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Information for Members

Jersey Rowing Club Committee

General Contact: thejerseyrowingclub@outlook.com
Club Captain: Stuart Richford, stuart.richford@gmail.com
Membership Secretary: Gemma Pallotova, gemharries@gmail.com

Club House

Entry to the Clubhouse is currently via a key fob system. Fobs are available from the membership secretary. please contact the club via the general email address (above) requesting a fob; please note that a returnable deposit is required.

Please make sure that the clubhouse door is properly closed when you leave.

Allocation of Club Boats

Requests for club boats should be directed to the club email address or requested and paid for via the British Rowing ClubHub membership system. Allocation is dependent on availability.

In some circumstances it may be necessary to allocate a boat to 2 separate crews and if this is the case, you will be advised with whom you are sharing – and with whom you must liaise with before using the boat.

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Boat and Oar Storage

Once you have been allocated a boat you will find it in the main boat yard adjacent to the clubhouse (old lifeboat station). Each boat has an allotted space on the rack. Please ensure that the boat is placed back in its correct position after use - do not just put it on the first available space you find.

The same rules apply to oar storage; replace on the correct rack after use, making sure all the blades go to one end. This will prevent damage not only to your oars but to the ones on the adjacent racks.

The racks for the rowing club oars are found on the left hand side on the opposite wall to the main entrance door. Each oar should be marked with a number corresponding to the set they belong to.

Boat Maintenance

To ensure the boat is in a seaworthy condition, maintenance is carried out every year prior to the boats going onto the water. On completion of the maintenance programme it has to be checked by the club captain.

Your Safety - Getting Started

This Club gives the highest priority to the Health, Safety and Welfare of groups and individuals while participating in the sport of rowing.

Although not a professional organisation the Club will always look to 'best practice' where it exists and adopt those policies where they are most suited.

The Club accepts it has a role to provide policies in a practical and easily understood manner that clearly identifies the minimum standards, who in the Club to go to for health, safety and welfare issues and what is expected of Club Members in this area. Please read the Club Health and Safety Policy (downloaded from the website).

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Mandatory Safety Equipment

The inherent risk with coastal rowing is the natural environment it is undertaken in. This is controlled and reduced by the design and condition of the craft used.

Club boats are maintained by an appointed person and private craft undergo an annual survey (safety equipment and insurance) at the start of each season.

The club does not supply this safety equipment. It can be purchased from many outlets and online retailers.

Compulsory safety equipment required is

- Life jackets per crew member and cox
- Pack of Inshore Flares containing a minimum of 3 flares per boat, to include both orange hand smoke flares and handheld red flares for night/low light use
- Water pump / bailing for non-washdeck craft
- VHF Handheld Radio

It is advisable to bring with you adequate clothing such as waterproofs and warm clothing to wear both before and after. REMEMBER TO TAKE AN ENTRY FOB WITH YOU.

Examples of equipment

Flares: <https://www.force4.co.uk/department/safety/signalling-visibility/flares>

Inflatable, manual, “bum bag” life jackets for rowers:

<https://www.wetsuitoutlet.co.uk/typhoon-sup-waist-belt-bum-bag-lifejacket-manual-160n-navy-typ202e-p-21889.html>

Inflatable, manual life jacket for coxes:

<http://www.crew-safe.co.uk/acatalog/Crewsaver-Crewfit-150n.html>

Handheld VHF

<https://www.force4.co.uk/item/Cobra/HH125-Handheld-VHF-Radio/9QD>

<https://www.force4.co.uk/item/Icom/IC-M25-Euro-VHF-Radio-Blue/9W3>

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Before Going Out on the water

Check the tides - check the tidal predictions for your trip and ensure they fit with the course you plan to take.

<https://www.gov.je/weather/Pages/Tides.aspx>

Check the weather - check the most recent weather forecast taking into account wind speed and direction.

