



SHIPLAKE VIKINGS ROWING CLUB  
Shiplake College Boathouse  
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Shiplake,  
Henley-on-Thames  
RG9 4BW  
Email: [info@svrc.club](mailto:info@svrc.club)

# PARENT'S PACK

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## General introduction to the club

Welcome to Shiplake Vikings Rowing club. The junior section was created in 2013 for young rowers between the ages of 12 and 18. The club is located on the river Thames, at the Shiplake College boathouse. We use the river between Sonning and the College and enjoy a quieter part of the Thames. The club's ethos is to encourage youngsters to rowing, to learn in a non-pressurised environment offering excellent coaching and allowing those who wish to, to compete in national and international regattas and heads. Although rowers don't have to attend all training sessions, those who do find that they make swift progress, enabling them to take part in competitions.

The club currently has 30 senior members and 40 junior members. The club is funded through member subscriptions but works with Shiplake College for use of its facilities, boating and safety protocols, as part of the College's aspiration to be involved in the local community. Our junior members come from a wide variety of schools in and around Henley.

We have put together this pack to help parents learn more about the Club and rowing. We would like to express our appreciation to Shiplake College Boat Club who have been extremely helpful in compiling this document.

## Training sessions

Training sessions are held at the following times:

- Tuesday evening: 18:30 – 19:45
- Thursday evening 18:30 – 19:45
- Saturday mornings: alternates between 09:00 – 11:00 or 11:30 – 13:30
- Sunday mornings: 09:30 – 11:30

Weekday sessions are held at the boathouse during the summer months when evenings are sufficiently light, allowing for water-based sessions. During the winter, these move to the Sports Hall or Boathouse for land training (this information will be posted on Teamer).

Week end sessions are water based (unless weather conditions prevent this and, in this case, land-based sessions will be arranged).

The club uses the Teamer app to send out notifications of training sessions ahead of time. These are sent to parents' email / mobile phones at the start of the week, allowing them to respond about attendance. Teamer notifications are sent out on Mondays for the week ahead. We ask parents to respond to these as soon as possible and no later than 6 pm on the Friday, ahead of weekend sessions. This allows us to plan crews more effectively, wasting less time on arrival to allocate rowers to their crews. We understand that there are circumstances when acceptances need to be changed to "decline" but would request that this is kept to a minimum. For very last-minute changes, parents should text Bruce Gascoine (Coaching Coordinator) as soon as possible on 0780 171 0211.

The club does not run junior sessions over Christmas, Easter or the Summer break as most members tend to be away. During half term, there may be times when regular sessions are cancelled if there are too few numbers. We will aim to let you know if this is the case as early as possible. There are some occasions when training sessions will need to be cancelled if coaching availability does not allow it (they are all volunteers) or if attendance is very low. We will always let you know if this is the case.

The following document from British Rowing "How much and how often" provides guidance around good practice for what is appropriate training at different stages in a rower's development, so that they gain the best experience and enjoyment of the sport to progress over time at the appropriate rate.

<https://www.britishrowing.org/wp-content/uploads/2015/09/How-Much-How-Often-250118.pdf>

Rowing is one of the most physically demanding sports as all the major muscle groups are used in the rowing stroke. It is also a technical sport: a crew of the strongest rowers will not necessarily be the fastest boat if they do not have the technical ability to row the boat efficiently. One coach described a world class performance in rowing to be as difficult as ‘getting eight guys to run a four-minute mile in step!’ Rowing is an endurance sport and thus demands that most of its training is aerobic. In addition to the aerobic and technical sessions in a training programme, you will also find muscular strength development, flexibility training, core stability training, psychological skills and tactical awareness.

