THE BOW-BALL BULLETIN

Information from the sharp end of our activities

Newsletter of Hawthorn Rowing Club

General enquiries: hrc@hawthornrowingclub.com Captain: captain@hawthornrowingclub.com

Website: www.hawthornrowingclub.com

NO.132 - 1 OCTOBER 2008

SUBS NOW OVERDUE FOR 2008 / 09 SEASON

Everyone should have received their sub notices by now. We have a list of names of paid up members on the notice board at the top of the stairs. If you see someone you know at the club whose name is not there please urge them to pay up. If you name is not there please notify secretary who'll check and update the list as necessary.
Remember only financial members are able to compete, have access to the club facilities & fleet and store boats if permission had been granted.. Please contact the treasurer if you have not received your subs, not sure if you have paid, or are having difficulty paying.

HELP STILL REQUIRED

Due to the committee size being smaller as of this season, following membership approving the proposed new constitution and committee structure at the ½ yearly AGM it is now easier for members to be involved in the club without feeling committed to attending lots of meetings.

If you have a specialty that would help in running the club - we want you! You do not need to be on any committees, you will just be responsible for one job.

Remember, many hands make light work. The running of the club is reliant on a small number of people and if we have the odd person doing odd jobs it will make the running of the club alot easier....

Please think about what services you may be able to offer. Contact the Secretary or Captain or any other member of committee if you believe you could help out.

Here is only a few specific examples of help required:

- If there is anyone that would like to help with some fundraising we would very much appreciate it. We are looking at upgrading some of the fleet, but will not be able to do it due to lack of funds. Please feel free to approach any of the committee members to discuss ideas or help plan them.
- And if you feel you could take on the task of producing these newsletters (basically based on what you are fed from the membership and committee) – also please contact us.
- Assistance is still sought to oversee the HOTY Heroes Awards – in effect acknowledging those who have competed many, many times in Head of the Yarra. An application form has already been created, all you have to do is manage all applications. If you are interested please contact Tanya Newman (9819 3243).
- The Captain is seeking a volunteer to drive the introduction of a Past Rower/Social membership for the club. This person will need to put forward a motion to the Half Yearly General Meeting to introduce the new membership category and organise functions for the social membership. More than likely regular Sunday Mornings at the bar - very little work needed... This membership would cover past members who no longer row but would like to be included for social gatherings etc. You might be able to enlist some of the longer serving members to help out with hosting duties. If you are up to it - please contact the Captain. We have a good starting point with lots of contacts on it. It's a good opportunity to keep the history of the club going!

HRC CHANGE OF LOCKS / CLUBHOUSE KEY

The club locks have now been changed – thank you to all members who got their new keys, and made the transition so smooth. All Keys have now been distributed. If you have not received a new key - you will now need to apply to the committee for a key and provide $15.00.

RUGBY JUMPERS

There are 2 left from the last run - if you would like a small or a large - they are $65.00 - so please let us know. There are no new runs planned for at the moment.

GOOD SPORTS

ALL COXSWAINS TO BE ACCREDITED AS OF 1ST OCT 2008

In accordance with Marine Safety legislation, Rowing Victoria (RV) has now made the Level 1 Good Coxswain accreditation compulsory for all coxswains within Victoria as of 1st October 2008. All coxswains must be Level 1 accredited before coxing a rowing boat, including those competing at any regatta and those who are part of a social crew (non-competing).

No coxswain will be permitted to cox at any regattas without this accreditation. However, it also includes coxswains for crews in training or social rowers. Failure to do so may impact upon any insurance claims or incident reports lodged by the Club.

HRC ran a course at the beginning of September: The next course in Melbourne will be held at Footscray Rowing Club house on Friday 10th of October starting at 4pm. After this there are two courses in Ballarat on Tuesday 14th October. HRC is able to arranged for another course to be held at our shed but we will need a minimum of 8 people committed to do it. Please stay in touch with any of the committee if you are interested.

