



2011/2012

Lyme Regis Gig Club - Members Handbook

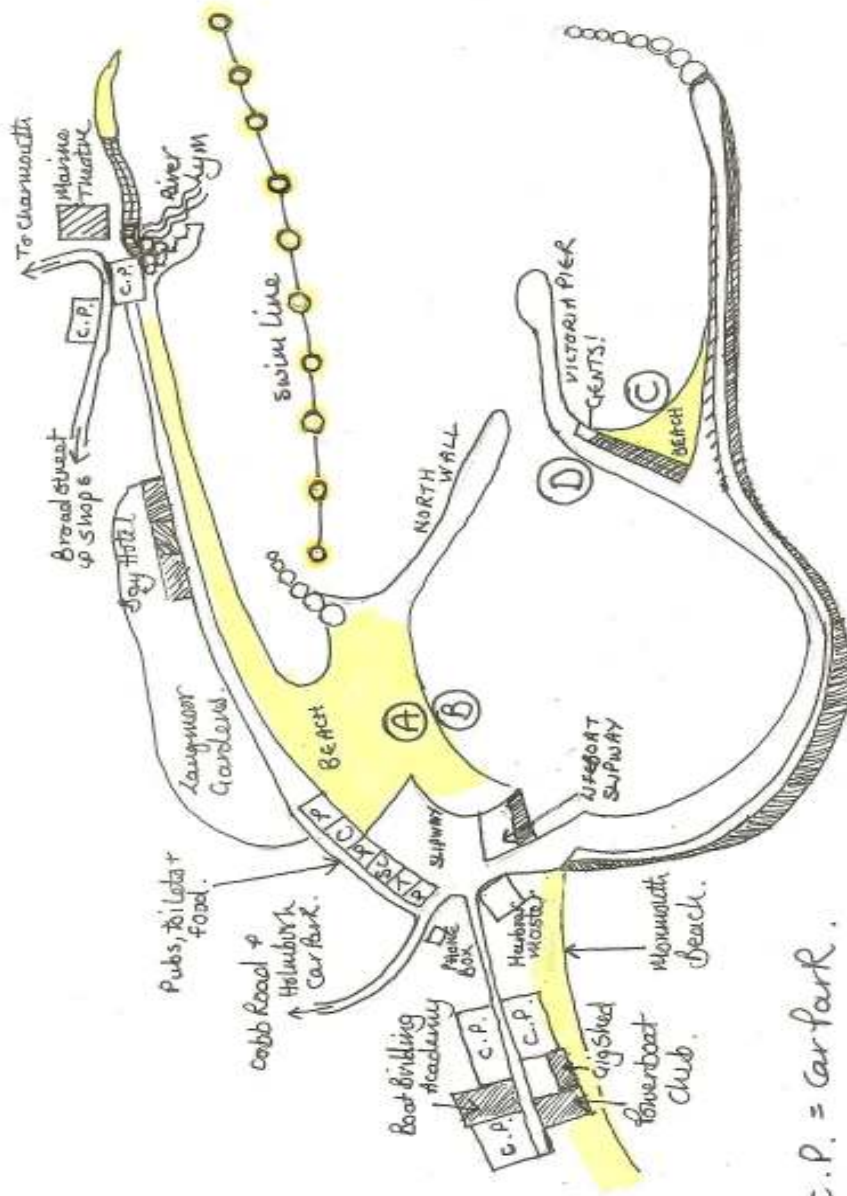


Sister's at Rest



Sister's in Battle

WWW.LYMEREGISGIGCLUB.COM



c.p. = car park.

- (A) Launch & Recovery.
- (B) Crew changeover on quiet days.
- (C) Crew changeover on busy days.
- (D) Avoid tying up here.
- (E) For tide times & weather forecast, see noticeboard outside Harbour Master's Office.

Lyme Regis Harbour.

Committee Members and Contact Details

The Club Committee members

Marcus Dixon	Chairman	marcus@lrtd.co.uk
Andrew Pocock	Hon Treasurer	andrewandbridget@btinternet.com
Chris Waller	Bosun	chriswaller35@btinternet.com
Simon Edwards	Hon Secretary	simonpedwards@yahoo.com
Paul Dyer	Men's Rowing Captain	weetdyer@gmail.com
Diana Dixon	Ladies Rowing Captain	Diana@lrtd.co.uk
Diana Dixon	Health & Safety	Diana@lrtd.co.uk
Kerry Maguire	Welfare/Youth Officer	maguirekerry@googlemail.com
Bridget Pocock	Youth Rowing Support	andrewandbridgettet@btinternet.com
Tony Colston	Communications & PR	tony@bythebay.co.uk
Kate Vernon	Communications & PR Support	kate_Vernon@ibm.com
Rex & Jackie Ireland	Fundraising	rexandjackieireland@googlemail.com
Simon Edwards	Membership Secretary	simonpedwards@yahoo.com
Bridget Pocock	Tasters/Intro to Rowing	andrewandbridget@btinternet.com

Honorary Members

Mr George Eyre	Club President
Mr Ken Whetlor	Vice President
Mr I M Whitehead	Honorary Auditor

Sponsors

With grateful thanks to:

Otter Brewery, West Dorset District Council , Lyme Regis Town Council
GF Eyre Charitable Trust, The Boat Building Academy, Newlands Holidays



Lyme Regis Gig Club and Sailing Club

Lyme Regis Gig Club enjoys the hospitality and support of Lyme Regis Sailing Club and its members. This relationship is set to continue and prosper. Membership of Lyme Regis Gig Club does not automatically include membership of Lyme Regis Sailing Club however LRSC have offered their facilities for all those rowing and for social events by arrangement. This excludes shower facilities for rowers but does of course include the bar. This does NOT include parking.

