



## Welcome to Marlow Rowing Club!

We're glad you're here! MRC sits on a picturesque stretch of the Thames with 2km above Marlow Lock and a further 5km downstream of the 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.

We have a wide range of [squads and groups](#) to suit all abilities and welcome rowers of all ages.

### When you join us...

- **Understand your membership and find a squad.** There are a wealth of opportunities available across the club – please do speak to fellow members or the Captain to help find the right place for you. Our Membership Secretary can help arrange your Membership fees and can also advise on Coaching fees (which vary by squad).
- **Get to know the club.** Be curious about opportunities to get involved and the wealth of experience around the club. Always feel free to ask for help and please offer to assist those around you. If you have any concerns about behaviour, please contact the Welfare Officer or the Captain.
- **Get to know the boathouse.** You will be issued a fob for doors and boat bay shutters. Please remember to close everything when you leave.
- **Stay informed.** Reading the 'Weekly Splash' email, sent to all club members, is the best way to stay up to date with news and announcements from across the club.

### In the boathouse...

- **Get to know your equipment.** Most boats and oars are allocated to particular squads by the Captain and may only be used with prior agreement. All other equipment is 'bookable' and available to club members via the booking system in the Members Area of the website.
- **Take care of your equipment.** All members are responsible for proper care of equipment: please wash down and put everything back after use. Please report any damage to the Volunteer Boatman in the Bay 5 workshop as soon as it occurs, and inform others who may normally use that equipment out of courtesy.
- **Move boats carefully.** Rowing boats are notoriously difficult to manoeuvre: agree a plan before you lift the boat, be careful not to knock or scrape your or other boats, and ensure you return trestles to Bay 3 after use. Always offer to help others!
- **Keep the boathouse clean and tidy.** We are all responsible for keeping the boat bays clean – we have a squad cleaning rota and regular club cleanup days.
- **Find your changing room.** Please do not leave valuables as the club will not be responsible for any loss or damage, and these rooms are to be shared and therefore kept clean and tidy. Lost property is regularly cleared from all areas.



- **Safety is all of our responsibility.** All incidents, however insignificant, must be reported immediately to British Rowing: [www.incidentreporting.britishrowing.org](http://www.incidentreporting.britishrowing.org). (The Captain and Club Safety Officer are then notified automatically)

### On the water...

- **Always put safety first.** Safety is everyone's responsibility: know the rules, follow the safety lights, ask if you are not sure. If you are unsure of your ability to handle the conditions: "if in doubt, don't go out". Club members are responsible for knowing detailed safety information, including circulation patterns, conditions and how to check your boat condition.
- **Read safety guidance regularly** as we may update it. Latest version is here: [Safety Rules and Information](#)
- **Look out for others.** Look out for your fellow members on the water – always offer a helping hand and communicate clearly. If you have any concerns, please contact the Captain or Welfare Officer (details below).
- **Have a contingency plan.** Tell someone you are going out and have a plan for an emergency. Club First Aid kits are located on every floor and the Defibrillator is in the gym.
- **Wear suitable kit.** Rowers should wear tight clothing in multiple thin layers to suit the weather. A hi-vis outer layer must be worn by at least 50% of the crew. Long hair must be tied back. Gloves are not advised as they can reduce grip, instead use 'pogies' for warmth. Keep non-sticky tape handy for taping blisters (available online).

### In the gym...

- **Build your fitness.** Members are expected to take responsibility for their own physical fitness and inform their coach if they have any medical issues or injuries prior to the session.
- **Keep the gym clean and tidy.** As with the boathouse, we are all responsible for maintaining a clean environment for all members. Put weights back where you found them, wipe down ergos/bikes and report any issues to the Captain. Weights may not be 'dropped' during lifting exercises.
- **Check the gym timetable** to ensure there is plenty of space for your workout. The gym is particularly busy on winter evenings.

### Most importantly... get involved

- **Get racing!** Coaches and squad leads will plan their racing calendar and coordinate with the Captain to organise boat, truck and trailer logistics. The Captain will publish a trailer plan – all crews are expected to rig/derig, load/unload promptly (within two days). We are proud to race in Cardinal Red: crews representing the club are expected to race in matching MRC kit.
- **Make our club proud.** All members are representing the club at races and regattas: be courteous, kind, knowledgeable of the course and racing rules and row well! It is common practice to call 'Three Cheers' for the opposition at the end of a race.



- **Volunteer at our Regattas.** Marlow Spring (May) and Marlow Town (June) are huge club priorities that require helping hands from everyone. Every member is expected to give an hour or two during preparations and on the day. Both events are major fundraisers for the club.
- **Fundraise or volunteer in other ways.** We are ultimately a volunteer-led organisation and all of our equipment is funded via fundraising, sponsorship and events. Please do get involved and share ideas you might have!
- **Join us at Club events and socials.** The MRC Bar is a great source of revenue for the club and new encourage members to support it. We run regular 'One Club' events, weekend breakfasts and an annual Club Supper every autumn.
- **Ask for help if you need it,** whether on the water or around the club. We also strongly believe no one should be prevented from enjoying our sport on the grounds of cost. We have a Captain's Fund available on a case-by-case basis for those who face tougher financial circumstances which pose a barrier to the sport. Please contact the Welfare Officer or the Captain for further information.

