



STOUR SAILING CLUB

Club Single Scull Sarka - Handbook



Revised June 2020 – to include guidance on use during Covid 19 social distancing requirements



Use of Sarka (Single Scull) whilst Social Distancing Requirements Remain in Force - June 2020

Although recreational use of the estuary is now possible, social distancing rules requiring a distance of 2 metres to be maintained between individuals from different households at all times. Gig rowing is clearly not possible under these requirements. However, following the lift-in on 5th June it is now possible to re-start use of Sarka, the Club single scull with additional precautions to mitigate risk.

Stour Sailing Club has undertaken a risk assessment of all areas of Club activity and has put in place procedures to mitigate risk. All members, including rowing members booking Sarka must comply with these procedures. As at 3rd June the Club Procedures in force are:

- Social distancing must be adhered to at all times in all areas of the Club
- Individuals or members of the same household (i.e. living in the same house) ONLY may access and use their vessels
- Lone sailors must know their limits and ensure they keep in touch
- No overnight stays on member's own boats are allowed in any situation or circumstance
- The SSC racing programme is suspended
- The clubhouse will remain in full lockdown until further notice – this includes the toilets once lift-in has been completed
- The West Compound, slipway and quay are open for use – BUT social distancing and hygiene must be observed at all times
- There will be soap (attached to the taps) plus a hand sanitising station in the West Compound which all members must use
- The pontoons will remain where they are for the foreseeable future
- All shared equipment, e.g. launching trolley, padlocks, etc MUST be cleaned before and after use – there will be sanitising wipes available and soap and water in the West Compound
- The East Compound will be available for MINIMAL use BUT social distancing must be observed
- The East slipway may well be used by non-club members and therefore social distancing must be taken into account.

Additional Specific Procedures for Use of Sarka

- Only authorised Sarka users may book and row Sarka at the current time (authorised users have previously demonstrated competence in handling and sculling the single scull).
- Authorised users must comply with the requirements set out in the Use of Sarka handbook which has been updated to include the social distancing requirements and is available on the Club website and TeamAPP.
- Sarka must be booked 24hrs in advance by emailing rowing@stoursailingclub.co.uk. Depending on demand, limited time slots may be allocated, and regular recurring bookings will not be accepted to maximise access. Bookings will be entered on to the Club Calendar and TeamAPP.
- A contribution of **£3** will be required for each Sarka session – to avoid the need for cash at the moment, a note will be kept of each row on Team App and the contributions will be payable to the Rowing Secretary on return to Gig rowing.
- In most circumstances Sarka requires two people to launch. Sarka is more than 2 metres long so with care it is possible for two people from different households to

launch whilst adhering to the two metre rule. However, you may wish to consider wearing face coverings as an additional precaution.

- Where two authorised users are both from the same household use of Sarka may be shared in a single session. Where Sarka is used with the Cox seat both the rower and the cox must be from the same household.
- **Sanitising:** in addition to the club sanitising procedures for shared equipment set out above, Sarka must also be sanitised before and after each row, with particular attention paid to gates, blades, seat, lift points, and launch trolley handles. Sanitising spray will be provided – this will be kept in the cover with Sarka's blades.
- **Safety:** additional rules will apply during this period when emergency cover will be limited:
 - Check weather conditions and forecasts and ensure that you only row in conditions that are well within your capability
 - Ensure that someone knows when you are going out and when you will be back – ideally a 'launch buddy' should remain on watch on shore
 - Life jacket or buoyancy aide to be worn (if you use a Club buoyancy aide you should retain this for future use during the current restrictions, for return at a later date)
 - Take a means of communication (mobile phone in a waterproof pouch or a VHF radio)
 - Ensure that you have a towel and spare clothing in the unlikely case of capsize – be aware that there will be no access to the Club House at this time
 - Stay within sight of shoreside club facilities – this is not a time for long distance rows however tempting

And Finally....

In non social distancing times the route to becoming an Approved Sarka User is to begin during an organised Club row when there will be people around to help and coach.

We hope that we will be able to organise some sessions over the summer where members can have a go with coaching from the shore, maintaining social distancing. If you would be interested in this please email rowing@stoursailingclub.co.uk or let us know via TeamApp.

Alternatively some of you may also have previous sculling experience, and/or completed a 'learn to row' course and capsize drill. If so then please let us know – again by emailing rowing@stoursailingclub.co.uk or via TeamApp

Sarka

Sliding Seat Single Scull - Guidelines For Use

In May 2019 Stour Sailing Club was honoured to have receive the single sliding-seat sculling boat Sarka as a donation from member Hubert Ward. We hope many members will enjoy many hours on the water in the enjoyable sport of sculling. Below are some important points regarding usage.

