



# THE BOW-BALL BULLETIN

Information from the sharp end of our activities

## Newsletter of Hawthorn Rowing Club

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Photos: <http://www.hawthornrc.inter.net.au/HRCPhotos.html>

NO.129 - 6

JUNE 2006

### YARRA RIVER HEALTH UPDATE

- Please note **footwear is strongly recommended for all rowers** - not only do you not want any cuts on your feet getting infected from the Yarra water, but syringes have been found washed up on the jetty.
- There are brooms downstairs in the clubhouse for brushing down the landing. You may like to make use of these while waiting for your crew to turn up - it certainly warms you up ready for a row, and helps prevent you from slipping when putting the boat in or out of the water.

### GOSSIP & MEMBERS NEWS:

- Congratulations to former HRC member (Cox in early 1980's) **Richard Bourke** and his wife Christine on the birth of daughter Stella Evangeline born May 5th
- **Ray Flahavin** died 26 April. Ray was a stalwart at HRC during the 60s and 70s. He had been seriously ill and in a nursing home for the past 12 months.



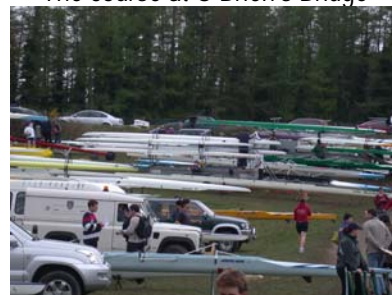
The late Bob Fraser and Lloyd Cosgrove with Ray Flahavin (photo thought to be about 20 years old)

- Congratulations to **Marcus Presser** on his recent engagement to Cherie.
- **Denis Bourke's** recent overseas report: "Went to a regatta at O'Brien's Bridge way out in West of Ireland -great stretch of water and races all 1500m. Not a tub boat in sight - all racing shells. In some ways it was like Rutherglen Regatta in

that it was a "bush" setting. The start was from anchored tinnies, and listening to starter instructions I could have been at any regatta in Oz with impatient officials blasting crews".



The course at O'Brien's Bridge



Boats everywhere at the regatta!

Denis continues "**Chris de Guingand** joined me in Dublin and with some difficulty we found our way to the rowing clubs on Liffey. We visited Commercial RC and received a great welcome. As they had a big training day on with 50 school kids, the only boat for Chris and I was an ancient tub pair (no cox). We managed to get a row on the 1800m of river they can use. Bar was open so we had a (mandatory?) Guinness to finish".



## CLUB EVENTS:

Club races were held Sunday 9<sup>th</sup> April, but were cancelled due to inclement weather on Sunday 7<sup>th</sup> May. See below for upcoming club race dates.

### ANZAC Ceremony

On Sunday 23<sup>rd</sup> April 2006 ten members of HRC joined together to acknowledge the sacrifice of member's lives during WW1 and WW11. Details about the background to this historic memorial have been prepared by Geoff Code and included in this edition of BBB.

### Glenferrie Road Festival – Sunday 7<sup>th</sup> May

HRC set up it's marquee at this annual City of Boroondara event. Thanks to the number of HRC members who braved the elements to help man the marquee, as well as members who paid a visit to the event. A number of people visited and gave the 500 metre ergo challenge a go to win a T-shirt including The Boost Juice Cup, the Nando Chicken, Councilor Butler and a Gorilla (see if you can pick who is who).



## UPCOMING EVENTS:

### Upcoming Club Races:

- Sun 4<sup>th</sup> June and Sun 9<sup>th</sup> July 10.30am: Club Races followed by lunch - names in by 10.30 for 11am racing.

### FRIDAY 7<sup>TH</sup> JULY – HRC AGM

#### 7.30PM

Nomination forms for committee must be submitted by 15<sup>th</sup> June – a blank form is attached to this edition of BBB. Please note there will be a notice of motion regarding altering the committee structure, so please note that the nomination form has two columns to select a committee position from (the left hand column is under the current committee structure, and the right hand column is in the event the notice of motion is passed at the AGM).

Come to find out what the committee has been focussing on for the year including clubhouse redevelopment, and also to find out who will win the club awards for the 2005 / 06 season.