## Who is who:

	<p>Ken Graham: Club Captain</p>		<p>Nicola Lee: Safeguarding and Welfare Officer</p>
	<p>Barry Smith: Equipment</p>		<p>Bruce Gascoine: Junior Captain</p>
	<p>Paul Rushent: Coach</p>		<p>Charlie Jenkins: Coach</p>
	<p>Mark Hatlee: Coach</p>		<p>Frances Nutt: Coach</p>
	<p>Paul Rogers: Coach</p>		<p>Wendy Fry: Assistant Coach</p>

	<p>Richard Milner: Assistant Coach</p>		<p>Jo Wornham: Kit and Events Officer</p>
	<p>Max McKean: Website and email lists</p>		<p>Juliette Staines: Membership Secretary</p>

The club has two sections: Senior and Junior, and committees for either sections. An AGM is held on an annual basis and all club members are encouraged to attend. The junior section also has regular committee meetings and if parents would like to make suggestions to the club, bring forward ideas, ask longer-term questions of the Junior Committee or ask the Committee to address non-urgent items, those can all be done by asking a Committee member to put it on the agenda for the regular Committee meetings. Committee members include the Junior Coaching coordinator, the Safeguarding adviser, the Kit and Events Officer, the Equipment officer and the Membership and Administration secretary.

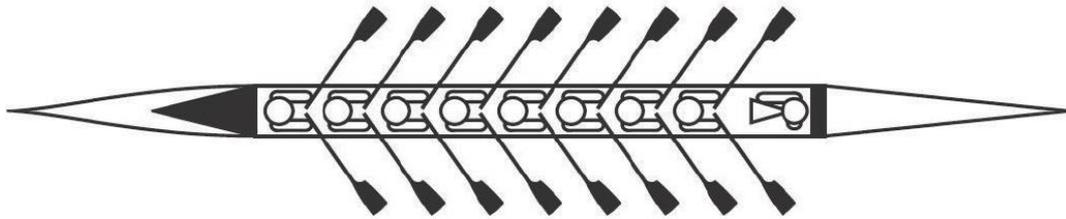
The club committee has appointed a Safeguarding Advisor to ensure that all safeguarding matters are taken seriously. The Safeguarding Advisor can be contacted for all concerns regarding junior members ([shiplakevikingswo@gmail.com](mailto:shiplakevikingswo@gmail.com)). The Safeguarding Advisor also ensures that all DBSs are up to date and that safeguarding training has been arranged.

The club relies on the goodwill of volunteers for coaching, oversight of equipment and administration of membership. Official club role holders are appointed for a two-year period. Parents are actively encouraged to contribute to training sessions by offering to act as session managers for Sunday sessions and weekday water-based sessions (over the summer when daylight allows it). Training will be given beforehand to allow them to take on these responsibilities. If you would like to volunteer, please contact Bruce Gascoine.

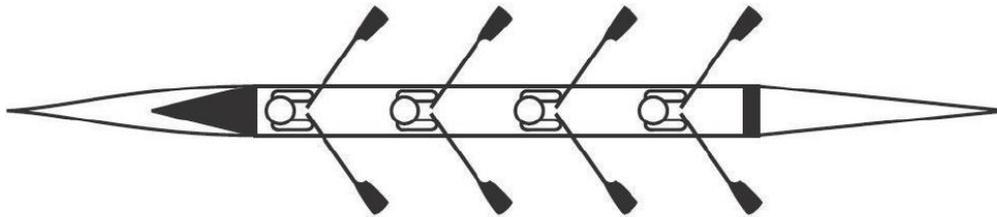
## Sculling and equipment:

All SVRC Junior members will learn to scull, i.e. rowing with two oars (rowing or sweep rowing is with one oar only). As recommended by British Rowing, we focus on sculling only as this minimises the chance for back injury due to the symmetrical nature of the sport. The illustrations below show the different sculling boats:

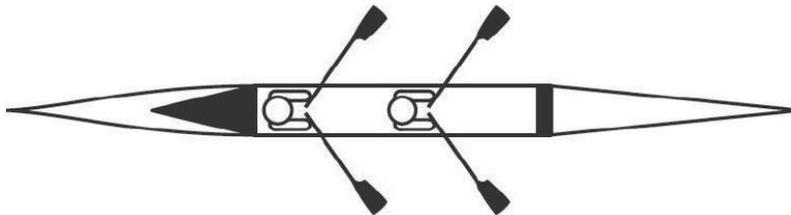
### Octo / 8x / Octuple Scull (coxed)