<https://www.windguru.cz/35643>

As a guide (using the Beaufort Scale):

- F3 and under is typically ideal rowing conditions
- F3 gusting F4 will provide a challenging environment for new rowers. Consider utilising the inner harbour (St Helier Marina) or the Small Roads to the eastern side of Elizabeth Castle. Noting that both these areas are also used by commercial traffic (i.e. stay out of their way).
- F4 gusting F5 is challenging for experienced crews. We would not recommend new rowers go to sea.
- F5+ is not recommended for rowing and may be hazardous to life.

Check the equipment

(both for training and racing) that you have the mandatory safety equipment with you in the boat **at all times**.

Log Book

Before you go out on the water you must fill in the training LOG BOOK stating boat, crew, time out and expected time back (diary on desk next to main entrance). Please tick your entry on your return to show that you are back.

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Mandatory check-out with St Helier Coast Guard

It is a club requirement to carry a VHF radio and to call in with the Jersey Coastguard VTS (channel 14) with your intended route, crew numbers and duration. Likewise a return call should be made upon exit from the water.

Checking out:

Give your rowing boat number. number of persons on the vessel. estimated time on the water. Area in which the rowing will take place.

For example:

- You: "St. Helier VTS, rowing boat 22, over"
- VTS: "This is St. Helier VTS, go ahead, over"
- You: "Rowing boat 22, with 5 persons on board, heading into St. Aubin's bay for approximately one hour, over"
- VTS: "All received, boat 22 with 5 persons, heading into St. Aubin's bay for one hour, over"

When finished also call back to VTS Channel 14 to say that you've returned safely back to the slip and confirm your number.

Getting your Boat onto the Water

Use boat trolley wheels, available from the boat park (padlock code advised when you join the club).

If you haven't taken a boat off the rack before it is advisable to get an existing club member to show you the best and easiest way to move the boat, turn it the right way up and get it onto the wheels.

If there is no one available to show you, the following procedure is used by many crews to prepare their boats.

- Place a pair of trestles from the rack in line with the rack support arms.
- Using at least 4 people, 2 at either end, bend your knees lift the boat from the rack and place it on the trestles (keeping it level throughout and avoiding all other boats)
- Move the boat to one edge of the trestles.
- Roll the boat over on the trestles, keeping control the whole time.

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- Lift one end off the trestle.
- Remove the free trestle from under the boat.
- Place a set of wheels under the centre of the boat and then lower the boat onto the wheels.
- Remove the other trestle.
- Put the trestles back onto the rack as other crews may wish to use them.
- Always rest the front of the boat on the floor, ensuring you place it on a piece of carpet or foam first. This will protect the boat from any damage.
- Fit the oars into their respective rowlocks, the gate (metal arm on top with screw on it) should point to the stern (back) of the boat. When sitting in the boat, the red coloured oars are on the right and green coloured oars on the left. With the oars fitted and the safety equipment in place the boat is now ready to go into the water. To get the boat into the water:
 - Walk the boat into the water until the wheels are covered stern (the back) first. The crew always collected at the bow end to avoid being trapped between riggers and dragged into the water.
 - Using as many people as possible lift up the end that is still out of the water.
 - Remove the wheels from under the boat, and place above high water line on edge of slip.
 - Walk the boat straight into the water. DO NOT rest the boat back on the slip.
 - Pull the boat around until it is side onto the slip.
 - Avoid hitting the blades of the oars on the slip when you get into the boat and row off. When you have finished your session, steer towards the slip side on. Please do not aim the boat straight up the slip as the boats damage easily and take time to repair. Step out of the boat, one at a time, while it is still in the water. The procedure for putting the boat into the water can then be carried out in reverse order. Make sure you wash the boat both inside and out and the oars, using the hoses from the Clubhouse (this must be done after every use). Then place the boat and oars back on their respective racks using the above procedure in reverse.

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Harbour Rules - Coastguard

These **MUST** be observed at all times:

Care must be taken if you are staying in the harbour to train, paying particular attention to any other vessels that may be using the same area.