To register click on 'The Good Coxswain' on the RV site and go to course registrations or follow this link: http://www.rowingvictoria.asn.au/html/s02_article/article_view.asp?id=2196&nav_cat_id=438&nav_top_id=106&dsb=6571

The cost of the course is $44 and payment will need to be made directly to RV. We encourage all HRC members to complete this course and as an incentive for those who come to regattas and cox crews, we will offer a rebate system as follows:

- For those who cox at a minimum of 4 Regattas - HRC will offer a 50% rebate
- For those who cox at more than 4 Regattas - HRC will offer a 75% rebate

WORKING BEE: HRC FLEET & BOAT MAINTENANCE

Thanks to all those who turned up to our annual working bee on Sunday 14th September. A total of 35 members (out of 152 members) willingly gave up 3 hours of their Sunday morning to help with the clean up. To all of those members who did not turn up (and did not send apologies), please remember this when the rubbish needs to be emptied, or the floors need to be swept. Many hands make light work!
Thanks again for all those who helped - and hope you enjoyed the complimentary food and open bar !
A Few Things that Came out of the Working Bee

The sweep oars have all been labeled in sets with colored tape. This same colored tape has been marked on the rack. Please make sure that the sets of oars are returned to the marked racks. If you see oars that are not on the correct rack, please feel free to fix it. If you see someone returning the oars to the incorrect rack - could you please point out the new racking system.
There was an enormous amount of rubbish that was accumulated downstairs. You will notice that everything is in its place, and it is hoped that everything will stay there.
All Boat Maintenance enquiries/reports must now go to Vice Captain Denis - he will be responsible for all broken bits on the fleet. If clashes occur and damage is done - you will need to fill in the appropriate insurance forms, and photos need to be taken.

REGATTAS

13 September Saltwater Challenge

Congratulations to the members who competed. Congratulations to Mez who was part of the composite winning crew for the Female Open division...Our FM4X+ came 3rd.

UPCOMING REGATTAS

If anyone has any interest in competing please advise the Captain captain@hawthornrowingclub.com

Please note there are a number of changes to racing this season. For information on how the entries work at HRC please contact the Captain. Also note if you are not financial, you'll not be able to compete. You will also need a 'Registered' cox, this is someone who has undergone RV Coxswain training. Please contact the Captain for a list (very short) of those at HRC who are able to help.

18 October Bendigo

Entries for this regatta will close on Wednesday the 8th Oct.

8 November Head of Barwon

22 November Melbourne Head

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@hawthornrowingclub.com
Thank you to those who do contribute information.

GOOD SPORTS & HRC: NEW POLICIES

HRC has been working with Good Sports since 2004/05 with the aims of making the club a more responsible club both toward the increasing number of Junior members and the overall membership. The policies that the club has adopted are templates provided by Good Sports which for the most part reflect exactly what we are already doing, but also highlight areas of improvement that are needed. The policies adopted include: Safe Transport; Smoke Free Zone; and Alcohol Management policies. Particularly those members with bar keys will now need to undertake the RSA course being held at the club in order to keep their key, and other members who regularly serve from behind the bar need to also consider doing the course. The Alcohol Management policy is attached, and all other policies can be found on the website at http://www.hawthornrowingclub.com/Documents.html .

RESPONSIBLE SERVING OF ALCOHOL COURSE AT HRC: MONDAY 10th NOVEMBER

Here is a great opportunity for up to 30 of the members to obtain their RSA certificate. This is something that is now a must have for all working behind a licensed bar. It is worth noting that for the past several years the club has had to ring in friends of members with RSAs to run the Head of the Yarra bar in order to meet our licence conditions on the day. This course is being run through Good Sports which is part of the Australian Drug Foundation of which HRC is part of. The advantage is that if you complete the course at HRC as a member it is only $25 paid on the night as opposed to between $60 and $120 depending on where else you might go. The RSA certificate can help you with other fund raising work where alcohol is served or even actual bar work. Registration forms will be available soon – contact the secretary if interested. This is a limited opportunity so you are encouraged to consider this. It will be on a first come, first served basis. It will be opened up to members of other sporting clubs in the area on Monday 20th of October.
6:30pm (time still TBC) Monday 10th November.

UPCOMING EVENTS

Responsible Serving of Alcohol Course: Monday 10th November
Details provided earlier in BBB.

Head of the Yarra: Saturday 29th November
The 2008 event will be the 50th staging of the event so be prepared for some special activities.

EVENTS

Club Races - 28 September 2008

We had 4 junior squad crews compete in Club races – congrats to all who participated and enjoyed the food afterwards.

GOSSIP & MEMBERS NEWS

- Our thoughts are with **Jim Breen** and his family after the accident involving his daughter (a cyclist) being hit by a truck. She spent a number of days in intensive care, and is now making a slow but steady recovery.