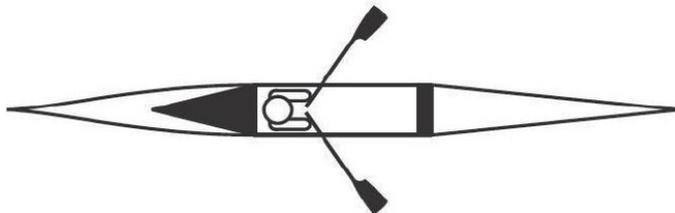
### Quad / 4x / Quadruple Scull



### Double Scull / 2x



### Scull / 1x / Single Scull



Note that quadruple sculls can be coxed or coxless (for J16 and over).

All rowers are expected to take various positions in the boat:

**THE COX** has an important role in making sure the crew follows the coach's plans. A cox can either be positioned at the stern (back) of the boat facing the crew or at the bow (front) facing forward. There are advantages to each. At the stern, they can see the crew and therefore oversee exercises and correct any errors in timing, for example. Sitting at the front, the cox has a clear sight of where to steer.

**THE STROKE** sits at the stern end of the boat (facing the cox in a stern-coxed boat). He/she sets the rhythm of the stroke, which the rest of the crew has to follow. A good stroke can maintain a steady rhythm, keep the right ratio (fast through the water and slow up the slide), and raise or lower the rating (the number of strokes per minute) as instructed by the cox or dictated by the conditions. As

the stroke's oar is normally on the port side of the boat (left from the cox's viewpoint), this is called "stroke side".

**BOW** sits at the front (bow) end of the boat. They should notify the cox of any hazards which may be blocked from his/her view. In a coxless boat the bowman often steers. As the oar is normally on the starboard (right) side of the boat, this is called "bow side".

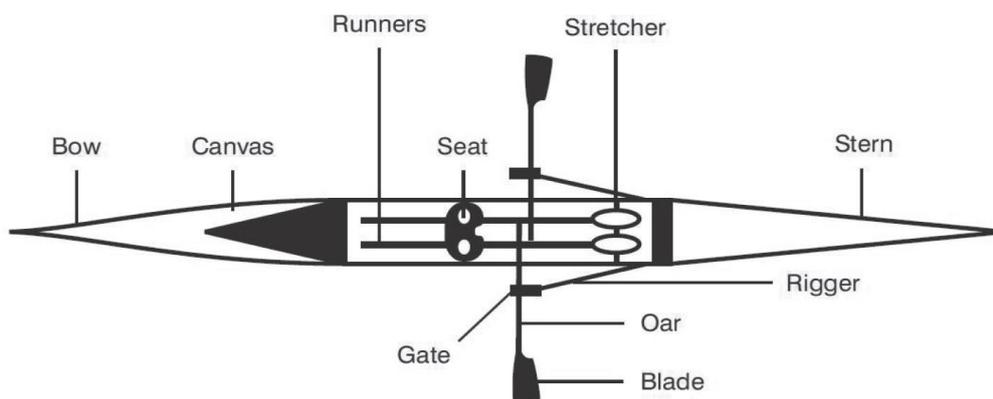
**THE REST OF THE CREW** is numbered from bow to stern with bow being number 1. Usually therefore odd numbered crew members are on bow side and even on stroke side.

The club owns several boats and blades which are kept in the boathouses and on external racks behind the boathouses. Not all equipment in boathouses is available to use by members of the Junior section as some of this is reserved for college use (the coaches know which is available to use). Every piece of equipment is stored in a specific place. Certain boats are only suitable for rowers of a certain size and level of ability and junior rowers will be told which boats they can use at the start of these sessions. At the end of sessions, equipment should be washed down and put away in good condition after use. Handling the equipment correctly and making sure that it is put away in good condition is fundamental to keep the club fleet in a good state of repair.

