

SYDNEY ROWING CLUB

MEMBERS' HANDBOOK

October 2019

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SYDNEY ROWING CLUB

**Parramatta River, Abbotsford NSW
Australia**



Figure 1: Winners of the Wyfold Cup for Club Men's Coxless Fours, Henley Royal Regatta 2019



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INTRODUCTION

The Sydney Rowing Club Members' Handbook provides information to our members to facilitate the safe enjoyment of competitive and recreational rowing in our club. This includes the objectives of our club, its management, operational (rowing) procedures, specific club facilities, services, requirements and risks.

For our club to operate efficiently and meet the many varied objectives of its members, it is vital that all members, new and continuing, understand their responsibilities and the rules and procedures that all members (and their supporters) are required to follow. This applies to rowing activities, the gymnasium as well as club management and other activities.

Please contact our coaches or Club Captain if you need further information. Changes to this document may be issued from time to time as the need arises and will be distributed to coaches, posted on the boatshed notice boards and on the club's website.



This Document

The Club's constitution and the associated by-laws are the formal governing documents of Sydney Rowing Club Limited and are available upon request from the club's main office.

This Members Handbook and its contents (revision 4.1) was adopted by the board of Sydney Rowing Club on 14 October 2019. Where sections relate in whole or part to procedures, rules and or members' behaviour, those sections represent policies of our club which members and their guests are expected to comply with. Serious breaches of the club's policies will be dealt with under the provisions of the club's constitution.

Vision for Sydney Rowing Club



Rowing is and always will be our reason for being. Sydney Rowing Club's goal is to be Australia's best rowing club achieved through the pursuit of excellence, performance at the highest standards and the development of strength and quality of character within our members. We wish to build and support high quality programs and facilities that promote access to and excellence in rowing and use rowing as a means to foster physical activity, health, leadership, and community engagement.

Our Club's Facilities

Sydney Rowing Club's facilities on the Parramatta River at Abbotsford comprise a boatshed, pontoon, gymnasium and its licensed club. Recent renovations have re-invented our licensed club and we are proud to be providing an award-winning bar and licensed

Figure 2: Leah Saunders and Harriet Hudson, silver medallists in the women's double scull at Nationals 2017

restaurant that fully embrace our magnificent waterfront location. All members over the age of 18 are entitled to use these facilities.



The business and sporting activities of the club are managed by the club's Board of Directors, General Manager and Head Coach. Further details can be found on [the club's website](#).

STRATEGIC PLAN

During the 2011 season the board of directors conducted a review of the club's rowing activities which included consultation with members, staff and other stake holders within the club. The purpose of this review was to develop a well-defined strategy for the operation of our rowing program over next 10 years. The Strategic Plan is reviewed and revised at the conclusion of each racing season.

The underlying principles of our Strategic Plan are to broaden the membership base, boost our women's program and engage our members more in the running of our club.

ROWING AT SYDNEY ROWING CLUB

With an unrivalled fleet of boats, an outstanding professional coaching team together with a strong club spirit, we aim to be the rowing club of choice for people living, working and studying in Sydney.

Our members make Sydney Rowing Club strong and through our mutual interest in the club and in the sport of rowing, create the vibrant opportunity for all to achieve success.









We encourage cooperation and teamwork throughout our club and encourage our members to develop attitudes and habits essential for success at the highest level both in rowing and in their personal and professional lives.

Our club competes in regattas in the NSW Grade and Age competition calendar in particular the NSW Championships, Australian Championships, NSW Grade Championships (Edward Trickett) regattas and the NSW and Australian Masters Championships.

Sydney Rowing Club crews regularly complete in international competition including Henley Royal Regatta, Holland Beker Regatta, the Head of the Charles Regatta and other events.

For further information on any of our rowing programs and enquires regarding joining our squads please contact the boatshed office on 02 9712 1199 or email our coaches rowing@sydneyrowingclub.com.au


Our recent SRC National Team members



Chris Morgan 
 Spencer Turrin 
 Alex Lloyd 
 Erik Horrie 
 Josh Hicks 
 David Watts 
 James Chapman 
 Tess Gerrard 

Kendall Brodie
 Nathan Bowden
 Angus Moore
 Leah Saunders
 Sam Hardy
 Romola Davenport
 Jackson Kench
 Harry Crouch
 Lachlan Stevenson

Harriet Hudson
 Pasha Bevan
 Ed White
 Max Brenner
 Henry Kamp
 Ben Doyle
 Millicent Cheetham
 Angus Bagby
 Louis Snelson

Toby Starkey
 Tom Barnes
 Hamish MacDonald
 Lauren Graham
 Isabelle Furrer
 Hannah Cowap
 Alex Nichol
 Ben Gibson
 Harry Keenan

Coaches in Australian Teams: Don Cech, Jason Baker , and Lachlan Carter.

 World Champions 2017 and 2018  = Olympians

64 members of Sydney Rowing Club have competed in Olympic Games and more than 120 have achieved national selection.



Our U.S. College Athletes

Sydney Rowing Club's High-Performance Squad offers the ideal re-entry point for Australian athletes who are returning from college rowing scholarships in the United States.



Sydney Rowing Club offers the essential specialised small boat coaching, advanced stroke analysis technology, strength and conditioning facilities and most importantly, strong and capable team mates that returning college athletes need to move into the AUS senior A team and possibly to the National Training Centre.

Our club's coaches have successfully managed the "re-entry" of many successful high-performance athletes.

Figure 3: SRC's Sam Hardy (Harvard 2018) and Josh Hicks (Harvard 2013), winners of the bronze medal in the men's pair at the 2019 World Rowing Championships.

OUR CLUB'S ROWING PROGRAMS

High Performance Squad

Our High-Performance Squad provides an environment for talented athletes to prepare for and compete at state and national championships, achieve selection in national teams and compete at World Championships and Olympic Games.

This squad presents an ideal pathway for athletes who are moving up from the U21 category into U23 or who are returning from U.S. College programs and are seeking to develop the necessary skills to challenge for Senior A selection and to join the women's or men's NTC. Several Sydney Rowing Club athletes now at the NTC have been members of this squad.

We provide our members with the equipment, facilities, individual coaching, training and competition opportunities both in Australia and internationally that are essential for success at the elite level.



Figure 4: Sydney Rowing Club, Champion Men's Eight of NSW 2019

Our High-Performance Squad has been developed to complement the objectives of the National Training Centres which are the basis of the national program. It is anticipated that athletes and coaches in this squad will comply with the various requirements of the state and national programs. It can also provide a pathway into Rowing Australia's NTCs.



Figure 5: Sydney Rowing Club's Spencer Turrin and Kendall Brodie with the King's Cup trophy. Spencer and Kendall, along with SRC's Angus Moore were members of the winning 2019 NSW King's Cup eight which was coached by SRC Head Coach Don Cech.

Rowing Australia National Training Centres



Figure 6: Harriet Hudson, winner of the U23 single at NSW State Championships, 2019

Club members who have the personal goals and ability to achieve success in Senior A national team competition may be invited to join one of Rowing Australia's (RA) two National Training Centres (NTC)

Transition from U23 to Senior A Training environment, world class coaching and the best available equipment. Many of SRC's athletes have transitioned to the NTC

Where possible the club provides support for those member athletes so they have the opportunity to train and race at the highest elite level and yet retain a link with the grass roots of our sport through a continued and complementary involvement with Sydney

Rowing Club.

Where the NTC program permits, our elite athletes enjoy returning to our club and renewing traditional inter-club rivalries in racing that make competition with your clubmates a worthwhile and rewarding experience

Athletes will compete in RA and NSWIS High Performance events, NSW and Australian Championships as well as various NSWRA regattas. We also compete at international events including Henley Royal Regatta, Hollard Beker Regatta and the Head of the Charles Regatta.

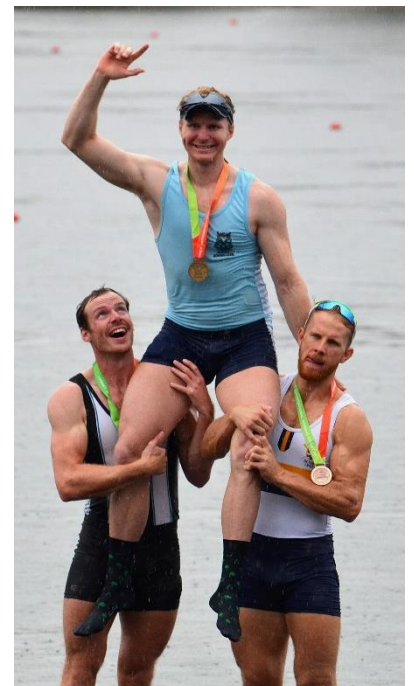


Figure 7: SRC's Spencer Turrin, 2017 Australian sculling champion, World Champion in men's coxless fours 2017 and 2018 (together with Josh Hicks) is one of our members at the men's NTC in Canberra.



Rowing Australia Elite Development Pathway Program - School Leavers and Under 21

The successful transition of talented athletes from our club's Talent Identification program and from school-based rowing programs to the challenging environment of High-Performance rowing is a fundamental requirement for our club and its member athletes to achieve success in championship racing, international competition and selection into the Australian Rowing Team.

Our Elite Development Pathway Squad provides a clearly defined and enjoyable pathway into competitive rowing for experienced school leavers and Talent Identification (TID) athletes who wish to continue competitive rowing after finishing school. Sydney Rowing Club is a member of the NSW Elite Development Pathway program which addresses that vulnerable point where talented athletes are leaving school and exploring opportunities in sport, education, business, recreation and social activities. This is a key pass or fail decision point in the Elite Development Pathway.



Figure 8: SRC Thames Challenge Cup eight, training for Henley Royal Regatta 2016.

Our coaching staff together with senior club members work with our young men and women members to overcome known “road blocks to success” and provide well defined opportunities to engage with leaders in our sport.

Our Elite Development Pathway Squad provides a clearly defined and enjoyable pathway into competitive rowing for experienced school leavers and Talent Identification (TID) athletes who wish to continue competitive rowing after finishing school.

Objectives of this program include club championships racing, interstate representative teams, national Junior (U19), “Youth” (U21) and Senior B (U23) teams.

Figure 9: 2016 Australian Champions U19W2x, Sydney Rowing Club's Romola Davenport and Harriet Hudson. Both Romola (AUS U21 team) and Harriet (AUS U19 and U23 teams) achieved national selection through SRC's EDP program.



University Admission – Elite Athlete and Performers Schemes

Universities offer consideration in their course admission processes to Elite Athletes and Performers. On a case by case basis this may include early entry, to adjustment factors (previously known as bonus points) and are available to applicants on a case by case basis determined by each university. There are many admission pathways into university for school leaver athletes who wish to compete for Sydney Rowing Club.

Competing for the university in your chosen sport is not a requirement of these schemes.

The eligibility and assistance criteria vary for each university. Generally, to be eligible for the Elite Athletes or Performers Special Admission Scheme, you must:

- Be an Australian Citizen or Permanent Resident
- Be an elite athlete or performer



- Have submitted a UAC application and indicated a preference for a course at the university you wish to attend.

