

Tablelands Country Rowing Club Inc.

The Club is an incorporated body in Queensland and is affiliated with Rowing Queensland (www.rowingqld.asn.au). The Club's Model rules are available as a separate document.

The rowing shed is situated beside Tinaburra Drive, close to Yungaburra. Its location is shown in the map on page 10 of this document. The Club shares this shed with the Dam Outrigger Canoe Club Inc. We row on the Tinaroo Falls Dam, a large reservoir providing irrigation water for the extensive Mareeba-Dimbulah Water Supply Scheme.

Facebook page: <https://www.facebook.com/tablelandsrowing/>

Email address: tablelandsrowing@gmail.com

Club Committee (2023):

President, Renate Wendel

Vice-President, David Blair

Secretary, David Merrall

Treasurer, Dinah Hansman

Captain of Boats (shared position), Doug Olsen and Dob Odell

Other members sit on subcommittees

Welcome, and outline of Club activities

The purpose of the Club is to promote the sport of rowing in the Atherton Tablelands.

Rowing is an Olympic sport, featuring in almost all games of the Modern Olympics (started in 1896). It is a sport that builds strength, fitness and teamwork. Unlike many physically demanding sports, rowing is a low-impact, full-body activity with no jarring stresses on joints and tendons. It also helps flexibility and mobility in general.

Rowing is also a very technical sport. The rowing stroke itself requires repetition and focus to master. In addition, the rowing boats and oars can be adjusted in many different ways to fine-tune your performance and get the best speed from the boat.

If have rowed previously, then you know this already. If not, then come along to the club for a series of learn-to-row sessions and find out for yourself. We will not let you loose on the lake without supervision until you have done the learn-to-row course. These programs consist of a supervised coaching session each weekend for a period of about five weeks. Those wishing to continue rowing are required to join the Club in one of the other membership categories within six weeks of completing the program.

A membership form is available as an appendix at the end of this document. Printed forms are also available in the shed. Details of membership categories and fees, including the learn-to-row fee, are given on the membership form. Rowers are required to sign the membership form before going on the water so that they are covered by Rowing Queensland insurance.

The rest of this document contains information and advice useful for newcomers. It also contains the more formal stuff such as policies and rules by which Club members are expected to abide.

Visitors.

The Club will allow visitors to row several times at no charge if they can demonstrate that they are current members of an Australian rowing club. Membership credentials must be first be sighted by a Committee Member. **Any person who is not a current financial member of a Rowing Queensland-affiliated club MUST sign a membership form BEFORE they go on the water.** The club member who is looking after the visitor or new member needs to give them a form, which is on the shed desk, and make sure that this is done. **Completing the form is mandatory to ensure that everyone is covered by Rowing Queensland insurance.**

Safety

Your responsibilities, everyone is expected to:

- Take responsibility for their own safety both on and off the water.
- Ensure that their actions both on and off the water do not put others at risk.
- Examine their own actions if they are involved in an incident and identify opportunities for improvement.
- Ensure that they have prepared for the activity that they are about to undertake, including having eaten appropriately and have sufficient drinking water.
- Ensure that they are dressed appropriately for the conditions and are mindful of sun exposure.
- Be aware of, and abide by, the Club Safety Policy.
- Report all incidents to the Captain of Boats (Dob Odell or Doug Olsen).

Everyone taking part in rowing should be able to:

Swim at least 50 metres in light clothing (rowing kit).

Tread water for at least two minutes.

Swim under water for at least five metres.

Be able to recover from a capsize in a single scull

(<https://www.youtube.com/watch?v=yfmEpdP2KDo>)

Club responsibilities

- Establish and publish a shed policy and safety protocol in which they commit to safety.
- Identify qualified first-aiders.
- All the responsibilities listed by Rowing Queensland (<https://www.rowingqld.asn.au/water-river-safety/>).
- Require use of lights in poor visibility.
- Reporting bad behaviour by others, including other users of the lake.
- Orange cap for visibility.

Club Policies

These are provided as appendices at the end of this document.

