



STOUR SAILING CLUB

Club Gig - Handbook



Revised February 2017



LOTTERY FUNDED

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Introduction

After almost ten years of informal rowing at the Sailing Club, rowing moved up a gear in 2016 with the introduction of organised Club Rowing Sessions that any member can book on to, and that non-members can also join on a 'try before you join' basis.

In May 2016 the Club was awarded a £10,000 grant from Sport England towards the purchase of a Harker's Yard Gig as part of a Coastal Rowing project to "*expand participation through supporting formal, organised "Club" coastal rowing to provide low cost, open access opportunities for people of all ages and abilities to get involved in rowing and keep rowing*".

The 'Rowing Project' started at the beginning of June 2016, with organised Club Rowing sessions using a Claydon Skiff, and on 1st October 2016 we launched our Club Rowing Gig – Harker's Yard Gig Number 17: William Rose. The Gig will be the primary focus of Club Rowing, although we will also carry on rowing Claydon Skiffs to increase the number of 'seats' available and to ease logistics (especially during the 'lift out' months) by using boats that are already on the water.

Our targets for the Sport England are to organise regular Club Rowing Sessions, to have fifty people rowing over the year from 1 June 2016 to 31 May 2017, and to field men's, women's and mixed teams in the 2016-17 Harker's Yard winter race series. At the end of May 2017 we have to report back to Sport England on participation as part of our grant conditions. How well we do in meeting our targets will influence how keen Sport England will be to fund us in future.

William Rose is the Club Gig and the information and guidelines in this document are designed to help ensure that the Gig can be used by as many members as possible whilst also seeking to ensure the safety of crews, the Gig and other water users and meeting our obligations to Sport England.

Club Rowing Sessions and Racing

Since June 2016 we have had a schedule of organised Club Rowing sessions that any member can sign up for and participate in. During the year we aim to provide a mix of sessions geared to the different interests of participants. Some sessions will be social rows, some shorter rows, some training sessions for races, and some longer rows. There are also opportunities to learn Coxing skills as well as (or instead of) rowing.

The Club Rowing sessions mean that members don't have to organise a crew or a Cox or getting the boat in and out of the water. Members can just sign up for a row and turn up at the appointed time, and help with getting the boat ready and putting it away afterwards.

Club members will be asked for a contribution of £1 per row in the Gig which will be set aside to cover costs associated with the maintenance of the Gig and replacement of equipment (such as thole pins).

Club Rowing Sessions and Races are included in the Calendar on the Club website and on the notice board and will be circulated by e-mail to those who have expressed an interest.

When tide, weather conditions and crew allow we try to have two club rowing sessions a week, one during the week and one at weekends.

Non members can also 'come and try' rowing in the Gig without having to join the Club straight away.

The Club Sessions will also enable individuals to gain the necessary skills, experience and confidence to take the Gig out independently in addition to the formal club rowing sessions.

Getting Involved in Club Rowing – Stour Sailing Club Members

If you would like to join in - just e-mail rowing@stoursailingclub.co.uk and we will add you to the circulation list. Or add your details to the list on the upstairs notice board in the Club.

Getting Involved in Club Rowing – Non Members

We offer a warm welcome to individuals who would like to come and have a go at rowing with the Club, whether you have some experience or are complete beginners.

Just e-mail rowing@stoursailingclub.co.uk and we will get back in touch with you to invite you to come along to a Club Rowing session.

You will be able to try rowing with an experienced Cox and a mix of new rowers and regular crew. If you enjoy the experience and would like to continue you will be able to take part in two further free Club Rowing sessions before deciding whether you want to join us more formally.

If after your three free sessions you would like to try a few more times before you decide whether to join the Club we will ask you to pay a fee of £5 per session.

Family membership of the Club is currently £78 a year with a one off £20 joining fee.

Beyond the Formal Club-Rowing Sessions - Wider Use by Club Members

Beyond the formal Club Rowing and Racing Sessions the Gig can be booked for social rowing or team practice.

Club Members who have the necessary experience may register as Approved Users and may then book the Gig for informal sessions subject to some simple conditions and a small charge of £5 (similar to the use of the Club Topper and equivalent to the standard £1 contribution per crew member for Club Rows).

The Approved user making the booking will be responsible for the Crew and the Gig during the session and for ensuring that the Club rules for use of the Gig are adhered to. If the Approved User is not personally Coxing the Gig they must ensure that a competent Cox carries out this role.