What is an elite athlete?

- You have officially represented your school, state or national sporting association at a national or international level competition during Year 12.
- Your selection to the relevant team must be competitive.



Most universities in the Sydney region are Elite Athlete Friendly University (EAFU). For more information regarding EAFU and university admission schemes for elite athletes please speak directly with the club's coaching staff.

Figure 10: 2018 Australian team, U19 Women's Coxed Four: Isabelle Furrer SRC (Stroke), Lauren Graham SRC (3), Laura Chancellor Toowong RC (2), Ella Mentzines SUBC (Bow), Hannah Cowap SRC (Cox), Lachlan Carter SRC (Coach).

Competitive Club Squad

The Competitive Club squads cater for athletes at the club who wish to train and race at a competitive club level. These squads often work closely with our elite squad which affords both groups a challenging and competitive training and racing environment.

The National Championships, NSW Championships and Edward Trickett (Grade Championship) regattas, Head of the Yarra and other events on the RNSW calendar are key target races for this group. State team selection is another objective of the members of this squad.

SRC "club" teams also compete internationally at events including Henley Royal Regatta, the Head of The Charles Regatta, Head of The Schuylkill Regatta and events in New Zealand. Training and competition is a balance between boat classes with an emphasis on developing strong team boats and providing opportunities for coxswains.

Junior Program

Our junior development program works with talented young athletes who seek to achieve success at the highest level in competition, from local regattas, State and National Championships, Henley Royal Regatta and the Australian National Junior Team. The program has the ultimate goal of preparing athletes to integrate into the club's senior program.



Sydney Rowing Club's Alex Lloyd and Spencer Turrin (*photo left*) were the AUS coxless pair at the 2016 Olympic Games in Rio de Janeiro. In the previous four years they were also regular members of the AUS men's rowing team and world cup and world championship medallists.

Before moving into Rowing Australia's Elite rowing program, both Alex and Spencer developed their competitive skills and capabilities in Sydney Rowing Club's development program, beginning in the club's Junior Development Squad.



Athletes in this program may also compete for the club in NSW grade and age regattas. The program also works with schools to offer opportunities in rowing as part of their sports program.

One of the program's more notable successes has been Max Brenner (Concord High School) who commenced rowing in this program in 2012, and in 2016 represented in the Australian Junior Rowing Team at the FISA World Rowing Junior Championships.

Sydney Rowing Club Talent Advancement Program (STAP)

The SRC Talent Advancement Program (STAP) aims to engage with and develop talented athletes who are currently involved in school rowing programs.

The program provides intensive coaching and training in advanced sculling and sweep oar capabilities which will allow member athletes to excel in competition during the school and club competitive season.

The program runs throughout the winter with other competitive opportunities existing during the summer period. The ultimate goals for athletes in this program include selection in Australian U19 and SRC Henley Royal Regatta Teams. Members of the program usually form the basis of the following season's SRC U21 squad.

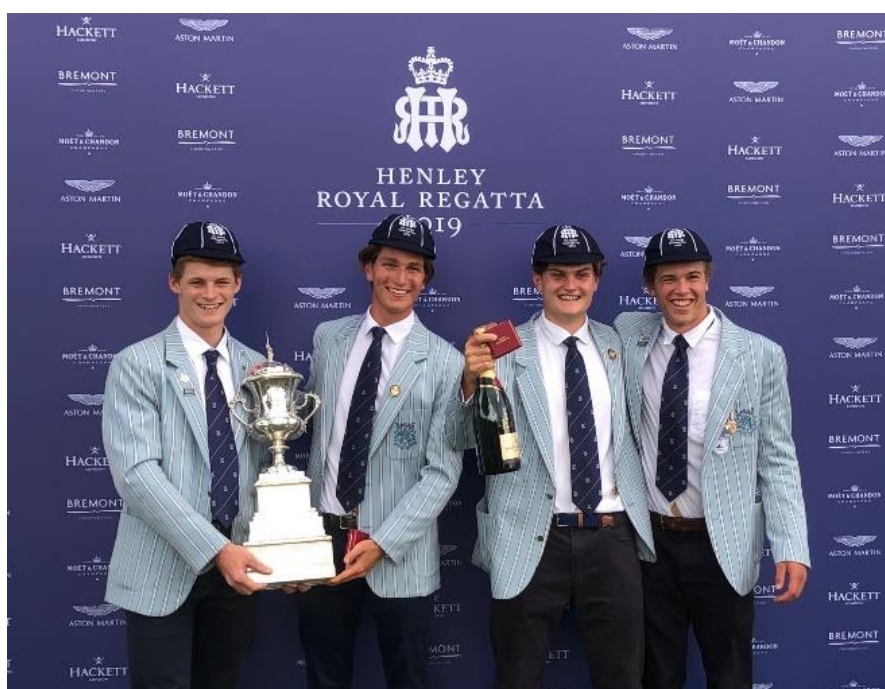


Figure 11: Sydney Rowing Club – Winners of the Wyfold Cup for club coxless fours at Henley Royal Regatta 2019 Alex Nichol, Oscar Olsen, Oscar Carr-Middleton, Alex Potter, Coach: Franz Imfeld

Club Training Camps

In December prior to the Christmas break and in the first two weeks of January our club and coaches operate training camps for our High Performance and Development squads. This enables the coaching team to prepare athletes and crew combinations for the championship racing season, subsequent national selection trials and overseas club events such as Henley Royal Regatta.

Athletes whose objective is to compete in these events should plan to attend camp to optimise their opportunities.



The camps are held on Lake Jindabyne with comfortable accommodation and meals in a ski lodge at Perisher Valley. Training camps in preparation for championship competition or national selections trials are also held throughout the competition season as the need and opportunity arises. These are typically held on the Nepean River or at SIRC.

Masters Rowing Group

The aim of the club's Masters Rowing Group is to allow each member the opportunity to achieve the most they can within the sport. This is a friendly and relaxed group who enjoy the benefits of competitive rowing. We are keen to take on new members particularly former competitive athletes who wish to return to rowing following time out of the sport.

Our Masters Group competes across a range of age categories in the RNSW regatta program including the NSW and Australian Masters Rowing Championships. We have enjoyed success in completion winning many women's and men's national championship and state championship events and other major race such as the Head of the Yarra.

Crews from Sydney Rowing Club also compete in international competition such as the Head of The Charles Regatta, the FISA Masters Rowing Championships and the World Masters Games.

It is expected that new members joining the Masters Group will already have a reasonable level of skill and experience in rowing and sculling.

Sydney Rowing Club does not offer an adult learn to row or novice masters program.



Figure 12: SRC Men's Masters eight. 50-55 years category winners at the 2016 and 2017 Head of the Yarra

Learn to Row at Sydney Rowing Club

Sydney Rowing Club offers the opportunity for girls and boys aged between 14 and 18 years to learn to row (LTR) and become part of the club's competitive rowing program.

Our LTR program is operated by experienced volunteer coaches. To join our LTR program please contact the coaching staff on enquiries@sydneyrowingclub.com.au or by telephone on 02 9712 1199.

Sydney Rowing Club does not offer an adult learn to row program.



OUR COACHES



Donovan Cech, Head Coach

Donovan joined our coaching staff as Head Coach on 1 December 2014. He immediately experienced success coaching the winning champion eight of NSW at the state championships in the following February.

The club's rowing program, already strong has grown further under Don's leadership and at the 2016 and 2017 Australian Rowing Championships, earned Sydney Rowing Club the title Champion Club of Australia.

Donovan coached Australian U19 women's single sculler Harriet Hudson to the World Junior Rowing Championships.

Donovan was awarded the NSW coach of the year by Rowing NSW following his success in the 2016 season which was repeated in season

2017.

Donovan is an experienced administrator and has a strong interest in coach education and mentoring developing coaches.

In his time as an athlete Donovan competed for South Africa at international level in the men's pair. He and pair partner Ramon Di Clementi achieved a high level of success over the period 1999 to 2008.

At the World Championships in 2001, 2002, 2003 and 2005 they finished bronze, silver, bronze, and silver, and at the 2004 Athens Olympic Games they gained the bronze medal, South Africa's first ever Olympic rowing medal.

They won numerous World Cup medals in the same period and won the Silver Goblets at Henley Royal Regatta in 2004, 2005 and 2007.

Franz Imfeld, Men's Development Coach

Franz joined SRC in October 2018 as Men's Development Coach. Franz came to Australia at the beginning of last season to join MUBC as High Performance Manager, where he coached the Victorian crew in the men's youth eight's at Nationals.

In his first season at SRC Franz coached our winning Youth Eight at the NSW Championships, Franz played a significant role as the assistant coach to the NSW Youth Eight, who took out the Noel F Wilkinson Trophy at the 2019 Interstate Regatta. To put the icing on an outstanding first season with Sydney Rowing Club, at the 2019 Henley Royal Regatta Franz coached the winning Sydney Rowing Club Wyfold four.

Prior to that, Franz spent three years at The Molesey Boat Club as Development Coach where his athletes achieved excellent results, including winning the Wyfold and Thames Cup at Henley Royal Regatta over successive years (2015 & 2016). Many of Franz's athletes were selected in GB teams in each of those years. Franz coached the U23 LM4- at the World Championships in both of those seasons, taking Bronze medals at each event.

Franz studied at Durham University and completed a degree in Geophysics. He coxed the first eight and was President of the Boat Club. He spent a year, after graduating, recruiting and coaching new members. Franz competed for Great Britain as coxswain at the World Junior Championships in 2009 and the World U23 Championships in 2011.





Lachlan Carter, Women's Development Coach

Lachlan Carter is one of our two Elite Development Coaches with responsibilities across a wide range of categories within SRC's rowing program, predominantly working with Under 19 (FISA Junior) and Under 21 Elite Development Pathway Women.

Coach Carter joined the club as an athlete in 2007 after graduating from The King's School. He went on to enjoy four seasons as a Lightweight, representing NSW in the Penrith Cup twice. In 2011 a recurring back injury ended Carts' rowing career, and after most of the year off, he was asked to help out and do some coaching on the SRC January camp, and his involvement in the sport was rekindled.

