

New Member Induction



Welcome to Lyme Regis Gig Club

(For more information see the Lyme Regis Gig Club website www.lymeregisgigclub.com)

Club History

1. The Lyme Regis Gig Club was founded in 2007 and constituted as a Community Activities Sport Club (CASC). Starting with one boat, 'Rebel', launched in 2008, 'Black Ven' was built and launched the following year. 'Tempest' was built and launched in 2012. The club has two Skiffs: 'Gale Force' and 'Storm Force', and three GRP Gigs: 'Revenge', 'Prospero' and our brand new arrival, 'Dixon'. The three wooden Gigs and two Skiffs were built by Gail McGarva, our own lady boat builder. This fleet is complemented by our RIB/safety boat. The club's membership goes from strength to strength and their success in competitions is growing. On the 6th October 2017, the Club was constituted as Charity Incorporated Organisation (CIO) aimed at promoting and developing the gig rowing skills of young people and adults, for fun and fitness and/or at competition level. The Club membership secretary holds a full list of club members. Club rowing captains have the details of competitive rowers in various squad categories.

Club Officials

2. The Charity Trustees of Lyme Regis Gig Club, acting as a Board, carry the responsibility of complying with the requirements of the Constitution. Their scope touches all aspects of the club's activities, but they do not intend to involve themselves in the management and direction of all of these. Those responsibilities are for the club's Committee, as was the case when the club was constituted as a CASC. The club committee structure and responsibilities can be seen www.lymeregisgigclub.com.

Categories for gig rowers

3. The Club Junior Section (including Skiff rowers) provides rowing opportunities from the age of 8. Club rowing is for adults of all ages. Age categories for both male and females are normally only applicable to crews (including mixed crews) competing in specified rowing events such as regattas. Adults of all ages can row in the competitive teams and are selected according to technical skill, fitness and team commitment. There are also separate categories for Veterans starting at age at 40; Super Vets at age 50 and the recently introduced Masters category starts at 60.

Club Management

4. As a CIO, Club Trustees provide oversight ensuring that the Club operates within its charitable objectives. An elected Management Committee focus on day to day operations holding regular meetings throughout the year culminating in the annual AGM in October. Full details of Club policy documents can be found under the 'home' page of the Club web site www.lymeregisgigclub.com.

Club Safety Policy, Rules, Expectations and other safety Information and procedures

New Member Induction



5. We recognise that our members have primary responsibility for their own safety and the safety of others. We will strive to provide an environment in which the sport can be practiced safely and enjoyably by our members. We will guide and lead our members in a way that fulfils these aims and encourage a positive safety culture both on land and at sea. The club safety Policy, Rules and other safety information and procedures can be seen under the “Safety” menu at www.lymeregisgigclub.com. We recognise that our members have primary responsibility for their own safety and the safety of others. All new members are encouraged to complete the following on-line water safety courses: British Rowing Safety Basics: <http://www.rowhow.org/free/riskassessment/basic/> British Rowing Cold Water and Hypothermia: https://www.rowhow.org/free/cold_water_course_latest_version/

Club Committee Members’ roles and responsibilities

6. The details of Club Committee Members and other essential information, including web site registration, can be found on the Club web site www.lymeregisgigclub.com.

How to find us

7. The Gig shed is located at the western end of the Monmouth Beech car park opposite the Boat Building Academy (BBA). Boat launching, crew change over and boat recovery take place from the harbour slipway. Pontoons are also available for gig mooring and crew change over in the Victoria pool from May to September. Full details of Lyme Regis Harbour Rules and Regulations may be found at: <https://www.dorsetforyou.gov.uk/lymeregisharbour> On-line Pilotage Guide of Lyme Regis Harbour and Lyme Bay may be found at: <http://www.visitmyharbour.com/harbours/channel-west/lyme/charts.asp?cattype=5> Car parking in Lyme Regis can be very difficult during the summer months and holiday season. Details of local car parks and other facilities may be found at: <http://www.lymeregis.org/parking.aspx>

Joining process and rowing schedule

8. After you have had a free taster session, you can sign up to take our 4-part Learn to Row course, costing £25. On completion, you will be invited to become a full member of the Club. Details of the fees can be found on the Club web site. We presently use the www.teamsnap.com app to coordinate rowing sessions and to mark our availability to row. Once we have received your membership form and fee, you will be sent, via email, an invitation to register with TeamSnap & some tips on how to use it, along with this induction guide and some FAQs to get you up and rowing. Ad-hoc rowing sessions can also be arranged by individuals/crews under the guidance of a qualified cox and with the consent of the Club Captain.

Rowing cancellation notifications

9. Notification of cancellation can be issued on the morning of rowing, so check before setting out if the weather looks unsuitable for rowing. Normally, you will receive a message via TeamSnap advising you that your rowing session has been cancelled. Ad-hoc rowing session coordinators may advise crews by e-mail/text as previously arranged; however, TeamSnap is the preferred method of club communication.

