



# STOUR SAILING CLUB



## Return to Coastal Rowing September 2020

Get Rowing: email [rowing@stoursailingclub.co.uk](mailto:rowing@stoursailingclub.co.uk)



### Introduction

2020 was set to be an exciting year for rowing at the Club. In January we were awarded a further £10k in national lottery funding through the Sport England small grants fund to enable us to purchase a second Harker's Yard Gig.

The funding was awarded to enable us to carry out our third, year-long project to get more people participating in rowing at the Club, beginning on the 1<sup>st</sup> May.

We picked up our lovely new Gig on March 20, just in time for the announcement of the national lockdown due to the Covid 19 pandemic. The water was closed, all rowing activity ceased and our Gigs remained under cover and unused from March until August. Our 'Rowing On' project remains on hold.

The British Rowing 'return to rowing' strategy agreed with the Government allowed rowing to return in a very gradual manner from the end of June when we were able to get our single scull back on the water, to mid-August when Team Boat rowing with crews of five was at last possible again once we had our Covid 19 risk assessments and mitigations in place.



We were finally able to get our lovely new Gig Hunter on to the water, and although her formal launch celebration will have to wait for better times we splashed some fizz and raised a glass to Hunter and to Ian Hunter Edmund in whose memory she is named.

We are now back rowing with Covid secure measures in place. It is rowing, but not quite as we would normally know it as although the 'rule of 6' does not apply we do have to minimise contacts where possible.

## About the Stour Sailing Club

The Sailing Club was founded in 1937 and has been part of the local community for over eighty years. The club is owned and run by its members and exists to promote access to and enjoyment of the river, including sailing, fishing, canoeing and rowing. Everyone involved in running the Club and activities, including rowing, are volunteers.

## Rowing at Manningtree

Rowing is a fantastic team and social activity for people of all ages and is a great way to enjoy our beautiful estuary from a whole new angle. You can row for fun or to get fit or to compete – or all three. Rowing at Manningtree is mainly traditional fixed seat coastal rowing with four rowers each with a single 'sweep' oar, and a Cox, in the Club Harker's Yard Gigs. We can also row in Claydon Skiffs that are made available by their owners, and we also have a single sliding seat coastal scull.

We row as men's, women's and mixed crews and you do not have to be under twenty five, super fit and over six foot six to get rowing! Whilst sweep rowing is not suitable for those under sixteen, there is no upper age limit and many of our rowers are 'super-veterans'. If you want to row regularly then we will also expect you to be willing to take a turn at Coxing.

If you don't fancy rowing but love being on the water we are also always looking for Coxes and we will help you to gain the experience to become a 'Competent Cox'.

In more normal times we also hold indoor rowing sessions using 'Ergs' (Concept 2 Indoor Rowers). When light and tide allow we try to get out on the water twice a week, with increasingly popular weekday sessions as well as opportunities at weekends. You don't need to have any rowing experience, just sign up, turn up and be prepared to lend a hand and handle an oar.

In between Club Rows and Races the Club Gigs can also be booked for use for team practice or leisure by Members who have the necessary experience to become 'Approved Gig Users' and take responsibility for the Gig and the Crew both on and off the water. Sarka, the Club single coastal scull can also be booked by those who are approved as 'sculling' members.

## The Club Harker's Yard Gigs

William Rose, the Club's first Harker's Yard Gig joined the Club in October 2016, with the help of a £10k grant from the Sport England Lottery Fund and additional funds from the Rose family in memory of William Rose for whom the boat is named.

In May 2020 we were due to start our third Coastal Rowing Project 'Rowing On', funded by further £10k grant from the Sport England Lottery Fund to purchase a second Gig. Our new Gig 'Hunter' is named in memory of Ian Hunter Edmund whose family provided additional funds for the project.

The Harker's Yard Gigs are built by the Pioneer Sailing Trust in Brightlingsea by marine apprentices. The first nineteen Gigs (including William Rose which is number 17) were made of cold moulded mahogany ply. Our new Gig is the 22nd to be built and the 3rd to be made of 'plastic' fitted out with wood.

## Sarka – the Club Single Coastal Scull

We are grateful to SSC member Hubert Ward who has donated Sarka, a sliding seat coastal scull to the Club for members to use. Sarka provides more flexibility for individuals to learn a different technique and to row on their own in suitable conditions.

## Basic Rowing Rules

We want everyone to be safe on the water and to enjoy rowing and we have three basic rules:

- One:           The Cox is in Charge!  
Be ready to listen and respond to instructions.
- Two:           Rowing is a Team Sport – the team work includes getting the boat and equipment ready, getting the boat in and out of the water, washing down and putting equipment away afterwards
- Three:         Have fun – the more you put in to rowing, the more you will get out of it

## Racing with Stour Sailing Club

In normal times we row and also race all year round, and our busiest racing season is during the winter months when increasing numbers of Clubs and Harker's Yard Gigs compete at different locations around the Essex coast with men's, women's and mixed crews.



*Start line for the women's race at Stone*



*William Rose starting the Great River Race (22 miles on the Thames)*

## Rowing with Stour Sailing Club

We are currently working on how to safely get new rowers out on to the water as part of our Covid 19 secure rowing plan. So if you would like to come rowing please send us an email at [rowing@stoursailingclub.co.uk](mailto:rowing@stoursailingclub.co.uk) and we will get you out when we can.

Both members and non-members are welcome to come and row. If you are not currently a member of the Stour Sailing Club then you can come out for up to four rows free of charge.

We hope that you will enjoy rowing and want to carry on, so after your free rows we will ask you to consider joining the Club. A family membership of the Stour Sailing Club is currently £82 a year.

We ask all Rowers to make a small contribution, currently £3 per person per row which goes towards replacement of equipment (including thole pins) and the maintenance of our beautiful Gigs and equipment. A single Gig Oar costs around £450 and yes they do break! Individuals booking Sarka (single scull) for an independent row are also asked to pay £3 per row which also goes towards maintenance and replacement of equipment. Individuals booking a Gig for an Independent Row are asked to pay £12 per session (equivalent to £3 pp for each rower).

## Getting Started

You don't need lots of special equipment to row. Just wear comfortable clothes that you can move in. Shorts or trousers without pockets are most comfortable. You will get hot when you are rowing so wear layers that you can take off or put back on as needed. During the summer months you will need trainers or shoes/sandals that you do not mind getting wet or muddy, and waterproof footwear in the winter. We usually row wearing gloves – any old leather gloves or flexible work gloves that you can wriggle your fingers in and grip with will do to start. In warm weather a cap and sunglasses + sunscreen are important. In cold weather a woolly hat is helpful. Remember to bring water with you – rowing can be thirsty work – but no metal drinks bottles please as they damage the Gigs when dropped. You will also need to bring a face covering to wear on shore (some of us also row in them and Coxswains wear them as a matter of course).