In recent years Carts has coached the NSW Penrith Cup coxless four to several podium finishes, including a victory in 2018 Interstate Regatta. He has also coached a plethora of club and youth crews to state and national championship medals. In his first official season as Women's Development coach, he led the Australian Junior Women's Coxed Four to a silver medal at the 2018 Junior World Championships in Račice, Czech Republic. Five of his female athletes were selected into the NSW Youth Eight which won the Bicentennial Cup at the 2019 Interstate

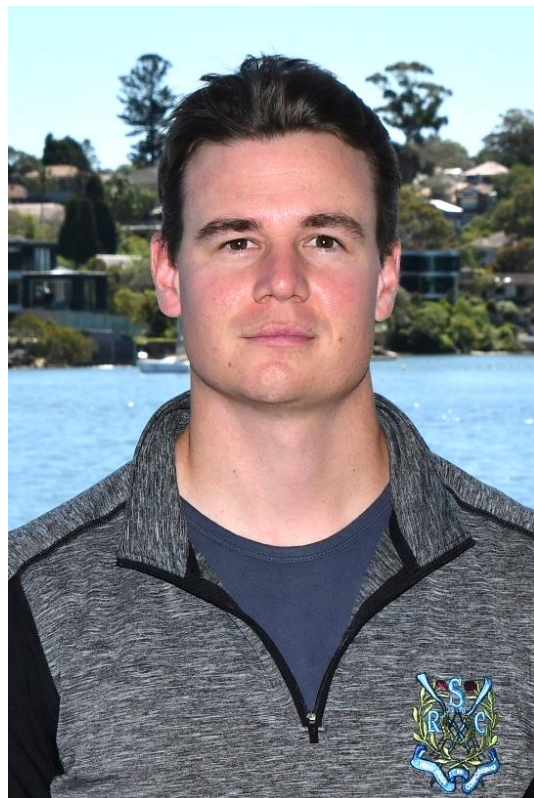
Regatta, the first time NSW has won this event in six years. After such a successful season, Carts was awarded RNSW Coach of the year for 2019. This year he coached on the U21 Australian Team in charge of Women's Sweep in the Trans-Tasman Series against New Zealand.

Brendan Longman, Junior Development Coach

Originally from Western Australia, Brendan rowed in Penrith Cup crews for both WA and Tasmania over the course of a decade as a lightweight rower. In February 2017, a chronic back injury saw Brendan stop competitive rowing and take on the role of Head Coach at Tamar Rowing club. Brendan helped to reorganise the club's coaching structure following the June 2016 flood and guided the club to seven State Championships in 2018.

Brendan joined SRC in April 2018 as Assistant Development Coach. Late in 2018, the opportunity to run the Junior Program was offered. Brendan has since restructured the Junior Squad, where he continues to identify and develop young athletes within a renewed high-performance framework. This was reflected by his crews' performances in 2019 at both the State and National Championships, where in the Under 17 category alone the club achieved four Gold and two Silver medals.

In June 2019, Brendan coached the youngest crew SRC has ever sent overseas. The crew competed at Henley Women's Regatta as well as Henley Royal Regatta Qualifiers. The tour set a precedent for our growing junior program, marking the beginning of an ongoing opportunity for younger athletes to compete for the club on a world stage.





Stephen Handley, Men's Masters Coach

Stephen joined Sydney Rowing Club in 1970 while at school at Newington College. He later competed successfully in SRC's elite rowing program winning many state and national championships and gained selection the 1977 and 1978 Australia Men's eights competing at the world rowing championships. In 1980 he and pair oar partner Islay Lee were members of the Australia men's eight which competed at the Moscow Olympic Games.

Stephen has coached school and club crews from time to time since 1979 and has enjoyed success with many winning crews at the GPS Head of the River regatta and state and national championships. He is also vice president of SRC and deputy president of Rowing NSW.

As a result of some persuasive lobbying from "old" rowing mates, in season 2013 Stephen began coaching some of SRC's men's master's crews. Since then our men's masters squad has won many NSW master's championships as well as 9 Australian Championships, including all three key men's eight races MMC8+, MMD8+ and MME8+ together with 6 small boat events in the competitive C and D categories. A highlight for this group were convincing wins in the MMD8+ at the 2016 and 2017 Head of the Yarra regattas.

Fundamental to the success of this group has been a clear objective in Stephen's coaching strategy to maintain a happy balance between rowing training, family and work without compromising good rowing.

JOINING SYDNEY ROWING CLUB

Sydney Rowing Club Membership

Submit a completed Rowing Membership application form with the necessary membership fee to the staff in the boatshed office. Application forms are available from our coaches, reception desk or on the club's website.

[Apply to join Sydney Rowing Club now](#)

It is important that applicants under the age of 18 years have a parent or guardian complete the information on the back of the membership application form.

Prospective members may be interviewed by our coaches or Club Captain to discuss the applicant's objectives in the sport and the club. Applications are subject to the approval of the club's board of directors. Membership fees are refunded if your application is unsuccessful.

The club's rules govern the conditions of membership and the operation of the club. A copy can be obtained from the office on request.

Rowing New South Wales Membership

Members who wish to compete in Rowing NSW (RNSW) regattas must also become members of RNSW. This must be renewed annually. Details of how to join and renew your membership are on the RNSW website.

[Click here to go to Rowing NSW membership webpage](#)



ESPRIT DE CORPS OF SYDNEY ROWING CLUB

We aspire to have a strong community feel between our members. Our intention is to improve the experience for all our members and increase the involvement and contribution to the club by the Sydney Rowing Club community for the benefit of that community.

In other words – provide a second family to members with the intention to support them, where possible, in various aspects of their life.



Figure 13: Club members and supporters enjoying our “2017 Henley Team” party.

The club sees the following values as fundamental for the interaction between all people associated with the club. These values are the foundation for the “esprit de corps” that the club is striving for.

- Desire to support other members in all their endeavours within the limits of practicality.
- Respect for others and their property
- Honesty
- Courtesy
- Pursuit of excellence
- Enthusiasm



CLUB POLICIES AND PROCEDURES - ROWING

The Sydney Rowing Club Members' Handbook provides information to our members regarding policies of the club which are relevant to active members and to the rowing program.

Sydney Rowing Club's general standards of conduct and behaviour apply to all categories of members of the club as set out in the club's constitution, rules and bylaws.

This includes members' personal standard of behaviour, presentation and compliance with policies and objectives of the club while they are training, competing for or otherwise representing our club.

In addition to this, it is the responsibility of every member to familiarise themselves with and to comply with the Rowing NSW Rules of Racing, RNSW Code of Conduct available on the [Rowing NSW website](#) and Rowing Australia's Member Protection Policy available at the [Rowing Australia website](#).

1. Use of Club Equipment

Those members in the active membership categories may use the club's rowing equipment, coaching boats and gymnasium.

The Head Coach coordinates the use of boats and oars. Equipment priorities may be changed from time to time.

2. To Reserve a Boat

You may request equipment through the boatshed office. Members who row according to a regular schedule may request equipment be allocated to them on a continuing basis.

Where possible we will try to satisfy members' requests, however due to the competing demands for our resources this may not always be possible and compromises may be necessary.

3. Boat and Oar Categories

Refer to [Appendix B](#) for a list of club equipment and its status.

RED	Restricted use. Can only be used by allocation and with express permission of the Head Coach during allocated times.
ORANGE	By allocation. Available for use by members of all squads but only by allocation and with permission of the Head Coach.
GREEN	Available for use by members of all squads. Reservation by SRC allocation system required.

Please check the Equipment Allocation Board before taking out equipment. The board is located on the blackboard outside the men's change room and shows details of allocated equipment. Refer to this board before using any equipment. Please don't take out equipment during a period it's allocated to someone else even if it's still on the rack, they may just be late!

Please return boats and oars to the same rack you took them from.

Under no circumstances should members use a privately-owned boat without the owner's consent.



4. Adjustments to club boats.

Rigging of club boats is set to orthodox settings which are suitable for use by any of our members. Heights may be adjusted if necessary, however members are asked not to make changes to slide positions (through the work) or feet height without first consulting our coaching staff. This is important because if changed it may take the next person considerable time to reset to its usual position.

5. If club equipment is damaged.

If club equipment is damaged or is unserviceable for any reason, please report the problem to the boatshed office. You may be asked to complete an [Equipment Repair Form in Appendix E](#) of this Handbook. This is essential so we can arrange repairs and efficiently manage our fleet.

6. If you are involved in an accident.

If you are involved in an accident you must complete an [Incident Report Form in Appendix D](#) of this Handbook and if necessary, assist the Captain or Coaches in assessing potential risks and for completing an insurance claim.

7. Getting on and off the water

The pontoon can be very busy at peak times and members are asked to apply the “two-minute rule” and take less than two minutes to get their boat and themselves on or off the water.

Members who continually break the two-minute rule may be required to avoid using the pontoon at peak times.

a. Pontoon Priority

Crews or scullers training as part of a designated squad and under the supervision of a club coach may from time to time be afforded priority access to the pontoon to ensure the squad is kept together. Members are requested to give way if requested to do so by a club coach. **This privilege is not to be abused by serial late comers.**

b. Pontoon Procedure

Members and particularly coaches are asked to ensure crews follow these procedures at the pontoon.

Scullers are asked to use the ends of the pontoon so your oars can be fully extended for stability.

c. Crew Boats

- All crew boats (sweep and sculling) must pull their oars across the boat rather than passing them forward. **This is a safety requirement to minimise the risk of capsizing** on the pontoon by improving stability. It also allows you to use your oar to push off against the pontoon deck.

IMPORTANT NOTE: Please do not put oar shafts or blades under the ramp where it joins the back of the pontoon deck. Oars can be easily broken by washes of passing ferries as the pontoon rises and falls.

- The Stroke must give clear commands so that crew actions are properly coordinated
- Half the crew hold the boat and half get the oars.
- Those getting the oars get in first while the others hold the boat.
- Boat holders get in and push off with your oar against the pontoon deck. There should be no need to pass the oars back unless there is a strong westerly wind.
- The crew should then row clear of the pontoon and adjacent shore.



8. Rowing outside daylight hours.

It is common for rowers and scullers to train on the water before sunrise and after sunset. Special care must be taken while training outside daylight hours.

Sydney Rowing Club has policies and procedures to manage the risks associated with this so it can be undertaken safely. This includes who may do so, special check in arrangements, where you must train and what special equipment is needed. These policies and procedures apply to all boats that go on the water from Sydney Rowing Club outside daylight hours including privately owned boats or visitors from other clubs.

Where to row

Outside daylight hours, all members in coxless boats (including club and privately-owned sculling boats) who are not under the direct supervision of a coach, are required to train in the area commonly referred to as Hen and Chicken Bay. Coxed boats and crews or scullers under the direct supervision of a coach may train on the main river.

Check On and Check Off

It is recommended that members who are not supervised by a coach or are not part of a designated club squad need to independently make arrangements to check in with a responsible adult after training to confirm they have safely returned.

In the event that the member fails to check in and the contact person is concerned about the member's safety, the contact person should escalate the matter with the club's main office on 02 9712 1199 or with NSW Water Police 1 800 658 789.

Junior Members

Junior Members (under the age of 18 years) may only go on the water outside daylight hours with the express written consent of a parent or guardian and the club's Head Coach. The coaching staff maintain a list of those Junior Members who are authorised to do so.

Junior Members rowing outside daylight hours must be accompanied by a coach approved by the Head Coach in a squad or group and must remain within hailing distance of the coach.

Navigation Lights

Sydney Rowing Club policy on the use of Navigation Lights applies to all boats that go on the water from Sydney Rowing Club at these times.

9. Safe Navigation

Errors in steering and rowing on the incorrect side of the river or bay are the primary cause of accidents. Our Safe Navigation policy and procedure is intended to provide guidance so that all members are aware of the most common risks and how they can be avoided or mitigated.

