

AIMS OF THE LEARN TO ROW PROGRAMME

The programme is constructed to teach you the basics of rowing. It is not meant to make you into competitive rowers. Competitive rowing requires a commitment of at least 3 training sessions per week, attendance at working bees (at least six per year) and participation in regattas. If this is too great a commitment, you may wish to think about another sport.

The programme will run over 8 weeks. Hopefully, these will be consecutive weeks. However, given that all our coaches give their time freely and the club has commitments to compete at regattas, there may be occasions where a week/s will be missed. You will always be informed in advance if a lesson is not to take place. You will still receive 8 lessons. If you are unable to attend a lesson that will generally be treated as a missed lesson and will not be made up. In addition, if the coaches consider the weather conditions are not suitable for learners the programme for that day will be rescheduled for the following week.

By the end of the programme you will have received instruction in :

Boat specific knowledge in the areas of –

- a) Which is stroke side and which is bow side.
- b) How to tell which side and where in the boat the oars should be used.
- c) The seat positions.
- d) The names for the parts of the boat and oars.
- e) The terms used to start, stop and manoeuvre the boat.

Boat handling & safety techniques –

- f) Select the appropriate oars for the boat and place them on the staging so as not to interfere with any other crews.
- g) Take a boat off the rack, place it on stools to adjust slides and foot clogs to suit yourself and put the boat into the water without damaging other racked boats or the one you are carrying.
- h) Put the oars into the rowlocks and fasten the gate.
- i) Remove oars and place them on the pontoon out of the way and ready to be washed
- j) Lift the boat out of the water and place it on stools ready to be washed.
- k) Wash down the boat and oars. Dry them and put them away without damaging other racked equipment.

Skill based ability –

- l) Get into the boat safely.
- m) Push away from the pontoon and make your way out through the moored boats safely.
- n) Row competently enough that you can get to Haberfield UTS Rowing Club and return with minimum supervision (approximately six kilometres). This includes knowing how to manoeuvre the boat by rowing either side both forwards and backwards and how to bring the boat to an abrupt stop.
- o) Bring the boat safely back to the pontoon.
- p) Get yourself out of the boat.
- q) Safety rules of the road for boating

Please be aware that, due to high membership numbers, we are unable to offer automatic membership of the club at the completion of this programme. The number of recreational rowing memberships in particular is very limited as we are primarily a competitive rowing club. Membership of the club, apart from the training sessions, regatta commitments and working bees, requires contributing to club fund raising activities and assistance at the clubs annual regattas.

BALMAIN ROWING CLUB (Inc.)

Established 1882

Clubhouse:
Lower White Street
Balmain, NSW 2041
Phone: 9810 3400

Correspondence:
PO Box 15
Balmain, NSW 2041

The LEARN TO ROW Programme – Application Form

Your introductory lesson is free. Should you decide to continue then prior to your first session you will be required to pay the current full cost of the Learn to Row Programme, which is shown on the main web page. This cost may change between time of writing and commencement of the programme. A deposit will be required within two weeks of you being notified of a place in the next programme. Please do not send any money until you are notified of a place.

It is a requirement of entry to this programme that participants are competent swimmers.

If after reading the accompanying information, you wish to join our "Learn To Row" waiting list, please complete the details below and return this page to:

Learn to Row Coordinator
Balmain Rowing Club
PO Box 15
Balmain, NSW 2041
Or email to balmainlearntorow@yahoo.com.au

We will contact you three to four weeks before the start of the next programme.

Please print your details very clearly.

Name _____ Age _____

Address _____

_____ Postcode _____

Sex M / F

Contact phone _____ Mobile _____

Email _____

Please list sports in which you have previously competed

Are you currently engaged in any active sport or exercise programme, please specify

Signature _____ Date _____