HRC GOES TO BEIJING!

HRC representation as supporters at Beijing Olympics!

Denis Bourke & Sue Cameron & David and Judy Deeble in case you don't recognise (Denis is without his wig as it had been loaned to a delightful lady Joan Ginn –grandmother of Drew).

Great time had by all made even sweeter with the success of our Australian crews.

GOOD SPORTS

REMINDERS / ALERTS

Here's yet another reminder to ensure ALL club members are aware of the following.

- BOAT USAGE / BOOKING BOATS: Members are reminded to book the boats they intend to train in on the whiteboards at the bottom of the stairs. And before taking a boat out, ensure it is not already booked!
- BOAT CARE: Care of club equipment needs to be exercised at all times – ensure boats are washed (on the inside and the outside) after use.
- BOAT LIGHTS: It is YOUR responsibility to have a set of lights of your own. Between dusk and dawn you need BOTH a WHITE FLASHING LIGHT on your stern and a WHITE (non-flashing) LIGHT on your bow. Lights are to be attached to the ends of the boat - not to rowers / coxswain. 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.
- IF A BOAT IS DAMAGED: Boat damage can be reported using a form located at the club or from the documents section of the website. Completed forms can be pinned to the committee noticeboard or given to Vice Captain. PLEASE NOTE: When a boat is tagged as damaged it is not to be rowed, even if it looks like it could be.
- TIDE TIP: Check out this website to plan when you train! In the first field - select 'Melbourne (Williamstown)' then select the date you want; click 'submit'. In dropdown menu on next page click on 'River Yarra - Hawthorn' - and it tells you to add 25 mins to the times in the table (it does not change the table). http://www.bom.gov.au/oceanography/tides/MAPS/melbourne.shtml
- ROWING SAFELY INCLUDING WHAT TO DO IN THE EVENT OF CAPSIZING: RV has two safety documents that all club members should be familiar with: The Row Safe brochure provides general tips on safe rowing; The Capsize Manual provides a guide to management strategies for helping your crew recover from capsize. These documents can also be viewed and downloaded from the RV website www.rowingvictoria.asn.au
- FOOTWEAR: 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.
- HELP KEEP JETTY SAFE: 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.

YARRA RIVER CLOSURES & EVENTS

DATE	TIME	EVENT DESCRIPTION	WATERWAY STATUS	LOCATION
AUGUST				
Saturday 16th	8:30am – 11:00am	Scullers' Head of the Yarra	Open River – Flag System	Herring Island to Judges Box
SEPTEMBER				
Saturday 12th & Sunday 13th	7:00am – 5:00pm	Canoeing Victoria Victorian Marathon Championships	Open River	Punt Road to Gardeners Creek

Melbourne Main Sewer Replacement - Yarra River Works

Melbourne Water will commence construction of the Melbourne Main Sewer Replacement (MMSR) in August. A component of the MMSR will be the Yarra River crossing upstream from the Charles Grimes Bridge.

The crossing will be completed by way of a three staged cofferdam construction, commencing from the south bank and progressing north. Completing construction within three phases will ensure two-thirds of the river remains open to river traffic at all times. Work is expected to be completed by late 2010.

GOOD SPORTS

Hawthorn Rowing Club

APPLIES FOR LEVEL 3 ACCREDITATION IN GOOD SPORTS PROGRAM

22 September 2008

Hawthorn Rowing Club is committed to the principles of responsible alcohol management by applying for Level 3 accreditation in the Australian Drug Foundation's Good Sports program.

Good Sports is the first nationwide alcohol management program of its kind and is run in **Victoria** by the **Australian Drug Foundation** with the support of **Vic Health,** the **Traffic Accident Commission (TAC), Department of Human Services (DHS), DrinkWise** and the **Department of Health and Ageing**. The program was developed following research conducted by the Australian Drug Foundation which indicated that by introducing responsible alcohol management practices, clubs became safer and more viable.

As a requirement of Level 3, the Club has developed a written alcohol management policy that clearly explains how we will manage alcohol responsibly and reduce alcohol related harms. The policy includes sections on bar management, the sale of low and non-alcoholic drinks, safe transport, the provision of food when alcohol is served and removing the emphasis on alcohol for player awards, functions and prizes.

We are confident that our involvement in the Good Sports program will continue to improve the environment at the Club. We are working to ensure that **Hawthorn Rowing Club** is a great place to participate and socialise for all members of our community.