The policy is attached in Appendix C and applies to all members (or guests) steering coxed and coxless boats including single sculls. Adherence to these procedures is mandatory. Please read these procedures and ensure they are followed. All members of a crew are equally responsible to ensure these procedures are followed to ensure the safety of the crew.

Sydney Ferries

Members are asked to give particular attention to avoiding situations which may affect the operation of the ferries. Please take care not to obstruct the channel or their access and departure to and from wharves.

Ferries have right of way over other craft including rowing boats.



Avoid approaching the rear of a ferry which is stopped (particularly at the wharf in Hen and Chicken Bay) as the ferry's master cannot see you and may reverse.

When you see a ferry approaching, make an obvious turn, usually to starboard (bow side) to avoid it. It is important to make an obvious turn, perhaps 30 degrees, to make it clear to the ferry's master what your intentions are.

Incidents or near misses

Members are asked to report near misses with ferries, motor boats, other crews, or other river users to the coaching staff in the boatshed office.

If you are in any doubt as to any of the points raised in this section please discuss the matter with the Club Captain or one of the club's coaches.

10. Boat Lights

The club's Board has adopted a policy on the use of boat lights, which exceeds the minimum requirements of NSW Waterways. This has been done in the interests of members' safety. The purpose of this policy is to improve the visibility of rowing boats to other river users.

As a condition of the use of the club's facilities, the following minimum standard for navigation lights applies. **This requirement applies to all boats which are launched or recovered from the club's premises** and which are used on the water between sunset and sunrise.

Sydney Rowing Club Minimum Standard for Navigation Lights on Rowing Shells

Two constant white lights visible all around which must be firmly attached to the boat on the deck or canvas, one at either end of the crew compartment.

Lights must be of sufficient brightness to be **visible at a distance of one kilometre**.

The following lights are not acceptable and must not be used:

- Strobe lights.
- Small directional LED lights.
- Lights attached to the rower's body, head, hat or other clothing.
- Torches or other lights which do not display an all-round (360°) white light.
- Red, yellow or blue lights of any type.
- Lights which are not visible at a distance of one kilometre.

Members must provide their own lights and batteries. Appropriate lights are available from marine shops, ships chandlers or through the Internet. From time to time the club may have some for sale through the boatshed office.

The standard NSW Waterways regulation for navigation lights applies to all motor boats which are used to coach SRC crews or athletes.

It is the responsibility of all club members and staff to ensure that the correct lights are used. Breaches of the policy must be reported to the Club Captain or Head Coach.

To convey the seriousness of this matter to all members and staff, the following consequences will be applied to those people who fail to display the correct lights.

First occasion – Written warning.



Second occasion – A fine of \$100 per seat (i.e. single scull \$100, 8+ \$900). The member or members concerned will be automatically suspended from the club until the fine has been paid.

Subsequent breaches will be dealt with under the club's general rules.

11. Our Gymnasium

Our gymnasium is located immediately adjacent to the boatshed and is available to all active members. The gym is fully equipped for off water rowing training and general strength training. Hours of use are from 5:30 AM to 9:30 PM.

From time to time at the discretion of the club's coaching staff, use of the gym may be restricted to designated squad members to facilitate programmed sessions.

Our coaches can assist you with a suitable training strength and conditioning program.

1. Shirts and athletic shoes must be worn at all times.
2. Rowing suits may be worn whilst using the ergometers but must be pulled up.
3. You must use a towel on weights benches and machines to dry perspiration.
4. Please return all weights to racks after use.
5. Please do not drop weights plates and dumbbells between sets.
6. Please strip the weights off power-lifting bars after use. Leave only the 15KG yellow disks or wooden training plates on bars.
7. Only use solid (Australian Barbell Company) weights on bench pull bars.
8. No spitting!
9. To avoid clutter, please don't bring mobile phones, bags or clothes into the gym whilst working out.
10. Follow the direction of staff and advice of experienced senior members to ensure safe use of the gym and its equipment.
11. Please keep the sound system volume at a modest level to avoid causing a nuisance to our neighbours or to patrons in the restaurant above the gymnasium.

BOATSHED AND GYMNASIUM SECURITY

The last person leaving the boatshed or gymnasium must ensure that all windows, doors and roller shutters are closed and locked.

Members are not permitted in the boatshed or gymnasium after 10pm or before 4:30 am unless there is a club function and a staff member or coach has reset the alarm.

Warning to members:

The boatshed, gymnasium and the grounds have monitored alarm and video surveillance systems. In the event an alarm is triggered or a camera detected alert is raised, the General Manager is contacted by our security company, regardless of the time of day or night.

This is a serious inconvenience to him and his family. Members who activate the alarm will be required to pay a fine of \$100 (for disturbing the General Manager) plus any other costs the club may incur.



REGATTAS

Sydney Rowing Club and its members compete in local club regattas, interstate club regattas, NSW championships, Australian championships and overseas club regattas. Entries are lodged by the boatshed staff according to the [Regatta Entry Procedure](#) in this Handbook.

Entries to Championship regattas and overseas regattas are subject to the club's selection policy for championship regattas and the prior approval of the Head Coach and Club Captain.

Racing Uniform

Sydney Rowing Club's racing uniform is a zoot suit comprising a light blue top with dark blue shorts. If an undershirt is required, it must be white. A white hat or baseball cap may also be worn.

The rules of Rowing NSW require all competitors to be attired in their club's official uniform. RNSW may issue fines to crews or individual crew members who breach the uniform code requirements.

Should weather or other circumstances require members to protect themselves from the elements, then you must ensure that what you wear or do meets the club's standards of dress and behaviour.

If you're unable or unwilling to comply with this requirement then you should not go on the water, attend the presentation or otherwise represent the club until you are able to comply.

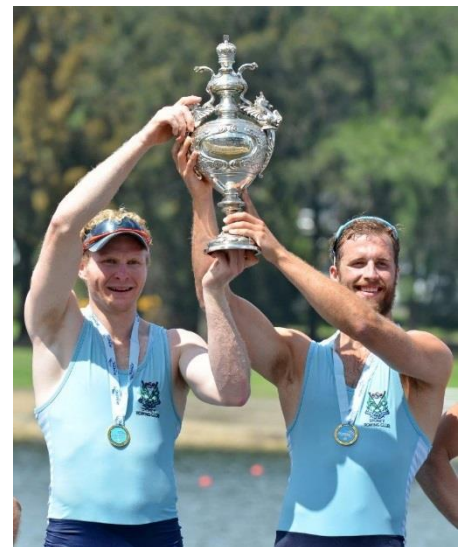
To ensure we present a positive image of the club at regattas members are asked to please follow these guidelines:

- Have a clean and tidy appearance.
- Wear club uniform around the boat park.
- SRC racing zooties must be in good condition. Replace any worn or faded zooties.
- If you wish, you may wear a white undershirt – no other colours are permitted by RNSW and RA rules of boat racing or by the club.
- Only white hats may be worn, preferably a white SRC club hat – no other colours are permitted by the rules of boat racing or by the club.
- Compete with respect and courtesy to other competitors.

Trophy Presentations

It is expected that SRC crews will attend the presentation ceremony or advise the regatta officials if they are unable to do so. Club uniform should be worn at presentations.

All perpetual trophies awarded to the club, its crews or its members must be promptly given to the General Manager or Head Coach for safe keeping. Do not take perpetual trophies home.



Boat transport and other logistical matters for Regattas.

The club captain and coaching staff facilitate boat transport and other logistics for the principal regattas on the RNSW calendar where boat transport is required. The club does not transport boats to all regattas. Members who wish to attend other regattas will need to organise boat transport if it is necessary. The Club Captain and Head Coach can assist with this and the club's trailers are available for approved persons to use.

Please discuss boat transport with the club captain prior to making entries in regattas.



Boat loading and unloading

Boat loading and unloading for each regatta is the shared responsibility of all members who are participating in the regatta. Everyone's co-operation is required. Each member is responsible for rigging and de-rigging of their equipment ready for loading and may need to assist with other equipment.

A date and time for boat loading as well as a trailer plan will be put up on the notice board prior to regattas.

Regatta Entry Procedure.

This procedure provides a simple means for all club members to enter regattas in which they wish to compete.

[Click here to navigate to the RNSW regatta calendar on the RNSW website.](#)

How to make regatta entries

1. Please email your regatta entries to entries@sydneyrowingclub.com.au before 8:00 AM on Monday prior to the regatta (or otherwise on the day that RNSW entries close).
 - * Entries sent to any other address or by phone or by SMS may be inadvertently overlooked.
 - * **Please do not use this email address for any purpose other than lodging entries.** It is likely it will only be accessed on the day entries are due to be submitted.
2. The subject line must contain the name of the regatta you wish to enter.
3. You should include details of event or events you wish to enter. *i.e. "Event 27, MM 8+"*
4. Give the **first name and surname** of each person in crew(s) and the coach if applicable. This is important because of the way the RNSW regatta entry system accepts crew names.
5. It is the responsibility of the member sending the email to ensure persons nominated in crews have agreed to be entered in the regatta and meet any required category criteria (age or grade status). If RNSW (or RA) reject an entry due to incorrect information provided for an entry you may miss the opportunity to compete.
6. All SRC crew members must be financial members of SRC and RNSW.
7. For composite crews entered through the club's system, the cost of all non-members' entries are payable by the SRC crew members and will be charged to those members' accounts. Members need to make private arrangements to recover entry fees from non SRC crew members.
8. Members are responsible for informing themselves about the regatta calendar and closing dates for entries. Reminders will not be sent out.
9. Entries for members who have money owing to the club which is more than 30 days past due may not be accepted.
10. Any penalties which may be applied by RNSW for breaches of entry or regatta regulations are payable by the members concerned and will be charged to the members' accounts.

ILLICIT DRUGS IN SPORT

Sydney Rowing Club endorses the Rowing Australia Illicit Drugs in Sport Policy, details of which are available on the [Rowing Australia website](#).

It is the responsibility of members, parents and coaches to ensure they are familiar with the Rowing Australia Illicit Drugs in Sport Policy.

Further details including lists of prohibited medications and other substances can be found on the Australian Sports Anti-Doping Agency website www.asada.gov.au.

Legitimate therapeutic use of a prohibited substance may be granted under a Therapeutic Use Exemption (TUE). If in doubt consult your doctor.

Members found to have breached the RA anti-doping policy will be dealt with under the club's Code of Conduct and may face action from ASADA, RA or other supervisory organisations.



SAFETY AND RISK MANAGEMENT

The club's Board is concerned about the personal safety of our rowers on the water, as well as the need to minimise the risk of damage to equipment.

We expect and rely on everyone – members, coaches, staff, guests, juniors and adults, rowers, scullers, and coxswains alike – to use common sense in their approach to safety on the water, particularly in situations that are not specifically covered by policy or procedure.

Failure to follow safety policies and procedures is a very serious matter and may be grounds for suspension of member privileges or expulsion.

On the Water

Follow the club's rules regarding boat lights and safe navigation.

