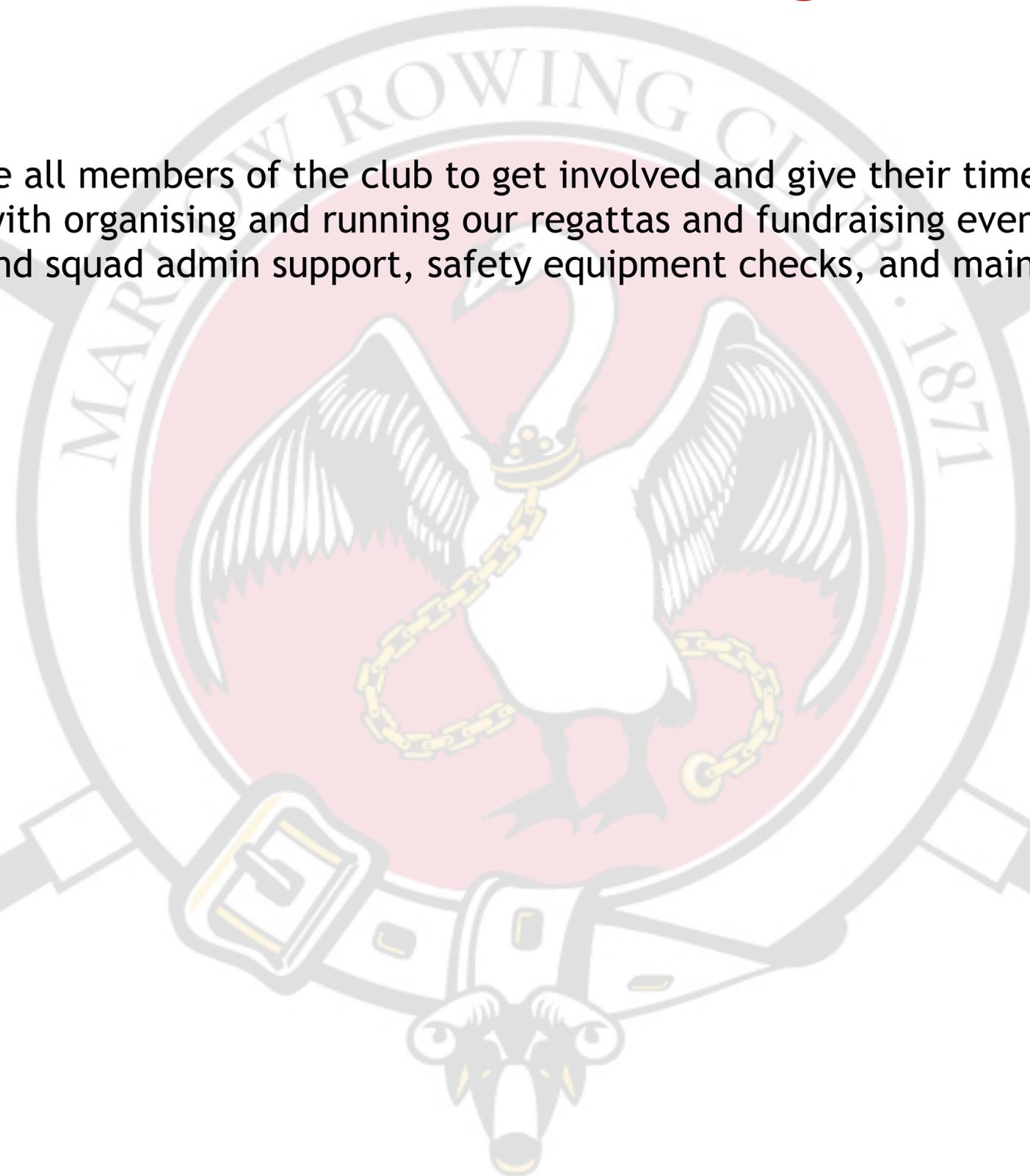
If you wish to apply for assistance, please contact the Welfare Officer or the Captain.



Volunteering

We expect and encourage all members of the club to get involved and give their time and skills in some way. The club always needs help with organising and running our regattas and fundraising events, updating the website and social media, coaching and squad admin support, safety equipment checks, and maintaining the building, grounds, and equipment.

What can you offer?



Useful websites

Marlow Rowing Club: marlowrowingclub.org.uk

British Rowing:

Glossary of Terms - britishrowing.org/knowledge/online-learning/techniques-and-training/glossary

Equipment - britishrowing.org/knowledge/online-learning/equipment

British Rowing Technique - britishrowing.org/knowledge/rower-development/british-rowing-technique

Training Advice - britishrowing.org/knowledge/online-learning/training-advice

UK Anti-Doping: ukad.org.uk - check the *athletes/ 100%me* zone

Racing calendar: biddulph.org.uk

Useful contacts

Club Captain: captain@marlowrowingclub.org.uk

Club Water Safety Officer: safety@marlowrowingclub.org.uk

Club Chairman: chairman@marlowrowingclub.org.uk

Club Secretary: secretary@marlowrowingclub.org.uk

Welfare Officer: welfare@marlowrowingclub.org.uk

Boatman: boatman@marlowrowingclub.org.uk