Local rules

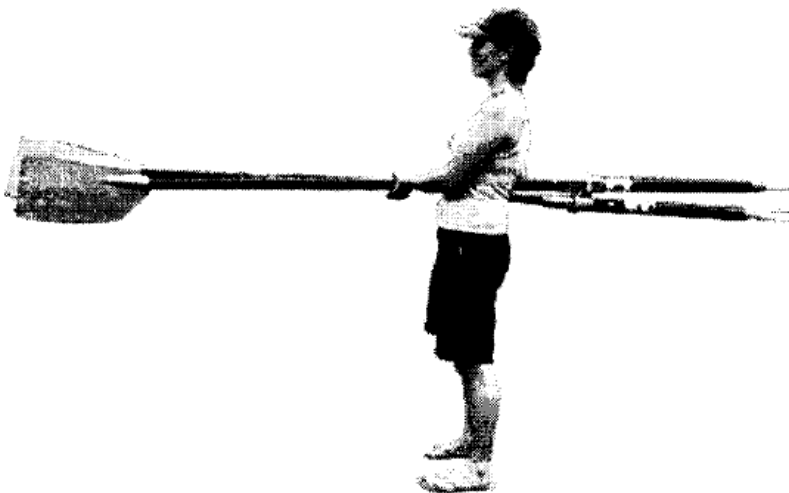
Some of these are also covered in the advice for new rowers.

Sign the attendance book This is important for safety, so that we can identify anybody that has not returned and take appropriate action. It is also useful when applying for grant funding to be able to say how many people are using the club facility.

Direction of travel (to avoid collisions): Place the boat in the water with the bow pointing towards Lakeside (see map below). Leave the shore pointing initially in that direction then turn, when safe to do so, towards the opposite shore. When rowing towards the main part of the lake, stay close to the opposite shore. When returning to the shore, approach close to the Tinaburra side travelling towards Lakeside. As a guide, always row closer to the bank on your left-hand side.

Wear socks in a boat, both for hygiene and to avoid blisters!

Carry oars with the blade in front of you so that you avoid banging this part of the oar against things. Don't prop oars upright against a wall: they can easily be damaged if they fall. Sculling oars cost around \$800 a pair.



Carry oars blade first.

Wash down boats and oars when you return to the shed

In poor visibility, such as in the dark or in foggy weather, use a light attached to the bow.

To enhance visibility, club members wear orange caps while rowing. These can be purchased from the committee.

Some people like to wear rowing gloves to protect their hands. This can be obtained from: <https://rowgear.com.au/collections/accessories/products/rowing-gloves>

When representing the club at a regatta, members are required to wear the club rowing suit (shown below).



Boat handling. Boats are expensive and difficult to maintain. People are also expensive and difficult to fix. So, to avoid the need for fixing either people or boats, some thought needs to be given to boat handling. Here are some rules to follow (these apply in particular to quad sculls, which is the type of boat we most commonly row):

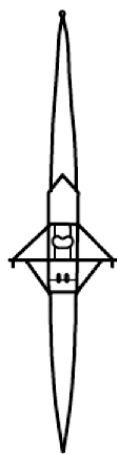
- Somebody needs to be in charge. Normally, this is the stroke rower,
- The person in charge calls the instructions to lift (to waist, half-arm, or to shoulder, for example) or to lower,
- Typically, there should be two people at each end of the cockpit, standing directly opposite each other'
- Make sure that you have enough people to handle to boat you intend to use: recruit others to assist with lifting if necessary, especially if the boat is stored on a high rack,
- Protect your backs! Use your legs and not your back for placing the boat in the water or lifting it out,
- When rolling the boat at the water's edge, follow the calls given by the stroke so that everybody acts at the same time. It is important to remember that, especially in the older boats, diagonal struts cannot support much weight. Hold the boat by e.g. the strong transverse frame.
- When getting into the boat, consider where you should put your weight. For example, don't step on the bottom of the hull: it is very thin. Each boat is likely to have its own particular weight-bearing part.

If you are new to rowing...

Introduction to the kinds of boats used in rowing. You will mostly learn in quad sculls.