- If in doubt about whether or not something is safe, assume it isn't.
- Know your capabilities and those of the people with whom you are rowing.
- Always consider the conditions before going on the water.

DO NOT row if

- There are electrical storms about (e.g. lightning / thunder).
- The weather is stormy or squally.
- The waves have wind driven "white caps".
- There is thick fog.
- It is extremely cold or hot.

USE OF COACHING BOATS

Club coaching boats can only be used for purposes related to the club's programs. Exceptions may be made but must be approved by the Head Coach or General Manager. All people using our coaching boats must do so in compliance with NSW Maritime regulations.

Any person driving a coaching boat owned by Sydney Rowing Club must have a current NSW Roads and Maritime boat driver's licence (or equivalent interstate licence). Club staff coaches and honorary coaches must provide a photocopy of their current boat driver's licence for the club's records.

Persons who do not hold an appropriate boat driver's licence must not drive any of the club's coaching boats at any time, regardless of the speed at which the boat may be operated.

You are personally liable for any offences, breaches of the law or maritime regulations that you may be responsible for whilst driving a club coaching boat.

Persons who wish to drive a club boat must understand and comply with the club's policies applying to driving of club coaching boats, in particular the safety procedures in this Handbook.

Those procedures may not be perfectly prescriptive in the way they apply to situations which arise from time to time. Common sense, caution and an over-riding focus on safety must always be applied if an appropriate procedure does not exist to deal with a particular situation.

At the discretion of the club's board of directors, you may be liable to pay the club's cost for making good damage to club coaching boats, motors, club or private rowing equipment or a third party's property or personal injury that may arise from your actions while driving a club coaching boat.

- Boats must be operated safely at all times.
- Keep a constant all around lookout; don't just focus entirely on your crew.
- Keep a safe distance from your crew so you can avoid them if they stop without warning.



- Be courteous to other rowing crews, where possible minimise your wash.
- When following a crew you are coaching drive in a straight line, do not zig zag from side to side causing unnecessary wash.
- If approaching a crew or a person in the water you must do so with care to avoid any possibility or injury from the propeller. Refer to the section in this Handbook dealing with Safe Recovery of Persons or Equipment from the Water.
- You must never reverse towards a person in the water.
- **Boats do not have brakes. Reverse gear is for going astern not for stopping.** Sudden application of reverse throttle in an attempt to stop a boat is likely to damage the boat's gear box and motor for which you may be personally liable.
- Avoid shallow water; running aground will damage the motor.
- When tying boats to the pontoon or wharf, ensure the wind or current will not take the boat under the deck or onto the nearby rocks.
- Take care when bringing the boat out of the water, particularly when putting boats on the trailers at the speed-boat shed.
- Put boats away if you use them.
- Report any damage or other problems on an [Equipment Repair form in Appendix E of this Handbook](#) or available from the boatshed office or from the club's website. This is essential to ensure our equipment is kept in good order.

Storage of Fuel Tanks

Fuel tanks in the coaching boats which are stored in the main boat shed must be removed from the boatshed and stored in the fuel store after every session. Fuel tanks, full or empty must not be left in the main boatshed. Fuel can be left in coaching boats stored in the speedboat shed.

Safe recovery of persons or equipment in the water

From time to time you may need to recover persons or equipment in the water while you are driving a coaching boat. You must ensure the safety of all people involved before you attempt to recover equipment.

Boat drivers must be aware that there is a significant risk of injury to persons in the water as a result of propeller strike. Special precautions are necessary to eliminate that risk.

To recover people from the water.

- Approach to within about 20 metres of crew, boat or persons in the water requiring assistance and assess the risks before making any attempt to move in close. This includes wind, tide, river traffic, rocks, wharves, pylons, other coaches in boats.
- If there is a more experienced person in attendance, ask how you can assist and follow their instructions. Otherwise take control of the situation by informing the people affected and others who may be attempting to help what you propose to do.
- Explain to the person/crew how you will recover them from the water.
- Approach into (towards) the wind and/or tide so your boat will blow away from the risk if the motor is stopped. Otherwise you risk will become part of the problem and not the solution. In particular you may need to restart your motor which is a serious risk to persons in the water.

Under no circumstances should you ever reverse a motor boat towards a person in the water.

- Manoeuvre very slowly, generally at idle.
- Boats don't have brakes. Reverse gear is for going astern, not for stopping the boat.



- You must switch off your engine once you are close to the persons in the water. This is essential so the throttle cannot be accidentally applied by someone knocking the lever as a person is climbing into the boat. It is not sufficient to put the boat into neutral.
- Once you're close to the persons you are assisting, call to them to swim to your boat.
- Recover one person at a time to ensure your boat remains stable.
- Avoid overloading your boat. Take people to safety and come back for more if necessary.
- Follow the necessary first aid procedures once the people are safe.

To recover a boat from the water.

Once the crew has been recovered you may then attend to their equipment. Consider how the boat will be affected by wind and tide while it is being towed. The primary objective is to make the situation safe and avoid any (further) damage to the equipment.

- Work with the wind and tide. It is difficult if not impossible to tow against wind and tide. Because of the prevailing wind and tide conditions it may not be possible to tow the boat back to the club.
- Oars are best left in the gates for stability and buoyancy.
- To tow the boat, wrap a rope around the bow or stern three or four times (to spread the load on the fragile boat), finish with a half hitch then tie off to a rigger.
- Be patient while towing a boat, move slowly. A boat full of water is very heavy and may easily be severely damaged if you try to tow or turn quickly.
- Look for an accessible beach or pontoon in the general direction of the boat's drift and guide the boat in that direction. Let the wind and tide do most of the work and use your boat and engine to steer.
- The boat will be difficult to turn so plan how you will need to manoeuvre, leave plenty of space to turn and use the current and wind to advantage.
- Once alongside the beach or pontoon secure the boat to a mooring or buoy or if people are available to help, get the boat out of the water.
- Tilt the boat and very slowly let the water run out. The boat will be too heavy to lift until it is almost empty of all water.
- If the weather is poor, tie the boat down and return later to collect it.



COACHING AT SYDNEY ROWING CLUB

The club's professional coaches are responsible for coaching those members of the club who are in the club's designated squads. Participation in these squads is at the discretion of the Head Coach.

All coaches at Sydney Rowing Club (other than staff coaches) must be members of the club. Nobody is to be paid to coach other than by prior arrangement approved by the board.

[Appendix H – Coaching Policy](#)

Honorary or Volunteer Coaches

Sydney Rowing Club offers coaches the opportunity to expand their coaching experience by working with our professional coaches in the club's squads.

This includes coaching our teams which compete at national championships, Henley Royal Regatta or with state and national representative teams which may arise through involvement with our club's High-Performance athletes.

Members are encouraged to provide coaching for other club members on a voluntary or honorary basis. If you are able to assist with coaching please discuss your availability with the Head Coach or Club Captain.

The club will provide assistance for member coaches to obtain or maintain their formal coaching accreditation.

Honorary coaches must;

- Have a current NSW Waterways boat licence and lodge a copy with the boatshed office.
- Maintain a reasonable standard of coaching and behaviour.
- Comply with any rules that govern the use of the waterways including the use of electric megaphones.
- Be considerate of the physical ability and skill level of the athletes they propose to coach.
- Follow the club's objectives.
- Comply with directions of the Board of Directors, General Manager or Head Coach.
- Be an active or life member of the club.

Non-Member (Outside) Coaches

Members should not make private arrangements with outside coaches for coaching from the club's facility. Should a specific situation arise where an outside coach may wish to coach from the club's facilities, we require that the members involved seek the prior approval of the Head Coach. Outside coaches must have valid NSWRA coaching accreditation and comply with the conditions applying to honorary coaches.

CLUB CLOTHING

A range of Sydney Rowing Club clothing is available from the club. This includes zoot suits, polo shirts, tracks suits, caps and a range of other items. A brochure showing the full range is available from the boatshed office or on the club's website. Orders may be placed through the boatshed office.

Racing zoot suits

Racing zoot suits can be ordered through the boatshed office or directly from our suppliers [The Regatta Shop](#). If you need help or are uncertain about the clothing you need please speak to the club's coaches or the Vice-Captain.

Club Blazer

The club's official blazer may be worn by members at social and sporting occasions. It is a two-button striped boating blazer with a custom made 100% wool cloth of light blue base and ivory stripes bordered each side by a dark blue pin stripe and club's emblem embroidered on the breast pocket.



Blazers are individually tailored for each member and can be styled to suit men or women at a very reasonable cost. For those people eligible, the cost of your blazer can be recovered from Seafood raffle entitlements.

The blazer is “uniquely Sydney Rowing Club” and has proven popular with members. We are keen to see as many members as possible proudly wearing the club’s blazer.

Please speak with the boatshed staff or vice-captain to order your blazer.

VOLUNTEER WORK

Our members’ contribution to the operation of our club is a key objective in our Strategic Plan. This is essential for our club to be successful and is a vital and enjoyable aspect of being a member of our club.

Members are asked to commit to voluntary work to assist in the running of the club. This may include coaching, subcommittees, boat maintenance, acting as an RNSW Boat Race Official, corporate rowing, running the club’s regattas and various working bees.

BOATSHED CLUB ROOM AND KITCHEN

Kitchen and active members lounge

The members’ lounge and kitchenette adjacent to the coaches’ office and the balcony room are available for members to meet, relax and prepare light meals after training.

Please keep this area clean and tidy. In particular, put food away and wash and dry crockery and cutlery and put it away.

Members are welcome to use the coffee machine which makes excellent espresso coffee. The coffee machine is operated on a cooperative basis, those members who regularly use the machine are encouraged to contribute a kilogram of good quality whole roasted beans from time to time.

The balcony room is often used by staff and the club’s officers for meetings. Members are asked not to access the room whilst a meeting is in progress.

Please do not bring bikes into the boatshed at any time. Bikes found in the boatshed will be removed and put in the bike rack at the rear of the boatshed.

Bicycle Rack

A rack is provided outside the rear boatshed door for members to lock their bikes to while training. You will need to provide your own lock if you wish to use this rack. Members use the bike rack at their own risk and the club accepts no responsibility for bikes stored on the bike rack.

Bikes must not be brought into the boatshed, the members lounge (adjacent to the coaches’ office) or the gymnasium.



Athlete Change Rooms

Members are requested to keep the change rooms tidy at all times. When you depart the club after training, members are asked not to leave clothing, towels or bags on the floor. If you must leave your things in the change room please place them on the benches so cleaners can access the floor.

ATHLETES' SEAFOOD RAFFLE

The Seafood Raffle provides an opportunity for our active members to raise funds that can be put towards expenses related to training and competing for Sydney Rowing Club, incurred by rowing at the club. It is also a great way for active members to become familiar with the social members of the club, building the unity between the Boat House and Club House.

All monies raised through the raffle are watched over by the Board and can be accessed by making a claim for a legitimate expense. Reimbursement will follow (where necessary) once approval by the Board has been achieved.

Please refer to [Appendix G](#) for details of eligibility, operation of the raffle and expenses which can be recovered from Seafood Raffle Funds.