Soups and crusty bread will be available after the meeting for \$5 per person.

### SATURDAY 19<sup>TH</sup> AUGUST – ANNUAL HRC TALENT NIGHT:

Keep the date free and stay tuned for further details.

## AUSTRALIAN SPORTS

## FOUNDATION (ASF) – HRC

## ROWING EQUIPMENT

### PROJECT:

Would you like to make a tax deductible donation that could be used to help HRC? As you might be aware HRC has a project registered with the ASF to aid with the purchase of rowing equipment. We have set a goal of \$20k over three years, and we have to date almost realised a total of \$7500.

Donors are able to make a voluntary donation to the ASF nominating the HRC Rowing Equipment project as their preferred beneficiary. All ASF grants received will be used to purchase rowing equipment. A donation can be made on the form available from our website at <http://www.hawthornrc.inter.net.au/Documents.html>

The donations and completed forms should be given to the captain or left to the attention of him in the tin behind the bar. Donations can be made by cheque, cash or credit card. Cheques should be made out to the Australian Sports Foundation. All unconditional donations of \$2 or more are tax deductible. A form is attached to this edition of BBB.

For further information on how to make a tax deductible donation or to have questions on this answered please contact the captain on his email ---> [captain@hawthornrc.inter.net.au](mailto:captain@hawthornrc.inter.net.au)

## **REMINDERS / ALERTS:**

Following a few recent activities and observations around the clubhouse we wish to ensure ALL club members are aware of the following. And no, it's not all same old, same old – copied and pasted from the last edition – there are also some “new” reminders.

- **BOAT LIGHTS:** It is **YOUR** responsibility to **have a light of your own**. They can be purchased from Rowing Victoria or Rowbust, amongst other suppliers. Between dusk and dawn you need **BOTH** a **WHITE FLASHING LIGHT** on your **stern** and a **WHITE (non-flashing) LIGHT** on your **bow**. **FINE is \$160**

We have reason to believe Parks Victoria **WILL** be patrolling our end of the river in the coming months, so please don't be caught out. Having lights on your boat with flat batteries will not be an adequate reason for getting out of being fined. If you don't have lights and you're planning on being out on the water anytime between dusk and dawn – **DON'T GO OUT**.

It is for safety reasons that lights are required.

- **BOAT USAGE / BOOKING BOATS:** All members are reminded to book the boats they intend to train in on the whiteboards at the bottom of the stairs. Also, before taking a boat out, ensure it is not already booked! It is annoying to have a crew turn up to train and discover the boat is on the water, and not know where it is or when it will be back.
- **IF A BOAT IS DAMAGED:** If you discover a boat is damaged or indeed you or your crew are involved in an incident that causes some damage to boat equipment (oars included), please report it to the club. There is a form [online](http://www.hawthornrc.inter.net.au/onlinemaintenance.html) for you to fill in, [www.hawthornrc.inter.net.au/onlinemaintenance.html](http://www.hawthornrc.inter.net.au/onlinemaintenance.html) or a hard copy form upstairs beside the cupboard under the TV. Completed forms can be pinned to the noticeboard closest (which includes Merchandise). If you don't report it to the club it won't get fixed, and will slowly render boats into poorer condition. Please do not wait for the boat to be completely unrowable before you report any damage. When something is found to be not quite right it should also be reported.

**PLEASE NOTE:** When a boat is tagged as damaged it is **not to be rowed**, even if it looks like it can be.

- **LEGISLATION FOR RECREATIONAL BOATERS (INCLUDING ROWERS):** Recent changes to legislation now impacts upon all rowers on all waters. The legislation, in effect, requires all rowers (including coxswains) to wear a Personal Floatation Device (PFD) type 1,2 or 3 while rowing (in essence, a life jacket). There are only 2 exceptions to this rule:
  - When Rowing during a Rowing Victoria sanctioned regatta / competition, and

- When training with an NCAS Accredited Rowing Coach in a powered vessel who is carrying appropriate lifesaving appliances, and has an appropriate communication device on board.