The approved user booking the Gig will also be responsible for passing the details of the row and the crew to the Rowing Secretary so that they can be entered in the Club Rowing Log. This mandatory task enables the Club to fulfil the Sport England participation monitoring requirements.

An application form to become an approved user and the process for booking and conditions of use are included at the back of this pack.

The Gig can be booked for informal sessions when there is no formal organised Club Rowing Session or Race booked (dates for Club Sessions and Races are on Calendar on the Club website). The Gig may be booked by e-mailing Rowing@stoursailingclub.co.uk with details of the date and time requested giving at least 24 hours notice - on a first come first served basis.

Use of the Stour Sailing Club Gig

Coxing

All Gig Crews must include a Competent Cox as helm-person at all times. If the Cox is not also the Approved User, then it is the Approved User that carries responsibility for the Gig overall, and therefore the Cox must willingly accept any guidance made by them.

The Club will be working to increase the number of people who are able to Cox through providing experience on Club Rowing Sessions and formal training.

Role of the Cox (or Approved User if applicable)

- The first duty of the Cox is the safety of the crew and equipment, and the safety of all other water users
- The Cox is running the boat, but should consider themselves one of the crew, and be regarded as such by other crew members.
- Whilst on the water the Cox should ensure that everything is made as easy as possible for the crew, and should adjust each session to suit that particular crew.

Decisions on whether to Row

- The final decision on whether to row rests with the Cox, although if any of the crew express concerns about launching then this must be considered and acted upon accordingly. The following must be considered before launching:
 - **Weather** – check forecasts for wind (strength and direction) that might make rowing or launching or docking hazardous. Also consider visibility, rain and cold or extreme heat.
 - **Tides** – understand the impact of the tides on rowing conditions and progress of the Gig
 - **Limitations** of the vessel and crew – always row to the weakest rower, make sure that crew has suitable clothing
 - **Navigational hazards** – know where the channel is and be aware of underwater obstructions
 - **Route Plan** – plan to row **into** the prevailing conditions so that when the crew is tiring they will have conditions helping on the return journey (especially with a less experienced crew)
 - **Shore Contact** – ensure that there is a designated person who knows that the Gig is on the water and can raise the alarm or check status if needed
- Coxes should never feel pressured into taking a boat out, and if conditions are worse than expected they should have no hesitation in cutting the row short.

On the Water

Coxes must have a working knowledge of the rules preventing collisions at sea (International Regulations for Preventing Collision at Sea (IRPCS)).

As rowing vessels are not specifically mentioned as a class of vessel under the IRPCS they have no defined status under the rules and should keep clear of other types of vessels.

However, all water users (including rowing vessels) have a responsibility to avoid collisions, including keeping a good watch for other vessels on the water, altering course and slowing or stopping as necessary.

Remember that the Gig is not very manoeuvrable. Coxswains should therefore be aware at all times of other water users, anticipate the likely actions of sailing boats in particular, and give clear indications of the Gig's intended actions to other water users

Basic 'Rules of the Road'

- If two boats are on a path to meet head on the boats should pass port to port by altering course to starboard
- If you are overtaking another boat you must keep clear of the boat being overtaken and give them plenty of room
- If you need to cross the path of another boat you should pass behind, not in front, and give them plenty of room
- Although infrequent, large ships do come in and out of Mistletoe Quay via the channel at High Water. In such circumstances be aware of the path that the ship will need to take, and keep well clear. The Gig can make use of the water beyond the channel, large ships cannot.

Communication and Safety

- The Cox should wear a life jacket or buoyancy aid at all times
- The Cox should take a fully charged VHF radio and be able to use it correctly and legally to (Club handheld radios are available to borrow if needed)

Guide for all Gig Users

Firstly - a reminder: despite appearances the Gig is made of wood and as a racing Gig the hull is thin – handle with care!

These instructions are a reminder only – all authorised users should of course ensure that they are familiar with the use of the Gig at all times, particularly before their first 'independent' trip.

Getting the Gig ready for use...

- Collect the oars, bag containing the thole pins and leathers, and rudder and headstock from the Starting Hut
- Take off cover (undo ropes, flop sides into boat, stand at bow/front and pull towards you - easier with 2 people)
- Remove the cover frame carefully
- Place the cover and frame where they will be out of the way and not get wet and muddy while the Gig is out
- Give the Gig and equipment a check over
- Dress the bits of leather that go between the thole pins, and the leathers on the oars with tallow if needed
- Make sure that the bung (in the bottom of the Gig) is in and screwed to the 'closed' position

Launching...

