

Nepean Rowing Club

Rower's Handbook

2016/2017

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Introduction

The Nepean Rowing Club Rower's Handbook has been created to provide all the important information that is concerned with rowing at Nepean. It is hoped that this document gives a good overview of what Nepean Rowing Club is all about, however specific details may have been missed. Certain details will be updated from time to time, and members will be notified of such changes. Any questions that may arise from reading this document, may be directed to the Club Captain or Vice-Captain.

Objectives

Situated on one of the finest rowing courses in the world, the goal of Nepean Rowing Club is to facilitate rowing for people of all levels. We are aiming to expand our numbers and we continue to allow members to achieve their individual goals. To achieve this, we must all work together. A culture where all members contribute and in turn all benefit from the hard work must exist to allow the club to continue to grow. Our volunteer based coaching staff have for the entire history of our club allowed rowers to achieve great heights, and this is hoped to continue into the future.

Personnel

Captain:

Daniel Waddell

The Captain is the board member that is responsible for all rowing matters within the club and is also the club's representative for the NSW Rowing Association.

Vice-Captain:

Jeffrey Edwards

The vice-captain works with the captain to ensure the smooth running of the rowing program.

Coaches:

Each coach works together, applying the training program to the rowers in their care in a manner consistent with their age and development.

All coaches are required to have:

- Level 1 coaching accreditation
- First aid
- Boat license
- Child protection check

Selectors

Bianca Waddell, Jacob Munday, Jason Waddell

The selectors are elected bi-annually. They decide all race entries for each regatta, squad selection and assess rower's results for our annual presentation awards.

Rowing Administrator

Bianca Waddell

The rowing administrator is in charge of organising raffles, regatta seat fees, uniform orders and a general contact for people both within and outside the club for any rowing matters. The rowing administrator will be in the club on Sunday's 9-12pm and may be contacted outside of these hours via email or phone.

Contacts

Captain/Coach	Daniel Waddell	0403 743 189 waddell_23@hotmail.com
Vice-Captain	Jeffrey Edwards	0417 234 272 austprojeff@msn.com
Senior Coach	Jason Waddell	0413 077 712 jasonwaddell52@gmail.com
Rowing Administrator/Coach/Selector	Bianca Waddell	0426 816 563 info@thenepeanrowers.com
Coach/Selector	Jacob Munday	0450 291 797 j.munday@student.campion.edu.au
Strength and Conditioning Coach	Calum Pope	0420 603 339 cmpfitnessaus@gmail.com

Protocol for Contacts

Club Board

Captain/Vice-captain

Senior Coach

Club Coach

- At first instance issues should be raised to a Club coach
- If the Club coach cannot correct the issue they will report to the Senior Coach
- If the Senior coach cannot correct the issue they will report to the Captain/Vice-Captain
- The Captain/Vice-Captain will work together to solve any issues
- If unable to do so, they will go to the board to achieve a solution

Rowing at Nepean

Learn to Row

The major learn to row program ran in April/May. Another course will be run later in the year. Please refer to the below documents for guidance regarding the structure of the course.

Appendix 1- Learn to Row- Youth 2016

Appendix 2- Learn to Row- Senior 2016

Programs

Junior Rowing

Our junior program is the foundation to all of our other programs. We take athletes from the age of thirteen and upwards. From here they will progress through the squad structure to reach the goals they wish to achieve.

A more detailed breakdown of the three squads that exist in this program can be found in the 'Junior Rowers Manual' along with further junior related information however a brief breakdown can be found below.

Youth Squad: Rowers aged between 13 and 16 who have progressed through the learn to row program. Competing in club regatta's with a key focus of learning about the sport of rowing and becoming physically prepared for the next step.

Development Squad: Rowers aged between 14 and 18 who have rowed for a minimum of one year. This program begins to focus on competing at a higher level in club regattas and compete at NSW State Championships.

Elite Squad: Rowers aged between 15 and 18 who have rowed for a minimum of one year. This program targets rower's who are willing to go beyond the expected training sessions and are aiming to be competitive at higher level regattas, make the squad to go to National championships and are aiming for junior national team selection.

Senior Rowing

Senior Crew

- Aged eighteen and over
- Goals dependent on personal commitment
- Social and competitive rowers involved
- Predominately focused on grade regatta's or master's events if over 27
- Will run alongside the university program

Further information can be found in the senior manual that may be requested.