<https://www.youtube.com/watch?v=eTerbM8Uhxc>

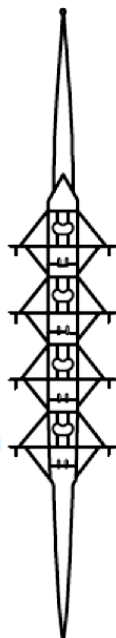
Sculls Rowers have two oars each



Single.
One rower
with two oars.
No cox

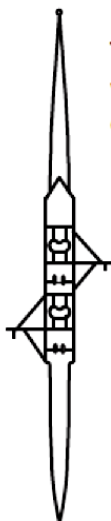


Pair (2X)
Two rowers
with two oars
each. No cox

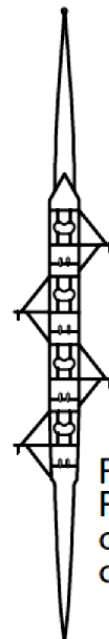


Quad (4X)
Four rowers with
two oars each.
With or without
cox.

Sweep boats Rowers have one oar each



Pair (2-)
Two rowers
with one oar
each. Usually
no cox.

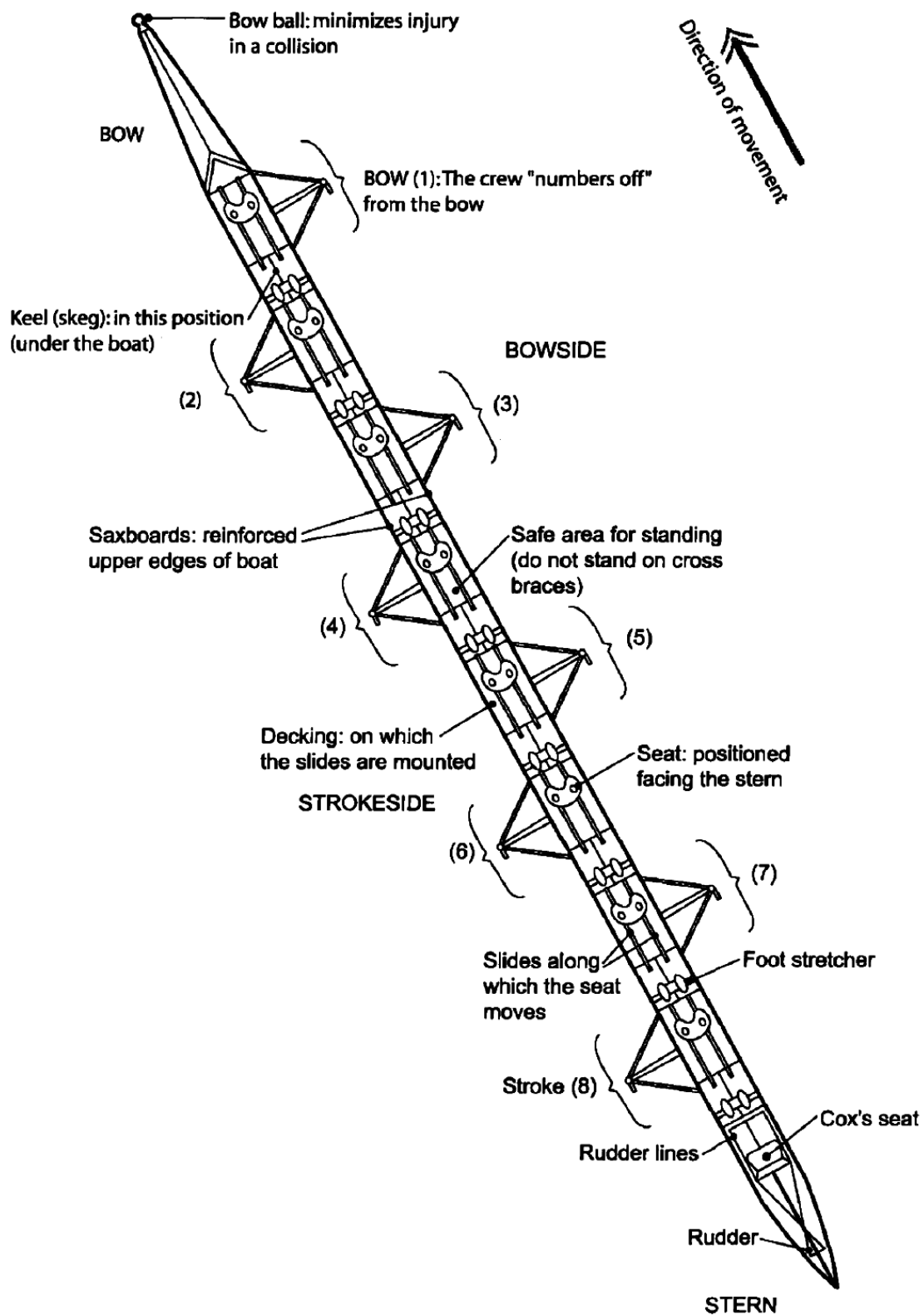


Four (4+)
Four rowers with
one oar each, plus
cox

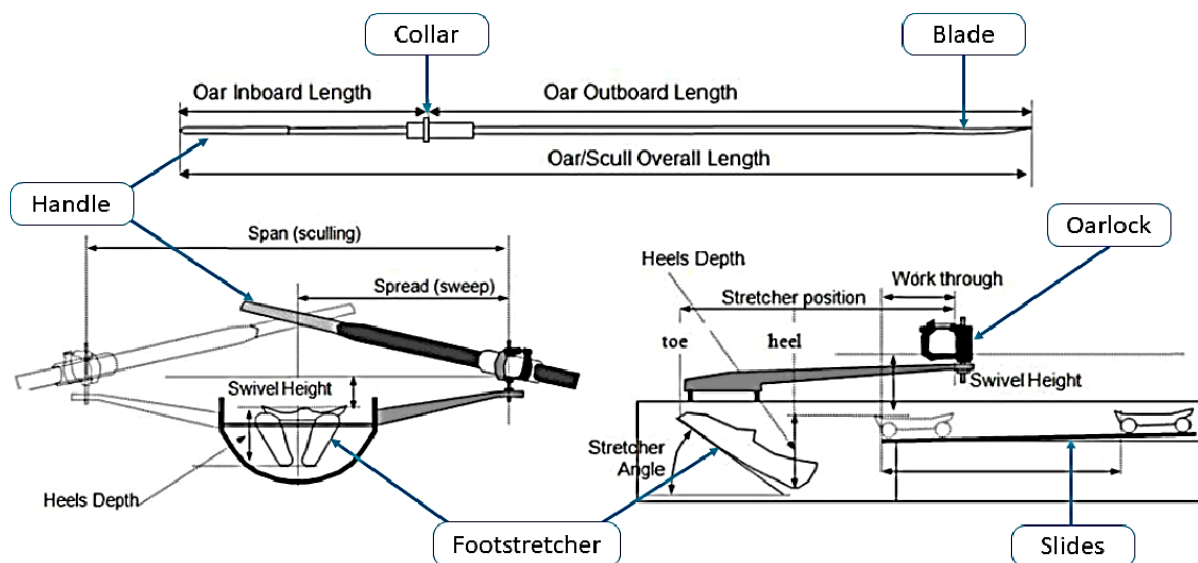


Eight: (8+)
Eight rowers with
one oar each, plus
cox

Anatomy of an "eight"



A more detailed look at what a rower uses in the boat



Rowing cycle

The Catch: The point of the rowing cycle at which the blade enters the water at the end of the recovery and is accomplished by an upward motion of the arms and hands only. The blade of the oar must be fully squared at the catch (yeh, yeh where does the stroke cycle really start?).

The Drive: That part of the rowing cycle when the legs and body are in use and the rower applies power to the oar. This is a more (or less) blended sequence of applying power primarily with a leg drive, then the back and finally the arms.

The Finish: The release of the blade from the water. The last part of the drive before the release where the power is mainly coming from the back and arms.

Layback: The amount of backward lean of the rower's body at the end of the finish.

The Release: A sharp downward (and away) motion of the hand, which serves to remove the oar blade from the water and start the rowing cycle.

Feathering: The act of turning the oar blade from a position perpendicular to the surface of the water to a position parallel to the water. This is done in conjunction with the release.

The Recovery: Part of the rowing cycle from the release, then the slide forward when the oar is out of the water up to and including where the oar blade enters the water.

Squaring: A gradual rolling of the oar blade from a position parallel to the water to a position (almost) perpendicular to the surface of the water. This is accomplished during the recovery portion of the rowing cycle and is done in preparation for the catch. Now we start again with the Catch and ... so on.

Learn-to-row checklist

This lists the topics and information you should have covered after one or two sessions.