Coaches or Boat Race Officials are also required to wear a PFD when in a powered vessel. All boats (rowing and powered) are also required to carry a bailer.

The HRC Committee has drawn up a draft outline of some of the items we may need to consider in compiling a Safety Management Plan. HRC believes that based on the current conditions in the regulations and discussions with Marine Safety Victoria, it will be potentially very difficult to avoid wearing or providing access to PFD's in our boats or via a supervising speed boat. Further to past conversations with the Marine Safety Victoria they have the following expectations:

- RV, in the capacity as governing body for the sport in Victoria, are to provide a relevant Safety Management Plan suitable for application and integration into the procedures of affiliated clubs;
- That any Safety Management Plan will specifically address the safety issues otherwise mitigated by the wearing of a PFD, or the 'immediate' availability of a PFD in a supervising speed boat.

Examples of potential initiatives that obviously do not specifically address this issue/risk include: having an emergency contact number in the clubhouse; or having a coach on the bank riding a bike (NB. without a means of making physical contact with crew members - rope, etc).

Marine Safety have not received a Safety Management Plan from any rowing clubs to date and have indicated that it is only a matter of time before this regulation is enforced / policed (by Parks Victoria on behalf of Marine Safety).

Stay tuned for further updates.

- **ROWING SAFELY INCLUDING WHAT TO DO IN THE EVENT OF CAPSIZING:** At the end of this edition of BBB are two Rowing Victoria documents. The first, the Row Safe brochure provides general tips on safe rowing. The second, the Capsize Manual provides a guide to management strategies for helping your crew recover from capsized. It should also be noted that in the event a boat is carrying a lot of water (for example from rain, or having capsized), the boat **WILL** be exceptionally heavy and no attempt should be made to lift the boat. It will not only possibly injure the rowers lifting the boat but also cause unintended stress on the boat.

## REGATTAS:

HRC has finished the season well, and with some great entertainment provided at the last regatta of the season in Mildura!

### **Mildura Regatta Sat 15th April & Wentworth Regatta Sun 16th April**

A number of wins were had by the club over the Easter weekend.

Wins included:

#### Mildura

MD2x: Andrew Carson and Alan Hayes

MC1x: Josh Cannane

FD2x: Fiona Hilbert and Alison O'Connor

#### Wentworth

MD2+: Hugh and Ed Thomson, cox Emma Herschell.

This event provided much entertainment as to the spectator it appeared the crew stopped 2 or 3 times early in the course of the race. As the tub pair rowed past the spectators, with a comfortable 3 length win in their reach, it was observed and speculated that the "stopping" must have been Ed getting his pants caught in the slide, and the last "stop" was managing to get his pants off and past his ankles, losing only one stroke in the process! Ed rowed past with very naked legs!

FD2x: Fiona Hilbert and Alison O'Connor



Emma Herschell racing the FE1x at Mildura

### **APSM Masters Regatta Sat 29 April**

Held at Footscray

The Beagles and Alison and Fiona raced at APSM's Masters regatta held at Footscray. HRC came second in all its events (Beagles Four, and Female A2x and A2-).

### **Masters State Champs at Carrum Sat 13 May**

The Beagles raced at Carrum in a four, and came third.

### **Australian Masters Championships Fri 19 – Sun 21 May**

Held at Nagambie

A number of HRC members have just returned from racing at Nagambie. Apologies for results being a bit sketchy – but we returned with a few medals including the following wins:

- Derek Fern in a composite Mixed F/G/H Coxed Four
- Don Gibb (and Don Christie in Banks colours) in a composite Men's I Eight
- Rosemary Dillon in a composite Women's F Coxed Four

## UPCOMING REGATTAS:

**2006 Dunlite Royal Flying Doctors Service Murray Marathon – It may seem a long way away - but PLAN EARLY**

Who were Australia's greatest rowers? Were they Charles Sturt and his crew? It is now 176 years since Sturt and seven others rowed a 27' whaleboat from a spot near the present town of Maude in NSW, down the Murrumbidgee and the Murray Rivers to the Murray mouth. There they turned around and rowed back again to a spot near where Narrandera is now. This was done in the height of summer, with no charts, no weirs to regulate the flow and level of the rivers and, sometimes, on the upstream part of the journey, against a very strong current!! We suppose it is only us rowers who can fully appreciate this massive accomplishment. You can read more about it on the DUNLITE 2006 Murray River Rowathon Home-Page.