Lyme Regis Gig Club Rules

The purpose of our club is simple - to enjoy and promote the community sport and family activity of gig rowing. We're all here to have fun, get fitter, enjoy competition as winners and losers, work in teams, make friends... A few rules should help us succeed in this:

- Treat everyone with respect - all members, whatever their sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs, other gig club members, the public at large, spectators - should be shown courtesy, consideration and the same respect that you expect to receive.
- Take care to avoid damage and unnecessary wear and tear to the gigs and equipment - we are custodians of these community assets, which we must protect, preserve and cherish.
- Show consideration and avoid causing offence through language or actions, which may bring you, the LRGC and the sport of gig rowing into disrepute.
- Always adopt a 'safety first' attitude and follow instructions particularly on the water and when launching, recovering and handling the gig.
- **Please understand that any rules and guidelines not adhered to could jeopardise the Club's use of Lyme Regis Harbour and membership of the LRSC. Ignorance of safety procedures endangers crew members. Ignorance of CPGA competition rules could result in needless disqualification. As members, we are all required to know and understand these rules and guidelines.**
- Every rower will pay a £1 rowing fee, for the first row, on any one day. Subsequent rows to make up crew numbers will not incur a fee. Rowing fees are an important revenue-generating source of income for the Club and are required before each days first row. Collection will normally be made by the Cox when boarding the gigs

If things go wrong...

We aim to deal with any misconduct, complaints and disagreements quickly, informally and appropriately. Complaints should be made in writing to the Chairman (or Secretary if the Chairman is the subject of the complaint). Disciplinary matters will be dealt with by a sub-Committee of **THREE** from the Committee. In the event of allegations of misconduct against a member of the Club we will adopt the following procedure:

- 1 . Seek to establish the facts by talking to those directly involved and to witnesses.
2. Seek an informal resolution to issues of minor misconduct by informing the member concerned of the allegations, the established facts and allowing him/her to respond. Agreement to the expected standard of conduct would be the preferred outcome.
- 3 . When serious/gross misconduct has occurred the member will be informed in writing and invited, accompanied by a friend/supporter if preferred, to a formal hearing at which the evidence of misconduct will be considered and a decision made on what action will be taken.
- 4 . The member has a right of appeal to the full Committee to have the decision reviewed. The team will then provide a final ruling on the matter.

Serious misconduct may result in expulsion from the Club.

Safety at Sea

Rowing equipment must be maintained in good order. If you notice any damage to any part of the gig, oars, or cushions ... please report it to the Bosun or Cox if on the water. When the boat is on the water and before embarkation, it should be finally checked to ensure that it's in a safe condition and that its moving parts are in working order.

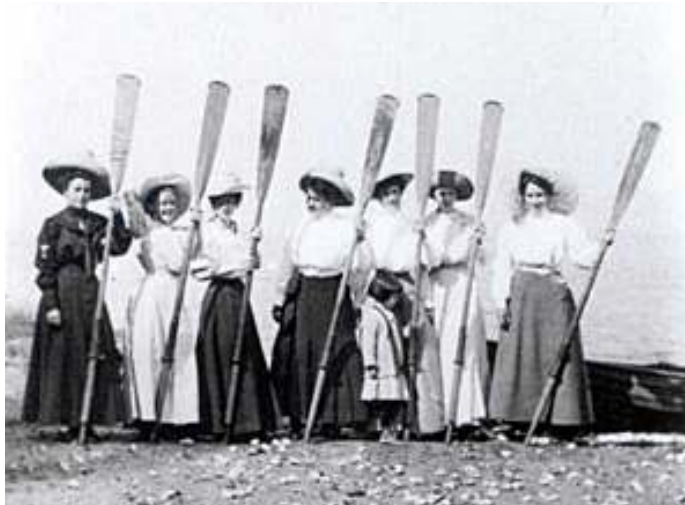
- Check for leaks.
- Check seals and bungs.
- Check seats and stretchers for security.
- Check rudder lines, steering mechanism & rudder.
- Check oars and pins for damage.
- A pair of spare thole pins tucked under each seat cushion.
- Dry bag (where provided) secured and includes safety kit.
- Bow fender in place.

Everyone must comply with the LRGC Health & Safety Guidelines

- When at sea the cox is in command of the gig.
- All rowers must be in good health - if in doubt check with your GP.
- Lifejackets are provided for everyone and all rowers must be given the option to wear one. If not worn, lifejackets should be accessible under your seat. (U16's must wear their lifejackets at all times).
- The cox must wear a lifejacket at all times.
- Rowers are advised to take drinking water with them in the gig to help prevent dehydration. It is important to hydrate before, during and after rowing - drink before you feel thirsty.
- It is not advisable to eat a meal or consume alcohol less than 2 hours prior to rowing.
- Dress to beat the cold - a multi-layered approach is best with the outer layer wind/waterproof. Don't underestimate the wind chill factor - increased by the 'rate of knots' of the gig itself!
- Rowers and coxes should be aware of the dangers of exposure to the sun - use high factor sun block, hats, and sunglasses. This applies all year, but especially in the summer.
- For further information on Safety at Sea please visit www.lymeregigclub.com for our full health and safety policies



Launch and Recovery



- Teamwork is essential - at least 7 adults are required to launch a gig. Nobody under 16 years old should be involved in lifting the gig. (Separate procedures apply to other organisations which have their own regulations governing outdoor activities).
- Please remember that a gig costs approximately £23,000 so it is important to take good care of the craft and all the bits that go with it.