The Vice-Captain is responsible for managing the Seafood Raffle.

STORAGE OF PRIVATELY-OWNED EQUIPMENT

The Club has adopted a policy on the storage of privately-owned equipment which is attached in full in [Appendix E](#). This policy also applies to the transport of privately-owned equipment on the club's boat trailer. Storage of equipment is subject to the terms of that policy.

In summary;

Members seeking to store privately owned equipment must apply to do so in writing to the Club Captain or Head Coach prior to bringing your equipment to the club.

Equipment is stored entirely at the member's own risk. The club will not be liable for damage or loss how so ever arising. These private items are not insured by the club. We recommend members obtain their own insurance.

Due to the demand for storage of private sculling boats (particularly those which can be stored in readily accessible positions), private equipment must be regularly used. The following minimum usage must be fulfilled beginning from July 1st each year.



THE SYDNEY ROWING CLUB FOUNDATION

The Sydney Rowing Club Foundation was established by the Board of Sydney Rowing Club in 2009 with its primary purpose to raise funds for the Club's rowing program and associated sporting activities.

The Board-appointed trustees monitor the financial accountability of the Foundation and the development of various strategic fundraising plans. Supporters of the Foundation may choose to support the club's rowing and sporting activities in several different ways. These include but are not limited to annual giving programs, capital campaigns and bequest programs. All donations to the Foundation (over \$2.00) are tax deductible.

The trustees of the Foundation are Doug Donoghue (Chairman), Keith Jameson (President, Sydney Rowing Club), Michael Morgan (Vice President, Sydney Rowing Club), Ian Clubb, and Andrew Rowley.

Some of the key objectives of the Foundation include the following:

- The upgrade or replacement of rowing facilities
- Support of training, coaching or other rowing programs of the club
- Funding or assistance of the purchasing of boats and equipment
- Financial assistance and scholarships to the club's rowers

The Board of the club and the Trustees of the Foundation see the success of the Foundation as key to the ongoing success of the clubs rowing programs and activities.

HISTORY OF OUR CLUB

Sydney Rowing Club was formed in 1870 with its first boatshed located adjacent to the current site of the Sydney Opera House. The objective of the club was to promote and control the sport of rowing in the colony. The club's first President was George Thornton and the first Captain was Quarton L. Deloitte. Among the club's early members were Australia's first Prime Minister Edmund Barton and poet A.B. (Banjo) Patterson.

The club purchased its present site at Abbotsford on the Parramatta River in 1874 at a cost of 460 pounds. This facility was operated as a branch of the club.



The club moved the main boatshed from busy Circular Quay to the western side of Woolloomooloo Bay in 1888 where it remained until 1947. Following a fire in 1922 when fortunately, many of the club's boats were away at the Abbotsford branch, a new boatshed was constructed.

In 1947, encouraged by Club Captain George Parlby, the club decided to abandon its site at Woolloomooloo. The boatshed was dismantled and floated up the river on a barge to its present site at Abbotsford and is still in use today.

Figure 14: Sydney Rowing Club's "new" boatshed, Woolloomooloo 1922



Sydney Rowing Club became one of NSW's first licensed clubs in 1950 and it has been the contribution from that part of the club now numbering almost 15,000 members, which has sustained the club and enabled it to grow.

The club has enjoyed much success in the ensuing years since 1870. Highlights include winning the Grand Challenge Eights at Henley Royal Regatta in 1912, and three Olympic sculling gold medals from Bobby Pearce at the 1928 Amsterdam Olympics and at the 1932 Los Angeles Olympics and Mervyn Wood at the 1948 London Olympics.



Figure 15: SRC's Abbotsford site c.1922



Figure 16: SRC Men's eight c.1922

Roger Fitzhardinge, Syd Middleton and John Ryrie became the club's first Olympians competing at the 1912 Stockholm Olympics Games. 64 members have competed at the Olympic Games and more than 120 have achieved national selection in Australian Rowing teams.

MEMBERS' MEMORIAL WALL

The ashes of many of our active members have been scattered in the Parramatta River from our pontoon or from boats. Many have been significant contributors to the club or the sport, some are just people who have had a love for the club and the river where they spent their youth.

The sandstone wall of the George Towns memorial, the sandstone finish judge's rotunda near the flagpole, now provides a place for permanent memorials to these people to be installed.

This privilege is limited to active members or former active members of Sydney Rowing Club. The wording and format of plaques must be approved by the club's board of directors and plaques may only be ordered through the club.

Those members whose ashes have already been scattered in the river may be eligible to have a plaque on the wall. Please make enquiries through the club's office or the President.

ABOUT ROWING

Rowing is one of the most demanding forms of exercise with nearly every muscle in the body being used in the rowing motion. It is also one of the best, low-impact, cardio-vascular exercises.

Rowing is a sport that attracts people of all ages and from all walks of life, with the youngest starting at around 13 years of age to 70 and 80 year old veteran rowers who still enjoy the sport.

Rowing can be undertaken individually or as part of a crew. Participation can be on any level you choose: for recreation and a form of exercise, for social interaction as part of a crew, for individual challenge and to compete at a local level, or as an elite competitive athlete at the World Championships or Olympic Games.



RISK WARNING - IMPORTANT NOTICE

Section 5M of the Civil Liability Act 2002 (NSW) provides that a person does not owe a duty of care to another person involved in a recreational activity to take care in respect of a risk of the activity if the risk was the subject of a risk warning. This is a risk warning for the purposes of the Civil Liability Act.

This risk warning is issued to all persons participating in rowing or rowing related activities conducted by or under the auspices of Sydney Rowing Club Limited, including persons participating as rowers, coxswains, coaches, volunteers, officials or spectators.

Participants are warned that, regardless of the precautions taken by experienced persons, rowing (and activities related to it) can be a potentially dangerous pursuit and participants are exposed to significant risk of property damage, physical harm and possible death.

As an indication, these risks may include (but are not limited to) harm or injury caused by:

- falling out of the boat,
- swamping or capsizing (including possible drowning);
- attacks by sharks or other marine animals;
- running aground or collision with objects or other vessels including motor boats, yachts, ferries, other rowing boats, navigation pylons, pontoons, jetties and moored craft;
- propeller strike if you should be in the water near a propeller driven boat;
- extremes of weather and water conditions or by exposure to the sun or other elements;
- slipping on a pontoon or boat ramp, or coming into contact with rocks or sharp shells on shorelines;
- colliding with riggers, boats, training equipment or other objects in and around the boatshed and gymnasium;
- strength and fitness programs including running, ergometer and weight training;
- over exertion, dehydration and physical stress.

Participants are also warned that, in the event of an accident, immediate assistance (including medical care) may not be available and that significant delays may occur before such assistance becomes available.

Participants are warned to consider the above risks and all other risks before deciding to participate in any rowing or rowing related activity.

Persons engaged in rowing or rowing related activities may be covered by insurance against personal accidents under a policy maintained by Rowing Australia. However, this insurance will not cover property loss or damage, and may not cover injury caused to third persons.

Any participant who considers that he or she has a need for insurance should make private arrangements with an insurer.



MEMBERS' LIABILITY - IMPORTANT NOTICE

Members may be personally liable for loss or damage to club equipment or to a third party which arises from their own negligence or as a result of the member failing to follow the club's rules and or procedures which are set out in the Members Handbook, on the club notice board, communicated to members by email or post, the general rules of navigation on the waterways or traffic rules prescribed by the regatta operator at a regatta venue.

Equipment owned by Sydney Rowing Club is insured however in the event of a loss which occurs because of a member's negligence, the club may require the member to pay the insurance excess which applies. or if the club elects not to lodge an insurance claim, an amount up to the value of the excess. At 1 October 2016 this excess was \$500 however it may change without notice.

Members who use their own or another member's private equipment are not covered by any of the club's insurance policies. Under these circumstances, the member carries all risks without limitation.

PHYSICAL ACTIVITY READINESS

It is the personal responsibility of each member to ensure their health and fitness is appropriate for the level of athletic activity they propose to undertake.

To row from Sydney Rowing Club members must be able to swim 100 metres in rowing clothes. Members may be required to undertake a swimming test.

Members may be required to satisfy the club as to their health and readiness and/or capability for rowing or use of the club's facilities. This may include but is not limited to a swimming test, rowing capability test or medical examination and report.



Appendix A – Risk Warning

Section 5M of the Civil Liability Act 2002 (NSW) provides that a person does not owe a duty of care to another person involved in a recreational activity to take care in respect of a risk of the activity if the risk was the subject of a risk warning. This is a risk warning for the purposes of the Civil Liability Act.

This risk warning is issued to all persons participating in **rowing** or **rowing related** activities conducted by or under the auspices of **Sydney Rowing Club Limited**, including persons participating as rowers, coxswains, coaches, volunteers, officials or spectators.

Participants are warned that, regardless of the precautions taken by experienced persons, rowing (and activities related to it) can be a potentially dangerous pursuit and participants are exposed to significant risk of property damage, physical harm and possible death.

As an indication, these risks may include (but are not limited to) harm or injury caused by:

- falling out of the boat, swamping or capsizing (including possible drowning);
- attacks by sharks or other marine animals;
- running aground or collision with objects or other vessels including motor boats, yachts, ferries, other rowing boats, navigation pylons, pontoons, jetties and moored craft;
- propeller strike if you should be in the water near a propeller driven boat;
- extremes of weather and water conditions or by exposure to the sun or other elements;
- slipping on a pontoon or boat ramp, or coming into contact with rocks or sharp shells on shorelines;
- colliding with riggers, boats, training equipment or other objects in and around the boatshed and gymnasium;
- strength and fitness programs including running, ergometer and weight training;
- over exertion, dehydration and physical stress.

Participants are also warned that, in the event of an accident, immediate assistance (including medical care) may not be available and that significant delays may occur before such assistance becomes available.

Participants are warned to consider the above risks and all other risks before deciding to participate in any rowing or rowing related activity.

Persons engaged in rowing or rowing related activities **may** be covered by insurance against personal accidents under a policy maintained by Rowing Australia. However, this insurance will not cover property loss or damage, and may not cover injury caused to third persons.

Any participant who considers that he or she has a need for insurance should make private arrangements with an insurer.



