

Shiplake Vikings Rowing Club

Parent Helpers' guide

Thank you for offering to help with these sessions. As the club has grown, we need the help of parents to orchestrate the sessions, allowing coaches to focus on their own crews, and ensuring that we provide a safe environment for our juniors to learn and develop their rowing skills. We also need to ensure that equipment is used carefully to avoid any damage to club boats or to college facilities. Proper supervision of our juniors will facilitate this.

This new guide will explain what is needed and please provide feedback if anything is missing. We will also talk you through everything and be around to help during the first few weeks. We will set up a rota and will add you to a Parent Helper's WhatsApp group so that you can communicate amongst yourselves if you need to change your rota group.

We try to keep our crews within age group and ability, and to allow those crews who will be racing time to practice together (and this depends on rowers' availability to attend the session). Bruce tries to set up the crews ahead of time.

You will also be sent the emergency plan (with contact details of coaches) and links to the British Rowing website which includes useful safety information. The club will also arrange more safeguarding training.

Step 1: Ahead of time

Please note that all this is prepared ahead of time and your input is not needed.

Bruce (or the head coach if he is away) will have set out crews ahead of the session, based on Teamer responses and this is set up on the whiteboard if there are many juniors attending. This will include:

- Who is in the boat (including cox)
- What boat and sculls to use (see list below)
- Who is coaching them

Bruce (or the head coach if he is away) will also bring the prepared register with him. Both white board and register will be in the dry boat house.

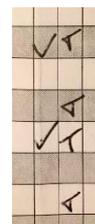
Weekday sessions during the winter are held in the Sports Hall and you will be asked to supervise rather than to help with crews.

Stage 2: On arrival

Rowers come to the dry boat house and on arrival register with the session manager: please tick them off on the register:

- Positive Teamer responses have a T next to them;
- Tick off next to the T when the child arrives;
- If the child has not said they are coming, it will be a tick without the T!

Return the register to Bruce (or session lead) once this has been done.



Make sure rowers are suitably clothed: warm clothes for the winter, sun cream and hats for the summer. If you know someone is coxing, make sure they are wearing all their layers as this can get quite cold.

At this stage, Bruce may give a briefing to all rowers, in the dry boat house, telling them the focus of the session.

Let coaches know when their crews have arrived, and steer the rowers to them, telling them what boat / blades they are using. The coaches will take over from then but may ask for help.

Stage 3: Boating

Hand out life jacket to coxes (and cox box for the octople only) and make sure they put this on correctly.

Crews will carefully manoeuvre their boats off their racks, and on to trestles for them to be checked by Barry Smith. If a coach has more than one crew, your help will be needed to get boats out. You may also need to help juniors remove blades from the main boathouse (I will show you where these are kept).

After this, crews will move carry the boat to the river and prepare for boating (see boating guide at the end of the pack):

- Unscrew gates and place blade into position – close and secure gate carefully. Green (Bow side) on the left and Red (Stroke side) on the right.
- Hold rigger whilst rower gets into the boat (this is not strictly necessary if they know what they are doing).
- Adjust feet (I will show you how this is done). At “back stops” scullers should have ~1 inch between blade ends.
- Ask all rowers to check their gates are secured before they go out.
- Make sure the cox is suitably clothed.

At this time, the coach will leave to get their launch started and out. Crews should not move away from the river edge until their coach is on the river. Parent Helpers are often invited to go on the launches so please dress warmly. Buoyancy aids are provided.

Stage 4: Return

Make sure there are sufficient trestles in front of the boathouse, before crews return.

On their return, hold boat whilst crews get out of the boat. Help them get the boat out if needed.

Help them find their trainers which will be on the riverside.

If it is raining, make sure they put additional layers of clothing on.

Get the crew to place the boat on the trestles:

- Half of them will wipe the boat down whilst it is on the trestles
- and the other half will fetch blades and put these away.

The whole crew should carry the boat and put this away on its rack. Please make sure that the boat is secured on the rack with the ties.

Once all this has been done the rowers are free to go. We do not sign out rowers, and parents have discretion as to whether they pick up their children from the boat house or not

Rowing guide:

Equipment and rowing:

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. 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.

Boat name	Type	SHV code	Colour
Private (do not use)	Single	SHV005	White
Private (do not use)	Single	SHV006	White
Private (do not use)	Single	SHV007	White
n/a	Coxless quad (4X -)	SHV009	White (Predator)
n/a	Coxless quad (4X -)	SHV011	Yellow (Predator)
All 4 One	Coxed Quad (4X +)	SHV012	White
Amy	Single (1x)	SHV014	White (Burgashell)
Julie	Single (1x)	SHV015	White (Burgashell)
Caroline	Single (1x)	SHV016	White (Burgashell)
John	Double (2X)	SHV017	White (Janousek)
n/a	Coxed Quad (4X +)	SHV018	White (Janousek)
n/a	Coxed Quad (4X -)	SHV022	White (Kanghua)
Ham Supper	Double	UTC217	White (Janousek)

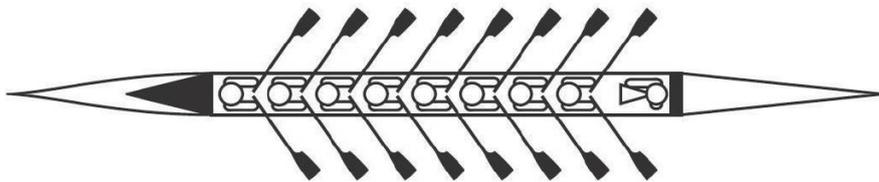
n/a (College boat)	Coxed quad (4X +)	SHP	Yellow front loader
Blades	Notes	Numbers	Where
Macons	(Symmetrical)	8 pairs	Big boat house LHS
Braca		Many pairs	Sculling shed (College)
Bantams	Small and for the youngsters)	4 pairs	Big boat house (LHS)

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.