REMOVING THE COVER - Where Appropriate

- Make sure all the lacing is undone - including those at the bow, stern and belly of the gig.
- Starting at the bow, roll the cover towards the stern (this will need two people); when at the stern, pull the roll of cover off the gig and store at one side.
- Under the cover are 3 wooden struts. Remove the struts and planks and store safely to one side.

THE BUNG

- Lift the stern floorboard and check the drainage bung.
- The gig is now ready to lift on to the trolley wheels.

LIFTING THE GIG

- Gigs are heavy and lifting one can potentially cause back injuries. Nobody under 16 years old should lift a gig
- One person, either the Rowing Captain or Cox must take charge and co-ordinate the lift.
- Remove the wedges (2 Frenchmen supports are located approximately a third of the way along the length of the hull) before lifting the bow and stern onto the launch trolleys.
- At this stage the gig becomes unstable so it is important to support the gig along both gunwhales to keep it level.
- Remove the two chocks either end, (bow and stern of the boat), before lifting
- When lifting a gig it is important to stand straight facing the hull with feet slightly apart and with your weight evenly distributed. Hold on to either a thwart (seat) or strengthening strut (never the gunwhale, as this is not strong enough) to lift. During the lift, take the weight and use your legs and arms to execute the lift; try to keep your back straight and try not to twist your body whilst lifting.

- With one person in charge of each trolley and with the remainder of the crew supporting the gunwales, the gig can be manoeuvred down to the water ensuring that all chocks and blocks are out of the way.
- When the gig travels along any roads or car parks it is essential that the launch crew is aware of traffic and pedestrians and that steps are taken to avoid accidents. Both bow and stern crew manning the trolley's, must wear the reflective jackets provided.