The club will be regularly monitored to ensure we comply with the program. It is the responsibility of all members to make sure we do the right thing when drinking and enjoying ourselves.

For more information about the Good Sports program contact **Andrew Carson.**

Hawthorn Rowing Club

Alcohol Management Policy

This policy provides the basis for the responsible use of alcohol by **Hawthorn Rowing Club** and is seen as fundamental to the aims of the club.

The club recognises the importance of holding a liquor licence, enabling it to generate income and hold social functions. In doing so however, we accept the responsibilities and expectations of the community in adhering to liquor licensing laws and the criteria of the Good Sports program.

To ensure the aims of the club are upheld and that alcohol is managed responsibly by the club and its members, the following requirements will apply when alcohol is served at the club or during a club function.

Serving Alcohol

Alcohol will be served according to the legal and moral requirements of the club's Liquor Licence with the safety and well being of patrons the priority.

- The Club maintains a current appropriate Liquor Licence
- Only RSA trained servers will serve alcohol
- Bar servers do not consume alcohol when on duty
- People under 18 will not serve alcohol
- The club does not encourage excessive or rapid consumption of alcohol
- When serving non pre-packaged alcohol, standard drink measures will be served at all times
- Information posters about Standard Drink measures will be displayed at the bar
- The Liquor Licence and all legal signage will be displayed at the bar
- Names of RSA trained bar staff will be displayed
- An incident register shall be maintained and any incident recorded.

Intoxicated Patrons

- Drunk patrons will not be permitted to enter the premises
- Alcohol will not be served to any person who is intoxicated or drunk
- Servers will follow RSA training procedures when refusing service
- Drunk patrons will be asked to leave the premises (after appropriate safe transport options are offered).

Underage Drinking

- Alcohol will not be served to persons aged under 18
- Servers and committee members will ask for proof of age whenever necessary or whenever in doubt
- Only photo ID's will be accepted as 'proof of age'.

Alcohol Alternatives

The Club recognises that alcohol is not the only revenue stream available and actively encourages the sales of alternative products to that of alcohol.

- Tap water is provided free of charge (where available)
- At least four non-alcoholic drinks and one low-alcoholic drink options are always available and are at least 10% cheaper than full strength drinks
- Substantial food is available when the bar is open for more than 90 minutes or more than 15 people are present
- The club will avoid using alcohol for player awards and fundraising prizes.

Safe Transport

The Club has a (separate) Safe Transport Policy that is reviewed regularly in conjunction with this Alcohol Management Policy.

Smoke-Free

The Club has a (separate) Smoke-Free Policy that is reviewed regularly in conjunction with this Alcohol Management Policy.

Club Trips

The Club will monitor and ensure any club trips, particularly end of season player trips, strictly adhere to responsible behaviour and alcohol consumption in accordance with the principles of this policy and the aims of the club.

Non Compliance

All club committee members will enforce the alcohol management policy and any non-compliance, particularly in regard to Licencing Laws will be handled according to the following process:

- Explanation of the club policy to the person/people concerned, including identification of the section of policy not being complied with
- Continued non-compliance with the policy should be handled by at least two committee members who will use their discretion as to the action taken, which may include asking the person/ people to leave the club facilities or function.

Committee Policy Management

The presence of committee members is essential to ensure the operation of the bar and compliance with this policy. At least two committee members who are RSA trained are required to be present at all club functions when the bar is open. Key responsibilities of the duty committee members are to:

- Meet visiting police, cooperate and assist with any inquiries
- Compliance in respect of persons under 18 years of age on premises
- Recording any incidents in the incident register
- Ensuring strict compliance with all sections of this policy in accordance with legal requirements and the Good Sports program.

Policy Promotion

The Club will promote the alcohol management policy regularly by:

- Putting a copy of the policy in club communications, eg. newsletters, website and printed member/ player information
- Displaying a copy of the policy in the club social rooms
- Periodic announcements to members at functions.

The Club recognises the importance of educating club members, particularly players, about the benefits of an alcohol management policy and will endeavour to provide information to assist this process.

The Club will actively participate in the Australian Drug Foundation's Good Sports program with an ongoing priority to maintain Level 3 accreditation.

Policy Review

This policy will be reviewed annually to ensure it remains relevant to club operations and reflects both community expectations and legal requirements.