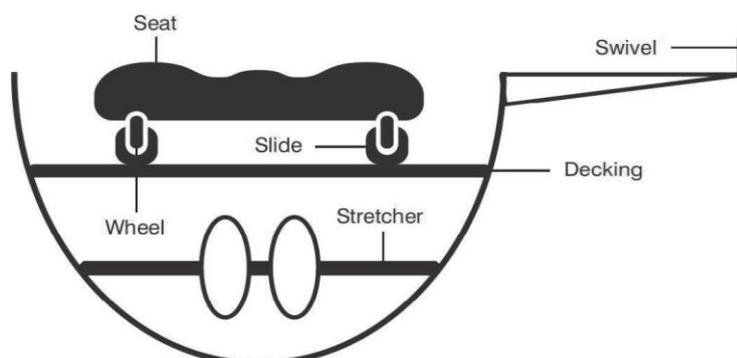
Before equipment is used on the water, all rowers should check it for damage or wear and tear. This will happen working with coaches and Barry Smith, our Equipment Officer. All damage should be notified to Barry (or Bruce in his absence) so that this can be repaired. Boats are checked monthly.

### Terminology of a boat:

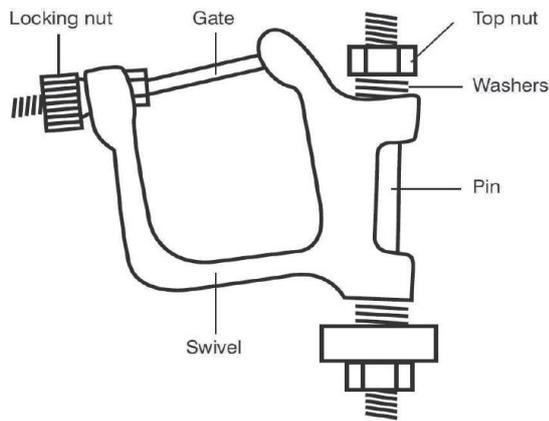
Overhead view of a boat



Inside the boat (note that this illustration is for sweep rowing, i.e. rowing with one oar only)



## Swivel:



## Annual Fee:

The annual fee is payable by cheque (to SVRC) or by bank transfer (Barclays Bank, Sort code 20-39-53, Account no: 83250008). The annual fee can be found on the club website (currently £275 per annum). This includes training as well as the use of club boats. Fees are not refundable and full fees for new members need to be paid by the end of October. Those joining are asked to complete an application form and pay for subs. More information about this can be found here:

<https://shiplakevikingsrowing.club/junior-membership-shiplake-vikings-rowing-club/>

Some junior members have their own boats which are racked outside. If your son or daughter have a private boat, you should ensure that this has been insured appropriately.

## Code of Conduct

All Juniors are bound by British Rowing's code of conduct which can be found [here](#). This covers training at the boathouse and college sports hall as well as at regattas. On submitting an application form, rowers agree to this code of conduct. Parents should make sure that their children understand this code.

## Health and Safety

The club adheres to British Rowing standards and information can be found on their website:

Row safe link:

<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

Capsize drills are arranged for all rowers in the Autumn, to allow rowers to understand how to handle capsize and the steps they should take. Rowers can view the standard capsize drill here:

<https://www.youtube.com/watch?v=DcPE8-gENLo>

An emergency plan can be found on our SVRC website: <https://shiplakevikingsrowing.club/wp-content/uploads/2018/06/Emergency-Plan.pdf>

### Leptospirosis (Weills Disease):

All club members should be aware of the dangers of this disease which rowers are more at risk of catching due to them being in contact with water. Leptospirosis is a type of bacterial infection spread by animals. It is caused by a strain of bacteria called *Leptospira*. In 90% of cases, leptospirosis only causes mild flu-like symptoms, such as a headache, chills and muscle pain. However, in some

cases the infection is more severe and can cause life-threatening problems, including organ failure and internal bleeding. In its most severe form, leptospirosis is also known as Weil's disease. The common mild symptoms mean most leptospirosis infections are hard to diagnose. Diagnosis is easier if the infection causes more serious problems.