Campion College Rowing Crew

In 2014 the first ever Campion college rowers rowed for Nepean and this bi-crew is expected to grow for many years to come.

This self-managed group operates from Nepean with training taking place on Friday afternoons at the club.

Further senior rowing information is available in the senior rowing manual.

All rowers are exclusively coached by accredited club coaches. Express permission from the club captain must be sought if a rower wishes to row with an outside coach.

We provide year round training that is facilitated by accredited coaches both on land and on the water.

Membership

Pricing

New Junior(includes zootie, shirt and hat): \$295

Existing Junior: \$190

Tertiary student: \$240

Senior: \$290

Club Awards

Maurie Reddan OAM president's Trophy

This award is given to the Nepean rower who gains the most points from the season's regattas.

Bruce Neale Trophy

This award is given to the rower who is seen as having improved the most throughout the season.

Oarsome Award

This award is given to a rower who exhibits special achievement and effort.

Lloyd Death Memorial Trophy

Awarded to the most successful coxswain of the year based on the number of points they gain throughout the season.

Club Person of the Year Award

Awarded to a person who contributes beyond what is expected of a normal member.

Terry Baskett Memorial Trophy

Awarded to the most successful rower who is competing for their first season based on how many points they achieve throughout the season.

Ralph Rylance Memorial Trophy

Awarded to the most successful school rower based on the number of points they acquire that year in school events.

Towards 2016 Olympic Award

Awarded to the rower who is seen as being a prospective Australian representative at future Olympics.

Master's Trophy

Awarded to the master who acquires the most points that season in master events.

The Masters Club Person of the Year

Awarded to a master rower who contributes beyond what is expected of a normal member.

Administrative Issues

Uniforms

All clothing orders will be done annually by the rowing club administrator, Bianca Waddell. She will notify all members when she is doing the order.

Zooties

We use Pontoon as our supplier for zooties and due to a minimum order limit we order in bulk lots. If you wish to purchase a zootie please contact Bianca and she will notify you if we have one in stock or more will be ordered.

Expectation of Rowers

In line with Rowing Australia policies, Nepean Rowing Club prohibits all forms of harassment, discrimination and bullying and any person found guilty of such an act will be dealt with accordingly.

Volunteering

Our club heavily relies on people volunteering. Below is a list of the various activities that the club asks members to help contribute towards to allow the rowing program to run smoothly.

Raffles

Thanks to the continual support from the Rowing Club, rowers do raffles on Friday and Sunday nights. This money is used to lower costs associated with travelling for rowing. The main contribution this fund makes is for the Nepean Rowing Club annual camp. Senior rowers are encouraged to help in the raising of funds. All juniors are required to do raffles.

A raffle roster will be distributed via email bi-monthly.

Appendix 3- Club raffles explained

Rowing Camp

Our annual rowing camp held in early January each year is an integral part of our training for the year. It runs for approximately two weeks and involves two to three sessions a day and involves travelling to Taree where we compete in the Taree Summer Regatta.

Appendix 4- 2016 Camp information. Please use this as a guide only, more information regarding the 2017 camp will be released closer to the date.

Nepean Regatta and Nepean Head's

- Rowers and parents will be asked to help where required for these events
- Jobs include; tinny drivers, baking cakes, pontoon staff and food staff servers.

Regatta Information

Notice of upcoming regattas will be made to rowers and availabilities should be made known to coaches. Once entries are confirmed a notice containing information including boat loading, seat fees and other necessary information.

Appendix 5- General regatta day information: use this as a guide to understand what is involved in competing in a regatta.

Entering events

Each squad has a representative that must email the Captain with requested entries no later than 7 days before the scheduled event.

Regatta Schedule

The planned schedule for Nepean rowers will be handed out once the schedule has been confirmed by Rowing NSW.

Cost

Non-SIRC Club regattas: \$13

SIRC Club regattas: \$18

NSW State Championships: \$28

Open National Championships: \$55

Masters National Championships: \$45

Costs are per seat.

Payment

Payment for seat fees can be made in three ways:

- Bank transfer. You must notify Bianca if you pay via bank transfer.
- Money in a labelled envelope to be given to Captain or Rowing Administrator.

