

# Murwillumbah Rowing Club Inc.



P.O. Box 846  
Murwillumbah NSW 2484  
[www.murwillumbahrowing.com.au](http://www.murwillumbahrowing.com.au)  
ABN 35 079 900 893

## Members Handbook

33Tumbulgum Road, MURWILLUMBAH, NSW 2484  
P.O. Box 846, Murwillumbah , NSW 2484

[www.murwillumbahrowing.com.au](http://www.murwillumbahrowing.com.au)

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# Rowing in Murwillumbah

The Murwillumbah Rowing Club was founded in 1976 with a donation of \$100 from the local Rotary club, and assistance from Tweed Heads Rowing Club

At that time a local business, Greenhills on the Tweed, allowed the club to store its equipment under their restaurant in River Street. There are 3 foundation members who are still active in the clubs affairs.

We moved to our present location at 33 Tumbulgum Rd, Murwillumbah in 1981 and had a new Clubhouse constructed in 1998–1999 in time for preparation for the Sydney 2000 Olympics.. It is believed that a rowing club existed in Murwillumbah in the 1930s. We would like to be contacted by anyone who has any information on this.

## INFORMATION FOR MEMBERS

This information is provided for members to assist in the safe and proper running of the club. If you are unsure of any matter ask a senior or committee member. All members are encouraged keep updated on club matters by referring to the notices at the Clubhouse and logging on to our website <http://www.murwillumbahrowing.com.au>.

## Mission Statement

- To facilitate and nurture Rowing at all levels of participation
- To provide the opportunity for all members to achieve their goals

## Our Values

Our values, in relation to all dealings with our stakeholders and each other, are to:

- Encourage participation
- Strive for excellence at all times
- Foster inclusion, cooperation and teamwork within the club and with all external stakeholders
- Engender respect at all times
- Facilitate fun and enjoyment for all

## Membership Requirements

Members are requested to participate in the events and programs of the MRC. Members have the opportunity to participate in the following:

- MRC Committee and Officer Duties
- Murwillumbah Regattas (ALL members requested to assist)
- Head of the Tweed (HoTT) Regatta (ALL members requested to assist)
- Social rowing events (pointless races, Xmas races, Edward Tricket race [Australia Day], Dinosaur Dash [Good Friday] etc)

## MRC Members Handbook

- Learn to Row
- Equipment/Facilities Maintenance
- Safety Committee
- Marketing, Grant Application & PR

*If you have a special skill, we have a job that can use it.*

Please make no mistake, this is a NON-PROFIT VOLUNTEER DRIVEN CLUB that promotes  
ACCESSIBILITY to anyone who enjoys rowing.

It's not a question of IF you can help make it work, it's a question of HOW MANY DIFFERENT WAYS  
you can make it work.

Plan on donating your time.

If you don't have time, ask us about donating your money.

### General

- 1) All members have equal rights to enjoy the clubs facilities.
- 2) All members have equal responsibility to ensure the facilities are kept clean and tidy
- 3) From time to time the club will hold working bees. All members are requested to attend and contribute. Please don't leave all the work to a few.
- 4) All members are invited and encouraged to attend club meetings. Monthly Committee meetings are held on the 2nd Saturday of the month at the Club. Notice of Annual General Meetings and Special General Meetings will be issued one month before.
- 5) From time to time the clubs fundraising will conduct various activities – especiall Head of the Tweed.
- 6) No pushbikes or skateboards are to be ridden and no ball games are to be played inside the clubhouse. Pushbikes are to be stored outside the clubhouse.
- 7) No dogs are to allowed on the premises.
- 8) Junior members are not to use any weight training equipment without adult supervision and the express permission of the club captain or their coach.
- 9) The drinks fridge is there as a convenience for all members. All drinks must be paid for as per the price list on an honour system. Ask a member where you can leave the money.
- 10) It is the responsibility of the last person leaving the club to ensure all windows and doors are locked that all lights are turned off (excluding the "EXIT" light above the stairs) and all equipment is safely locked away.