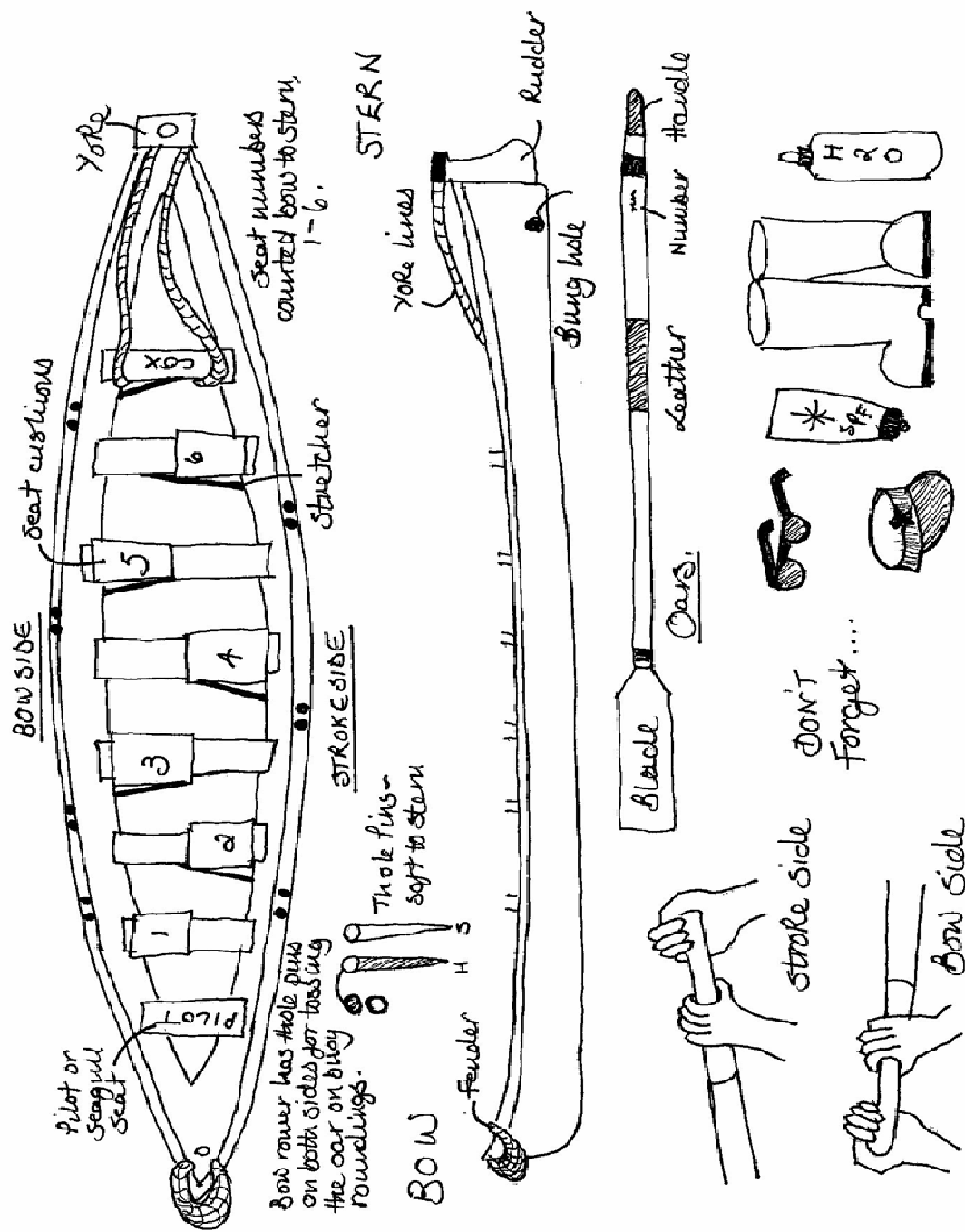
LAUNCHING THE GIG

- Check the bung again!
- Check the bow fender and other fenders are in place. Three evenly spaced fenders must be placed between the gig and the object being moored up against
- With the stern trolley wheels in the water, lift the stern of the gig off the rear trolley wheels.
- Push the gig further into the water and then lift the bow of the gig off the front trolley.
- Return the trolley wheels to the top of the slipway ramp for storage whilst rowing.

CREW CHANGEOVER AND RECOVERY OF THE GIG

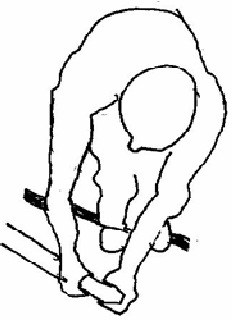
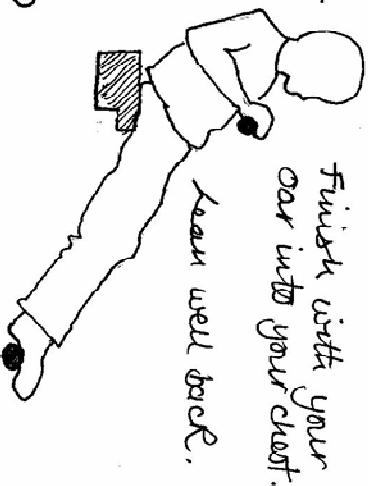
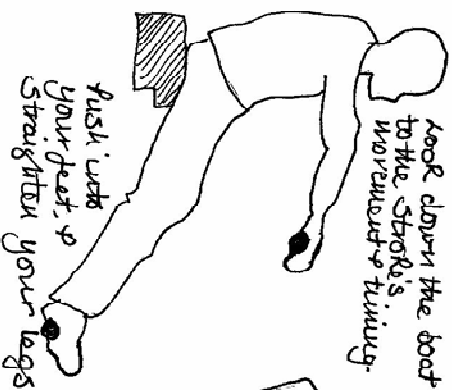
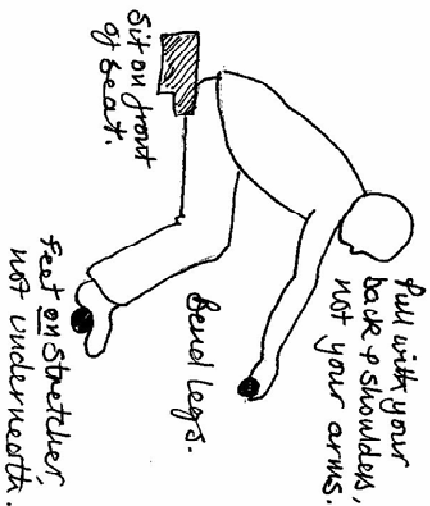
- Do not drag the gig on to the slipway/ramp/beach, as this will cause damage to the hull.
- When used, ensure that the blue plastic mat is in place to provide protection for the keel and hull should the boat ground.
- The gig must always be floated onto the trolley and transported off the beach - never attempt to drag it - this will damage the boat and your health.
- If there is water in the boat it is advisable to remove the bung as soon as the gig is on the trolley wheels to allow water to drain.



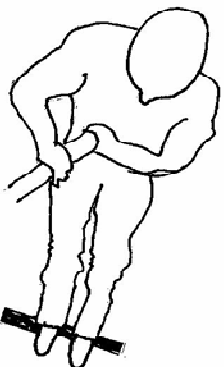
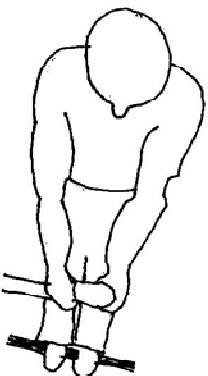


The Gig - Plan View and Oar Holds

The Stroke :



(Bow-side rower, mirror movements for stroke side.)



The Return : take the blade cleanly 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.

Ready to Row?
Remember : the Cox is in charge.
Be attentive and follow instructions precisely and

Getting into the gig

- The Cox should get into the gig first and if possible with dry feet!
- The rowers should get into the gig one at a time in rowing order (Stroke (6) first and Bow (1) last).
- Remove sand from feet as it acts like sandpaper on the floorboards and stretchers.
- Keep the boat stable by walking along the centre line of the gig to your rowing position. Step over the thwarts (seats), **never stand on them**. Try to keep the seat cushions dry.