You will find more information on Leptospirosis on the BR website:

<https://www.britishrowing.org/upload/files/RowSafe/5-3-WaterborneDiseases-v1.pdf?8d876d>

Rowers can capsize and fall in the water. Please note however, that health and safety policies as well as risk assessments have been carried out for all activities and as an affiliated rowing club, the Boat Club adheres to the safety requirements as laid out by British Rowing. Swim tests are compulsory and are completed in the river early in the season, weather permitting. Safety precautions and navigation on the river are also explained to all participants at regular intervals.

## Safeguarding and reporting issues:

Shiplake Vikings Rowing Club (SVRC) endorses and has adopted British Rowing's

- Safeguarding and Protecting Children's Policy (2013),
- Adults at Risk policy (2013),
- Code of Conduct,
- Rowsafe: A Guide to Good Practice (2017),

as well as the NSPCC Best Practice in Safeguarding.

The club will ensure that all children and vulnerable adult members at the club are safe and that their physical and mental health are paramount always. All club and committee members have an obligation to read the above documents and confirm that they have done so to the Club Welfare Officer.

SVRC will follow the above policies and procedures and will provide a safe environment for children and vulnerable adults, enabling them to participate and enjoy rowing to the level they wish to achieve. Whatever their age, culture, disability, gender, racial origin, religious belief and/sexual identity, they should feel protected from bullying as well as physical and mental abuse. The children's needs are paramount. All rowers, coaches, volunteers and anyone involved with SVRC have a duty of care to safeguard the welfare of the children and act upon any reported suspicions of their abuse.

The Welfare Officer of SVRC will ensure Codes of Conduct, Safeguarding Policies as well as an Annual Audit will be undertaken and outcomes visible to all at the club.

The club's Safeguarding Board lists the contact numbers of the Club Chairman and the Club Welfare Officer. These include photographs and are clearly visible so that children and those reporting suspicions of abuse can easily identify these role holders.

Any child, adult or parent who has any safeguarding concerns should discuss their concerns in confidence with the Club Chairman or Welfare Officer. Any concerns raised will be dealt with promptly and effectively according to British Rowing Guidelines (2013). In the absence of the Club Welfare Officer, any concerns should be directed to Club Chairman in the next instance.

## SVRC Contact Numbers for Safeguarding:

Club Chairman: Marguerite Gascoine

Tel: 0775 173 1315

Email: [b.m.gascoine94@btinternet.com](mailto:b.m.gascoine94@btinternet.com)

Club Welfare Officer: Nicola Lee  
Tel 0797 4012652  
Email: [shiplakevikingswo@gmail.com](mailto:shiplakevikingswo@gmail.com)

## Useful Links

[www.britishrowing.org](http://www.britishrowing.org)

[www.britishrowing.org/about-us/safeguarding](http://www.britishrowing.org/about-us/safeguarding)

[www.britishrowing.org/codeofconduct](http://www.britishrowing.org/codeofconduct)

[www.britishrowing.org/about-us/policiesguidelines/rowsafe](http://www.britishrowing.org/about-us/policiesguidelines/rowsafe)

[www.nspcc.org.uk/preventing-abuse/safeguarding](http://www.nspcc.org.uk/preventing-abuse/safeguarding)

# NSPCC

[www.childline.org.uk](http://www.childline.org.uk)



## Kit

For rowing, baggy, loose clothing is not recommended as it can interfere with the flow of the stroke and get caught in and or hinder the mechanisms of the boat. Wearing thin layers is recommended so that, depending on the weather, they can be added or removed easily. It is important to avoid getting too cold or hot. It is essential that rowers bring plenty of spare kit in case of capsize or if the weather is bad (rowing does not stop for rain!). They should also have a water bottle to keep hydrated.