This year's 92km one day Rowathon, to be held on Saturday, October 7th, will celebrate Sturt's row.

[http://www.geocities.com/roger\\_boyce/](http://www.geocities.com/roger_boyce/)

**Winter Sculling Series begins 3<sup>rd</sup> June** on the Yarra River. Boat allocations have now been made based on expressions of interest from club members. In racing boats we will have Alan Haynes, Pat Freeland-Small and Marcus Presser, and Mez Moore racing, and in the tub scull Chris Scarff and Emma Herschell. Good Luck to all competitors.

## YARRA RIVER CLOSURES & EVENTS

The following events are to alert members to river events in our precinct over the coming months. Parks Victoria advises that all river users in these areas while events are being held are to travel with caution and to follow any directions given by Parks Victoria Officers.

River traffic along these sections of river during these event times may encounter delays due to congestion and are urged to maintain a courteous manner toward other river users.

- **Saturday 19<sup>th</sup> August 2006: 8:30am to 11:00am**  
Walmer Street Footbridge to Melbourne RC  
VSA Winter Sculling Series Race # 10 (10km Time Trial)
- **Saturday 9<sup>th</sup> September 2006 and Sunday 10<sup>th</sup> September 2006: 8:00am to 4:00pm each day**  
Princes Bridge to Scotch College Landing.  
Canoe Victoria Marathon Championships

## ALISONISMS:

For those who may have forgotten the origin of the "Alisonism" – our current club secretary and active rower is the queen of muddling her words! So we took the liberty of creating a column of Alisonisms to reflect the verbal and physical muddling of words and actions of not only Alison O'Connor, but all HRC members!

- **Hugh Thomson** turned 18 while up at the Mildura / Wentworth regattas at Easter. HRC members wished him a Happy Birthday, while **brother Ed's** response was "oh God, yes, Happy Birthday!"
- When trying to decide who the closest girl to Hugh's age was, for **Hugh** to kiss after cutting his birthday cake, **Ed** asked how old the dog was!
- **Emma Herschell's** reflection on **Hugh** turning 18, was that he had now crossed over to the "ancient side"!
- **Trevor Beadle** and **Roger Gillespie** were heading out in the tub pair one recent morning with **John Campbell** coxing: oars in, pushed off. They soon discovered that the stroke side oar had been given to the bowman and the bow side oar to the stroke!
- **Alison O'Connor** talking about a school coxless pair being out on the water on the wrong side of the river – "and there were only 2 of them in the boat"!

## HRC RESCUE TEAM:

A letter was received by the HRC committee in March:

*To Hawthorn Rowing Club's rescue team!*

*On Sunday March 5 we found ourselves with a dog in the need of rescue. It was great to experience the great kindness and support of a number of your members who facilitated the water transport to rescue our dog and then ensured she had a safe landing on land. The misadventure ended well with dog and people fully recovered. In the "excitement" we forgot the names of those who helped and so hope they will somehow receive this message of thanks.*

*Thank you!!! From Jo & Michael*

*P.S. use proceeds for social club or other*

The card was accompanied with a cheque.

So who was the rescue team? Sue Botta and her crew raised the alarm. A certain member was in a boat with Megan Boness. The "hero" wishes to remain quiet for fear of losing his seat in the Beagles. Oops, say no more. Thanks anyway.

## THE HRC ANZAC MEMORIAL:

On Sunday 23<sup>rd</sup> April 2006 ten members of HRC joined together to acknowledge the sacrifice of member's lives during WW 1 and WW 11. This took place at the obelisk situated in the gardens adjacent to the Bridge Road Bridge which displays the names of eight members who lost their lives in WW1 (from 43 who enlisted) and of three members in WW11 (from 48 who enlisted).