Bank Details

Nepean Rowing Club Ltd
BSB: 062-589
ACCOUNT NO. 10428848

Facilities

Gymnasium

Our fully equipped gymnasium is located under our licensed club. Our gymnasium is available to all active members. The gym is fully equipped for off water training and general strength and conditioning.

Our gym contains ten ergometers, a watt bike, dumbbells, Olympic weights, squat racks and boxing equipment.

All equipment is regularly maintained and any issues regarding damaged equipment should be reported immediately to your coach.

Boat Shed

The main Nepean boatshed is located adjacent to the licensed club. The boatshed houses all our rowing boats and oars.

The schools boatshed on the opposite side of the club as our main shed and also houses Nepean equipment along with other clubs equipment. Users of this shed are expected to help clean the shed where required in accordance with the shed's cleaning roster.

Boats

A list of all Nepean boats is attached. Each boat is classified into a category to ensure appropriate individuals row appropriate boats.

Appendix 6- Boat list

Appendix 7- Boat booking form

Rowing boats and oars are very expensive pieces of equipment and should be treated with respect. Any issues regarding equipment should be directed to your coach.

Storage of Private Boats

Storage of private boats requires all members to fill out the form in the appendix. Please contact Bianca for a copy of this form.

Appendix 8- Boat Storage Form

Storage of private boats is not a right of any member and is based on the use of the boat and the service of that member to the club. No responsibility is taken of private equipment whilst stored in our sheds.

Safety

Lights

All Nepean members must have lights on their boats when rowing before sunrise or after sunset.

Failure to do so will result in appropriate actions being taken by the Club Captain.

All junior rowers will be provided with adequate lights whilst rowing on the river by club coaches.

Gym and Boat Use

All members aged eighteen and above may use the gym and boats outside of coached sessions. However coached sessions take priority over non-coached sessions. A timetable detailing the weekly sessions is on the gymnasium door (or may be requested via email). If you have any issues regarding gym availability please contact the club Captain.

If you are a junior rower you must be supervised at all times while using club boats and gym. This is done in the interest of the safety of junior rowers. Exceptions may apply but can only be granted by the Club Captain.

Gym codes and boatshed key access will be made available to members via email annually. If you have any enquiries regarding access please contact the rowing administrator.

Boatshed Rules:

1. Keep the boat bays and toilets clean by putting all rubbish into the provided bins
2. Put the roller doors down when you go for a row
3. Lock the roller doors and side door when you have finished your session
4. Ensure all equipment is put into the shed when the session is completed
5. Ensure all petrol containers are put in the provided cabinet

Gym Rules:

1. A towel must be used by all users to wipe down equipment they use
2. Return all weights to their racks after use
3. Do not drop weights on the floor
4. Always bring a drink bottle
5. Priority is always given to club squad sessions

Incidents

Please either fill out the form yourself or if you are a junior rower this will be done along with a club coach. All cases that result in injuries or damage to equipment must be reported.

Appendix 9- Incident form

Insurance

<http://www.rowingnsw.asn.au/documents/documents-policies.html>

Miscellaneous

Drug testing

Nepean Rowing Club endorses the Rowing Australia illicit drugs in sport policy, details of which are on the Rowing Australia website.

It is the responsibility of members, parents and coaches to work together to ensure they are familiar with the policy in relation to their particular circumstance.

Links can be found below that go into more detail regarding the regulations that are in place.

<http://www.rowingnsw.asn.au/documents/documents-policies.html>

Appendix 1: 2016 Learn to Row- Junior Rowing

The Learn to Row program will begin on the 23rd April. The below information sets out the details of the course and some information regarding joining the club after the program is completed.

Cost of Learn to row program: Free- this is enabled by all coaching staff being volunteers

Learn to Row 23rd April- 21st May

Learn to Row 2016

Date	
Saturday 23/4/16 8am – 10am	Session 1 Land session <ul style="list-style-type: none">• Technique on rowing machine• Fitness testing- bring runners and drink bottle• Boat handling procedures• Rowing terminology• River safety
Saturday 30/04/16 8am – 10am	Session 2 Water session <ul style="list-style-type: none">• Quad sculls• Basic on and off water procedures• Basic technique• Arms only, rock over etc
Saturday 07/05/16 8am – 10am	Session 3 Water session <ul style="list-style-type: none">• Quad and double sculls• Using slides• Timing with crew• Show tinny procedures (groups of 3, take down and bring up)
Saturday 14/05/16 8am – 10am	Session 4 Water session <ul style="list-style-type: none">• Single sculls• Capsize drill• Bring towel and spare clothes
Saturday 21/05/16 8am – 10am	Session 5 Water session <ul style="list-style-type: none">• Combination of boats• Assigned according to abilities• Advancing technique• Controlling slides

Joining Nepean rowing Club

If you do enjoy the learn to row program and think rowing is a sport for you, we encourage you to join our club. Please find a brief summary of what is involved in joining the club below.