- ☐ **Shed layout & facilities**
- ☐ **No telephone available**
- ☐ **No toilet on-site. Public toilets are near the boat ramp at Tinaburra**
- ☐ **A First Aid kit is available inside the shed**
Note: an automated external defibrillator is in a box mounted on the back of the small entrance door.
- ☐ **Tinny, license requirements & use**
- ☐ **Different type of boats on the different racks**
- ☐ **Out-of-service tags**
Used for reporting damage to rowing boats and tinnies
- ☐ **Oars**
 - Types of oars
 - Racking system
 - Carrying and care of oars
- ☐ **Ergo**
 - Type of use (basic stroke correction & fitness)
 - Indoor rowing. Distance & time events on Concept website
 - Take students through the stroke.
 - Relaxed grip
 - Length of the stroke
 - Forward till shins vertical
 - Back till legs straight, then lean back about 30 deg
 - Arms
 - Arms straight during leg drive
 - Hands into bottom of rib cage
 - Hands away quickly
 - Body position during stroke (Catch, drive, release, recovery)
 - Ratio of time spent on drive & recovery
- ☐ **Clothing**
 - Tight fitting clothes are best, especially shorts. Tuck in shirts.
 - Socks
 - Orange fluoro hat (makes you highly visible to other watercraft)
 - Waterbottle
- ☐ **Boats**
 - Handling of the boat in the boatshed
 - Bowball in first
 - Stroke in charge until everyone is in the boat, then Cox is in charge
 - Hands on & lift
 - Weight of boat and number of people required
 - Holding points (don't carry boats holding only at the very ends)
 - Carrying positions
 - Shoulder
 - Half arm
 - Boat out onto stretchers to discuss...

Boat parts

- Stroke & Bow side

- Riggers

- Swivel & gate

 - Gate to be shut when not in use

 - Direction to be facing when oar is loaded

 - Load oar and demonstrate blade angle setting

- Seat

- Foot stretchers

 - Adjustment

- Slides

 - Adjustment

Basic handling

- Rolling (watch the riggers)

- Care required to prevent riggers or bow or stern from hitting objects and people