Preparation

- Check your cushion is in the correct position, and secure with no movement.
- Sit down in your rowing position facing aft (towards the Cox) as quickly as possible.
- Check thole pins are in place. You should have one softwood pin and one hardwood pin. The pins keep your oar in position when rowing.
- The pins are located in the pair of holes in the gunwale on the opposite side of the gig to your seat. The softwood pin goes in the aftermost hole with the hardwood pin closer to the bow. *Remember Soft to Stern (S to S).
- It is important that the pins are put in the correct holes. Do not push them in firmly.
- Check that the stretcher is in the right position for you before you start rowing.
- On instruction from the Cox, lift your oar into a vertical position and wait for further instruction.
- In windy or rough weather, the Cox may ask you to fend off or back water as soon as you are in the gig and before you have adjusted your stretcher; in these circumstances it is important that you react as quickly as possible to the Cox's instructions.

Fending off

- Never use the blades of the oars. If instructed by the Cox, use the handle of the oar. Be prepared to fend as you leave and return to the harbour.

Your Oar

- The oars are long, heavy and your responsibility!
- Make sure you have the correct oar for your rowing position - they're all numbered.
- As soon as you are in the gig, at the request of the cox, locate your oar and lift it into a vertical position with the blade uppermost and facing inwards. Sit in your rowing position while holding your oar firmly with its shaft between your knees.
- When leaving or returning to Lyme Harbour the Cox may ensure only the Stroke oar and No 5 oar are used. If so, all other oars should stay in the vertical position.
- As soon as the Cox commands, put your oar between the thole pins with the blade in the water.

Rowing Technique

Holding the Oar

- Hold the handle of the oar with two hands.
- The hand nearer the end of the oar should be under the oar with the palm facing upwards.
- The hand nearer the side of the gig (gunwale) should be on top of the oar with the palm facing downwards.
- Your hands should be approximately one hand width apart.

Ready to Row

- Hold the oar with the blade out of the water with the curve of the blade facing the stern.
- The middle of the leather on the oar should be on the gunwale.
- Straighten your arms pushing the oar handle away from you.
- Lean forwards as far as possible.
- Tilt the top edge of the blade towards the Cox so that it is at an angle of approximately 45 degrees.

The Stroke

- Put the blade in the water so that the blade is just covered with water 'the Catch'.
- Keeping your arms straight and pushing against the stretcher with your feet pull backwards - 'the Pull'.
- Breathe out during the pull.
- The blade of the oar should now be vertical in the water.
- Lean backwards and then pull the handle of the oar towards your chest.
- At the end of the stroke, lift the blade out of the water - 'the Finish'.
- Push the handle away from you, straighten your arms and lean forward - 'the Return'. Catch your breath & relax your grip during the return.
- Make sure the "Leather" on the oar is in contact with the gunwale - never row on the wooden part of the oar.
- Do not rush the return as this is your chance to breathe and recover!

Holding Water

- Put the oar blade into the water so that it is vertical.
- Hold the oar so that it is at right angles to the side of the gig.

Backwater

- This enables the gig to be rowed backwards.
- With the oar blade vertically in the water, push the oar handle away from your body and lean forwards.
- Only if instructed, turn the oar so that the curve of the blade is facing the bow.
- Lift the oar blade out of the water and lean back.

Feathering your blade

- This is when you rotate the oar so that the top edge of the blade is tilted towards the bow of the gig during the return of your stroke.
- At the end of the stroke, roll the top of the oar handle towards your body for the return.
- Take care not to feather before the end of the finish of your stroke (otherwise, you will catch a crab).
- The top edge of the blade should be tilted towards the bow of the gig.



Catching a Crab

This is when the **blade of your oar becomes horizontal** when it is in the water. It usually happens for one of two reasons:

- Your blade was not vertical when you put it in the water
- OR you have tried to “feather” your blade before it was lifted out of the water

If this happens, you need to act quickly to avoid breaking a pin.

Lift the handle of the oar upwards and out of the thole pins, retrieve your oar angle and replace between the pins.



Instructions from the Cox'n

- ‘Give way together’ Start rowing.
- ‘Oars’ One more stroke, then stop with oars feathered.
- ‘Toss oars’ (to bow or stroke side) Lift & hold oars vertically.
- ‘Hold water’ Keep oars in water to stop/stabilise the boat.
- ‘Backwater’ Row backwards.
- ‘Fend Off’ Push off using either your hands or the handle of the oar.
- ‘Kit’ Lift your oar blade or pull in your oar to avoid hitting an object such as mooring buoy.
- ‘Length’ Longer Strokes, keeping the oar blade in the water for longer.
- ‘Rate’ The number of strokes per minute (speed of the strokes).
- ‘Timing’ Concentrate on keeping in time with the stroke rower.
- ‘Weight’ Pull harder, make more effort!

Safety equipment on the gig:

- * Bucket & Bailer
- * Tow Line
- * **Throw Line**
- * VHF Radio
- * Flares
- * Torch
- * **Exposure Bags**
- * First Aid Kit
- * **Sharp knife**
- * **Compass**
- * **Glucose tablets**
- * Lifejackets



The Coxswain's Duties

All coxes must satisfy the Safety Team that they are in good health, with adequate vision and sound hearing. No one who is subject to epileptic fit or blackouts is permitted to steer a boat. If in doubt seek medical advice. Coxes of junior crews (under 16 years) shall have an Enhanced Criminal Records Bureau Disclosure certificate.