This memorial has important significance for members as it was provided by the family of Lt. H. C (Claude) Guy in his memory and is referred to in the Minutes of the club as being unveiled on Opening Day 12<sup>th</sup> October 1918.

All of the eight names listed for WW1 were of persons in the A.I.F. while the three for WW11 were each in the R.A.A.F. There is no record of the circumstances or areas of Europe where members met their fate in 1914 – 1918 but we do know that of the three members in the 1939 – 1945 war, two were killed running for their aircraft in Darwin during a Japanese air-raid and one was lost in an aircraft crash near Bairnsdale in Victoria (another words, they all died on Australian soil!)

Our records also indicate that there was an Honour Board produced in 1918 for those "who have joined the Expeditionary Forces, to be placed in the Clubhouse with the names to be suitably inscribed in gold writing on a blackwood board." This honour board was apparently lost during the 1934 flood when the clubhouse was washed away, as it has never been sighted in our present building.

The annual ceremony held on the Sunday nearest to Anzac Day, has been held each year since 2000, after the names of the 1939 – 1945 lost members were inscribed on the obelisk with the support of the Department of Veteran Affairs. We would appreciate your support so make a note to be present in 2007.

*Geoff Code*

### ***A note from the editor:***

If you wish to offer information, suggestions or any other comments to be included in, or about the BBB please email [hrc@hawthornrc.inter.net.au](mailto:hrc@hawthornrc.inter.net.au)

If you currently receive your copy of BBB via Australia Post, and you have now technologically advanced to using email comfortably, you may wish to consider receiving your copy by email. Try sending an email to [hrc@hawthornrc.inter.net.au](mailto:hrc@hawthornrc.inter.net.au) to request BBB by email.

## Capsize

Capsize occurs more frequently in single sculls than in any other boat class. It is important then to make sure that shoe heels are tied down properly, quick release straps are in place and that correct foot plates and stretchers are fitted to the boat. If inappropriate heel ties and quick release straps are fitted, you are limiting your ability to exit quickly from a capsized boat.

Single scullers should row in groups of 3 or more and where possible have a coach accompany the group.

Single scullers rowing on their own should wear a PFD 3 and be responsible for letting someone at the boatshed know what time you've left and when to expect you back.

In the event of capsize, crew members will follow the Buddy System as outlined in the Capsize Manual (available from Rowing Victoria or visit the *Health Through Rowing* and *Safety* sections at [www.rowingvictoria.asn.au](http://www.rowingvictoria.asn.au)).

## Buddy System

This safety procedure outlined in the Capsize Manual provides crews, coaches and coxswains instructions to successfully and easily recover from a capsized crew boat and what to do in the event of a serious collision or when a rower is thrown overboard.

For your copy of the Capsize Manual, contact Rowing Victoria or visit the *Health Through Rowing* and *Safety* sections at [www.rowingvictoria.asn.au](http://www.rowingvictoria.asn.au)

## Safety First

By doing your little bit and being a little bit clever, we'll be sure to continue to keep our sport safe, fun and healthy for everyone.

**Be a WINNER – RowSafe®**

**Advertise your product or service here!**

For further details contact Grant Cosgriff at  
Rowing Victoria

### Rowing Victoria

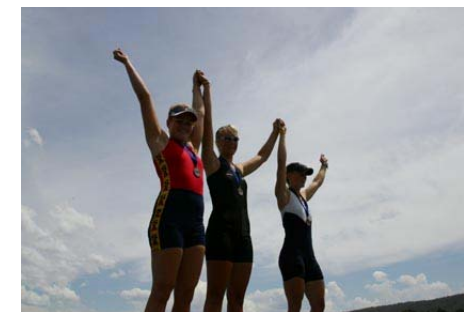
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# RowSafe®

## Victoria

### Where Everyone's a Winner



Rowing accidents rarely occur, and if they do, is generally the result of someone not adhering to safety procedures & practices of the waterway.

Rowing safely is the combined effort of rowers, coaches, coxswains and other water users.

The information in this brochure highlights the important issues for consideration when rowing to ensure safe and injury free participation.