## Boating

1. All members should ensure they are able to safely carry boats to the river. Get help if you need it.
2. When more than one person is carrying a boat, each person should be approximately one quarter of the boat length from the end of the boat. New members will be shown how to do this.
3. The maintenance and upkeep of boats and equipment is the responsibility of all members. Do not attempt to make major repairs to club equipment and boats without expressed permission from the Club Captain.
4. Ensure all gates (see glossary of terms) are closed when carrying and storing boats.
5. Socks are to be worn in all boats. This is to avoid blisters from rowing footers.
6. Wherever possible designated oars are to be used with their respective boats. Oars need to be returned to their correct rack.
7. Private boats and oars stored in the clubhouse are not to be used without the express permission of the owner.
8. If any boat or equipment needs repair or adjustment and you are unable to affect it, then it is to be noted on the "Jobs" board, located adjacent to the central roller shutter.
9. If a sculler or a crew is being coached, the coach has complete charge of the sculler or crew.
10. All members who are competing at regattas are required to help load and unload the boats and equipment from the boat trailer – or your boat / equipment may be left behind.
11. All members who enter races at regattas must reimburse seat money for all races they do not compete in.
12. Due care is to be taken at all times to prevent damage to boats and equipment,
13. When boating up (stepping into the boat from the shore) ensure that the boat is far enough into the river to prevent the fin touching the bottom when you get in it.
14. Boats are not to be left in the water unattended, even for a short period of time.
15. All boats are to enter and leave the boating area facing upstream. i.e. bowball towards Murwillumbah bridge, except during Regattas which have a transit lane.
16. While on the river, downstream traffic is to keep to the highway side of the river and upstream traffic is to keep to the clubhouse side of the river.
17. If boats are left on the river bank, ensure that the fin is not on the ground and that there are no stones on the ground where the boat is to be left. Boats are not to be dragged across the ground.
18. All boats and oars are to be thoroughly washed inside and out and dried off after use prior to storage. Coaching boats should also be cleaned out.
19. All boats stored in the shed are to be stored "BowBall first" unless otherwise indicated.
20. Boats and oars are to be stored on their designated racks.
21. Chamois are to be rinsed and hung up after boats and oars have been washed down and the tap is to be turned off. Hoses are to be wound up and put away.
22. The club captain is responsible for all boating matters. Ask if you are unsure.
23. The tinnie motors require regular 'flushing' – ask a member how this is done.

## CLUB INFORMATION

### Officers of the Club

The Club is managed by a General Committee consisting of the President, Vice President, Club Captain, Secretary, Treasurer and two ordinary members. Other positions are also filled: Child Protection Officer, Public Officer, Regatta Secretary. See the MRC website for current committee.

All committee positions have an email address: [president@murwillumbahrowing.com.au](mailto:president@murwillumbahrowing.com.au), [vice-president@murwillumbahrowing.com.au](mailto:vice-president@murwillumbahrowing.com.au), [captain@murwillumbahrowing.com.au](mailto:captain@murwillumbahrowing.com.au), [vice-captain@murwillumbahrowing.com.au](mailto:vice-captain@murwillumbahrowing.com.au), [secretary@murwillumbahrowing.com.au](mailto:secretary@murwillumbahrowing.com.au), [treasurer@murwillumbahrowing.com.au](mailto:treasurer@murwillumbahrowing.com.au), [bookings@murwillumbahrowing.com.au](mailto:bookings@murwillumbahrowing.com.au)

### Membership

Members may be classed as Life Members, Senior Members, Junior Members, or Social Members. Social members can use Club facilities but are not insured and are not allowed to row or use rowing equipment.

### Membership Fees

See the website for current fee structure. Go directly to [www.murwillumbahrowing.com.au](http://www.murwillumbahrowing.com.au)

Fees are based upon the calendar year and are payable in advance.