Sarka



KEY POINTS

1. **Two people** are required to launch and retrieve boat. She is too heavy for one person.
2. **Boat must NOT be lifted by riggers. This will cause damage.**
3. Only club members who can swim can use this boat
4. Only club members who are approved competent scullers may book Sarka for independent use outside of club rows.

Safety

<http://www.coastalrowing.co.uk/safety>

It is strongly recommended that members scull when other club members are also on the water (safety boat out, sailing, gig rowing, kayaking etc) and **know you are sculling.**

Sculling means you are not facing forward. Great care is needed to avoid potential hazards e.g. moored and moving boats, other craft. Swimmers are particularly difficult to see. Turning your head to check where you're heading every few strokes is essential in busy areas. Less confident /experienced users should remain close to the shore line.

Capsize:

- Whilst a relatively stable boat designed for estuary rowing, the club has not checked whether she can be turned correct way up in a capsize in order to get back in. This will be scheduled and members will be informed.
- In event of capsize the essential thing is to stay with the boat. It is a big flotation aid. It can be seen, unlike your head.

It is the **member's** responsibility:

- to have a contact looking out for them and able to call for assistance if needed
- to check tide and that wind/weather conditions are safe for rowing
- to wear or take a flotation aid
- to only use this boat if they can swim at least 50m
- to ensure compound, starting hut and clubhouse are locked secure after use
- to accept all rowing is at members own risk

With limited water time available per tide, a maximum of 2 members (who've agreed together to share) can book the scull per tide session. **It is Important to note that for most users 2 people are required to carry/lift boat.** Whilst social distancing requirements and the two metre rule remain in place only members of the same household may row Sarka in a single session due to the need to sanitise equipment in between rows. As Sarka is more than two metres long it is possible with care for two people from different households to launch Sarka without breaking the two metre rule.

Booking Procedure for Approved Competent Scullers:

Email request to Rowing@stoursailingclub.co.uk 24hrs in advance of use. Availability can be checked on club website calendar or TeamApp, prior to making request. Regular, repeat bookings will not be taken in order to maximise availability.

The fee per outing is **£3** – this goes towards maintenance and replacement of equipment. During social distancing a note will be made of individual rows on TeamApp and the Rowing Secretary will request payment for Sarka rows once we have returned to Gig rowing. This will avoid the need for cash payments at this time.

Current approved competent scullers:

Garron Baines Angela Colclough Caroline Cunningham Philip Cunningham Russell Harvey Will Langton Sue Mather	Holly Pavey Jenny Pavey Rheanna Pavey Keith Paxman Brendan Sullivan Jill Sullivan Maria Vigneau Judy Wakeling
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Using the boat

Launch

Collect blades from starting hut – **Blades are currently with Sarka in the compound as the starting hut is not in operation.**

- Blades are Sutton brand with red and green collar and blue handle grips.

Check condition of boat, do not use if any damage or issues and report them.

There are two settings for the rigging, the position closest to the stern is for single sculler only. The position closest to the bow allows a passenger to sit in front of rower.

Check seat slides smoothly. Clean runner if necessary. Undo blade gates.

Remove any water in buoyancy tanks. Ensure buoyancy tank lids securely closed before using.

There is a trolley to wheel boat down slipway or two people can carry her to launch from beach. Please take care, the Hull will scratch if pulled over hard surfaces and care needed when launching. Only get in boat when she's fully afloat to protect hull.

Ensure blades are locked into gates correctly, see photo below

- Bow side blade (green collar) in left hand of rower, stroke side red blade in right hand.
- The thicker side of the gate must be the edge closest to rower.
- Blade collar must be between gate and boat



You will need to row in footwear that can get wet.

After outing:

Again, same care needed to protect hull. Step out of boat before touching land.

Use trolley or carry to compound.

Hose down wash and wipe inside and out after each outing.

Rinse and ensure the seat runner and wheels are clear of sand after outing. Close blade gates.

Return blades to starter hut.

Sculling basics

Balance

- The rower balances the boat with equal weight on both feet and blade handle heights. The body does not lean from side to side to balance the boat.
- The core muscles are engaged. Sit tall with long neck, head up, shoulders down and RELAX. Weight is not on the seat.

Handle hold.

- This is a soft hold not a firm grip. Thumbs on the end of the blade to maintain outward pressure. Keep wrists as flat as possible. Left hand leads.

<https://m.youtube.com/watch?v=yuFBv55xRVo>

Try the above sitting on a couple of cushions on the floor at home with something like loo roll tubes or wide broom handles.

Links for Full Technique video and photos

Focus on just one aspect of the stroke at a time.

https://m.youtube.com/watch?v=OpZbV8LyT_c

<https://www.britishrowing.org/knowledge/online-learning/techniques-and-training/water-rowing-technique/>

Happy sculling on our beautiful estuary!

Further Safety Considerations

More safety information below, provided by <http://www.coastalrowing.co.uk/safety>

COASTAL ROWING IS A RISK SPORT.