Appendix B – List of Club Equipment

Boat Name	Make/Year	Weight Class	Usage
Single Sculls			
Gavin Parcsi	Sykes '13'	HWT Men	RED
Tim Hughes	Sykes '14'	HWT Men	RED
Susanne Thiebe	Sykes '13'	HWT Men	RED
Lachlan Carter	Sykes '17'	HWT Men	RED
Scott Woodward	Sykes '17'	HWT Men	RED
Erik Horrie	Filippi '15'	HWT Men	RED
Lt. Alf Jackson	Sykes '14'	HWT Men	RED
Sgt Fred Wellisch	Sykes '14'	HWT Men	RED
Lt. Claude Luscombe	Sykes '15'	LWT Men / HWT Women	RED
Capt. Keith Heritage	Sykes '15'	LWT Women	RED
Ken Ambler	Sykes '11'	HWT Men	RED
A.J. Brown	Sykes '09'	HWT Men	RED
Andrew Rowley	Sykes '09'	HWT Men	RED
Angus Playfair	Sykes '09'	HWT Men	RED
Simon Nola	Sykes '09'	HWT Men	RED
Paul Coates	Sykes '09'	HWT Men	RED
Tess Gerrand	Sykes '13'	LWT Men / HWT Women	RED
Charles Lloyd Jones	Sykes '11'	LWT Men / HWT Women	RED
Glenn Ryder	Sykes '09'	LWT Men / HWT Women	RED
Jim Stride	Sykes '09'	LWT Men / HWT Women	RED
Jim Goulding	Sykes '09'	LWT Men / HWT Women	RED
Carl Quitzau	Sykes Initiator '13'	HWT Men	GREEN
Martin Ward	Sykes Initiator '13'	HWT Men	GREEN
Ray Armstrong	Sykes Initiator '13'	HWT Men	GREEN
Peter Baird	Sykes Initiator '13'	HWT Men	GREEN
Hugh McLeod	Sykes Initiator '13'	LWT Men / HWT Women	GREEN
Kirsten Liljeqvist	Sykes Initiator '13'	LWT Men / HWT Women	GREEN
Reg Stride	Ausrowtech (Racing) '03'	HWT Men	GREEN
Double Sculls and Pairs			
Josh Hicks	Empacher '17'	HWT Men	
Kendall Brodie	Empacher '11'	HWT Women	
Leah Saunders	Sykes '16'	HWT Men	RED
Chris Morgan	Sykes '16'	HWT Men	RED
Spencer Turrin	Empacher '15'	HWT Men	RED
Alex Lloyd	Empacher '15'	HWT Men	RED
Russell Cooper	Sykes '12'	LWT Men / HWT Women	RED
Boat Name	Make/Year	Weight Class	Usage
James Chapman	Sykes '11'	LWT Men / HWT Women	RED
Dom Grimm	Sykes '11'	LWT Men / HWT Women	RED
Peter Grosvenor	Sykes '12'	HWT Men	RED
Ian Paver	Sykes '10'	HWT Men	RED
Scott Turner	Sykes '10'	HWT Men	RED
David Sollom	Sykes '08'	HWT Men	ORANGE
Michael Rowan	Sykes '07'	LWT Men / HWT Women	GREEN
Diane Johnson	Sykes '07'	LWT Men / HWT Women	GREEN
Jenny Cole	Sykes '07'	HWT Men	GREEN
Stephen Handley	Sykes '07'	HWT Men	GREEN
Doug Donoghue	Sykes '06'	HWT Men	GREEN
Melva Cayzer	Empacher '00'	LWT Men / HWT Women	GREEN
Quad Sculls, Coxless and Coxed Fours			
Major Syd Middleton	Empacher '15'	LWT Men/ HWT Women	
Jim Stride	Empacher '11'	HWT Men	
Michael Morgan	Empacher '16'	HWT Men	RED



Mick Allan	Empacher '13'	HWT Men	RED
Dallas Smith	Empacher '13'	HWT Men	RED
Jim Goulding	Sykes '13'	LWT Men	RED
Sydney	Sykes '08'	LWT Men/ HWT Women	RED
Tony Brown	Sykes '10'	HWT Men	ORANGE
Roger Brighton	Sykes '08'	HWT Men	ORANGE
Larry Parker	Sykes '02'	LWT Men/ HWT Women	ORANGE
Dame Eadith Walker (4+)	Sykes '15'	HWT Men	RED
Dale Caterson (4+)	Sykes '11'	HWT Men	ORANGE
Dedes Family	KIRS '05'	HWT Men	GREEN

Eights

Q L Deloitte	Empacher '18'	HWT Men	RED
Keith Jameson	Empacher '18'	LWT Men/ HWT Women	RED
Ernie Chapman	Empacher '13'	HWT Men	RED
John Coates	Empacher '11'	HWT Men	RED
Philip Cayzer	Empacher '08'	HWT Men	RED
Q.L. Deloitte	Sykes '07'	LWT Men/ HWT Women	RED

Allocation System Key

Restricted use. Can only be used by allocation and with express permission of the Head Coach during allocated times.

RED

By allocation. Available for use by members of all squads but only by allocation and with permission of Head Coach.

ORANGE

Available for use by members of all squads. Reservation by SRC allocation system required.

GREEN



Appendix C – Safe Navigation Policy

The club's Board is concerned about the personal safety of our rowers on the water as well as the need to minimise the risk of damage to equipment.

Accordingly, the following policy and procedure is intended to provide guidance so that all members are aware of the most common risks and how they can be avoided or mitigated.

Over the past 12 months we have experienced an unusually high number of accidents on the water which have resulted in significant damage to equipment. Errors in steering have been the primary cause of each of these accidents.

The following procedures apply to all members steering coxed and coxless boats including single sculls. Adherence to these procedures is mandatory.

Please read these procedures and ensure they are followed. All members of a crew are equally responsible to ensure these procedures are followed to ensure the safety of the crew.

If you are in any doubt as to any of the points raised in this document please discuss the matter with the Club Captain or one of the club's coaches.

Navigation Lights are mandatory if you are on the water between sunset and sunrise.

FUNDAMENTAL PRINCIPLES

Common sense and caution. Notwithstanding the detail in this document you are expected to apply basic common sense when you are on the water.

Maintain a careful lookout. Look ahead often particularly when approaching known high risk points.

Keep to the starboard side (bow side or coxswain's right) of the river.

Maintain a separation of not less than 3 metres to the tips of the blades from navigation pylons, moored boats and other obstacles.

Allow oncoming crews to pass down your port side (stroke side or coxswain's left) allowing where possible at least 4 metres between the blade tips of passing boats.

If in doubt about your course or steering stop rowing and make any necessary observations or adjustments.

You must do everything reasonably possible to avoid a collision, please never try to enforce what you might perceive to be your right of way.

If you feel you may collide with another crew (or if you see another crew in danger of collision) call out loudly to warn them of the risk. Identify the crew and the risk using words such as "**SRC PAIR, LOOK AHEAD**" or "**NEWINGTON EIGHT, STOP ROWING**". Keep calling out until you are noticed.

Report all incidents and accidents to the club captain or to the club's coaches.



AVOIDABLE HAZARDS – These include (but are not limited to):

- Navigation markers (buoys and pylons)
- Moored boats and mooring buoys.
- Sailing course markers.
- Bridge pylons.
- Wharves and pontoons.
- Boats fishing at anchor in or near the channel.
- Boats which moored (usually overnight) in or near the navigation channel.
- Other rowing boats including, in particular, school crews or scullers who may be inexperienced at steering and unaware of the correct navigation procedures.
- Coaching boats (where the coach may not be paying attention to their steering).
- Other river traffic including recreational speed boats and ferries.

HIGH RISK POINTS – Know Where They Are

The courses usually steered by crews and scullers as they move up and down the river and into, out of and around Hen and Chicken Bay allow us to identify particular points on the waterways where there are high risks of accident.

These are not the only risk points and a careful look must be maintained at all times.

- **Ferries.** Maintain a look out for high speed ferries. Ferries move quickly and have right of way. As they approach adjust your steering (usually to starboard or bow side) so you are not in the navigation channel, this will also clearly indicate which way you will go so the the ferry can adjust its course accordingly. Do not block access to ferry wharves.
- **River traffic.** Whilst making adjustments or whilst underway, maintain a careful lookout and keep a safe distance.

Parramatta River between Sydney Rowing Club and Silverwater Bridge

- **Immediately off SRC pontoon.** While setting up, look out for other rowers and motor boats moving past our pontoon, particularly other rowers moving down the river from Hen and Chicken Bay. Ferries accessing the Abbotsford ferry wharf are also a risk here.
- **Between the club and Cabarita Point.** Be aware of rowing traffic moving to and from the Parramatta River and Hen and Chicken Bay.
- **Cabarita Point.** Be aware of school crews moving upriver (west) on the wrong side of the river close to the marina. Stop and call out if in doubt.
- **Putney Punt.** Be aware of the movement of the punt and maintain a separation of not less than 10 metres from the punt wires whilst the punt is in motion.
- **Putney Punt.** Do not cross the punt wires whilst the punt is in motion.
- **Kissing Point.** Wharf and pylon. Maintain minimum three metre separation.
- **Ryde Road Bridge.** Do not row through the centre two arches which are used by the high speed ferries.
- **Ryde Road Bridge.** Maintain minimum three metre separation from pylons.
- **Ryde Road Bridge.** Moored boats on the south-western end of the bridge are a risk to east bound traffic. Maintain minimum separation of three metres.



- **West of Ryde Rail Bridge.** From 2GB tower to the cranes near Silverwater, the water on the northern side of the river near the mangrove trees is very shallow and should be avoided. Shallow water extends at least 40 metres from the shore at low tide.
- **Homebush Ferry Wharf.** The wharf and navigation pylon 40 metres north east of the wharf are a risk to east bound traffic. Maintain minimum three metre separation.
- **The “Big Bend.” This is a significant accident spot.** Navigation markers are a risk to traffic travelling both ways – Check your course as you approach this point, do not assume your course is correct. Maintain minimum three metre separation. Keep a careful lookout here for high speed ferries and other rowing crews approaching around the bend. React quickly by turning to starboard (bow side).
- **At the Big Bend,** crews approaching from the opposite direction are a risk to traffic in both directions. Look ahead and maintain a minimum four metre separation. Stop and call out if in doubt.
- **300 metres west of the Big Bend** navigation pylon is a hazard to west bound traffic. Check your course as you approach and maintain minimum three metre separation.
- **The cranes.** Navigation pylons 40 metres NE of the crane are a risk to west bound traffic. Navigation pylons 20 metres west and 20 metres east of the cranes are a risk to east bound traffic. Maintain minimum three metre separation.
- **400 metres east of Silverwater Bridge.** Navigation marker is a risk to west bound traffic. Maintain minimum three metre separation.
- **Silverwater Bridge.** This is the end of the navigable river. Do not pass through Silverwater Bridge.

Hen and Chicken Bay

When rowing from the club’s boatshed to Hen and Chicken Bay you must steer to the starboard (bow side) of the river.

From SRC row towards Cabarita then turn and continue towards the old Kings boatshed. Only turn into the bay when you are adjacent to the old Kings boatshed.

- **Anchored Boats.** Boats are often anchored overnight in the main traffic channels in the bay. Carefully check for anchored boats every time you enter the bay.
- **Rowing in Hen and Chicken Bay.** Keep to the starboard side (bow side) of the bay. Lookout for crews rowing on the wrong side.
- **Wharf.** Maintain minimum separation three metres from the wharf.
- **Ferries.** Keep at least 20 metres from the rear of ferries at the wharf. Never stop behind the ferry. When reversing from the wharf, the skipper of the ferry cannot see behind his boat. He will sound three short blasts on his horn to indicate he is reversing. Get clear quickly.



Please complete all of the details on this form and lodge it at the boatshed office within 24 hours of the incident.