An invoice for annual renewal of membership is sent to each member. (in December)

### Rowing Insurance

As a Club, we are covered under Public Liability with Rowing Queensland (RQI).

Individual rowers are required to pay for RQI Insurance – as Juniors, Learn to Row, Recreational or Competitive.

See RQI website for fee schedule – [www.rowingqld.asn.au/](http://www.rowingqld.asn.au/). Then click Get Involved/Membership.

No member can represent the Club in a Regatta unless that person is insured for competition under RQI.

### Keys

Members can get the combination for the front door from the any Committee member as long as they are financial for that year.

### Zoot Suits (rowing suits in club colours)

The club has 'registered' zoot suit colours. All members racing in a regatta are expected to wear a zoot suit, or similar clothing, in their Club colours. MRC colours are Aqua and black and are priced about \$60 in 2009. Zoot suits can be ordered – see the Club Captain

### MRC web site

<http://www.murwillumbahrowing.com.au>

## **MRC Members Handbook**

The MRC website is an ongoing source of information about the club's activities. It has all the latest information, requests, news, history, safety notices, membership forms and links to rowing sites. You'll also find details on regattas, how to compete and details about social events.

**MRC Members Handbook**  
**COMPLAINTS PROCEDURE**

**PRE AMBLE::** Members, parents guardians will appreciate that those belonging to, and working for the club, are volunteers, all of whom, are trying to do their best for fellow members, in the time that they have available.

*However, even with best of intentions, issues may arise from time to time.  
The following is an attempt to clarify and simplify a complaints procedure.*

**PRINCIPLE::** All members have equal rights, and are to be treated with respect and dignity. Members are required to be ethical, fair and honest in their dealings with others. Humiliation, all forms of harassment and discrimination will not be tolerated. Thus, this document aims to provide an easy to use, confidential procedure for complaints based on the principle of Natural Justice.

**NATURAL JUSTICE::** Involves informing the member or members, against whom the complaint is made, of the case against them, and giving them a right to be heard, and not having a personal interest in the outcome, and acting only on authentic evidence.

**VEXATIOUS COMPLAINTS::** If at any point in the complaint process it is considered that a complainant is vexatious or malicious, appropriate disciplinary action may be taken against the complainant.

**CHILD PROTECTION::** Is about keeping children (under 18 years) safe from abuse and protecting them from people who are unsuitable to be working with children. Child abuse is illegal in all states and territories of Australia. Although MRC is affiliated with RQI members must comply with NSW legislation. If competing in Queensland, that states legislation applies.

**PREPARING A COMPLAINT::**

- (a) the complainant must communicate clearly what has happened.
- (b) and why it is a problem.

**INFORMAL COMPLAINT::** For a relatively simple problem a phone call or a personal meeting may be a good start. Even so, it is advisable to get the facts clear in your mind, commit key pieces of information to paper.

**FORMAL COMPLAINT::** (escalating a complaint) For more complex problems the complainant must write to the club's committee, ensuring that points (a) and (b) above, are particularly addressed.

Depending on the circumstances of the complaint, the committee may;

- (a) appoint a mediator.
- (b) meet, and form a decision relative to the complaint.

Note 1 immediately above; the problem may be solved at the mediation level, or with the failure of mediation, be referred back to the committee.

Note 2 immediately above; a decision, by the committee may include the dismissal of the complaint, or taking action. Action, may include an apology, a suspension or dismissal from the club, or any other form of discipline that the committee considers appropriate.

**FURTHER READING::**

R.Q.I.'s Member Protection Policy.

N.S.W. Dept. of Fair Trading, Model Rules for Incorporated Associations



## FURTHER COMPETITIVE / EDUCATIONAL OPPORTUNITIES FOR ROWERS & COACH'S.

In addition to local and interstate regular weekend regatta's, the following opportunities are available for those interested in additional serious competition and education. Discuss these programs with your coach and other members.