- Before you start – remember that some crew members will have to go into the water – be prepared with waders (especially in the winter months and *until we get the floating dock*).
- Remember - the Gig is long and the turn from the compound to the hard is tight – watch the boat on the gate and the edge of the Hard
- Have at least two people ready in waders/able to paddle. The people steering the trailer also need to be able to get wet so they should be prepared.

- Two people should stand in the water either side of the Gig to make sure that the keel of the Gig remains in the centre of the rollers as it leaves the trailer and that the Gig comes off straight and upright as it enters the water.
- Float Gig into water – bring gig safely alongside the hard or the Quay – Make sure the **fenders** are out as needed and that the bow and stern lines are to hand
- Fit the rudder and headstock
- Pull the trailer back up and leave in the Compound out of the way of other boat users
- Don't get in the gig with muddy feet! It will save you lots of cleaning out after your session, and reduce wear and tear on the gig
- Wash mud off and take waders with you in the gig (or if a member is staying ashore, leave with them)

Thole pins...

- Are made of hardwood (darker coloured greenheart wood) and softwood. The darker pin goes nearest to the rower and the lighter pin goes furthest from the rower. Put them in the appropriate places for each position. Make sure that you have spare pins on board

Getting Going....

- The Gig is quite 'tender' – so be careful when getting in and out
- Decide who is going to row in which position **before** you get in
- Get into the boat one at a time
- **Sit down** on your designated seat as soon as you can
- Sit on the **opposite** side of the boat to your oar – do not try and sit on the centre line
- Watch your feet on the floor of the boat – it will be slippery if wet – think where you are putting your feet
- Set your footrest so that your legs are *only just* bent when leaning forward and straight when leaning back
- Find your oar and have it ready to use before setting off. Oars are usually numbered: The Bow or fwd end is no 1. The oars are different lengths (1 and 4 are shorter) so make sure that you have the right oar!

When finished...

- Bring the Gig alongside the Quay or Hard carefully so crew can disembark safely (NB. If the weather dictates using the 'V' between the quayside and hard - DON'T HIT THE STEEL PILES).
- Make sure that the **fenders** are out and protecting the Gig, Secure the Gig using the stern and bow lines – use a spring if required.
- Remove thole pins and leathers carefully – do not lose them or drop them in the boat!
- Remove the Rudder and Headstock.
- Take the Oars out of the Gig.
- Take all of your kit out of the Gig – it is very difficult to retrieve kit once the Gig is on the trailer!
- Get out of the Gig one at a time and carefully – if alongside the hard you may find it easier to 'crawl' out of the Gig rather than step.
- You will need at least four people to safely get the Gig out of the water and on to the trailer. At least one person needs to be in the water to guide the stern of the Gig.
- Push the trailer down the Hard and into the water until it is possible to float the bow of the Gig on to the initial sets of rollers on the trailer.
- Attach the strap from the winch to the bow of the Gig – keep checking the position of the Gig as you lift and winch the Gig on to the trailer. The keel of the Gig must remain in the centre of each of the sets of rollers and the Gig must remain straight and upright at all times.

- Once the Gig is securely on the trailer return it to the Compound (watching the Gig round the turn and through the gate).
- In the Compound...
 - Double check that the Gig is sitting properly on the trailer
 - Double check that all equipment has been removed
 - Rinse Gig with fresh water and tidy and clean the Gig with sponge as needed. Make sure that no water remains in the bottom of the Gig – particularly at the extremes of the bow and stern under the floors where it tends to sit
 - Rinse the trailer with fresh water, paying special attention to the wheels.
 - Put the thole pins and leathers in the pin bag
 - Return the Rudder, Headstock, Oars, Thole Pins and Leathers to the Starting Hut and put away tidily
 - Fit cover frame- the aft arc fits over the forward thole hole and rests on gunwale, forward one fits over the aft thole holes. The central one just rests on the gunwales- make sure it doesn't get out of position while the cover goes on
 - Put cover on starting with the stern. Pull cover out to bow before dropping sides over boat, and pull to get it over the top of the bow
 - Pull sides of cover over boat and fasten lashing lines underneath boat using the pairs of eyelets in the cover
 - Check that all gear is either in boat, put away in proper places, or going with you before leaving the Compound
- If anything has been lost or damaged (e.g. thole pins) during the session, please inform the Rowing Secretary by email so that it can be fixed or replaced. Failure to report damage may result in removal from the list of Approved Users.

Safety on the Water...