Jo Wornham places orders for SVRC kit. This needs to be done as a group order, so Jo will email all parents on a regular basis asking for orders (including prices). Please note that all juniors who compete will need to be in club colours and no other named club kit can be worn when competing with SVRC. The kit includes the following items (available in all sizes):

<b>Club Hoodie</b>		
<b>Club sweat-shirt</b>		

<p><b>All-in-one</b></p>	  <p>Group II Unisuit Side Stripe</p> <p>Sequel Splashjacket</p> <p>T: 020 8877 3888 www.crewroom.co.uk Client: Shiplake Vikings Date: 14/10/2016</p>	
<p><b>Splash jacket</b></p>		
<p><b>Cap</b></p>		

Please make sure rowers are suitably kitted out when attending training:

- Health: inform the coach if you are taking medication and if necessary bring this with you. Sun cream is essential. All open cuts or grazes must be covered.
- Water: always bring a container of water or still drink that is small enough to fit in the boat. Fizzy and energy drinks are not encouraged.
- Change of clothes and a towel: to be left in the clubhouse in the event of a capsiz.
- Headwear: a hat or cap to prevent loss of body heat when it is cold or protect the head and shield the eyes from the sun.
- Upper body: preferably a combination of fitted, thin layers that can be adjusted depending on the workload and to protect from wind, rain, sun and cold. It is important that tops cover the lower part of the back but are not so long that material or ties could get caught in the seat fittings. Hoodies with front pockets are not ideal as rowers can get caught in these pockets (at the finish).
- Hands: Blisters are a common problem and can be associated with holding the blades too tightly but wearing gloves to avoid that is not recommended as this reduces your ability to handle the blade properly. The hands are susceptible to the effects of cold weather and some people invest in 'pogies' which are fleecy mittens designed to fit over the hand and blade.
- Legs: as with the upper body, a combination of layers on the legs suits most people. These can comprise shorts, leggings or tracksuit bottoms.
- Footwear: sports shoes are desirable. They are removed before getting into the boat and will be left on the landing stage where they might get muddy.

More information on what to wear can be found on the British Rowing website:

<https://www.britishrowing.org/knowledge/online-learning/techniques-and-training/what-to-wear/>

## Parent Helpers

The club encourages parents to get involved in their children's rowing training. We have a rota for parents to help on Sunday sessions and during the week. This includes helping coaches get crews organised and general help with boating. Please contact Bruce if you can help. The more parents get involved, the fewer sessions they need to do!

## Car parking and drop off:

Parents can park at the college in unreserved spaces, or alternatively they can park around Shiplake church and walk down to the riverside.

Parents are encouraged to walk their children to the boathouse or sports hall. The boathouse is accessible from the College car park (take the path to the right of the main building and down to the riverside) or from the Church (there is a small footpath going down to the boathouses). Car access to the boathouse is restricted. Please make sure your children don't cycle or use skate boards down the steep road to the boathouse.

Rowers should report on arrival so that the register can be completed, and for them to be allocated to a crew.

The club cannot be responsible for making sure that children are picked up at the end of the session, from the boathouse and sports hall. We don't sign rowers out and particularly for younger rowers, it may be sensible for parents to come and pick them from the boat house or sports hall, but will leave this to the discretion of parents. Please note that during the darker winter months, the college grounds can be deserted in the evenings. Coaches generally leave right at the end of training sessions and would not leave a child unaccompanied, but please be mindful of pick up times and locations for your children. You can contact Bruce Gascoine on his mobile if you should have any problems (0780 171 0211) but please note he is not at every session.

## Regattas

There are two parts to the rowing year and two basic types of competition:

**HEADS** - run in winter from the end of September to the end of March. A head race or time trial is a timed processional race. Distances can be from 2.5km to 7km (the boat race course) but can also be longer. Each boat lines up one behind the other and races one at a time with short intervals between each other. When all the competitors have finished, the time for each to have completed the course is calculated. The fastest in each category is the winner. Some events are able to issue results in real time and others will release results 24 or even 48 hours after the race.

**REGATTAS** - run in the summer from mid-April to the end of August. They involve side-by-side racing (up to seven abreast at the larger events) and are usually more exciting to watch. They take place on both rivers and lakes. Course lengths usually vary between 500m and 2000m. Most river regatta courses only allow for 2 or 3 racing lanes. Regattas involve heats, semi-finals and finals held over the course of a day. However, due to many new oversubscribed events, some regattas may use a time trial instead of a side by side heat to determine the semi finalists. Losing crews in the earlier rounds may get another chance to advance to the next round in an extra race known as a 'Repêchage'.