Cost: \$295

The membership price entitles junior rowers access to our boats and facilities under the supervision of a coach and enables them to be entered into regattas (seat fees are payable on top of this fee). A zootie (what rowers race in) and a hat are included in the fee.

Uniform:

Zootie, hat and club shirt are essential parts of a rowers kit however other gear is available and for more details contact Bianca, info@thenepanrowers.com

Regattas:

The JB Sharp series is an off-season event that runs on every second Sunday between: 15th June-10th August. Upon completing the learn to row program and becoming a member of Nepean rowers will enter the 5 regatta series that is held in Iron cove that is a free series that is tailored for novice rowers. If you participate in another sport and this clashes with this event please let us know.

Following this series, rowers will then compete in regattas selected by coaches which begin in September. Seat fees for the season will range depending on which regatta's they enter and how many races they contend but expect seat fees to be around \$200 minimum for the season.

Training:

Youth rowers will begin with one water session and one land session. This will increase up to two water sessions and two land sessions later in the season but this will depend on coach availabilities.

We do encourage younger rowers to play other sports and are flexible on the sessions that they can attend, if they do play other sports, or have other prior commitments.

Appendix 2: 2016 Learn to row- Senior Rowing

The Learn to Row program will begin on the 24th April. The below information sets out the details of the course and some information regarding joining the club after the program is completed.

Cost of Learn to row program: Free- this is enabled by all coaching staff being volunteers

Learn to row 24th April- 22nd May 9-11am

Learn to Row 2016

Date	
Sunday 24/04/16 9am – 11am	Session 1 Land session <ul style="list-style-type: none">• Technique on rowing machine• Boat handling procedures• Rowing terminology• River safety• Q & A regarding rowing at Nepean
Sunday 01/05/16 9am – 11am	Session 2 Water session <ul style="list-style-type: none">• Quad sculls• Basic on and off water procedures• Basic technique• Arms only, rock over etc
Sunday 08/05/16 9am – 11am	Session 3 Water session <ul style="list-style-type: none">• Quad and double sculls• Using slides• Timing with cre
Sunday 15/05/16 9am – 11am	Session 4 Water session <ul style="list-style-type: none">• Fours• Basic on and off water procedures• Basic technique• Arms only, rock over etc
Sunday 22/05/16 9am – 11am	Session 5 Water session <ul style="list-style-type: none">• Eight/four• Using slides• Timing with crew

Joining Nepean rowing Club

If you do enjoy the learn to row program and think rowing is a sport for you, we encourage you to join our club. Please find a brief summary of what is involved in joining the club below.

Cost: \$295 per year

The membership price entitles rowers access to our boats and facilities and enables them to be entered into regattas (seat fees are payable on top of this fee).

Uniform:

Zootie, hat and club shirt are essential parts of a rowers kit however other gear is available and for more details contact Bianca Waddell; info@thenepeanrowers.com

Regattas:

The season begins in September however winter racing takes place at Iron Cove from July and we will be taking part in this if you are available.

Training:

The main training session for seniors is held on Saturday morning's between 10am-12pm.

Outside of this rowers are encouraged to organise between themselves to train on and off the water.

Appendix 3: Club Raffles Explained

Why we do raffles

Club raffles are undertaken by rowers in aid of reducing the burden of the costs that are associated with travelling for competitions. Taree, nationals and representative duties all warrant the use of this fund and are to the discretion of the Captain used to benefit those who require it. Weekly raffles are our major source of fundraising for the year and all rowers are encouraged to take part.

When

Raffles are undertaken twice a week.

Friday: 6:30pm- prize is a \$80 meat tray

Sunday: 5:30pm- prizes are 3x\$20 Bunnings vouchers.