- The Cox (or Approved User if applicable) is in charge of the Gig on the water – the Gig is steered by Oar as much as rudder and the crew must listen and be ready to respond to instructions
- All crew should be able to swim 25 metres in rowing kit. Any crew members who cannot meet this requirement should wear a life jacket or buoyancy aid at all times
- The Cox should wear a life jacket or buoyancy aid at all times
- Any crew member under the age of 18 must wear a life jacket or buoyancy aid at all times
- Any member of the crew may wear a life jacket or buoyancy aid if they prefer – do not feel that you have to ask
- If a crew member prefers to use a life jacket (rather than a buoyancy aid) then the life jacket must be worn at all time when on-board the Gig (a life jacket cannot be put on quickly in an emergency when compared to a buoyancy aid).
- The Gig must carry sufficient buoyancy aids for all those on board that are not already wearing life jackets (Crew members should bring their own if possible, and Club buoyancy aids are available to borrow if needed).
- Buoyancy aids will be placed under the individual seats and must be put on if the Cox gives the command, or before if you wish.
- A waterproof bag containing a safety pack should be taken on each outing to include:
 - A first aid Kit
 - Foil emergency blankets (if appropriate for the time of year)
 - Water-Proof gaffer tape (for emergency patching!)
- The Cox should take a fully charged VHF radio and be able to use it correctly and legally.
- The Gig and the Oars are heavy, handle with care.

- Take particular care when getting into and out of the boat (the Gig is tippy and may be slippery), and do not put your hands between the gunwale of the Gig and the Quayside (you do not want squished fingers!)
- Make sure that you have spare thole Pins

Although you are very unlikely to need to call for help, it does happen. In April 2016 a Harker's Yard Gig ran aground close to St Osyth on a falling tide in cold weather. Although there were no injuries all members of the crew became very cold with danger of hypothermia and were winched to safety in a helicopter rescue after the Clacton Life Boat was unable to pull the Gig free of the mud. This is one of the crew 'going up'.



Personal Equipment

You do not need lots of specialist equipment or clothing for rowing, but you will need:

- Clothes that allow a full range of movement.
- Trousers or shorts without pockets, seams or rivets work best (jeans are not a good idea).
- Wear layers that you can take off when you row and put on when you stop.
- Wear a cap, sunglasses and sunscreen in sunny weather, and a woolly hat in winter.
- Most people wear gloves – you can buy rowing gloves - but sailing gloves, old leather gloves or even flexible gardening gloves are ok when you start.
- Wear shoes that you don't mind getting wet and muddy (it will happen sometimes) with soft soles that will not damage the Gig.
- Take a bottle of water with you.
- Take your own buoyancy aid if you have one. If you wish to wear a life jacket then it must be worn at all times when you are on the Gig (as already stated, a life jacket is not as simple to put on quickly if needed).

Rowers' Rough Guide to Gig Rowing

Rule Number One

The Cox is in Charge (or the Approved User if applicable)
Be ready to listen and respond to instructions.

Rule Number Two

Have fun – the more you put in to rowing, the more you will get out of it

The Gig is 'tender' – so be careful when getting in and out

- Decide who is going to row in which position **BEFORE** you get in
- Get into the boat one at a time
- **Sit down** on your designated seat as soon as you can
- Sit on the **opposite** side of the boat to your oar (as in the photo to the right)
- Watch your feet on the floor of the boat – it will be slippery if wet – think where you are putting your feet
- Set your footrest so that your legs are *only just* bent when leaning forward and straight when leaning back
- Find your oar and have it ready to use before setting off. Oars are numbered: Bow (the end of Gig that the rowers DON'T look at) is no.1



Rowing the Gig - This is very different to rowing the Claydon Skiffs!

- There are no metal 'U' shaped Rowlocks – instead there are two wooden THOLE pins.
- The darker pin is made of hard wood and the lighter pin is made of softwood. The darker pin goes at the BACK of the oar (nearest the bow – the pointy end of the boat) and the lighter pin goes at the FRONT of the oar (nearest the stern – where the Cox sits).
- The oar will feel 'sloppy' to begin with if you are used to rowing with rowlocks – after a while you won't notice.
- The oars also have no Collars to keep them in the right place – you have to work to keep the **leathered** part of the oar between the pins, don't let the oar come in or out too far so that the bare wood is on the leather between the pins.
- Your hand nearest the 'blade' of the oar should be **over** the oar handle, and your hand nearest the 'handle' should be **under**.



