



Royal Chester Rowing Club Summer Rowing Experience 2023

JOINING INSTRUCTIONS



Hello Attendees and Parents,
Please find here further details for the RCRC Summer School.

We hope the Summer Rowing Experience will be able to operate as planned without significant coronavirus restrictions but should this not be the case refunds will be made if cancellations are necessary. After attending at least one week of Summer Rowing Experience it is possible to sign up as a member and to join the junior squad sessions starting in September with others of similar age / experience. The squad size is limited so membership may not be automatic.

All the weeks will be morning sessions from 9am till noon Monday-Friday

Please try and arrive a little earlier for registration each day. Parking is difficult please be aware as drop off is ok, but delayed parking could be subject to traffic wardens. Entrance to the club is via Dee Lane.

Dee River Tidal implications.

We do not expect high tides during this week, though note that weather and river conditions may alter what is possible in terms of water time. We have rowing machines that can be used outside & disinfected between users should it not be possible to go on the water.

During the week:

Sessions will be run by lead coach Stuart Gilles, with assistance from Melanie Fildes, club captain Chloe Sheward will be present on the first day to deliver initial safety briefing and respond to any last minute parental queries. Part of the summer school will be on land, developing technique, whilst learning boat handling and equipment knowledge. For a simple repetitive sport there is a lot to learn, so please be prepared.

Attendees are expected to assist with specific duties:

Launches for coaches to be placed in the river and extracted at the end of the session. All rowing equipment will be shared and handled by attendees. It will also then be returned to racks after washing and cleaning. Disinfectant spray and disposable paper towel is provided for cleaning both blades and boats. Blades for rowing to be collected from racks and returned in order.

Safety is important, if you are worried about anything please speak with your lead coach. Listening and observing your surroundings is imperative and always ask if you are not sure of anything. Our assets are our rowing boats and we ask you to listen to your coaches at all times to prevent damage and for you to enjoy your experience in safer and a more rewarding environment. Everyone has confirmed they are able to swim the minimum requirement, however if you are nervous around the water a life jacket can be provided.

Covid-19 additional measures:

We will not have access to the changing rooms during the week, so come dressed ready for the outing. A box will be provided to each attendee for the week to put their own belongings / spare clothes in. If you feel unwell / have any symptoms please do not come to the session, if it meant that you had to miss the whole week then payment will be returned.

Handwashing stations and hand sanitiser is provided along with boat disinfecting sprays. A unisex WC is available in the boathouse. All sessions will be in individual boats (singles / playboats) so social distancing is maintainable, masks are therefore an individuals choice. Coaches will have their own masks should a capsized rescue be required, otherwise attendees will be asked to right themselves / swim back to the club with the boat if nearby. If you have any specific concerns on this please speak to the club captain.

What to bring:

Telephones and personal items, money etc. are not required and if brought these will be your responsibility. The clubhouse is not manned during outings. We do not use telephones during training unless an emergency occurs.

- ◆ Sun cream / sun block
- ◆ Hat
- ◆ Water / non-fizzy drink
- ◆ Change of clothing, in the eventuality of a river capsized? There is always one!
- ◆ Trainers and a water proof tops should be brought with you. Try to cover every eventuality.
- ◆ Towel

What to wear for the session:

- ◆ Training sports wear. NO HOODIES PLEASE, only for travelling to and from your training.
- ◆ All clothing should be fairly tight fitting: i.e. lycra / layers that could be tucked in etc
- ◆ Tshirts/Shorts/Leggings/Socks
- ◆ Trainers. NO Sliders / Flip Flops / Slip-on shoes. □Water proof tops
- ◆ Tie up long hair safely

Please eat breakfast before coming so you have plenty of energy. There will be no food / drink provided or available at the club so please come prepared.

Discipline:

Please be aware that we are a caring club but cannot tolerate any indiscipline. We expect you to keep our premises tidy before you leave. Any disruptions will result in us contacting parents and asking them to collect their child. Bullying is not tolerated in any form of physical or verbal abuse. If there are any welfare concerns please raise with your coach / club captain or with the club welfare officer – Karin Woolf- who's details are on posters around the club.

Part of your experience will include:

- ◆ Royals Rowing T shirt
- ◆ Training Log Book
- ◆ Certificate of Proficiency that will include a Capsized Drill (Depending on weather conditions) upon completion.

Directions:

Royal Chester Rowing Club, The Groves, Chester CH1 1SDDrive into town on A51 Boughton, after passing Waitrose on the right, turn left down Dee Lane and follow the road where it bears right at the river. The club is the first building on the left hand side behind the bushes. The club has no car parking but there is room for drop-off and limited public parking. There is a bicycle rack.

Any feedback is welcome, as we do strive to improve your rowing adventure. We look forward to meeting you all soon.

Chloe Sheward Club Captain

rcrcclubcaptain@gmail.com

For enquiries please contact our Summer Rowing Experience co-ordinator,

Sue Collins, 07485265040, rrcrcsummerschool@gmail.com

www.royalchester.org

Charitable Incorporated Organisation Registration No. 1188080