Please Remember WWBBCC:

WEATHER, WATER, BODY, BOAT, CLOTHING AND COMMUNICATION

The following is to encourage you to think about your safety and understand the potential risks. Where you row will affect the level and nature of risk. The following is a guide only as it cannot cover every location or situation.

Identify and understand the risks. Identify and act to minimise the risk. Know what to do if there is an incident.

IF YOU CANNOT SWIM DO NOT GO ROWING.

WEATHER

- **Things to consider:**

- Wind speed and strength of gusts
- The direction of the wind e.g. onshore, offshore. Is it due to change?
- Temperature. How hot or cold is it now and is it going to change later?
- How will the wind affect temperature?
- Is it going to rain? How will your body temperature change if you get wet?
- Is it going to get dark or foggy?

- Effects of the sun and reflection off the water?

It is important you understand what the weather will be for the duration of the time you are on the water. You must be 'more than' capable of rowing safely in the expected weather conditions. You must be suitably clothed to manage changing external temperatures and body temperatures. You must protect yourself from the effects of sunlight.

WATER

- **Things to consider:**

- What is happening with the tides, are they strong, will they be changing?
- Are there any strong currents, will they be changing?
- What is the sea state? Is it due to change?
- How far away from the shore line is safe? How will I get back to shore if an incident occurs?
- Are there other water users that you could collide with? – large ships, small boats, swimmers, kayaks, other rowers, etc – could you damage/injure them? Could you damage your boat or be injured?
- Are there any rocks, sand banks, shallow water, buoys, fishing nets, floating debris, etc that could damage the boat?

It is important to be vigilant when you are on the water, regularly looking over your shoulder, so you know what is ahead. Take extra care when there are many people on the water. Carry buoyancy aides, tow lines in case you damage your boat.

BODY

- **Things to consider:**

- How fit are you? How supple are you?
- Do you have any health conditions?
- What is a suitable level of exercise for you?
- How good a swimmer are you?
- How do you cope with heat and the cold?
- Be aware of energy levels and hydration levels

Rowers are known for their high levels of fitness and sometimes extreme training. That doesn't mean you have to emulate them. Build up levels of exercise and fitness slowly. Rowing requires a degree of suppleness which may take some time to acquire. Boat speed is highly dependent on balance and a smooth and correct rowing action so if you are starting, re-starting focus on learning balance and technique rather than power.

Carry water so you can keep hydrated. Dehydration affects your ability to concentrate and row effectively. You and others are at greater risk if you are dehydrated. Consider suitable diet and calorie intake for the level of exercise.

BOAT

- **Things to consider:**

- Safely fixing the boat to a trailer when transporting
- Safe lifting and handling of the boat on land
- Safe use of trolleys
- Be aware of other people around your boat e.g. avoid creating trip hazards
- Safe storage of your boat and equipment to reduce risk of theft, damage, injury

Check everything before putting the boat in the water.

- Check hull and deck, riggers, all nuts & bolts and gate settings: foot stretcher and position; seat and wheels, that the seat runners are clean; storage hatch and bung are closed, tow line attached, sculls in good condition, buoyancy aid on board.
- On the water check oars in stern side of pin, gate closed properly, before you set off.
- When launching and landing, be aware of rocks and stones in the water and on the beach, be aware of offshore winds or waves taking your boat off the beach without you. Be aware of potential damage to the fin.
- If you capsized or fell into the water, would you be able to get back into your boat?
- It is important to handle your boat with care, maintain it well and make the necessary checks before going on the water. Be aware of others. Investigate safe ways to lift, carry, transport and store your boat.
- Do a capsize drill in safe water or a pool with someone to assist you, just in case you have any issues.

Develop a routine to double check everything before you row, especially if you are in a rush or tired, when you are more likely to make mistakes.

CLOTHING

- **Things to consider:**

- Do you have suitable clothing to keep you dry and warm before rowing?
- Do you have suitable clothing for the expected weather and sea conditions AND if conditions change?
- Do you have suitable clothing to allow for changes in body temperature during exercise?
- Do you have suitable footwear to minimise risk of injury from stepping on sharp objects on land or in the water?
- Should you wear a hat? Gloves?
- Are you able to keep clothes dry on your boat if you take some off? Do you have a storage hatch or dry bag?
- If you were to capsize would you be able to swim back to your boat in the clothes you are wearing?
- Do you have suitable clothing to get you dry and warm after rowing?
- Do you have a towel and change of clothing if you get wet?

- Do you have suitable clothes when handling and washing the boats down?
- If you are rowing with someone else who is less experienced, you may be less active and therefore become colder than usual.

COMMUNICATION

- **Things to consider:**

- If you or someone you are rowing with gets into trouble, do you have the ability to communicate with someone if you need assistance?
- Will your phone work where you are rowing? Can you really rely on your mobile phone and the battery?