## You Must Be Able To Swim

All members of a Rowing Victoria (RV) affiliated Club or School must be competent swimmers and must be able to swim a minimum of 50 meters fully clothed. Rowing Victoria can at any time request to see your swimming certification or ask for you to demonstrate your swimming ability to ensure that you are able to swim the required distance.

For some fun, Clubs & Schools may like to hold annual swim test days to ensure that all their members can swim! Speak to your Club committee or Rowing Coordinator for information and ideas on other ways to test members.

## Personal Flotation Device

Rowers when participating in bona fide training & competition are exempt from wearing a Personal Flotation Device (PFD) or Life Jacket.

If coaching from a motor boat, you **MUST** comply with Marine Safety regulations at all times.

For more information on PFD's and Marine Safety regulations, visit [www.marinesafety.com.au](http://www.marinesafety.com.au) or contact Rowing Victoria.

## First Aid & Water Recovery

Supervisors and Coaches are strongly encouraged to be trained in water rescue and first aid. In the event of capsizing or serious injury, coaches will be the first source of assistance from the water's edge. By being trained appropriately, coaches can rest assured that they will be able to provide assistance when required.

Rowing Victoria maintains a register of all qualified coaches in Victoria, and maintains a register of their first aid and water rescue certification. Rowing Victoria can at any time inspect coaches for their licences. Anyone not formally accredited places rowers and coxswains at risk of not being covered by insurance should an incident occur, and may be held liable.

## Know Your Equipment

Before heading out for your row, be sure that you, your crew and coach fully understand and know the safety requirements and mechanisms in your boat. Some things to consider:

- ◆ The bow ball is fitted firmly and correctly.
- ◆ When rowing after dark ensure correct lights are affixed to the boat, i.e. white FLASHING stern light and white CONSTANT bow light.
- ◆ Shoe heels are correctly tied down and secured with correct safety straps and have a quick release mechanism.
- ◆ Riggers, gates, etc are in good working order and fitted correctly.
- ◆ The jetty/landing area is clear and safe.
- ◆ You are well educated and versed in boat carrying and handling.

More information can be found in the RV Policies & Procedures. A hard copy is available by contacting Rowing Victoria or you can download a copy for yourself via the Rowing Victoria website [www.rowingvictoria.asn.au](http://www.rowingvictoria.asn.au) and selecting *Documents* from the left-hand menu bar in the Members section.

## Know Your Water Rules

When heading out for a training session, leisurely row or competition be aware of the rules of the waterway you are using.

- ◆ Course maps are available for each rowing course via the Rowing Victoria website [www.rowingvictoria.asn.au](http://www.rowingvictoria.asn.au) select *Competition* from the left-hand menu bar and then *Venues* (currently under construction)
- ◆ Know where and how to overtake other vessels by completing a Competent Coxswain Course or purchasing the relevant literature available from Rowing Victoria (available Sept. 05).
- ◆ Call out to oncoming rowers to make them aware of your position & presence
- ◆ Know where the stopping and turning zones are as illustrated on the course maps
- ◆ Take note and observe waterway closures and/or limited access by reviewing the information on the Regatta Calendar available on the Rowing Victoria website

- ◆ Remain observant at all times
- ◆ Work with your coach to ensure they're with you at **ALL TIMES**. If you lose sight of your coach, talk about how this can be prevented after your training session.
- ◆ Steer clear of faster moving boats.

For further information on water ways, regatta rules and Competent Coxswain programs, visit the Rowing Victoria website [www.rowingvictoria.asn.au](http://www.rowingvictoria.asn.au) and make your selection from one of the headings located on the left-hand menu bar.

## Respect The Weather

Weather can affect your ability to row, train or compete. During competition, the Regatta Referee will use their judgement and experience to determine if the conditions are unsuitable for competition. During training or social rows, rowers and coaches should use their own judgement and common sense to determine your safety:

- ◆ Do not row in rough water as it can be hazardous and can capsize.
- ◆ Avoid strong currents as these are dangerous by taking control of the boat
- ◆ **DO NOT ROW** during an electrical storm. At the earliest signs of lightning, leave the water **IMMEDIATELY**.
- ◆ Heat can cause dehydration, illness, exhaustion and can result in death. Make sure you take appropriate precautions to ensure that you are well hydrated during training, social rows and competition (refer to the RV Heat Policy).
- ◆ If conditions are foggy, take appropriate precautions with correct lights and bright clothes to make sure that you can be seen to avoid crashing into someone or something!