New Member Induction



If you are unable to row

10. If you are unable to attend your rowing session and are unable to find someone to stand in for you, it is **essential** that you contact your team captain/nominated cox as soon as possible so that a replacement rower can be found. Your absence, without replacement, may result in the rowing session being cancelled for the remaining crew.

Rowing clothing

11. You should always wear clothing and footwear (e.g. “aqua” type shoes with a good sole) appropriate to the weather conditions of the season/day and the physical activity associated with rowing. You should be mindful that you will get wet. For details for club kit and how to order it, please contact Imogen Hovil: ihovil@hotmail.fr

Fitness training

12. The Club actively encourages fitness training for both recreational and competitive rowing. For those new club members, the club has its own exclusive “Seafit Gym” based above The Tunnel Rifle Range near Charmouth. This currently has weights and benches plus and top-of-the-range rowing machines and more training equipment is to follow. The gym is open 365 days of the year and you can go whenever you want. Just make sure you go with at least one other person (safety) and take £1 fee (same as when rowing). Gig specific circuit training sessions are available on Tuesdays for £5 at the Village Hall in Uplyme.

Rowing technique

13. The Club rowing technique/style is evolving and you should always seek advice from the Club coaches and coxswains during rowing and ground training sessions. A stroke guide can be found on the Club web site under “Policy Documents”. There is also a poster showing rowing technique in the gig shed. Additional information on the theory of fixed seat rowing technique can also be found on the British Rowing web site www.britishrowing.org. (Note that many clubs modify the British Rowing technique to suit their particular rowing style).

Competitive team rowing

14. Competitive rowing embraces various rowing events including regattas, club regattas (see www.cpga.co.uk) Tribute events, the Newquay Nationals, the Isle of Scilly World Gig Championship and our own Intra-Club racing. Club rowers have also participated in a number of overseas events. Competitive rowing can be a challenging but rewarding activity requiring fitness, confidence, application of good rowing technique and an ability to row well with a team. As your experience grows, you should discuss your expectations with team captains. Intra-Club races provide all rowers with an opportunity to experience this activity.

Rowing development

Reference : LRGC safety document – New Member Induction – issue 2 (Nov 2019)

Author : Chris Waller

New Member Induction



15. The Club encourages all members to participate in both on- and off-water activities. As your experience grows, you should discuss your on-water and off water objectives with Club team captains. For off-water activities (e.g. using your skills to help with the day to day running of the club) you can volunteer your support with the appropriate committee member.

Social events

16. There are many opportunities to meet other Club rowers before, during and after rowing sessions, when you can join other rowers for refreshments in the Harbour Inn or Beach Café, during advertised fitness training and social events. The Club holds social events and meetings throughout the year. These events are held in various locations including the Lyme Regis Sailing Club (first Friday each month), the Harbour Inn and Talbot Arms Inn in Uplyme.