Coxes are responsible for:

- The safety and welfare of all members of the crew and a maximum of two passengers.
- Assessing the weather conditions and the rowing ability of the crew.
- Deciding whether to row erring on the side of caution.
- Ensuring that every member of the crew is aware of the appropriate safety procedures and is dressed suitably, and is adequately protected for the weather conditions they are likely to encounter.
- Use of the VHF radio and should also carry a mobile phone.
- Ensuring that they and their crew wear correctly adjusted lifejackets (optional for adult rowers during races).

Essential Expertise

All coxes must:

- Use the agreed conventional commands for boat control both on and off the water.
- Know how to use a VHF radio and be familiar with radio etiquette.
- Understand the basic commands and signals of other water users.
- Be aware of all boat movements in the Cobb particularly fishing boats and boatmen.
- Understand and carry out safety procedures and regulations applicable to the water they use, especially those relating to right of way, powerboats, sailing craft and commercial shipping.
- Understand local navigation rules of the water e.g. keep clear of 'Broad Ledge'.
- In unfamiliar water, become acquainted with local regulations and practices and of the existence, nature and location of particular hazards before going afloat.
- Recognise and respect the rights and needs of other water users, including those fishing from quayside, swimmers, kayakers etc.
- Be fully conversant with safety and rescue procedures in the case of an accident.



Emergency Action Plan

Phone / Radio for help:

- In addition to VHF radio the Cox should take a mobile phone on the gig whenever possible.
- Nearest public phone: **Ozone Terrace**
- **Coastguard : 999/VHF Ch 16**
- **Ambulance : 999**

Cox may decide to use VHF radio, mobile phone, flares / whistles (6 short blasts) to summon help if appropriate.

Accident Reporting Procedures

Cox must inform the **Club Chairman, Safety Officer, Welfare Officer** and **parents/guardians** of juniors of the details of any accident and record this as soon as possible in the **Accident Book** held in the filing cabinet in the Gig Shed.

Lyme Regis Gig Club - Safety Contacts

Diana Dixon - Health & Safety	07584 178977
Marcus Dixon - Chairman	07771 861 501
Lyme Regis Harbour Master - Graham Foreshore	01297 442137
Police & Coastguard	999 (Switchboard - 01297 442603)



Survival Techniques

Survival depends on your ability to look after yourself and other people in an emergency. Remain calm and use your knowledge, judgement, skill and fitness to cope with the situation.

Getting wet...entries into the water should be carried out calmly and with control.

If swamped rather than capsized... check and confirm:

- Cox is in charge.
- Lifejackets are being worn and are correctly fastened.
- Availability of assistance.
- Number of people in the group and their abilities.
- Availability of buoyancy and other aids.
- Environmental conditions.
- Removal of hazardous items of clothing.

HELP and HUDDLE survival methods are valuable in any situation.

IMMEDIATELY FOLLOWING ENTRY

- Float, scull or tread water in a relaxed manner.
- Secure Lifejacket.
- Hold on to buoyancy aid for support and stay with the boat.

PERSONAL SURVIVAL

- Only swim when absolutely necessary.
- It is essential to conserve body heat and energy.
- If you are alone use the HELP survival method.

HELP (Heat Escape Lessening Posture)

- Keep your legs together and straight.
- Press both arms against your upper body.
- Keep your head out of the water.

GROUP SURVIVAL

- Keep together.
- **Stay with the boat.**
- Supervise and look after the weaker swimmers.
- Use survival and buoyancy aids.
- Support each other (**HUDDLE**).
- Avoid danger and tiring action.
- Keep talking - reassure and encourage each other.

HUDDLE

The 'Huddle' position is useful for small groups wearing lifejackets. It works on the same principle as the 'HELP' position by reducing loss of body heat.

- Press the sides of your chests together.
- Press lower bodies together.
- Put arms around each other's backs at waist level.

When racing and not wearing a lifejacket

- Hold on to the side of the gig.
- Use an oar as an additional floatation aid.
- Adopt the HELP or HUDDLE posture if possible.
- Stay as still as possible.
- Scull, float & tread water.
- Await rescue!

SIGNALS IN EMERGENCY SITUATIONS

- Red Flares / Orange Smoke Signal.
- Slow and repeated raising and lowering of an outstretched arm to the side.
- Six blasts of a whistle at 1 minute intervals.
- Shout.

REMEMBER IF YOU FIND YOURSELF IN COLD WATER

- Keep calm.
- Float quietly, clinging where possible to a buoyant aid / boat.
- Use HELP to help reduce loss of heat from your body.
- Use the HUDDLE position where there is more than one person in the water.
- Stay with the boat.
- Even exceptional swimmers can be overcome by shock and cold within very short distances.
- Do not remove clothing except for heavy items.
- Keep your head above the water.
- Supervise and look after weaker swimmers.
- Encourage each other.



First Aid

A First Aid Kit is available in the **gig**. If anything in a First Aid Kit is used, please report it to the Bosun.

HYPOTHERMIA KILLS!

Avoidance must be the first consideration at all times.

Hypothermia occurs when the whole body has been chilled much lower than normal temperature, i.e. below 35°C compared with the normal body temperature of 37°C.