Where

Nepean Rowing Club

Who

Senior rowers are encouraged to help in the raising of funds. All juniors are required to do raffles.

What to wear

Rowers must wear Nepean uniform. This can be in the form of the club polo or another Nepean collared shirt you own.

How to do raffles

- Upon arriving rowers are to go to the bar (with a parent if under 18) and ask for the raffles box and meat tray (if it is Friday).
- Once they have the box they should organise enough tickets to carry around and write down the first number they will use that day in the provided table along with their name/s.
- They should grab the bum bag in the box that will contain a \$30 float consisting of 6 \$5.00 notes and take that along with the meat tray on the trolley (if it is Friday, if not no trolley is required).
- They should then walk around the club and ask patrons if they wish to buy tickets in the rower's raffle.
- Tickets are: 1 for \$1, 3 for \$2 and 10 for \$5.
- After going around the entire club they may go sit down for five minutes.
- Then they must go up to the person with the microphone for the club raffle and ask for them to announce the last call for the rower's raffle.
- Go to anyone who wants tickets and upon completing this go back to a table with the raffle box.
- Write done the first and last number of the tickets that were sold on a piece of scrap paper and take it up to the same person who announced the last call.
- Count the money and go to the counter if you require coins to be changed to notes.
- Write down the total amount you made in the table and also on the envelope that will go in the box.
- the 'float' of \$30 that was in the bum bag at the start of the raffle should be replaced (No coins to be used as a float)
- Return the box to the bar staff and take the prize to the announcer so they may hand it out to the winner.
- The rowers raffle is drawn directly after the club raffle.



Appendix 4

Nepean Rowing Club Camp 2016

04/11/2015

To rowers and parents,

The annual rowing camp is fast approaching and it is time to begin organising this event.

This year will once again see us go to Taree to attend the Taree summer regatta. This year, Taree will mark the end of our camp. The camp will commence on Wednesday 6th January and will run until Monday 18th January. We will be going to Taree from Friday 15th to Monday 18th January.

Permission slips and uniform sizing charts for camp uniforms are to be filled out and returned to Daniel in person or by email (info@thenepeanrowers.com) no later than 21st November.

In order for this event to run smoothly we need parents to volunteer. Camp involves up to three sessions a day and this involves preparing breakfast and lunch for rowers. Also help will be required for preparing food at Taree. Please talk to Daniel or send an email regarding your availability to help with these tasks. Your help would be greatly appreciated.

As with most camps in the past, the highlight will be the trip to Taree to compete in the Taree Summer Regatta on Friday, Saturday & Sunday. Details for the Taree trip will be released closer to the date. In regards to accommodation, all rowers will be staying at Wingham Motel (13 Bent St Wingham) and will be supervised by coaches and support staff who will also be staying at the same Motel. We have booked out the complete Motel so no bookings can be made with the Motel. Therefore any parents wishing to go up and support their children should look for alternative accommodation.

This year's camp has been subsidised and will be **\$200.00** per rower, payable to Bianca Waddell by November 29th. Payment can be made either by cash, transfer or cheque payable to Nepean Rowing Club. Should you have any concerns at all in reference to payments, please do not hesitate to contact Bianca Waddell.

What is included:

- Camp shirt (sizing form is to be submitted no later than 21st November)
- Breakfast on each day of the camp
- Lunch on each full day of the camp
- All costs associated with using SIRC, swimming pools and other cross training activities.
- Full cost of trip to Taree, including travel to and from Taree, accommodation, race fees and food.

Planned Schedule for 2016 Camp

Slight changes may be made to the below but at this stage this is the plan.

Please note the later date to camp beginning and also formal training will cease on Saturday 18th December. This means it is very important rowers do their own training during this time to ensure they maintain their fitness. Informal sessions may be run during this period in consultation with Daniel.

Full days will be typically 6:15-3:30 and half days 6:15-12 but like last year rowers will separate into two groups and each group will train at slightly different times.

Wednesday 6th January to Monday 18th January

Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th	Monday 11th	Tuesday 12th
Full Day	Full Day	Full Day	Half day	Full Day	Full Day	Full Day
Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th	Monday 18th	
OFF	Half Day 1.Row 2.De-rig and load	Travel to Taree and race	Taree	Taree	Leave Taree and wash/rig boats	

As mentioned previously, please do not hesitate to contact Daniel should you require further information in regards to attending the camp or Bianca should you have any financial concerns.