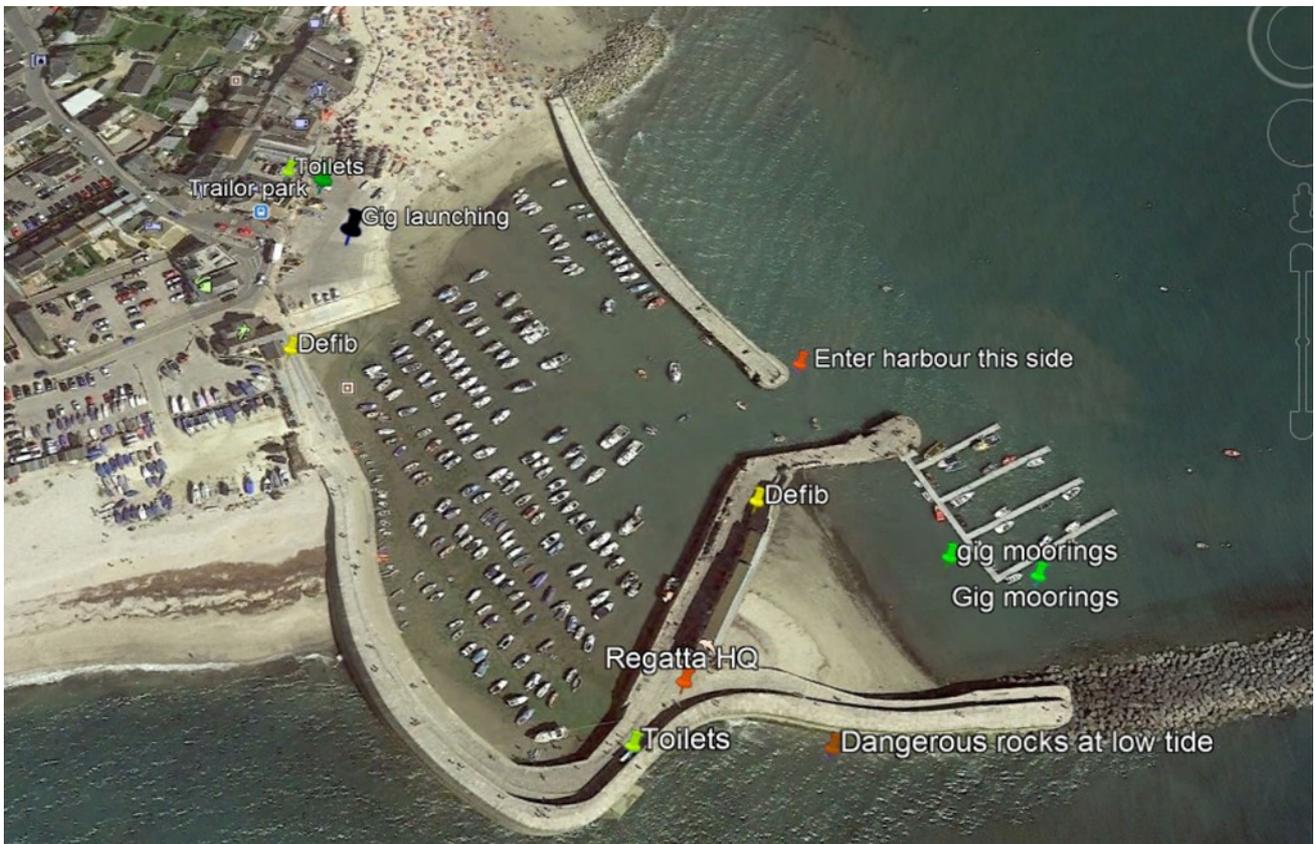
Club Association

17. The Club is a member of the Cornish Pilot Gig Association (CPGA affiliated to British Rowing) and Corporate Member of the Lyme Regis Sailing club.

Harbour map

18. Rowers for the first sessions of the day meet at the gig shed opposite the BBA at the west end of the Monmouth Beach car park. Rowers are requested to arrive at least 20 minutes before session start enabling time to help move the boats to the slipway. Crew changes may take place from the slipway, the harbour wall or from either the Victoria Pool beach or the Victoria Pier. Boats are recovered to the gig shed from the harbour slipway.

New Member Induction



Gig Terminology

19. Schematics:

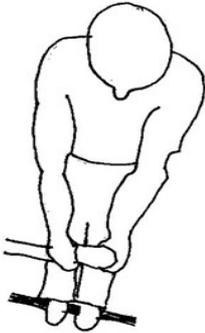
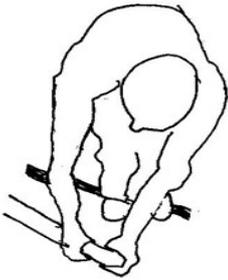
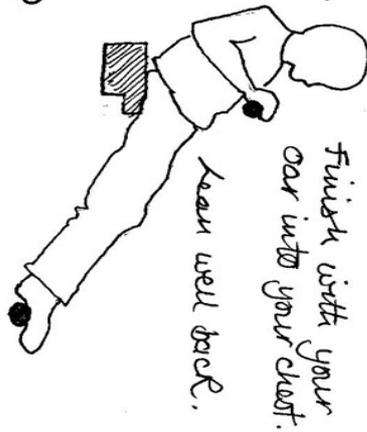
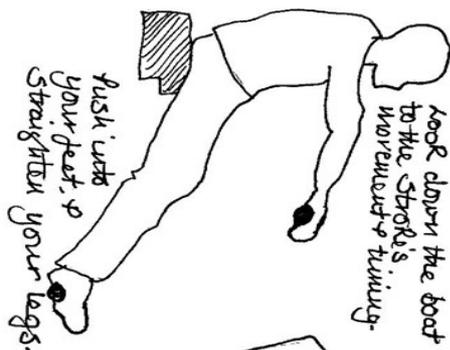
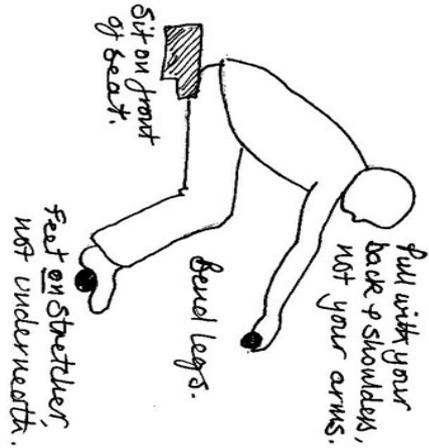
- The Stroke body and hands position.
- Parts of the boat you should know.

Refer also to the British Rowing Basic Stroke guide poster.

New Member Induction



The Stroke :



(Boat side rower, mirror movements for stroke side.)

The Return : take the blade clearly from the water, at the same time as the stroke rowers. Feather your oar & come back slowly for the next stroke, leading with your hands. RELAX ~ this is when your muscles can rest. Remember to relax your grip. A relaxed return is the secret to a good rowing technique.

New Member Induction