### **N.S.W. Sports & Recreation Grants N.S.W.**

The object of this program is to increase opportunities for athletes, coach's, officials, sports leaders and volunteers in activities such as professional development.

Grants range from \$1000.00 to \$15,000.00 apply; <https://grants.communities.nsw.gov.au>

## SCHOOL / JUNIOR ROWERS

### **Development Test Camps**

The Development Test Camps series provide both the rower and coach with feed back on the fundamental components that will lead to rowing performance. These camps are an integral component of RQI's National Talent Identification Program, which ties in with Talent Identification Testing, the Rising Talent and Junior Elite Talent Squad Programs.

Development Test Camps are a pathway to the high performance program administered from Rowing Queensland, such as the National Time Trials Series and State Team Selections.

Camps are for years 9, 10 & 11 to senior B athletes (U21). Coomera Rowing Course will be the Camps permanent location. Camps are held during February, April, May, June, July, August, September, October, November & December each year. Nominations via MRC coachs to RQI's Development Manager (as at 2010 Sam Pickett)... [samp@rowingqld.asn.au](mailto:samp@rowingqld.asn.au) ... '

### **North Coast Academy Of Sport**

Located at Lismore, (Mr John Kincade, Executive Director, 02 6620 3073, [info@ncas.org.au](mailto:info@ncas.org.au), [www.ncas.org.au](http://www.ncas.org.au)) the academy has a proven track record in running successful rowing programs. The NCAS, has a number of objectives, some are, identifying, recruiting developing and managing talented junior athletes and coach's on the North Coast and to manage a program of excellence. Currently athletes ages range from 14 to 20. New Athlete Application Forms are available from the Academy from early July.

### **Tweed Academy Of Sport.**

Located at Cabarita, speak to Margaret Coleman, General Manager, 0413 622 950 [margaretcoleman@bigpond.com](mailto:margaretcoleman@bigpond.com), [www.tasport.org.au](http://www.tasport.org.au). This is a relatively new Academy involved in a range of sports, and is currently developing a rowing program aimed at athletes between the ages of 14 to 17 years.

### **Tweed – Coolangatta Rowing Club**

MRC has a close relationship with Tweed –Coolangatta Rowing Club. It is always possible to combine junior rowers from either club to complete a strong competitive crew where one of the

## MRC Members Handbook

clubs has a shortage of rowers in a particular age group.

### Championship Racing Opportunities For School Rowers ( Juniors)

Parents, junior rowers, will need to plan well ahead if they wish to compete and represent their club or school in such events. A crew/parents commitment to training is necessary.

C.Q. Schools Championships	Bucca Weir	June
S.Q. Schools Championships	Lake Kawana	July
Qld. Schools Championships	Riverway	August
Youth Cup Regatta	SIRC	July
NRRA Age Championships	Murwillumbah	January
Australian Rowing Championships	Nagambie	March
NSW Edward Trickett Grade Champs.	SIRC	April

### ELITE ROWERS

NSW Championships	SIRC	February
National Championships	Nagambie	March
Qld State Championships	Bucca Weir	December
NSW Sprint Championships	SIRC	December
Australian Youth Cup	SIRC	July
NSW Edward Trickett Grade Champs	SIRC	April

### MASTERS

NQ Masters Camp	Alpins Weir	March
Qld Masters	Lake Kawana	April
Masters Camp	Murwillumbah	May
NRRA Masters	Murwillumbah	May
NSW Masters	Various locations	May
Australian Masters	Various locations	June
World Masters	Various locations	Every 4 years

### COACH'S

**Level 1** coaching courses are generally conducted in Brisbane during February, April, June, July, September, and November each year.