We aim to attend regattas throughout the year and will encourage capable rowers to attend when they are ready to do this. This is a nice way of getting our rowers to enjoy competitions, and building up to a specific event generally results in great improvements in their rowing ability and strength. There is nothing like a goal to focus the mind. Parents are encouraged to attend and support the crews.

We try to attend local regattas, or the National Schools regatta which is usually at Holmpierrepont. We have also attended international events in Ghent (Belgium) and Turin (Italy). Full lists of events can be found at [www.biddulph.org.uk](http://www.biddulph.org.uk). We will select events some suitable events and will send you details ahead of time. In the Winter, rowers take part in "Heads" (i.e. timed trials) and in the Spring/Summer they attend regattas (i.e. side-by-side racing).

There are some logistical matters which need to be in place for your children to be able to compete:

- **British Rowing Membership:** in order to enter events/competitions, your children will need a British Rowing Gold junior racing licence which should be obtained online from the BR website. Here is the link: <https://www.britishrowing.org/membership/> The cost for annual membership is £27 (£17 for under 14's). Once your children have their BR membership number, please let Bruce know so that he can check they appear on the BR website online entry listings. Without this, online entry is not possible. The other advantage from BR membership is the inclusive insurance cover, so we would strongly recommend you take up this membership. You will receive a Rowing & Regatta magazine which is an excellent publication.
- **Kit:** All competitors need to be suitably attired in club kit. Jo Wornham is responsible for Kit and emails regularly to arrange for club orders. Rowers will need a SVRC all-in-one and a black base layer to compete in as well as a splash top (the SVRC ones are ideal).
- **Costs:** Most of the events we enter have a seat fee of around £12 per category. We also ask for a small contribution of around £3 per competitor to cover the cost of transporting our boats. For those rowers who will be competing in regattas regularly, we ask for a deposit of £50 (paid into the club account) against which we will deduct seat fees and a £3 petrol charge.

Most of these events are fairly local and we expect parents to accompany their children and provide some assistance with loading and unloading our equipment as well as ensuring they turn up when needed as we do not have their phone numbers as a matter of policy. If your son/daughter is attending a regatta, we will expect you to arrange for their transport to and from the regatta and for you to be responsible for them during the day (we are not able to keep an eye out for them during the day). Please aim to arrive at least 2 hours before competing. Coaches will be there to organise boats and get crews on the water in good time. We also rely on parents' help in rigging and derigging boats and loading the trailer at regattas, after races have ended (please don't all disappear!)

If your son or daughter is attending a competition, please make sure they familiarise themselves with the course map, H&S and other competition rules. You can find car parking information and location of these clubs on the club website, which is hosting the competition. Please make sure they also have plenty of water to drink throughout the day.

It may not be possible to include all members in a racing event. Our competing crews will be made up of those who have shown commitment and progress over the course of the months leading up to competitions. Rowers will also be asked to cox crews which we will try to rotate. There is real value in being able to cox a boat through a race as it promotes good boatmanship, communication and encourages leadership.

## Glossary of Rowing Terms

**ALL-IN-ONE:** Compulsory racing outfit.

**BLADE:** Portion at the end of the oar or scull (similar to oars but smaller) which enters the water during the rowing stroke.

**BOW:** Forward part of the boat and the name given to the rower who sits in the bows.

**BRITISH ROWING:** National governing body for rowing; responsible for training and development of rowers from grass roots level to high performance and Olympic athletes. See [www.britishrowing.org](http://www.britishrowing.org).

**BURST/MOVE:** Tactical increase in speed.

**CANVAS:** Covering which encloses the bow and stern sections of the boat and is a term used to describe a leading margin by one crew over another representing approximately 5 to 6 feet.

**CAPSIZING DRILL:** Routine drill to familiarise the rowers with procedures in the event of a capsize.

**CATCH:** Moment of entry of the blade into the water at the beginning of the rowing stroke.

**CIRCUITS:** Intensive gym exercises done in repetition to improve muscle endurance and heart and lung function.

**COX (coxswain):** The steersperson who issues instructions through a microphone/ speaker system. They either sit facing the stroke person or in some cases may lie full-length in the bows of the boat facing forward behind the bow person to improve the weight distribution, particularly in the smaller class of racing boats.