- Dress to beat the cold - layers of clothing are more effective than one warm garment. The outer layer should be wind/waterproof.
- Do not take or give alcohol in cold conditions - it accelerates heat loss and impairs judgement.
- Be alert to the warning signs of the cold in yourself and others. Coaches of juniors must be particularly aware of the risks to their charges of exposure to the cold. Exposed arms, legs and head heighten the risk.
- If a person falls into cold water their body will lose heat rapidly. To reduce heat loss, keep clothes on and place in survival bag.
- Sudden immersion in cold water can have a shock effect, which can disrupt normal breathing, reducing a proficient swimmer to incompetent. Confusion and the inability to respond to simple instructions will become evident.

When Hypothermia becomes suspected, your aims must be to prevent the casualty losing more body heat and to re-warm the casualty.

- Send for help. Hypothermia is a medical emergency whether the casualty is conscious or unconscious.
- If conscious, the casualty should be re-warmed under careful observation.
- If unconscious, professional medical help must be sought immediately.

Symptoms & Signs of Hypothermia

The following are the most usual symptoms and signs, but may not always be present:

- Unexpected and / or unreasonable behaviour, possibly accompanied by complaints of cold and tiredness.
- Physical and mental lethargy with failure to understand a question or order.
- Slurred speech.
- Violent outburst of unexpected energy and violent language.
- Failure of or abnormal vision.
- Twitching.
- Lack of control of limbs, unsteadiness and complaining of numbness and cramp.
- General shock with pallor and blueness of lips and nails.
- Slow, weak pulse, wheezing and coughing.

A very dangerous situation is still present when a person who has been in the water for some time is rescued:

- Further heat loss must be prevented.
- The casualty should be protected against the wind and rain if possible.
- Wrap the casualty in a thermal/ survival bag.

- Use body heat from others to re-warm the casualty.
- If conscious give the casualty a warm drink (not hot).

Resuscitation

- Resuscitation should **only be undertaken by qualified First Aiders** and should be started immediately, even whilst the casualty is still in the water.

On Finding a Person Requiring Resuscitation:

- Establish there is no danger to yourself or the casualty.
- If you see someone in difficulties in the water, **DO NOT** go into the water after the casualty immediately.
- Look for something to pull the casualty out (such as an, oar, tow rope or the throw -line).
- If you cannot reach the casualty, throw any floating object such as the bow fender, **inflated** lifejacket for them to hold on to, and then call for help.

Assess the Casualty:

- Establish responsiveness by shouting “Are you OK” loudly and gently shaking their shoulder.

Breathing:

- Inspect the airway; remove blood, vomit, loose teeth or broken dentures. Leave well fitting dentures in place.
- Open the airway.
- Place two fingers beneath the point of the chin of the casualty.
- Lift the jaw; at the same time place the palm of the other hand on the casualty’s forehead.
- Tilt the head back by pressing on the forehead to open the airway.
- Check for breathing by placing your ear close to the casualty’s mouth, looking along the line of the chest.
- Listen for the sound of breathing.
- Feel for air movement indicating breathing.
- Look for rising and falling of the chest.
- When breathing is established, place casualty in the recovery position, with something soft under the head and keep them warm.

Circulation:

- Check for the presence of a pulse by feeling for the carotid pulse in the neck (lying along each side of the voice box).



CPGA Competition Rules

1. All crews must carry VHF radios.
2. Gigs to complete a race with the same number of crew members as they started with ie if any crew member abandons a gig that gig will be disqualified.
3. A crew may be disqualified for failing to obey the umpires' instructions.
4. A crew may be disqualified for any unsporting behaviour.
5. Any coxswain deemed to have little control, for whatever reason, of a gig will be reported to the CPGA Committee for possible disciplinary action.
6. The Umpires' decision on the day will be final.
7. The Umpires have the right to order any gig to withdraw from a race at any time.
8. In any junior race, lifejackets must be worn by the crew and coxswain in such a way that is clearly visible to the umpires.
9. In any senior race, if there is a junior rowing, then lifejackets must be worn by both the junior and coxswain.
10. Bow fenders must be in place and secured accordingly and all floorboards, of correct specification in place.
11. All coxswains must be 18 yrs or over at events.
12. In the event of an obstruction all crews/coxswains must allow safe passage for all gigs.
13. Coxswains should endeavour to avoid collisions at all times. They should anticipate situations, take avoiding action and even instruct their crew to stop rowing/hold water if necessary.
14. A leading gig must steer a straight course and not zigzag with the intention of impeding a following gig.
15. An overtaking gig, whether taking the port or starboard route, must keep clear of the gig being overtaken. When the bow of the overtaking gig is level with the coxswains seat of the gig being overtaken then the right of water will be given to the overtaking gig.
16. Six lengths from the mark there will be a buoy. At this point the umpires will decide who has the advantage and inform the crews via loud hailer.
17. The gig which is given the advantage has the rights to the mark and the following gigs must avoid it whatever the situation. Each following gig will be given instructions from the umpires.
18. In the event of an accident it is the duty of the umpires and any competitors to abandon the race and render all possible assistance.
19. The start line shall be formed in a straight line and clearly marked at each end with transit lines arranged for clear sighting for both coxswains and starter.
20. Racing begins from a stationary position and running starts will be penalised.
21. No races shall take place without a safety boat in place. This should not be an Umpire boat.
22. No races shall take place without umpires being present.



