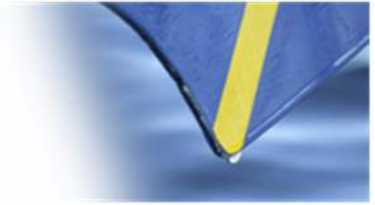


Burway Rowing Club



WELCOME TO BURWAY ROWING CLUB

Junior Learn to Row

Burway Rowing Club gives a warm welcome to rowers of all ages and experience levels.

Our boathouse is located on the south bank of the River Thames in Laleham. Our facilities include a fleet of boats that covers all variants, as well as a licensed bar, training area, catering facilities, and changing rooms.

Our racing squads are always on the lookout for new members and so we have introduced Learn to Row courses for teenagers and adults wishing to take up the sport. If you are aged under 18 and would like to learn to row then you should contact the Junior Coach – Jim Mathieson whose contact details are listed below. Sessions will run Sundays from 10.30am to 1.00pm and will last for a period of four weeks. The cost of the course will be £60.00.

The course will include:

- Introduction to the rowing stroke on the indoor rowing machine or "ergo"
- Introduction to the equipment used - parts of the boat and oars
- How to get into and out of the boat
- Building rowing strokes in the boat on the water
- Rowing in time together as a whole crew
- Fine tuning blade work, power application, balance and teamwork

At the end of the course you will be given the chance to become a full club member and join a racing squad.

Enjoy your rowing experience, enjoy the excellent and scenic waters on the Thames between Chertsey and Penton Hook Lock and enjoy being a member of Burway Rowing Club. Welcome!

Learn to Row FAQs

Do I need to be able to swim?

For safety reasons you will be asked to sign a disclaimer on your application form to state you are able to swim 100m in light clothing. Rowing is an inherently safe sport and you will be working with a qualified coach but we must insist on this basic level of swimming ability.

What should I bring?

There will be both indoor and outdoor activities and so please come prepared.

Essentials are warm, dry, sporty clothes that allow for sufficient movement but are not too baggy. If it is likely to be cold then wear several layers which can then be removed when warmed up.

Also bring a change of clothes as it may rain or you may be splashed. There are changing facilities at the club.

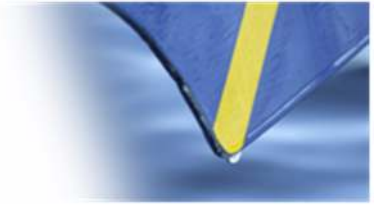
Contact Information:

Junior Coach: Jim Mathieson

07845 995516

Jimandjane58@tiscali.co.uk

Burway Rowing Club



Code of conduct for parents/carers involved in rowing

Parents/carers should recognise the rights of their children and:

- ensure that their children have fun when practicing, training and competing in rowing promote the health, safety and well-being of children first and foremost
- not over emphasise winning
- listen to, respect and take into account children's views about participation, and recognize their right to determine their participation
- encourage their children to participate for their own intrinsic enjoyment, not for the enjoyment or ambition of their parents
- encourage their children to take responsibility for their own actions, performance and behaviour
- not force children to participate in the sport, nor allow their children to compete when ill or injured.

Parents/carers should support their child's involvement in training, events and competitions and:

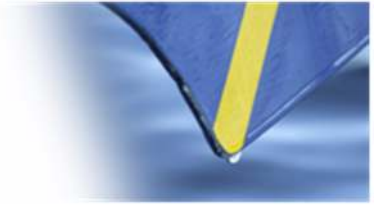
- encourage their child's effort not force their child to take part in the sport
- be willing to become a member of the club and be aware of club codes of conduct
- be aware of the club's Welfare Officer
- be aware of the club, competition or event's policies and procedures to ensure the safety of children and others
- provide consent for their child to participate in training, competition and events
- ask about the club's policy for recruiting coaches and officials working with children and vulnerable adults
- inform the coach of any needs of the child that may affect participation, including medical conditions or illness
- regularly discuss the sport's requirements, its nature, duration and the relationship with coaches
- provide their children with equipment to suit the conditions, i.e. clothing suitable for cold/warm/wet weather, a water bottle, and sunscreen.
- be informed by the coach about the schedule and programme of training and the rationale behind the activities
- assist clubs to care for their children, and not to treat the club as a child minding service
- make arrangements to collect their child promptly at the end of sessions at the agreed time.

Parents/carers should be a good role model at clubs competitions and events and:

- encourage their child to accept all individuals and not to discriminate on the basis of their ability, gender, race, religion etc.
- act in a sportsmanlike way when supporting and spectating and use correct and proper language at all times
- be encouraging towards their children and others
- accept that errors are an important part of learning and not condemn children for making them
- respect officials of the club, event or competition and other participants, supporters and parents
- act with respect for the decisions of officials and coaches and without criticism
- avoid swearing at, yelling at, or chastising children, officials, coaches, or others
- raise any concerns they have about a child or coach, or their behaviour, as soon as possible with the appropriate designated person at the club or event
- guide children to follow the rules of events and competitions and to adhere to British Rowing Guidelines
- not coach their children at training and competition, unless engaged in recognised coaching responsibilities
- avoid smoking or consuming alcohol whilst supporting.