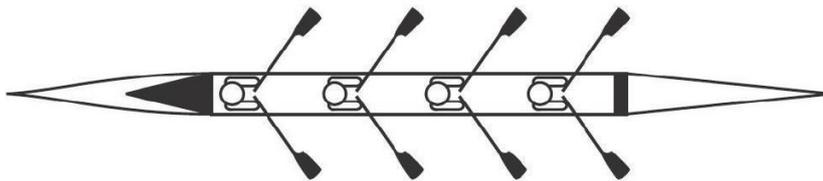
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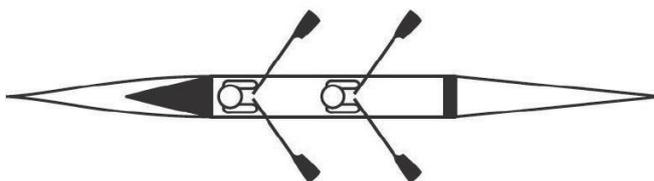
Octo / 8x / Octuple Scull (coxed)



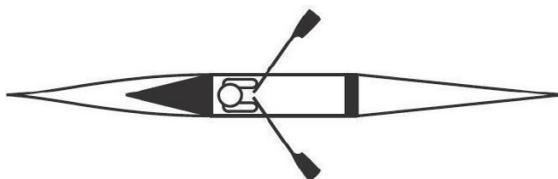
Quad / 4x / Quadruple Scull



Double Scull / 2x



Scull / 1x / Single Scull



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

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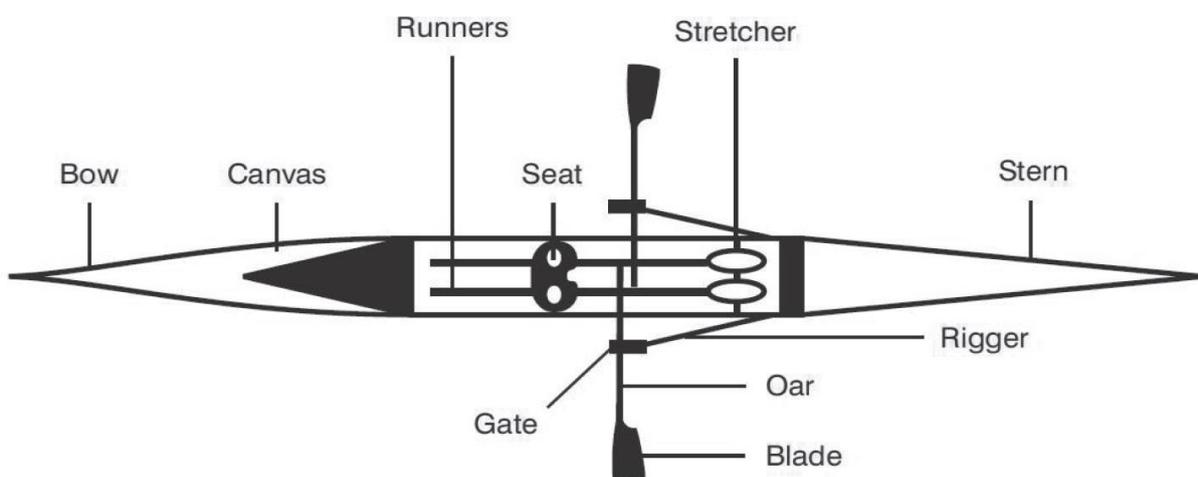
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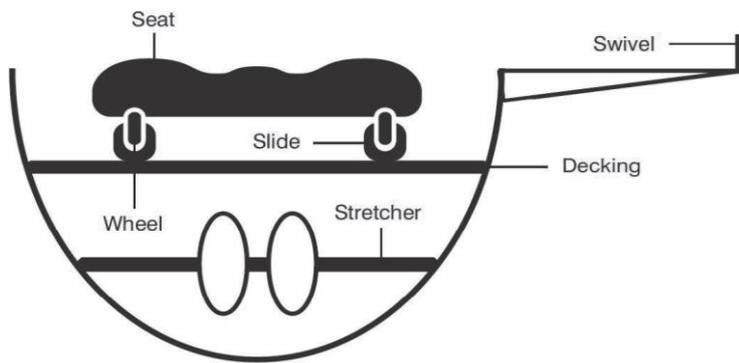
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Terminology of a boat:

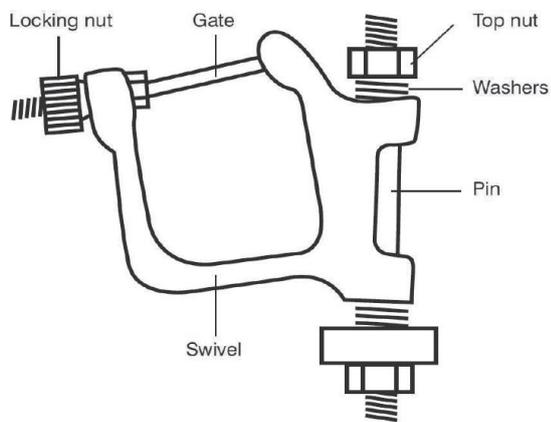
Overhead view of a boat



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



Swivel:



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.

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 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.

October 2018