- Sit towards the front edge of your seat – it makes it easier to lean backwards.
- The (thole) pins prevent the oars from being swung along the side of the boat, so if you 'catch a crab', or need to get your oar out the way fast to avoid an obstruction, lift the handle straight up with the blade still in the water - the oar will trail alongside safely. Practise doing this *before* you need to!

The aim is to have a long, steady stroke

- The seats (thwarts) are quite close together. Everyone needs to **LEAN** as much as possible. If one person takes a shorter stroke it is impossible for the other rowers to take longer ones.
- At the start of the stroke - **lean right forward** with your arms outstretched, as far as you can reach with a straightish back. Your nose will be almost above your feet.
- At the end of the stroke ***lean as far back as you possibly can!*** Your legs should end up straight. With practice, you will find yourself able to lean further and further back, which increases the length of time the oar is in the water driving the boat forward.

Rowhedge CRC demonstrating the lean!



Coming Back to the Quay

- Listen to the Cox's instructions – they are in charge!
- The Cox will ask the number one rower (furthest away from the Cox) to put their oar away in time to be ready with the bow line.
- Put the fenders over the appropriate side before reaching the quay.
- Move your seating position into the middle of the boat.
- The oars can be LIFTED UP VERTICALLY. The handle end (Butt) goes on the floor between your feet – blade in the air – hold on to the oar with your feet, knees and hands! The order is **UP OARS!**
- Once the Gig is safely alongside and moored and the oars are finished with, take out the (thole) pins and their leathers so they can be safely stored away.

Rowers' Rough Guide to Rowing Terms

Term	What it Means
Cox	Steers the boat and is in charge of the Boat on the water. The Cox issues the commands and the crew must follow them. The Cox is the only person who can see forward to where the boat is going!
Stroke	The Rower nearest to the Cox sets rhythm for the rest of the boat to follow. In a four oared boat like ours the Stroke is number FOUR
Three	Three is the Rower behind the Stroke
Two	Is the Rower behind 3
One	Is the Rower at the bow (front of boat), furthest from the Cox
Starboard	As the Cox looks forward, Starboard is the side of the boat to their right and the Rowers' left. On the Gig this is the "Stroke side" (on the Skiffs it is the bow side) Channel Markers for Starboard are GREEN
Port	As the Cox looks forward the port side of the boat is to their left and the Rowers' right. On the Gig this is referred to as "bow side" (on the Skiffs it is the stroke side) Channel Markers for Port are RED
Bow	The front of the Boat (the pointy or sharp end) where the Bow Oar sits and that your back is towards when you row.
	<ul style="list-style-type: none"> • Related to 'Forard' (forward) when asking for the bow line to be let go '<i>let go forard</i>'
Stern	The Back of the Boat (the blunt end) where the Cox sits and that the Rowers look at when the row.
	<ul style="list-style-type: none"> • Related to 'aft' – when asking for the stern line to be let go '<i>let go aft</i>'
Gunwale	"Gunnel" – the bit round the top of the Boat which holds the thole Pins or Rowlocks
Rowlocks	'Rollocks' – the metal cradle on the Skiffs which support the oars when rowing
Thole Pins	What the Gig has instead of Rowlocks. The darker pin is made of hard wood and the lighter pin is made of softwood. The darker pin goes at the BACK of the oar (nearest the bow – the pointy end of the boat) and the lighter pin goes at the FRONT of the oar (nearest the stern – where the Cox sits).
Leathers	A rectangular piece of leather with two holes for the thole Pins. The leather sits on the gunwale and helps to protect the boat from wear.
Tallow	A greasy substance which is used to keep the leathers and the leathers on the oars supple and protect them from water.
Oars	Oars have a Blade (the bit that goes in the water) Leathers (the bit that goes between the thole Pins or rowlock) and a Handle.
Crab	As in catching a crab. This happens when a rower cannot get the oar out of the water quickly enough at the end of a stroke and the oar drags in the water. Everyone catches a crab sometimes – it can pull you backwards out of your seat – and in the Gig you can break a pin - lift the oar handle straight up with the blade still in the water to try and avoid this!
Stroke	A single movement with the oar - see Fixed Seat Rowing Technique
Stroke Rate	The frequency of strokes. A lower stoke rate means that fewer strokes are taken each minute but often means that the blades will be spending more time in the water - it can be more controlled and hence more efficient. A faster stroke rate does not necessarily mean that the boat moves faster.
Sweep Rowing	Each rower in the crew rows with a single oar (sculling is where each rower has two oars)