Further information and tips can be found in the *Health Through Rowing* and *Safety* sections of the Rowing Victoria website [www.rowingvictoria.asn.au](http://www.rowingvictoria.asn.au) located on the left-hand menu bar.

# RowSafe®

where everyone's a winner

## The Rowing Victoria Capsize Manual



Capsize occurs more frequently in single sculls than in any other boat class, and can pose as a difficult challenge to recover from. It is important to ensure that shoe heels are tied down properly, correct quick release straps are in place and correct foot plates and foot stretches are fitted to the boat you are using. If inappropriate heel ties and shoe straps are fitted, you are limiting your ability to negotiate successfully from a capsized boat.

This manual provides information on how to negotiate your way from a capsized boat.

### Rowing Victoria

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T: 9820 6374

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E: [admin@rowingvictoria.asn.au](mailto:admin@rowingvictoria.asn.au)

## General Information

### Personal Flotation Devices (PFDs)

Must be worn or carried as explained:

- Coxswains in a bow coxed boat may like to seriously consider wearing a PFD 3 (Personal Flotation Device). In the event of this type of boat capsizing, a cox in the bow can have great difficulty in getting out safely.
- Speed Boats must carry enough flotation devices for ALL rowers in the boat
- Speed Boats must all meet the Marine Safety Victoria regulations.
- The Coach accompanying their crew along the waters edge may like to carry a flotation device that enables all crew members to utilise.

For information on PFD's, visit the Marine Safety website  
[www.marinesafety.com.au](http://www.marinesafety.com.au)

### Single Sculling

- When rowing in a single scull, it's a good idea that you go with a group of 3 or more.
- Have your coach, or ask a friend, or fellow crew member to accompany your sculling group by bike or boat (if they're licensed).
- If you can't fulfil the above tips, take responsibility for your actions and let someone at the boatshed know what time you are leaving, where you will be rowing and what time to expect you back.

Tip

- Implement a log book in your club to sign boats in and out
- Provide tags to hang off boat racks or slings to indicate that a rower is out

- If the coach is in a speed boat, the speed boat will have sufficient flotation devices on board to help the crew.
- If the boat is sinking, the cox/stroke will instruct the crew to take hold of oars or swim to the water's edge, whichever is more appropriate. The crew will then number off to ensure everyone is present once on the water's edge.
- If two or more boats are involved in a collision, the above procedure can be followed, however each person could identify themselves by calling out their name as well as their seat number, e.g. Sam 1, Jane 2 and so on.

### Being Thrown From A Boat

Occasionally, rowers can be pushed from the boat as a result of their oar 'catching a crab', hitting the rower in the ribs. The force of the oar can be enough to throw the rower from the boat, and can sometimes result in injury. In this event, rowers need to execute extreme caution and work together as a team to ensure that their fellow rower returns to the waters edge or the boat safely.

- If a rower is thrown from the boat, 'check the boat' and use the *Buddy System*.
- Locate the position of the rower, and ask if the rower is hurt.
- If the rower is hurt and needs assistance, the coach will help the rower from the water using the flotation device being carried.
- The coach should provide initial first aid and call for help if required.
- The cox/stroke should ensure that the remaining rowers are in seat positions able to return to the landing/staging area.
- If the rower is uninjured and is able to return to the boat, the crew will stabilise the boat allowing the rower to re-enter the boat.

This information is to be used as a guide only.

Use common sense and be responsible for your rowing and your rowers.

## Be a Winner – RowSafe!

### References

1. Victorian Recreational Boating Safety Handbook, Marine Safety Victoria.
2. Rowing Victoria Policy & Procedures
3. Rowing. The essential guide to equipment and techniques.

## Capsize Recovery For Single or Two Rowers Continued

The most secure and stable position for a sculler is to position the oars 90° to the boat while holding the oars firmly resting on slightly raised, flexed knees. A similar position can be used in a sweep oared boat.