### Staying connected

- **Find us on social media:**
  - o Instagram: [www.instagram.com/marlow\\_rowing](http://www.instagram.com/marlow_rowing)
  - o Facebook: [www.facebook.com/marlowrc/](http://www.facebook.com/marlowrc/)
  - o X: [www.x.com/marlow\\_rowing](http://www.x.com/marlow_rowing)
- **Useful contacts:**
  - o Club Captain: [captain@marlowrowingclub.org.uk](mailto:captain@marlowrowingclub.org.uk)
  - o Club Safety Officer: [safety@marlowrowingclub.org.uk](mailto:safety@marlowrowingclub.org.uk)
  - o Club Chairman: [chairman@marlowrowingclub.org.uk](mailto:chairman@marlowrowingclub.org.uk)
  - o Club Secretary: [secretary@marlowrowingclub.org.uk](mailto:secretary@marlowrowingclub.org.uk)
  - o Welfare Officer: [welfare@marlowrowingclub.org.uk](mailto:welfare@marlowrowingclub.org.uk)
  - o Boatman: [boatman@marlowrowingclub.org.uk](mailto:boatman@marlowrowingclub.org.uk)
- **We have very limited parking,** most of which is reserved for coaches and those with mobility impairments. Most members park over the bridge in town, but do be aware of local parking restrictions. Please do not park at in front of fire escapes, doors, trailers, in the disabled space or at The Compleat Angler (without prior arrangement).



## New Member Checklist

### 1. Membership & Admin

- Complete your **online membership profile**
- Familiarise yourself with the **Members' Area** on the website (boat booking, safety rules, volunteering, workflows, notices)
- Know the key **club contacts** (Captain, Safety Officer, Welfare Officer, Secretary, Boatman) and how to contact them
- Understand that the club is **member-run**, supported by volunteers, fundraising, and membership fees
- Confirm which **squad or group** you belong to (e.g. Improvers, Development, Senior Performance, Masters, Recreational, Adaptive) and meet your coach (if applicable)

### 2. Safety & Emergency (Mandatory before independence)

- Read and understand the **Club Safety Guidance** (including circulation pattern, river landmarks, and local hazards)
- Book and complete a **Sculling Proficiency Assessment** (required for independent sculling and booking club boats)
- Complete a **Capsize Drill and Swim Test** at the earliest opportunity
- Know what to do in case of **capsize, collision, illness or injury** and where **first aid kits** and the **defibrillator** are located
- Understand **safety lights**, check conditions (river flow/weather), and wear **hi-vis** when required
- Report **all incidents**, however minor, via British Rowing incident reporting (the Captain and Safety Officer are notified)

### 3. Accessing the Boathouse

- Collect and understand how to use your **access fob**
- Learn lift access and accessibility arrangements if relevant
- Follow **parking rules** and local restrictions
- Never block fire exits, doors, trailers, or disabled spaces
- Ensure **all doors and shutters are closed** when leaving

### 4. Equipment Use & Care

- Learn which boats and oars are **allocated to squads** (marked equipment is not general use)
- Use the **online booking system** for bookable equipment
- Wash all boats and blades **after every outing**
- Report **damage or faults immediately** via the website workflow and in Bay 5
- Inform relevant squad members if shared equipment is affected

### 5. Boat Handling, Storage & Cleaning

- Ask for help when moving boats on and off racks



- Return all equipment to its correct place after use
- Take part in the **cleaning rota**
- Attend club clean-up days when scheduled

#### **6. Land Training & Gym Use**

- Complete a **weights induction** before using the gym
- Follow squad training timetables and zone allocations
- Wipe down ergos, mats, and equipment after use
- Store all equipment safely at the end of sessions
- Train with a buddy where advised

#### **7. Facilities, Welfare & Personal Responsibility**

- Use the correct **changing rooms** (Junior / Adult / Disabled)
- Keep communal areas clean and tidy
- Do not leave valuables unattended
- Know who the **Welfare Officer** is and how to contact them

#### **8. Racing (If applicable)**

- Understand racing expectations and behaviour standards
- Ensure you have the correct **club racing kit**
- Learn trailer loading, event logistics, and post-event responsibilities

#### **9. Club Life, Volunteering & Culture**

- Support and attend **club socials and events**
- Contribute time to major events and regattas
- Support **fundraising activities** when possible
- Treat others with courtesy and respect
- Help new members feel welcome
- Volunteer in ways that suit your time and skills