**Level 1** coaching course is conducted at Rockhampton during February each year.

**Level 2** coaching courses are conducted in Brisbane April & July each year

MRC Members Handbook  
**BASICS OF ROWING**

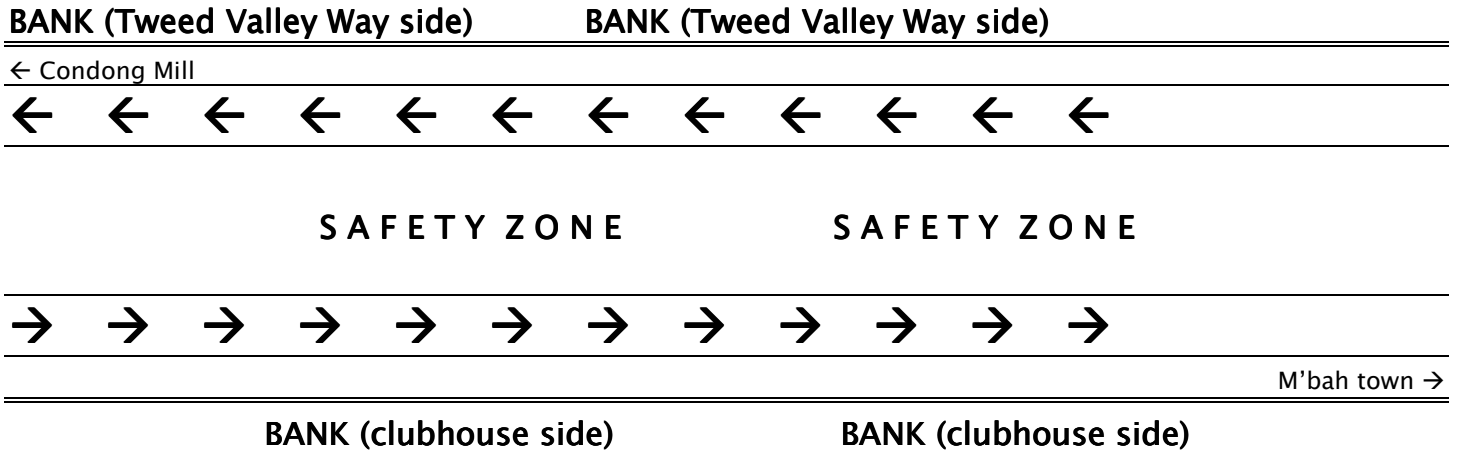
**Safety First**

Like all aquatic sports, Rowing has some basic necessities in order to prevent serious injury.

1. Rowers should be able to swim at least 100 metres.
2. Understand and obey the river traffic rules, restrictions and hazards of all waterways on which you intend to row.
3. Newcomers should not row unless accompanied by coach or experienced rower.
4. Assess weather conditions before rowing. Do not row if a lightning appears imminent or visibility is poor e.g. fog, heavy rain.
5. Coxless boat crews should check their course regularly and be wary of craft that might change course without notice.
6. Protect yourself from the effects of heat and sun. Avoid training in temperatures over 30 degree's Celsius; drink water up to the rate of 250ml per 15 minutes of exercise; wear a hat, long sleeve training top, water resistant sun block & sunglasses. Waterbottles should be in a soft covering, so as not to harm/rub the shell of the boat.
7. In cold weather, dress to retain body warmth in order to prevent injuries and/or illness.
8. Make sure you have warmed up prior to any strenuous training session or race.

## WATER SAFETY RULES

1 Direction of travel



2. Rowers should observe the above traffic flow with particular notice paid to the 'SAFETY ZONE'. Avoid rowing in the Safety Zone.
3. Crews being overtaken should alert by shouting the overtaking crews and move aside as soon as practicable to avoid collision.
4. When changing direction crews are to proceed to the opposite side in the shortest possible route and give way to all traffic.
5. Official competition boats have right of way during designated regattas, for the length of the competition course.
6. At the completion of a Regatta race – do not obstruct other boats by stopping on the finish line or immediately beyond. Retire to a safe distance.