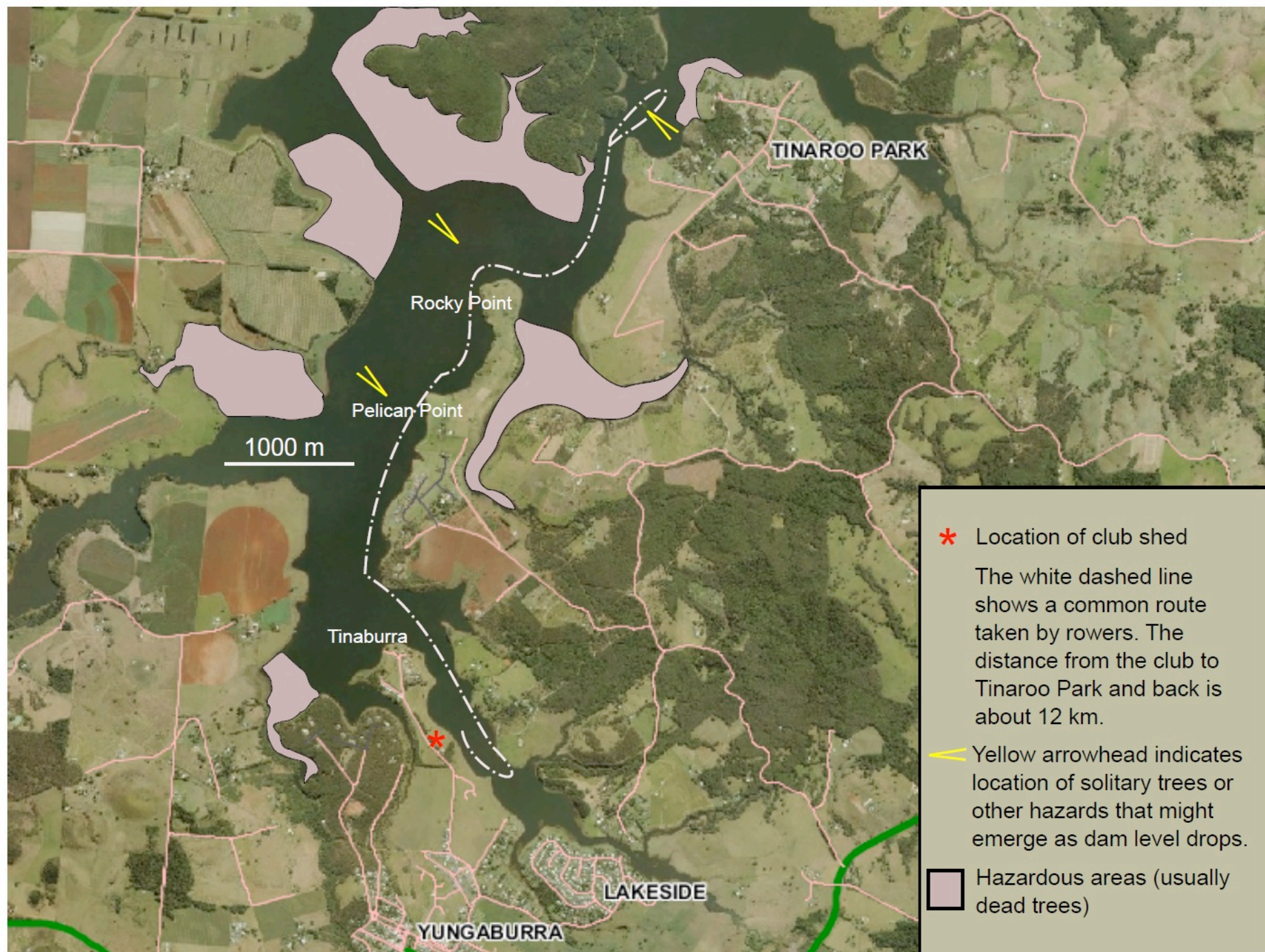
☐ **Boat launching**

- Placing in the water

 - Watch the skeg/fin

 - Watch for motor-boat wash when in the water

 - Launch and row off facing “upstream” towards Lakeside before turning





Appendix 1: Membership form

Office use only

Date:

TABLELANDS COUNTRY ROWING CLUB INC REGISTRATION and INSURANCE FORM FOR ROWERS, COXSWAINS and COACHES - 2022

Dr / Mr / Mrs / Ms / Miss

First name/s:

Surname:

Postal Address:

Postcode:

Contact details:

Home:

Mobile:

(** Please note: these contact details will be made available to TCRC members)

Date of Birth:

Emergency contact person:

Phone contact:

Email:

(** Please note: this email address will be made available to TCRC members and to receive notification of events or Club information)

Are you transferring from another Club (which club):

I am able to swim 100m unaided (circle or delete) YES / NO

I hold a current first aid / CPR certificate (circle or delete) YES / NO

Please state any current medical conditions you have:

By signing this agreement I understand what is contained in the TCRC rules (as state on the reverse side of this form) and this document and I will therefore be bound by its contents.

Signed:

Name:

Date:

PAYMENT OF FEES

- Cash – with completed registration form to Dinah Hansman (treasurer) or David Blair (Vice President) in person.
 - Cheque – made payable to **Tablelands Country Rowing Club** and either:
 - mail registration form with cheque to
Treasurer TCRC
PO Box 314
Yungaburra Qld 4884
 - or give it to Dinah or David in person
 - Direct Deposit to TCRC at the National Australia Bank, BSB 084 690, Account Number 754876578.
- Please** put your name in the Reference and email the treasurer (tablelandsrowing@gmail.com) that you have paid.

✓	Membership type	Notes	TCRC Club Fee	Rowing Qld component	Total
	Competitive membership	Includes Rowing Qld competition levy	\$225	\$95	\$320
	Recreational membership	Limited to non-competitive rowers- includes Rowing Qld fee	\$218	\$42	\$260
	6 month Recreational/Competitive membership	(If continuing to full year membership, only additional TCRC fee component required)	\$110	\$42/\$95	\$152/205
	Junior membership (18 years and under) Recreational/Competitive	Competitive includes Rowing Australia competition levy	\$110	\$42/\$59	\$152/\$169
	Pay as you Row	Limited to non-competitive rowers	\$15 per row	\$42 (full payment required)	\$57 first row, \$15 thereafter
	Learn to row	8 week program (rowing under supervision only)	\$135	\$15	\$150