A good rule of thumb is to go round in a clockwise direction staying away from the central channel i.e. Northwards along the west arm and Southwards along the Eastern arm.

Harbour Control Lights – Entry and Exit

The harbour lights must be strictly adhered to. The lights are located on the control tower on the pierhead at the entrance to the harbour.

- **Red light - STOP** - no boats to exit or enter harbour. Boats are not to obstruct pierhead area.

- **Green lights - GO** - may exit or enter harbour. Keep to the right hand side of the pierheads.

- **Amber Lights** - Vessels less than 25m may proceed keeping to right hand side of pierheads.

If you are not sure - stay on the safe side !!! - only pass through the pierheads when the lights are green.

When leaving or coming into the harbour, check it is clear to do so by observing the lights on the harbour control tower .

Once the lights show it is clear to proceed, stay to the right hand side of the harbour mouth avoiding all other traffic in the process.

THESE RULES MUST BE STRICTLY ADHERED TO

Outside the harbour keep out of the shipping lanes, which are marked with large red or green buoys. The main ones to take notice of run from the harbour mouth

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to the Castle breakwater, across the top of St. Aubin's bay and from the breakwater out towards the Demi (Tower).

Commercial vessels will not stop if you are in the way - *you have been warned!* With the amount of boats using St. Aubin's bay, keep your eyes open and try to plan ahead, avoiding any possible collisions.

Rowing boats are classed as powered vessels - remember power always gives way to sail!

Rowing Club Races

The JRC organises and runs a number of races during the season which are split into the following categories:

Series

Handicap

Regattas

A number of races with either times or places added together to obtain an overall winner. Each crew will be given a handicap time worked out on results obtained during the current season. Usually held over 2 days, results being worked out on a similar basis to the 'series' type of races.

A race calendar is published on the Club's website and Facebook page in February/March listing all the races and start times for the forthcoming season.

Each member of the crew must be a full member, or have paid for a day membership of the Jersey Rowing Club in order to be eligible to race.

NOTE the joining/race entry fee does not include the following races / regattas:

Sark to Jersey - see separate 'Sark race rules' and entry forms Club Website

Guernsey Herm Weekend – Refer to website for up to date information - organised by Guernsey Rowing Club

Gorey to Carteret - see Helene Monpetit for entry forms and details

Round Jersey - Refer to website and/or Facebook page for up to date information

You will be notified of early race cancellations.

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Transport

During the season some races start at other locations other than the official start line (north of Elizabeth Castle by the new marina). You have one of three options to get your boat to the start line on time, these are:

- Row your boat to the start.
- Borrow a trailer and tow your boat to the start.

Book a club trailer through thejerseyrowingclub@outlook.com and tow your boat to the start. * If using a club trailer it must be returned to the club immediately as other people may need to use it. *

Race Entry Forms

Race entry forms (downloaded from the website) must be completed and entered before the close of the previous working day.

Race Helper Rota

Your crew will be required to provide 2 race/start helpers on a rota basis during the race season. It is your responsibility to check the race rota which is on the clubhouse notice board and on the website at the beginning of the race season, and organise helpers. These may be part of your crew if you are not racing, or non-club members friends/ family.

Race Day

One hour before the race start, at least one member of your crew must attend the check in race briefing.

Important - please notify Club Captain if you have withdrawn from the race or have a crew change since submitting race entry.

The race briefing informs you of:

- what the course will be (Select course maps are available from the website)
- what start lane you are in

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- what time you need to launch
- what time your crew will start
- What time the Race Awards will be held
- any other important information i.e. weather, safety info. etc.

Sometime before going on the water your boat and crew will be checked by one of the safety officers to ensure you are carrying the full safety equipment.

- **You can not row if you don't meet these requirements**

Club Rowing Colours

Take pride in the Club, you are encouraged to wear Club Colours (Red and White) in the form of t-shirts, vests or all in one racing suits. Other crew colours are acceptable if the whole crew are dressed the same.