If the boat is floating deck side down, you will need to roll the boat over. This can be done by:

1. Push one of the riggers down underneath the surface of the water so that you are able to stand on it with your feet.
2. Lay over the hull of the boat reaching for the opposite rigger.
3. Take hold of the rigger with your hands and pull the rigger toward you lifting the rigger out of the water towards you.
4. At the same time, lift your feet off the rigger you're standing on and allow the boat to flip over.
5. Now that the boat is in the correct position, you can re-enter the boat following the steps outlined above.

## Buddy System—Recovery for four or more rowers

This system can be followed in the event that a crew capsizes from a rowing boat:

- Designate every rower with a *Buddy Number*. This can directly correlate to the seat number they are sitting in, (i.e. Bow = 1, 2 seat = 2, Stroke = 4 or 8 depending on which boat you are in).
- The coxswain (for coxed crews) or the stroke (for coxless crews) could be the commander for the *Buddy System*.
- The cox/stroke will call the crew to take hold of the boat and to number off from bow.
- When whole crew is present, the cox/stroke will instruct the crew to re-enter the boat.
- If someone is missing the cox/stroke should stay with the boat and the coach should call for help.
- Coxless crews should have the stroke arrange for help.
- The coach should seek additional assistance & should remain on the water's edge at all times with their crew after getting help.

## Capsize

In the event of capsize, at all times, stay with your boat. The boat is buoyant and can be used as your flotation device.

In the event of a crew boat capsizing, a Buddy System should be followed.

Familiarise yourself and your crew (if coaching) with a system to follow in case of capsize. It's a serious event and can frighten people into a panic.

Don't be afraid to practice your procedure!

## Capsize Recovery For Single or Two Rowers

- Stay with your boat because it is buoyant and can be used as a flotation device.
- If the boat has sunk, an oar can be used instead.
- Hold on to the boat, and regain composure by taking a few deep breaths to prepare yourself to re-enter the boat.
- If you are not far from an accessible bank or landing, it may be possible to swim to the bank with the boat where you could re-enter the boat with the help from your coach.
- To get back into the boat from the water when the boat is upright, follow these instructions:
  1. Move to the stern side of the boat and place the stern oar closest to you, across the boat.
  2. Reach across the boat and retrieve the bow side oar.
  3. Position your body so that your right side is against the stern side rigger and your left side is against the stern side of the boat.
  4. Place your left hand on the bow side gunwale of the boat.
  5. With your right hand, take hold of both oar handles in the centre of the boat.
  6. Push the seat back with your left hand, hoist your torso up onto the deck of the boat swinging around so that you are sitting on the deck with both legs dangling in the water on the stern side of the boat, all the while holding both oar handles with your right hand.
  7. Sling your left leg over the bow deck hanging both feet in the water straddling the boat. (Do not hang your feet inside the riggers).
  8. Find your balance.
  9. Reposition yourself on the seat, place your feet back into your shoes.
  10. Get your breath back, and now you're ready to go!

**HAWTHORN ROWING CLUB Inc.**  
**ELECTION OF OFFICE-BEARERS AND MEMBERS OF COMMITTEE.**  
**NOMINATION FORM**

I am willing to be nominated for the position of (please tick one in each column)

**Current Committee Structure**

- President
- Senior Vice President
- Vice President
- Secretary
- Treasurer
- Captain
- Vice Captain
- General

**Proposed New Committee Structure**

- President
- Vice President
- Secretary
- Assistant Secretary
- Treasurer
- Captain
- Vice Captain
- General

of the Hawthorn Rowing Club Inc. for the year .....2006/ 2007.....

Name in full: .....

Date: .....

.....  
(Signature of Nominee)

Proposed by .....

Seconded by .....

I certify that the above Nomination is in order, and that the Member nominated is eligible for election under the Rules, and that the Nomination was received on .....

.....  
(Honorary Secretary )

NOTE: Return to the Honorary Secretary not later than 15<sup>th</sup> June

RETURN BY PLACING THIS COMPLETED FORM IN THE TIN BEHIND THE BAR.