CPGA Child Protection Policy

The CPGA is committed to:

- * Respecting and actively promote the inclusion of all people regardless of age, gender, sexuality, race, culture, disability, religion or culture.
- * Ensuring the safety and well-being of all young people and children and those responsible for their care within the club protect people from discrimination.
- * Responding quickly and appropriately to any allegations of abuse or inappropriate behaviour
- * Providing all members involved in the coaching of young people with good Practice and Child Protection in Sport Training.
- * Undertaking Criminal Records Bureau (CRB) checks on these people to ensure their suitability for these positions within affiliated clubs.
- * Ensuring that all affiliated clubs work within CPGA Policy and Procedures

Guidelines for Good Practice

- * All Under 16 rowers must wear visible and properly fitted life jackets over clothes when training or competing.
- * Coxswains with Under 16 rowers in the gig must wear life jackets as above.
- * Treat all people with the same respect regardless of ability.
- * Ensure that there are sufficient adults available who have relevant training and experience, particularly in First Aid and Child Protection.
- * Ratio of adults to young people should be a **minimum of 2:15 for 8 years and over.**
- * Provide information regarding CP Policy and Procedures to all parents of Young People.
- * Avoid unnecessary physical contact with people. Physical contact (touching) can be appropriate in coaching if it is not intrusive and the person has agreed that it is alright to be touched.
- * Gain written permission from parents to act 'in loco parentis' for the provision of medical treatment or emergency first aid.
- * Ensure that contact details of next of kin are held by the club.
- * Abusive and discriminatory language by any member of the club is inappropriate and unacceptable at any time.
- * Be aware of any medical ailments and disabilities of all members of the club.
- * Display high standards of behaviour and appearance, and be a good role model by not smoking or drinking whilst working with young people in the club.
- * Club members must not be placed in the position of sole responsibility when coaching junior members.
- * Always undertake coaching sessions or meetings in a publicly open place, and never alone or in your own home.

- * Gain permission from the child/young person and written permission from parents to take photographs or video footage for training or publicity purposes.
- * Never publish any photographs or video footage containing young people's names on web sites.
- * Always inform and gain permission from parents when involving children or young people in any activity or publication.
- * Ensure that training and competition are primarily for the interest of the child/young person and not the parents, club or coaches.

Indicators of Poor Practice

- * Pushing people beyond their physical capabilities
- * Publicly ridiculing a person
- * Swearing at or insulting a person
- * Making sexual or suggestive comments, even in fun
- * Allowing children/young people to do any of the above without intervention
- * Not acting on allegations of poor practice or abuse
- * Touching or allowing touching that is inappropriate
- * Taking part in 'rough and tumble', physical games or being sexually provocative

If at any time, whilst working with a child/young person, you should accidentally hurt them, feel that something you have said or done has been misunderstood or misinterpreted, or the child/young person seems distressed over something you have said or done, report the incident or misunderstanding to the **LRGC Safety and or Welfare Officers** (as appropriate) immediately. All clubs must have an Incident Book for the recording of such information, and the child/young person's parent must be informed of the nature of the incident

The Lyme Regis Gig Club Welfare Officer is responsible for ensuring our compliance with the CPGA Child Protection Policy extracts from which are printed here for the initial guidance of members. Please consult the full policy is displayed on the LRGC web site.



Rowing and Training Schedule

SPRING/SUMMER ROWING			AUTUMN/WINTER ROWING		
DAY	TYPE OF ROWING	TIME	DAY	TYPE OF ROWING	TIME
TUESDAY	Men's Competitive	6 pm	SATURDAY	Men & Women Competitive & Recreational	9 am.
WEDNESDAY	Ladies Competitive	6 pm			
FRIDAY	Mixed Recreational and Novice	6 pm	SUNDAY	Mixed Competitive & Recreational	9 am.
SATURDAY	Competitive Men & Women Mixed Rec/Novice	8 am 12pm	OTHER	Daytime Rowing may be organized from time to time	
SUNDAY	Mixed Competitive Mixed Rec./Novice	8 am 12pm			
SUNDAY	Tasters for potential new Members by arrangement	12 am			

The above sessions are dependant on weather, tides, and the availability of coxes. To check if training is still on phone the Weather Watch Line: **07531191547**. **PLEASE DO NOT LEAVE A MESSAGE** on this number - it is for information only.

ROWING IS SOMETIMES AVAILABLE AT OTHER TIMES

From time to time experienced members will volunteer to conduct rowing sessions outside of the above standard times.

Please visit our website: www.lymerigigclub.com to find out if other rowing times are available. These will change dependant upon the time of year. Go to Members Login on the Home page. If asked for a password it is 'rebelyell'. Then select Friday Evening Rowing to display the rowing times schedule outside of the times in the above matrix

www.lymerigigclub.com/training.htm has up-to-date information about the current training schedule and the next taster sessions for non-members.

Men's Rowing Captain - Paul Dyer

e-mail: weetdyer@gmail.com

Mob: 07905 161373

Ladies Rowing Captain - Diana Dixon

e-mail: diane@lrtd.co.uk Mob: 07584178977

Rowing and Training Log

DATE	TIME	SEA CONDITIONS	LOCATION	ROWING POSITION(S)	COMMENTS	COX'S SIGNATURE