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Appendix E – Equipment Repair Form

Unless we know about a problem, we cannot fix it.

Please complete all of the details on this form and lodge it at the boatshed office if you find club equipment is damaged or otherwise not fully functional and requires repair.

Date

Your Name

Boat Name or Oar Set affected

Boat Type

Details of the problem

Office use only

Received by:

Date received:

Cost if any:

Date completed:



Appendix F – Storage of Private Boats and Other Equipment

The board of Sydney Rowing Club has adopted the following policy for the storage of privately owned equipment including boats, boat racks, bicycles or other personal property in the club's.

Conditions of Storage

Only active members, life subscriber members or honorary life members may store equipment on the club's premises. In the event you cease to be a member or do not pay your annual fees you must remove your equipment within fourteen days of being asked to do so. Such requests may be communicated to you by email or by mail to your last known address.

In the event you do not remove your equipment the club may consider the Equipment abandoned and deal with it as we see fit.

Equipment is stored entirely at the member's own risk. The club will not be liable for damage or loss howsoever arising. Items are not insured by the club. We recommend members obtain their own insurance.

Storage of equipment is subject to the consent of the board which is delegated to the Club Captain and Head Coach.

Consent to store equipment may be withdrawn by the Club at any time without reason in which case the Head Coach and Club Captain will inform the member and the member must remove their equipment within 14 days.

Members seeking to store equipment at the club must submit a written application to the Head Coach or Club Captain. This must include a description of the equipment, the manufacturer and any identifying marks or serial numbers and must acknowledge the member's acceptance of the terms of this policy.

The Head Coach and Club Captain will determine where equipment is stored and may relocate or move a member's equipment without the consent of the member.

Equipment must be clearly labelled with the member's name.

A fee may be charged for storage.

There is no an automatic right for a member to store equipment at the club.

The policy extends to the transport of equipment including boats on the club's trailer or vehicles and at regattas or at any other time by the owner or anyone else.

Priorities

With the increasing demand for boat storage the board has assigned the following priorities for access to the available space.

- The boat is used in competition for the club.
- Service to the club.
- Seniority.

Minimum Use Requirement

Boats stored at the club in readily accessible positions must be used regularly otherwise they may need to be relocated in favour of equipment that will receive regular use.

To facilitate this, we will implement the following "mileage" requirements which are based on the member's age.

Usage must be fulfilled each year beginning July 1st:

- Under 30 at least 800 km per year
- 30 to 45 years of age at least 750 km per year
- 45 to 55 at least 600 km per year
- Over 55 at least 500 km per year



Appendix G – Athletes' Seafood Raffle

The club's Seafood Raffle offers our member athletes the opportunity to raise money to cover expenses related to training and competition.

Athlete Eligibility

To participate in the Sydney Rowing Club (SRC) athlete Seafood Raffle fund raising program and to withdraw funds from the fund you must be:

- A financial member of both Sydney Rowing Club and RNSW and registered with RNSW to compete for SRC.
- Currently participating in the club's competitive rowing program.
- Meeting training and competition requirements of that program set by the Head Coach.
- Approved to participate in the program by the Club Captain and Head Coach.
- At least 18 years of age.

Management

The Vice-Captain will organise and manage a roster for operating the raffle. Athletes wishing to participate in the Seafood Raffle should reserve a raffle time slot with the Vice-Captain. If you are unable to make your booked raffle slot, you must find a replacement and notify the Vice-Captain. The Vice-Captain may limit the frequency of bookings per individual to ensure equal access to all members.

Priority will be given to Australian representatives and Club touring athletes seeking to accrue for or pay off international seat fees and touring costs.

Seafood Raffle Slots

The seafood raffle is run on Wednesday and Friday evenings around 6:30pm and on Sunday at 2:00pm. These times are coordinated to run when the club house is most busy. Each raffle has two slots for athletes to sell tickets and operate the raffle. The dates and times to operate the seafood raffle are co-ordinated through the Vice-Captain who will in turn liaise with the General Manager to ensure there are no clashes with activities being run in the club house. You must not operate raffles without the prior consent of the Vice-Captain. Athletes are limited to one raffle per week unless otherwise agreed by the Vice-Captain.

Dress Code

Athletes operating the Seafood Raffle must be neatly attired in a club polo (or Australian team) and appropriate shoes, not thongs. SRC polos can be purchased from the front desk or a spare may be available in the raffle box.

The Raffle Prize

The raffle prize is a gift voucher for a seafood platter for two from Dedes Watergrill Restaurant.

Operation of Raffles

When conducting raffles, you must follow the direction of the duty supervisor in the club house. From time to time there may be circumstances, which affect or prevent the operation of the raffle.

Instructions for operation of the raffle and handling of the money collected are on the raffle forms, which are kept in the supervisor's office together with the raffle tickets.

1. Email or messenger/SMS the Vice-Captain to request a time slot to conduct the raffle.



2. The Seafood Raffle is conducted on Wednesday and Friday evenings at 6pm and Sunday afternoons at 2:00 PM. Each raffle should be drawn within one hour from commencement.
3. If it is your first time raffling, please notify the Vice-Captain to ensure you are paired up with a member who has previous experience.
4. Once your raffle session has been confirmed, arrive at the club house 5 minutes prior to the session time to prepare for the raffle. This includes organising the float and filling in the seafood platter order form.
5. Commence selling tickets and draw raffle. Raffle ticket books MUST be sold in numerical order. If there are ten or fewer ticket books left please notify the manager to order more.
6. Document your earnings, return float and pay for the prize. Hand all remaining monies to General Manager/Bar Manager.
7. Please ask the club's promotions delegate to announce the commencement of the raffle, the prize draw and to invite the winner to collect their prize. Alternatively, you may make these announcements yourself over the microphone.

Credit to the Raffle Pool

The amount you collect, less the cost of the prize will be added to the Seafood Raffle Pool. For each raffle you operate you earn a pro rata "share" in the raffle pool.

The raffle pool and the athletes' share accounts are managed by the SRC Administration team.

Athletes may submit an expense claim to use the funds available in their account to cover eligible rowing expenses.

Eligible Expenses you can claim from the Seafood Raffle account.

The following expenses listed in order of priority are eligible for claims against the Seafood Raffle Account. The Vice-Captain may make approvals outside this list on a case-by-case basis.

Membership:

- RNSW membership fees
- SRC membership fees

Racing:

- Regatta entry fees and other items invoiced by the club
- SIRC parking, road tolls and fuel expenses for regattas at SIRC or Nepean. Parking tickets must be submitted as proof of parking expenses in lieu of a receipt.

National Representation or Selection Trials

- Representative team seat fees or other levies
- The cost of interstate or international travel on representative teams approved by the board (less any amount which may be refundable under other SRC or other sources).
- Accommodation, travel and food costs associated with National Selection Trials
-

Club Domestic/International Tours:



- The cost of interstate or international travel on club tours approved by the board (less any amount which may be refundable under SRC or other sources).
- Events include: Cayzer Cup (Melbourne), Henley, Head of the Charles, Head of the Yarra or any other club tours.

Training at Penrith:

- Fuel expenses and road tolls may be claimed if your program requires you to travel to Penrith for training. A log book is required to substantiate car travel expenses and shall be matched to fuel and toll expense receipts.
- Travel and training costs associated with interstate-based training

Camps:

- Cost of attending club camps (less any amount which may be refundable under other programs).
- Fuel or travel costs associated with reaching the location of club camps.

Uniform and Clothing:

- The cost of purchase for SRC club kit such as: Zootie, polo etc.
- Club Blazer
- Rowing specific items

NSW State Championships and Nationals:

- Accommodation, travel and food costs associated with NSW State Championships and Nationals both interstate and/or if at SIRC, Penrith.

Equipment:

- Rowing equipment such as GPS Stroke Coach, Heart Rate Monitor/Watch and boat lights.
- Other training equipment may be expensed but only with agreement of the Vice-Captain prior to purchase.

Medical:

- Consulting fees for medical or physiotherapy services that are directly related to your training.
- Remedial Massage

Account Cap:

There is a \$1,000 cap placed on seafood raffle accounts to ensure the raffle is accessible to all members. Exceptions will be made on a case-by-case basis such as; athletes seeking to pay off national team seat fees or saving for future club tours. If you are looking to accrue a balance above the cap, please discuss with the Vice-Captain.

How to claim

All eligible expense claims must be accompanied by a tax invoice or related detailed receipts. Car travel expenses must be supported by a log book.

Submit your expense claim together with the receipts to the Vice-Captain who will validate the claim and if appropriate approve it for payment. If athletes have existing debt owed to the club, it is expected to prioritise this over any receipt claims.



Payments will be made by the club administration within 10 business days.

Only current financial members of SRC who are also currently registered with RNSW to compete for SRC may receive a disbursement from the seafood raffle.

Unclaimed balances or accounts where membership has not been renewed in three months will be credited to the general fund-raising account.

SRC invoices aged over 30 days will be automatically charged to the member's seafood account.

All payments will be documented in a monthly report and presented to the board.

More Information

Please contact the Captain or Vice-Captain if you have any questions or if you need for more information.



Appendix H – Coaching Policy

The club's professional coaches are responsible for coaching those members of the club who are in the club's designated squads. Participation in these squads is at the discretion of the Head Coach.

All coaches at Sydney Rowing Club (other than staff coaches) must be members of the club. Nobody launching from our premises or using the club's facilities or equipment is to be paid to coach other than by prior arrangement approved by the board.

Honorary or Volunteer Coaches

Sydney Rowing Club offers coaches the opportunity to expand their coaching experience by working with our professional coaches in the club's squads.

This includes coaching our teams which compete at national championships, Henley Royal Regatta or with state and national representative opportunities which may arise through involvement with our club's High-Performance athletes.

Members are encouraged to provide coaching for other club members on a voluntary or honorary basis. If you can assist with coaching, please discuss your availability with the Head Coaches or Club Captain.

This may be done subject to the prior approval of the Head Coaches who are also responsible for managing the use of club equipment including coaching boats.

The club will provide assistance for member coaches to obtain or maintain their formal coaching accreditation

Honorary coaches must;

- Have a current NSW Roads and Maritime Service boat licence and lodge a copy with the boatshed office.
- Maintain a reasonable standard of coaching and behaviour.
- Comply with any rules that govern the use of the waterways including the use of electric megaphones.
- Be considerate of the physical ability and skill level of the athletes they propose to coach.
- Comply with the club's objectives.
- Be an active or life member of the club.

Professional Coaching Services

From time to time the club's coaching professionals may be available to provide coaching for members who are not part of the club's designated squad programs. Suitable casual professional coaches may also be available. A fee may apply for the services of our professional coaches.

Members are asked to make enquiries regarding casual coaching through the boatshed office.

Non-Member Outside Coaches

Members should not make private arrangements with outside coaches for coaching from the club's facility. Should a specific situation arise where an outside coach may wish to coach from the club's facilities, we ask that the members involved seek the prior approval of the Captain and Head Coach. Outside coaches must have valid NSWRA coaching accreditation and comply with the condition applying to honorary coaches.



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