



LRGC - New Member Training Record

Name	Taster completed	Date joined	*Induction completed

*Refer to LRGC safety website (<http://www.lymeregisgigclub.com/safety/>)

My aspirations				
Club Rowing	Team Rowing	Coxing	Coaching	Committee
Other				

Skills I can offer				
Admin	Woodworker	Technical	Management	Other eg PR, first aid

My on-the-water experience/qualifications		
Activity	Experience	Qualifications
Rowing		
Sailing		
Power boat		
RNLI/Coastguard		
Life saver		
First aid at sea		
Other		

Safety awareness	Completed	Cox/Coach
**Familiarise with: Club safety policy, club rules and safety procedure documents		
**Mandatory: British Rowing Basic Safety Module and Cold Water Immersion/Hypothermia Modules		
Pre-existing medical conditions		

**Refer to British Rowing RowSafe (<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>) and LRGC safety website (<http://www.lymeregisgigclub.com/safety/>)



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Training modules			
Ser No	Activity	Completed	Cox/Coach
	Name the boat parts		
	Location and use of safety at sea equipment		
	Clothing		
	How to lift the boat		
	Using the trolley		
	How to board and exit the boat		
	How to set the stretcher bar		
	Positioning the thwart cushion		
	Posture		
	How to hold the oar		
	How to raise and lower/stow the oar and position on the leather		
	Cox Commands (Hold Water, Oars etc.)		
	The “Emergency Stop”		
	What to do if you can’t get your oar out of the water		
	What to do if you break a pin		
	Rowing technique: Refer to British Rowing Basic Fixed Seat Rowing Technique Poster www.lymeregisgigclub.com/media/pg/466/1556204725/british-rowing-poster-basic-technique.pdf		
	<p style="text-align: center;">The catch</p> <p>At the ready position:</p> <p>Are you sitting symmetrically on the thwart in a comfortable position?</p> <p>Is your head looking forward towards the stern?</p> <p>Is your back straight with shoulders back and chin up?</p> <p>Is your body in a pre-stretched position?</p> <p>Are your hands over feet?</p> <p>Is your blade locked with the face of the blade square in the water?</p> <p>Was your catch taken with one smooth continuous movement of the hands (no pause)?</p>		



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	<p>The drive</p> <p>During the drive:</p> <p>Are you pushing equally with your legs, pivoting from the hips using their arms as linkage?</p> <p>Are you maintaining a strong body posture?</p> <p>Are you using your legs, upper body, shoulders and arms to accelerate the handle throughout the drive to the finish?</p> <p>Are you using equal pressure through your feet during the drive?</p> <p>Are you keeping the blades square and in the water as long as possible and not washing-out?</p>		
	<p>The finish</p> <p>At the finish:</p> <p>Are you maintaining acceleration until your hands met your body?</p> <p>Is your blade leaving the water square with the outside hand, with feathering using the inside hand?</p> <p>Are your hands moving away at the same speed they came in?</p>		
	<p>The recovery</p> <p>During the recovery:</p> <p>Is your body move forward in a smooth and controlled manner – hands, body, legs?</p> <p>Are you retaining good posture?</p> <p>Are your hands leading the body forward keeping arms straight?</p> <p>Are you maintaining balance through your feet?</p> <p>Is your body ready for the catch on the last part of the catch?</p> <p>Have you prepared the blade for the catch by starting to square as your hands pass the knees?</p>		



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	Smooth water drills:		
	Feather drag		
	Outside arm		
	Inside arm		
	Square blade rowing		
	Hooding and slicing the blade		
	Eyes closed		
	Technical drills:		
	Feathering smooth and lumpy water		
	Roll-ups		
	Single stroke		
	Single stroke from front stop		
	Feathering the oar		
	Skimming the blade		
	First part of recovery		
	Tapping		
	Full power		
	Pause at the finish		
	Hands		
	Pairs rowing		
	Using oars to steer the boat		
	Spin turn stroke and bow side		
	Back-water		
	Rate change up and down		
	Pontoon mooring and departure		
	Slipway/beach launch/landing		
	Harbour wall mooring and departure		
	Safety drills:		
	Swamping		
	Man overboard		
	Casualty evacuation		
	Being towed		