NOTE: As a member of Tablelands Country Rowing Club Inc (TCRC), I agree to abide by the rules and by-laws of Rowing Queensland Inc (RQI) (copies available from RQI). This form must be completed and registration fees (which include insurance) paid before you may row with any affiliated club, school or association. Full insurance for athletes, accredited coaches and coxes is included in the one registration fee for the year. Each member is fully covered through RQI's insurance policy. Personal accident insurance, public liability * (including professional indemnity) also covers accredited coaches only with indemnity against claims arising from a breach of their professional duty. For enquiries please contact Rowing Qld 07 3842 1200

I accept responsibility for any pre-existing medical conditions (such as asthma, epilepsy or heart condition) and am aware of the effects that rowing may have on this condition.

In consideration of Tablelands Country Rowing Club Incorporated (hereinafter known as TCRC) allowing me to become or remain a member of TCRC or to participate in any activity or program organized, authorized or permitted by TCRC or to use any of TCRC's facilities or equipment, I hereby agree to release and indemnify and hold harmless TCRC and each member of TCRC from and against any action, suit or claim (including claims for negligence and gross negligence) arising out of or made or brought in respect of any injury, loss of life or damage to property which I may suffer or sustain as a result of my participation in any such activity or program or by my use of TCRC's facilities or equipment.

I acknowledge and agree that the sport of rowing can be a dangerous activity and involves various elements of risk including but not limited to unusually severe weather, failure of equipment, accidents or collision of craft. I voluntarily accept all or any such risk.

This Release and Indemnity will bind my heirs, executors and administrators and any other person claiming through or under me.

I acknowledge that I have read and understand the terms of this Release & Indemnity

I agree to follow and uphold the Tablelands Country Rowing Club (TCRC) club rules as amended from time to time. If I contravene the rules, I understand that my membership may come under the review of the committee. In the event of a hearing between myself and the committee, I understand that I may have one non-committee member from the club to assist in my representation. If the club chooses to terminate my membership, I will return all club-owned property and keys to the committee as soon as possible. I will receive a pro-rata refund of my membership minus the Rowing Queensland insurance levy and an administration fee.

Whilst a member of TCRC I will receive access to the boatshed and boats. I may apply to the committee for keys to the shed. The issue of keys is at the discretion of the committee.

* Limit of Public liability is \$20 million any one occurrence

Appendix 2: TABLELANDS COUNTRY ROWING CLUB INC.

POLICY ON BOAT USAGE RELATED TO MEMBERS' EXPERIENCE AND COMPETENCE

AIM of the POLICY

For many years the club's fleet comprised mainly of donated boats of varying age and condition. Today, however, the club is in possession of several new boats in excellent condition.

To maintain these boats in good order it is advisable that these vessels be used only by members with demonstrated levels of experience and competency and whose weight is under the maximum weight rating of the boat.

RESTRICTIONS ON BOAT USE

The boats in the following schedule are to be used only by members who have received specific authorisation from a member of the Management Committee.

NAME	TYPE	MAX WT.	NAME	TYPE	MAX AV.WT.
Barrine	Single	85kg	Kulara	Double	
Eacham	Single	70kg	Millaa Millaa	Double	69kg
Tinaburra	Quad		Topaz	Quad	

This table will be updated from time to time.

Updated: 3 May 2022

Appendix 3: Tablelands Country Rowing Club Inc. Private Boat and Oar Storage Policy

Private boat and oar storage is not an automatic right for members of Tablelands Country Rowing Club (TCRC) “the Club”. The boat shed is co-shared by the Club with The Dam Outrigger Canoe Club Inc. and is not a private boat storage facility

1. General

1.1 The Captain of Boats (as determined by Annual General Meeting (“AGM”) will have the delegated authority of implementing this policy

1.2 Both club and private boat and oar storage location is at the discretion of the Captain of Boats. Club boats and oars will be given priority.

1.3 Only financial members of the Club shall be entitled to apply for private boat and oar storage. Private Owner Members (“POM”) granted storage approval must maintain active usage of their craft at least six (6) times per year.