Yours in Rowing,

Daniel Waddell

Jeff Edwards

Captain

Vice-Captain

Appendix 5: General Regatta Day Information

Regatta days can be a very stressful time for all concerned. Follow these simple rules and not only should they be less stressful, the day should run a lot smoother.

1. **All rowers involved in the regatta are to attend boat loading and unloading (both before and after the regatta)** at a day and time determined by the coaches and boat master. If a rower is unable to attend either session they must advise their coach and ensure the Boat Master is also aware of the situation (otherwise their boat may be missed).
2. All rowers involved in the regatta are to arrive at the regatta venue at a time determined by their coach (usually a minimum of 2 hours before the first race of the day).
3. On arrival at a regatta, each rower should immediately start rigging all his or her boats ready for the day's racing. It is each rower's responsibility to notify their coach of any breakages or parts missing from their boat a.s.a.p. so repairs can be made well before race time.
4. It is each rower's responsibility to put the correct lane number on his or her boat prior to each race and return it to storage immediately after each race. (*Failure to display the correct lane number will result in a fine that will be paid by the crew concerned. Also, loss of a Lane number by failure to store it after the race will cost the crew concerned \$10 replacement fee*)
5. All rowers are to wear the correct racing attire for every race (Nepean zoot suit). If a hat is worn, all members of a crew boat must wear the same hats etc. If under shirts are worn, they must be all be white (*Failure to do so will result in fines for the crew*)
6. All rowers are to be present at the start line by the specified time as detailed in the regatta program. This is usually 5 minutes before the first heat or division race of their event.
7. Each rower must keep hydrated at all times. They should also bring all their food needs for the day and not rely on shops.
8. Wandering off and running around will have a detrimental effect on your races – rest as much as possible between events. Be aware of your fellow crew members & do not let them down.
 - The Nepean Rowing Club tents are to be assembled and disassembled by the rowers. After the regatta they are to be returned & packed away in the Boat Shed at the Club.
 - The Club Tent is for the rowers to relax in and to prepare for and recover from their races.
 - A regatta Program will be placed in the tent.
 - Please note that the first priority of the tent is rest for the rowers and parents should respect this request.

A seat fee must be paid by each rower entered in every race (regardless of boat type). Please note that a coxswain does not pay seat fees. At present the seat fees for each race are as follows:

- Time Trials/non-SIRC regattas – \$13.00 per seat per event
- SIRC Regattas- \$18 per seat per event
- State Championships and State Sprints – \$28 per seat/event
- National Championships – \$55 per seat/event

Note: Should a crew miss the start of a race (unless caused by a breakage), then the Regatta Commission will impose a fine and that crew will pay it.

- If an athlete is sick on regatta day, please let the Captain know as early as possible, so that either the crew can be withdrawn or a substitution of a crew member can be made – this avoids a fine for failing to race.

- Fines for racing whilst unregistered; late withdrawal; no bow number; failure to make the start of the race etc. are \$25 plus GST (\$27.50)
- A & B Grade Races are held over 2000 metres
- C & D Grade Races are held over 1000 metres
- Novice Races are held over 1000 metres
- Your Grade is altered by your results in all races across the season.
- There are no age limits in grade races and a single race may have competitors aged anywhere from 13 years old to 80 years old.

