



Bridgnorth Rowing Club Fun Regatta Entry Rules

1. All competitors must be able to swim 100 metres in light clothing and take part entirely at their own risk. This event is run in accordance with British Rowing Rules of Racing and under Row Safe guidelines.
2. No competitor may have ever competed in an Open Rowing Event, currently be an active rowing member of a rowing club, or be experienced in rowing to the extent that their participation is detrimental to the spirit of the event.
3. No crew may have ever won a previous Fun Regatta, however crews may consist with a maximum of 2 previous winning crew members.
4. All competitors must be over the age of 16.
5. No competitor may be included in more than one crew, unless under special circumstances such as illness on the regatta day, in which case only a competitor who has already been eliminated may be allowed to substitute at the discretion of the organising committee.
6. Categories offered are for Men's Fours, Women's Fours and Mixed Fours (any combination of men and women), though these may be refined at the discretion of the organisers according to entries received. Each crew will be guaranteed at least two races on race day; excepting late withdrawals.
7. The overall winning crews will be presented with specially commissioned tankards.
8. All coxes will be provided by Bridgnorth Rowing Club.
9. The competition will take place over a course of approximately 500 metres.
10. All decisions made by the organising committee shall be final.
11. Once you have entered you will be assigned a coach who will contact you to arrange your first training session (based on the slots available). Subsequent sessions can be arranged between you and your coach after your first session. No crew will be allowed more than one training session in the final week before the regatta; except in exceptional circumstances.

Water Safety

Hello, and welcome to Bridgnorth Rowing Club! We hope you will enjoy rowing with us, whether you are an aspiring athlete, a fine-weather boater or a summer-only Fun Regatta entrant.

Rowing is a lot of fun, and one of the best sports going for keeping fit. However, there's no fun to be had by hurting yourself, so this leaflet is aimed at explaining all you need to know about water safety. If you have any further questions, ask your allotted coach, a senior club member, or a club committee member, and they will be happy to help out.



Finding your way around the club

- Safety notice board: The main safety notice board is in upper boathouse adjacent to the weight lifting equipment and the multi-gym. Please take a closer look when you get an opportunity.
- Location of first aid kit: Should you need it, a first aid kit is kept stocked for all but the most serious accidents. This can be found at the rear of the boathouse, in the cupboard marked with a white cross on a green background.
- Lifebelts and throwing ropes: These may be found just inside the doors of the rowing club, for use in an emergency, i.e. for throwing to individuals in the water.
- Emergency numbers: A list of emergency numbers are printed on the pay-phone booth, just inside the upper boat-house, when entering up the ramp from the riverside towpath.

If you cannot find any of these, please ask and all will be made clear.



Responsibilities of members

The rowing club does its best to ensure the safety and wellbeing of all members and users of the club, but individuals also have a responsibility to themselves, and to other members. These responsibilities are as follows:

- All rowing participants must be in good health. Individuals with heart conditions, back injuries and other serious conditions are not advised to take part.
- All rowing participants must be able to swim – if you can't swim you must wear a lifebelt while in the boat
- All rowing participants must give due consideration to other river users and participants so as not to endanger anyone by their actions.



Preparation

- Hygiene – Weil's disease, amongst other choice diseases, is a fact of life for all river-users. Make sure that all cuts and grazes are dressed before going on the water, and that any blisters obtained during rowing are cleaned and dressed afterwards.
- Hypothermia – Falling in can happen, so bring a towel and a change of clothes, should the worst come to the worst.
- Sporting injuries - Warm up and stretch off before hand – no point in pulling any muscles.
- Sign the boat out – Make sure that the fact that you are out on the water is recorded in the booking-out log, otherwise you might get locked out of the club!



What happens if it all goes wrong, and you end up in the river?

For single and double sculls, going for an involuntary swim is an occupational hazard; for fours and eights, capsizing is so rare as to hardly merit consideration. However there are those with a gift for getting wet so this section is for them.

- When the boat has capsized, keep calm, remove your feet from the foot-stretcher and make for the surface.
- GRAB HOLD OF THE BOAT! The boat will float whatever way up it is, and this is your life raft.
- Swim with the boat towards the bank. Support from nearby boats will be on hand to ensure your safety, so don't be embarrassed to shout out to them.
- Once at the bank, find somewhere where you can stand up. Right the boat, place the blades in their correct orientation and re-enter the boat one crew-member at a time.
- Return to the boathouse immediately, get out and get warm and dry.

**Enjoy Rowing at
Bridgnorth!**



Fun Regatta Entry Form

Entry Fee £25 per person

Entries close on Saturday 19th August 2017

Crew Name.....

Representing (company/business).....

Event: Men's Fours / Women's Fours / Mixed Fours

Competitors Names

1.

2.

3.

4.

Contact Name:.....

Contact Tel:.....

Contact Email Address:.....

Preferred Crew Training Days/Times:.....

E.g. Weekend mornings, Tuesdays after 7pm, Wednesdays and Fridays after 6pm, etc.

This is mainly to help us pair your crew up with a coach who can try and best match your preferred session times. Actual session times are dependent on available time slots and what best suits you and your coach.

Please ensure that all competitors have read the rules of the regatta.

For further information contact Phil Watters: 07500 014791 or funregatta@bridgnorthrc.co.uk

Please post this completed form, with individual competitor membership forms for each crew member, and your entry fee* to:

Bridgnorth Fun Regatta
C/O Phil Watters
28 Listley Street
Bridgnorth
Shropshire
WV16 4AW

*Entry fees must be received on or before your first training session. Please make any cheques payable to 'Bridgnorth Rowing Club'.

On the back of your entry form please include three interesting/unusual facts about your crew and/or the company you are representing. This is to help provide information for our commentary team to promote your crew on race day.

Bridgnorth Rowing Club
Fun Regatta
Individual Competitor Membership Form



Name:

Address:

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Postcode:

Contact telephone number:

Email address:

Date of Birth:

Injuries or Illnesses:

If you currently, or have ever suffered from any of the following please indicate below. This information is confidential, but important to ensure your well-being as an athlete.

Asthma: yes/no

Epilepsy: yes/no

Diabetes: yes/no

Bronchitis: yes/no

Blackouts: yes/no

Ear problems: yes/no

Muscular / Skeletal injuries: e.g. back injury: yes/no

Are you currently taking any form of medication: yes/no

If you have answered yes to any of the above please give details:

Can you swim 100 metres in light clothing: yes/no

I confirm that I have read and understand the clubs safety literature.

Signed:

Date:

Bridgnorth Rowing Club

Fun Regatta

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