1.4 If, in the opinion of the Captain of Boats, the rack space taken up by a private boat or oar is required for the Club’s fleet then the Captain of Boats will consult with the affected POM and may cancel, in writing, the private boat storage and require the removal of the private boat or oars from the boatshed within twenty one (21) days. Pro-rata storage fees, if levied in accordance with the Annual General Meeting (“AGM”), for the remaining period, will be refunded to the POM.

1.5 The Club has a preference for boats with quick-release riggers. Boat storage space is more likely to be allocated and retained if their boats are so fitted.

1.6 POMs are required to protect their boats, at their own expense, by use of adequate and appropriate covers. It is the POM’s responsibility that any such cover be safely and securely attached to the boat. The Club and Committee will not, under any circumstances, accept responsibility for damage to said boat or associated equipment during loading, unloading, storage or transport.

2. Application

2.1 In order to gain storage privileges for a private boat or oars, an application must be made, by the owner, in writing, to the Club committee that includes the following details.

(a) Boat details and name shown on it.

(b) Rigger type (quick release, bow/stern mounted riggers, fitted with back stays etc).

(c) Details of oars or any other associated equipment if they are also to be stored.

(d) Envisaged frequency of use.

(e) Any other information such as any special access requirements, etc.

2.2 All private boats and oars are required to have identifying names on them.

3. 2.3 Storage Fees

3.1 Annual storage fees will be levied at the discretion of the Club for all private boats stored in the club facility, with the fee being determined at the Club’s AGM.

3.2 POMs with storage privileges will be advised, in writing, when any changes are made to the amount of the storage fees.

3.3 Should a POM become un-financial or not pay any annual storage fee levied by the Club, the Committee will require the POM to remove their boat from the boatshed within 21 days of the written request to remove.

3.4 Storage fees are to be paid at the same time as annual membership fees and are applicable for the Club membership financial year or pro-rata thereof.

4. Insurance

4.1. The Club does not take any responsibility for damage to a private boat, oars, associated equipment and personal belongings and POMs store their boats, oars, associated equipment and personal belongings at their own risk.

4.3. Insurance of private boats, oars and associated equipment is the responsibility of the individual POMs.

Appendix 4: SITE PROCEDURES AND PROTOCOLS STATEMENT
TABLELANDS COUNTRY ROWING CLUB INC. AND THE DAM OUTRIGGER CANOE CLUB INC.

AIM

This statement specifies the roles and responsibilities of the parties in relation to the joint occupancy of the Site. Each club must ensure its member are conversant with this statement and comply with its requirements.

SECURITY

Keys

The provision, recording and issuing of keys shall be the responsibility of each club.

- Each club shall keep a register of members who have keys.
- Each club may require the member to lodge a key deposit.
- No member of either club shall give or lend their key to any other person.
- Members must promptly report the loss of a key to their committee.

Leaving the Site

The last person leaving the Site must ensure the following:

- All doors are closed and locked including roller doors, the entrance door, the glass sliding door and the doors to the two cages.
- Taps are turned off and hoses are inside the building.
- All lights are switched off.
- No equipment is left outside the building

CLEANING

Garbage

The garbage bin is emptied at the roadside each Tuesday morning. The bin must be placed at the roadside each Monday afternoon.

Periodically the following needs doing:

- Brush cutting around the shed
- Removing weeds from garden beds
- Removing weeds from pavers
- Trimming plants in the garden bed under the direction of the resident horticulturist

General Cleaning

Each club shall ensure that its equipment is stowed away neatly and does not obstruct access.

Members of either club who have used ergo or weight machines shall wipe them down on completion with particular attention paid to the handles and seat. The handles of ergo machines shall be returned to the holder.

On the first Saturday of each month, after the morning's activities, each club shall provide members to sweep out the building and generally tidy up.

Twice a year, in April and October, the steering committee will organise a working party to:

- Wash down the exterior of the building
- Clean signage
- Clean windows
- Clean the pavers

MAINTENANCE

Each club shall ensure that members report any maintenance issues promptly to a member of that club's committee. That committee shall liaise with the steering committee to rectify the issue.

MUTUAL RESPECT

Each club will ensure that its members:

- Treat members of the other club with respect
- Treat the equipment belonging to the other club with care and respect
- Work together to ensure the successful joint occupancy of the building.