Appendix 6: Boat List

Boat Name	Make	Weight Category	Usage
Single Sculls			
Livia Laborczfalvi	Empacher	HWT MEN	RED
Brenton Long	Empacher	HWT MEN	RED
Jeff Edwards	Sykes	HWT MEN	RED
Ken Henson	Empacher	LWT MEN/HWT WOMEN	RED
John Campbell 2	Sykes	LWT MEN/HWT WOMEN	RED
Jason Waddell	Sykes	LWT MEN/HWT WOMEN	RED
N/A	Sykes	LWT MEN/HWT WOMEN	RED
Kate Murdoch	Sykes	LWT WOMEN	RED
Ralph Simington	Sykes	LWT WOMEN	RED
Daniel Waddell	Race 1	LWT WOMEN	RED
Terry Baskett II	Euro	HWT MEN	ORANGE
John Baskett	Euro	HWT MEN	ORANGE
Patrick Stollery	Euro	LWT MEN/HWT WOMEN	ORANGE
Bob Selby & Son	Euro	LWT MEN/HWT WOMEN	ORANGE
Bill Radburn	Sykes	HWT MEN	ORANGE
Melinda Howlett	Sykes	LWT MEN/HWT WOMEN	ORANGE
Natalie Long	Sykes	LWT MEN/HWT WOMEN	ORANGE
Kristy-Lee Watson-Jones	Sykes	HWT MEN	ORANGE
Anita Derks		HWT MEN	GREEN
Allen Fokes		HWT MEN	GREEN
Bill Radburn		HWT MEN	GREEN
Colin Death		HWT MEN	GREEN
Greg Hinvest		HWT MEN	GREEN
Penrith RSL		LWT MEN/HWT WOMEN	GREEN
City of Penrith		LWT MEN/HWT WOMEN	GREEN
Dave Robertson		LWT MEN/HWT WOMEN	GREEN
Panther Motors		LWT MEN/HWT WOMEN	GREEN
Crane Enfield		LWT MEN/HWT WOMEN	GREEN
Double sculls and Pairs			
Brenton Long II (2x)	Sykes	HWT MEN	RED
ABN Ambro (2-)	Empacher	HWT MEN	RED
Tina de Vries (2x)	Swift	HWT MEN	RED
Nigel Waddell (2x-)	Sykes	LWT MEN/HWT WOMEN	RED
Lyn Edwards (2x-)	Sykes	LWT MEN/HWT WOMEN	RED
Greg Hinvest 2	Sykes	LWT WOMEN	RED
Alison Smith	Sykes	LWT WOMEN	RED
Karl Parker	Empacher	HWT MEN	ORANGE
Kelly Matthews	Empacher	LWT MEN/HWT WOMEN	ORANGE
Sydney 2000	Empacher	LWT WOMEN	ORANGE
Dick Willis	Prime	HWT MEN	GREEN
Peter Chapman II	Prime	HWT MEN	GREEN
Allan Coombes	Liangjin	HWT MEN	GREEN
Bill & Joy Wooldridge	N/A	LWT WOMEN	GREEN
Quads and Fours, Coxless and Coxed			
Nepean Masters	Swift	HWT MEN	RED
Bruce Russell	Empacher	HWT MEN	RED

N/A	Carbon Elite Sports	LWT MEN/HWT WOMEN	RED
Bob Ausburn 2 4+	Sykes	LWT MEN/HWT WOMEN	RED
Marilyn Kidd	Sykes	HWT MEN	ORANGE
Bob & Eve Ausburn	Sykes	LWT MEN/HWT WOMEN	ORANGE
John Campbell	Sykes	LWT WOMEN	ORANGE
Maurie & Sybil Reddan 4x+/4+	N/A	HWT MEN	GREEN
Cas Cook 2 4x+	Ausrowtec	LWT WOMEN	GREEN
Eight			
Dick Willis 2	Sykes	HWT MEN	RED
N/A	Hudson	HWT MEN	RED
Wickham	Kirs	HWT MEN	GREEN

Appendix 7: Boat Booking Form

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am							
6am							
7am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							

Notes: - Book the boat you plan to use prior to the date of use

- Do not use a boat that has been booked even if the people have not arrived, they may just be late
- Any Damage of boats should be recorded on the whiteboard

Key

Red: Restricted use. Can only be used by allocation of Captain and only in allocated times

Orange: By allocation. Can be used by all members but only with permission of Captain.

Green: Available to be used by all members. Reservation required.

Appendix 8: Boat Storage Form

Name of member:
Name of boat:
Boat type:
How often is the boat rowed?
Is the boat raced?
Date applying for boat storage (please change if a shorter period is required): From- 1/5/2016 To- 1/5/2017
Signature of member:
Office Use
Date received:
Accepted: Yes No
Comments:
Captain: Daniel Waddell Signature-

Appendix 9:Nepean Rowing Club Incident Report Form

Name and role of person completing this form:
Signature of person completing this form:
Date: Incident
Date and time of incident:
Name/s of person/s involved in the incident and their clubs/associations:
Description of incident:

Witnesses (include contact details):

Reporting of the incident to club/association

Incident Reported to:	Date:
How (this form, in person, email, phone):	

Follow Up Action

Description of actions to be taken:
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