If any member wishes to purchase their own racing vest or suit the top must be red / white and have the Jersey Rowing Club emblem on the front. These can be obtained from Godfrey Sport (see Rowing Club web site/ notice board for more details).

The Race - The Start

Details of Race Rules are downloadable from the website

With so many boats needing to get on the water at about the same time it is important that you do not block the slip or slip access (outside the clubhouse). Other crews may have an earlier start time than you so will want to be on the water before you. The normal order for most races is novices, singles, pairs, fours. It is advisable to be on the water at least 20 minutes before your actual start time in order to be through the harbour lights and on the start line in plenty of time.

The starter will not wait for you. The starter will give a 1 minute warning prior to the commencement of each class in the race (a whistle) and the hooter sounds and start flag is dropped. It is advisable not to come onto the line until given the 1 minute warning as this will reduce the chances of the tide pushing you along the line and impeding other crews.

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The Race - The Finish

At the end of the race a hooter will sound and a flag dropped as you cross the finish line.

After the race is finished the boat and oars must be washed and stored away correctly and tidily. Help is always at hand on race days so do not hesitate to ask. In return other crews may need some assistance and this help is always very much appreciated. Many hands make light work etc.

The Race - The Awards

The races are competitions between each class and levels (gender, novices and youth) as well as fastest over the course and each race has awards afterwards.

Sark to Jersey

This is the premier event in the Jersey Rowing Club's calendar and takes place every year in June / July. The race of approximately 15 nautical miles starts just outside Dixcart Bay in Sark passes to the west of the Paternosters Reef and finishes in Bonne Nuit Bay, Jersey.

Prior to taking part in this race your crew must be proficient enough to complete the course safely. If it is felt by the JRC committee that you are not proficient, you will not be allowed to race. The way to show the committee that you are capable of rowing in this event is to take part in some of the pre Sark races organised by the Rowing Club. It is now a Sark to Jersey rule that "any crew or individual entering the Sark to Jersey Race without the approval of an established rowing club may be asked to prove their competency to complete the race to the satisfaction of the Jersey Rowing Club's Committee."

Another pre requisite for the race is a guard boat which must be sufficiently big enough, and capable of carrying both their crew and your entire crew in case of emergency.

Entry forms are available on the club website.

Guard Boat - each crew must have its own guard boat for the race. If you don't know anyone who is willing to guard boat for you, ask any committee or existing rower as they may be able to suggest places or people who may help. There will be a guard boat briefing for both Sark and Carteret Races which will be compulsory

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for all guard boat skippers to attend.

Scrutineering - your safety equipment (see full list issued with entry form) will be checked prior to the race details of which you will be notified. There will be spot checks on Bonne Nuit beach to ensure that you are carrying the correct equipment.

Sark Race Day - you will be required to check in with the scrutineers at Dixcart Bay at least 1 hour before race start time where you will receive a Scrutiny Tag which must be handed in at Bonne Nuit. Please allow 2 to 3 hours to get to Sark.

The race start can be quite cluttered as all the boats mass for the start. Try to avoid impeding other crews, there is plenty of room so don't try and squeeze into a small gap, you may end up tangling with other crews, not only hampering yourselves but other crews as well.

If you haven't competed in the race before and don't know what course you should be steering - ASK - there are a number of experienced rowers who are only too willing to help and point you in the right direction - no pun intended.

As the race can be quite grueling it is advisable to ensure you have plenty to drink both before and during the race itself.

After finishing the race there are usually plenty of helpers on the beach to help you move your boat to the parking / storage area, it is very important that you move the boat as soon as possible to give room to other finishers behind you.

Once the boat has been moved take your scrutineers tag to the official time keepers so they can check you in and mark you off as finishing.

The Rowing Club has built up a good relationship with the regular users and officials at Bonne Nuit over the years so please ensure your boat is removed from the bay back to town as soon as possible.

Every competitor will receive a medal for finishing the race to commemorate their achievement, these will be presented at the evening function, the venue will be as stated on the entry form.