The above is based on the template provided by British Rowing

Burway Rowing Club



British Rowing Code of Conduct – Junior Members

Rights of individuals

All participants in rowing, including children, participants and competitors, coxes, coaches, umpires, marshals and spectators have the right to:

- enjoy safe participation in rowing
- be treated as individuals at all times, to express their views and to be listened to
- determine their own goals and participation in sport and to seek support to help them develop
- receive support for their individual needs
- balance rowing and other aspects of their life to sustain enjoyable participation in the sport
- be treated with respect
- enjoy an environment free of discrimination on the grounds of gender, race, colour, disability, sexuality, age, marital status, occupation or political opinion
- participate free from the threat of abuse and not to be subject to humiliation, shame or insult
- not have to endure abuse, including verbal abuse, bullying, neglect or physical abuse
- enjoy an environment free of sexual harassment and sexual abuse and not to be exploited
- not be pressurised to train or compete and allowed adequate rest and recovery time
- not train or compete when ill or injured
- be treated in accordance with British Rowing guidelines
- receive quality coaching and instruction from appropriately qualified individuals.

Code of conduct for participants and competitors

At all times, when practicing, training or competing at clubs, competitions and events, participants and competitors should:

- follow the rules and procedures of their club
- adhere to British Rowing rules and guidelines
- act in accordance with the rules of the competition or event
- Study in advance, understand and follow the rules, regulations and guidelines of the competition/event with regards to safety, emergency procedures, boating, marshalling, and cancellation; follow the directions of marshals, umpires and officials of the club/competition/event.
- accept the decisions of officials of the event.
- not take banned substances.
- act in a sportsmanlike way during training and competition
- treat other competitors, coaches, other water users and officials of clubs, competitions and events with respect
- Avoid swearing at or shouting at others.
- Not threaten others nor engage in acts of verbal or physical abuse or other types of abuse.
- respect the rights, dignity and worth of other participants, and not discriminate on the grounds of gender, race, colour, disability, sexuality, age, marital status, occupation or political opinion
- avoid inappropriate relationships with their coach
- keep to agreed timings, or inform the relevant person if they are going to be late.

The above is based on the template provided by British Rowing

Burway Rowing Club



Application Junior Membership

Surname _____ First Name _____

Date of Birth ___/___/_____ Home Tel No _____

Home address _____

_____ Postcode _____

Email address _____ Mobile No _____

To be completed by the parent/carer

Please detail below any important medical information that our coaches should be aware of (e.g. asthma, epilepsy, diabetes etc): _____

Please supply details below of the people who should be contacted in the event of an emergency:

Parent/carer name _____ contact no _____

Parent/carer name _____ contact no _____

I confirm that my son/daughter/child in my care can swim 100 metres clothed YES/NO

I understand that, in the event of an emergency, all reasonable steps will be taken to contact me and to deal with that illness/accident appropriately.

By signing this form, I agree to my son/daughter/child in my care taking part in the activities of Burway Rowing Club.

Name of parent/carer _____

Signature of parent/carer _____ Date ___/___/_____

Email address of parent/carer _____

Fees may be paid directly into the Burway RC Account at:
Nat West Bank: Sorting code 55-50-39 - Account No 04903153

For Committee use only

Start Date of learn to scull course if taken ___/___/_____

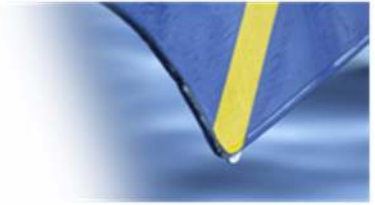
Completion date of learn to scull ___/___/_____

Membership start date ___/___/_____

Learn to scull course fee Amount paid £ _____ Date ___/___/_____

Balance of subs Amount paid/ to be paid £ _____ Date ___/___/_____

Burway Rowing Club



The club relies fully on volunteers, so to reduce the costs of external contractors, please tick any appropriate boxes you feel you could give time to. Burway Rowing Club is dependent on all members to help with the running of the club.

Coaching
Catering/Social club
Assisting with Social events –
Setup/dismantling
General DIY
Maintenance/Trailer

Boat Repairs
Grounds Maintenance (Weeding, etc)
Blades Upkeep
Other – please specify:

To be completed by junior member

I have read and agree to the Code of Conduct for Junior Members.

Declaration: *I the undersigned wish to apply for membership of Burway Rowing Club. I agree to be bound by the Club's constitution and to abide by its General Rules and Procedures and Water safety Policy. I certify that I am in good health and able to swim 100 metres in light clothing and shoes. I agreed that the information supplied on this form may be kept for the purposes of Burway Rowing Club.*

Name:

Date.....

Signature