**CATCHING A CRAB:** Occurs when blade enters the water at under square position, goes too deep and gets stuck at finish. This can sometimes stop the boat.

**CREW:** The rowers who make up the team in an Eight, Four, Pair, Double or Quad.

**DOUBLE (double scull):** Boat with two people sculling (using two oars/sculls each).

**ERGO:** Short for ergometer. A land based rowing machine used for training that simulates the oarsman's action in the boat.

**FEATHER:** Position of the blade being swung forward parallel to the water as the rower prepares to take the stroke.

**FIN:** Attached to bottom (hull) of the boat for stability.

**FINISH:** Moment of blade extraction from water at the end of a stroke.

**FOUR:** Four-oared racing boat with four rowers. There are two classes; coxless and coxed, the former being steered by one of the rowers using a device attached to the foot stretcher.

**GATE OR SWIVEL:** The U-shaped attachment at the outer end of the rigger which holds the oar/scull in place at the pivot point.

**HEAD RACE:** Processional race over a long distance against the clock.

**OR:** Finely carved length of timber (or carbon/plastic/glass fibre) which the rower uses to row the boat along. Usually 381cm to 386cm long (12 feet 5 inches to 12 feet 7 ½ inches).

**OCTO (Octuple scull):** Eight-man racing boat in which rowers have a pair of sculls (oars) each.

**POGIES:** A type of mitten which has holes allowing a rower to grip the oar with bare hands while keeping hands warm. Available from [rocktheboat.co.uk](http://rocktheboat.co.uk) and other rowing suppliers.

**PUDDLE:** Swirl let in the water after the blade has been extracted at the end of the stroke.

**PUSH:** Tactical increase in speed.

**QUAD:** (quadruple scull): Four-man racing boat in which the rowers have a pair of sculls each.

**RATING:** Number of strokes rowed per minute — used to advise crew of their working rate. The word pip is used by rowers in this connection; eg take the rate up two pips — from 34 to 36.

**RECOVERY:** Rest phase during stroke cycle when a rower is swinging forward to take the next catch.

**REGATTA:** Side-by-side racing event usually in the summer term.

**RIG:** Includes riggers, oars, height and pitch etc. – ie. All adjustable elements involved in the fine-tuning preparation of a boat for racing.

**RIGGER:** Adjustable metal frame projecting from side of boat to support the gate which holds the oar/scull at the pivot point.

**RIGGER JIGGER:** A spanner (10mm and 13mm combined) that is used for most of the fittings on rowing boats including the riggers which hold the oar to the boat. When racing or training at other venues, boats will be dismantled and re assembled so that they may be transported on a trailer.

**RUDDER:** Steering device in the tern operated by the cox using connecting strings or wires.

**SCULL:** The blade used as one of a sculling pair in a rowing boat.

**SCULLER:** Rower racing in a quad, double or single-sculling boat.

**SCULLING:** Rowing with two oars.

**SHELL:** Racing rowing boat.

**SINGLE:** Single-scull racing boat for one person using two sculls (similar to oars but smaller). The name applies to the boat and to the oar type.

**SLIDE:** Runners/tracks on which the sliding seat rolls back and forward to enable the rower to use the strongest muscles in the body, the thigh triceps and achieve the longest effective stroke.

**SQUARE:** Position of the blade at right angles or perpendicular to the water just before and as it enters for the catch, through the stroke and at the point of extraction before being rolled onto the feather for recovery stage.

**STERN:** Back end of the boat.

**STRETCHER:** Adjustable support for feet to which are attached flexible shoes.

**STROKE:** The rower who sits in the stern of the boat and who sets the rhythm for the crew sitting behind. In an eight the rest of the crew are numbered from stroke - 7,6, 5, 4, 3, 2 and bow. In a Four it is stroke, 3, 2 and bow.

**STROKESIDE:** The right-hand (port) side of the boat seen from the rower's point of view.

**SWIMMING TEST:** All pupils are required to pass a test to verify their ability to swim.

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