STOUR SAILING CLUB

10 Quay Street

Manningtree

Essex CO11 2AN

www.stoursailingclub.co.uk

email: rowing@stoursailingclub.co.uk

Application to be on the List of Approved Club Gig Users 2017

Full name:	Club Membership number:
Address:	Email address:
	Mobile phone number:
	Home phone number:
Experience of Coastal Rowing – Coxing and Rowing Experience, including any British Rowing or other qualifications and experience of Gigs:	
Other relevant Boating experience and qualifications	
Do you hold a VHF licence?	
Do you have any medical conditions or impairments that may affect your ability to take part in coastal rowing? *	
*Should such a medical condition exist then it will not necessarily preclude you from participation but it must be declared, and if you are in any doubt then you should take advice from your doctor.	
I would like to apply to be added to the list of Approved Club Gig Users and agree to the conditions on page 2 of this form. <i>By signing below you confirm that you have read the Club Gig handbook and understand and will comply with the rules on the use of the Gig at all times.</i>	
Signature:	
Date:	
Submission Approved, Waterborne Trial completed: (Rowing Secretary Sign & date) _____	
Considered by SSC Management Committee on: _____	
Added to list of Approved Users (Yes/No): _____	
Signature of 'Approving Club Officer': _____	

SSC CLUB GIG – Independent Booking by Members

1 Members wishing to take charge of taking out Gig must be on the list of approved users before the Gig can be booked out. To be an approved user members must be able to show that they are able to ensure:

- the preparation of the Gig for use
- the safe launching of the Gig
- safety of the Crew and Gig on the water
- safe retrieval of Gig
- 'laying up' of the Gig and equipment for next use

The Club Management Committee will consider applications to become approved Gig Users and will notify applicants of the outcome.

- 2 The person in charge of steering the Gig (usually the Coxswain) is in charge of the boat on the water and has a duty to keep the crew and other river users safe, after all the Cox is the only person who can see where the Gig is going! All crews must therefore include a competent Cox (who may or may not be the Approved User) and if the Cox is not the Approved User, then the Cox must follow the guidance of the approved user, who has overall responsibility for the boat having signed it out.
- 3 The Stour Sailing Club is offering the opportunity for suitably experienced members to use the Gig at their own risk, and in no way, shape or form does it accept any liability for any incidents caused by doing so. Please do not ask to become an approved user unless, or until, you have the necessary experience.
- 4 Members taking charge of the Gig must be aware of and abide by the Club's rules for use of the Gig.
- 5 The Gig is available to be booked by authorised users for social rowing or team practice beyond the formal Club Rowing and Racing Sessions. All bookings will be made on a first come first served basis with no less than 24 hours notice. Repeat, longer-term bookings may be refused so that all can gain benefit in as fair a way as possible.
- 6 The date of the session and names of the Cox and Crew must be notified to the rowing secretary and entered in to the rowing log to ensure that the club is able to report back to Sport England on participation as part of our grant conditions.
- 7 The charge of £5 for ½ day (one tide) is due in advance. This is towards the cost of maintenance and replacement of Gig equipment (eg thole pins) and is equivalent to the £1 standard contribution per crew member for the use of the Gig as per Club Rows.
- 8 You may not pass responsibility for the Gig to someone else to use during your loan period.
- 9 If you are unfortunate and break something (including thole pins), or worse, have an accident of any sort, inform the rowing secretary immediately so that other users can be advised, and so the damage can be repaired. If you do not do this you may be removed from the approved user list.
- 10 Anyone borrowing the Gig outside of the above requirements will be deemed to have taken the Gig without permission (formal organised club rowing and racing sessions excepted).



STOUR SAILING CLUB

Rowing Contact Form 2016-17

Name				
Address				
Email Address				
Mobile Phone Number				
Are you currently a member of the Stour Sailing Club?		Yes	No	
Do you have any medical conditions or impairments that may affect your ability to take part in coastal rowing? *				
*Should such a medical condition exist then it will not necessarily preclude you from participation but it must be declared, and if you are in any doubt then you should take advice from your doctor.				
Please use this box to give us any additional information you would like us to be aware of				
A condition of our Sport England Funding we have to report back some basic statistical information on rowing at the Club - can you please provide the information below:				
Age	Gender	How would you describe your ethnic origin?	Do you have a disability or a limiting long term illness?	Do you regularly take part in any other sport/physical activity?
Declaration – I understand that participation in coastal rowing is undertaken at my own risk.				
Signature				
Date				