## RED AND GREEN BUOYS

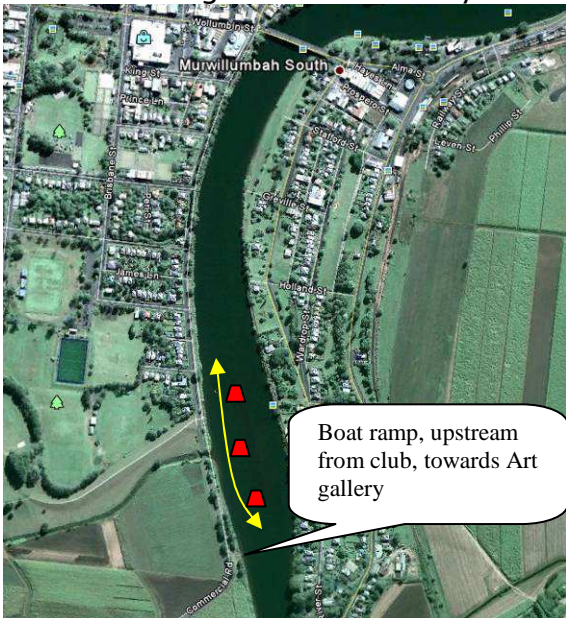
Rowing *UPSTREAM* :: GREEN BUOYS :: Rowers must keep a green buoy on the cox's RIGHT hand side traveling upstream. Therefore, the green buoy must remain on the boats BOW side.

Rowing *DOWNSTREAM* :: GREEN BUOYS:: Rowers must keep a green buoy on the cox's LEFT hand side, traveling downstream. Therefore, the green buoy must remain on the boats STROKE side.

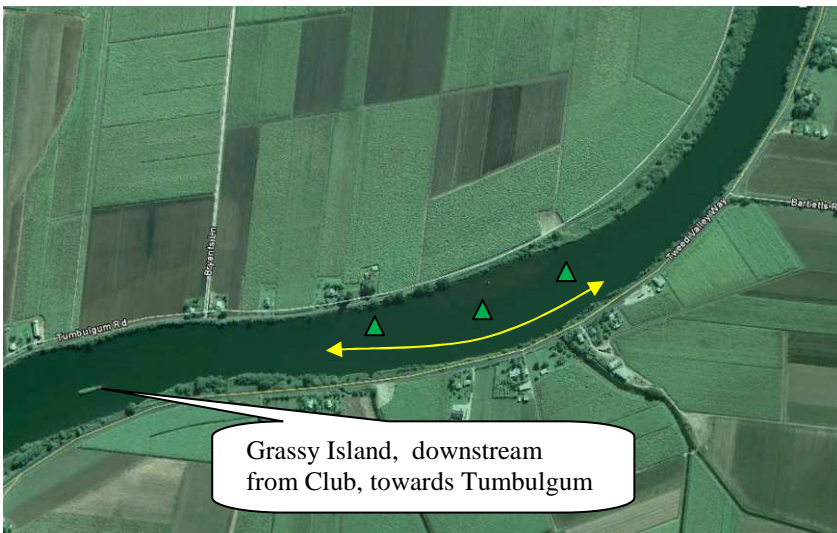
Rowing *UPSTREAM* :: RED BUOYS :: Rowers must keep a red buoy on the cox's LEFT hand side traveling upstream. Therefore, a red buoy must remain on the boats STROKE side.

Rowing *DOWNSTREAM* :: RED BUOYS:: Rowers must keep a red buoy on the cox's RIGHT hand side whilst traveling downstream. Therefore, a red buoy must remain on the boats BOW side.

On our rowing course we mostly have two main sets of buoys to navigate.



**Rowing UPSTREAM**  
Three Port hand markers  
[red, can shaped]  
near the boat ramp.



**Rowing DOWNSTREAM**  
Three Starboard hand markers  
[green, cone shaped] beyond  
the Grassy Island.

## LIGHTS

**AFTER DARK AND BEFORE DAWN** :: At night, all craft are required to carry and display lights.

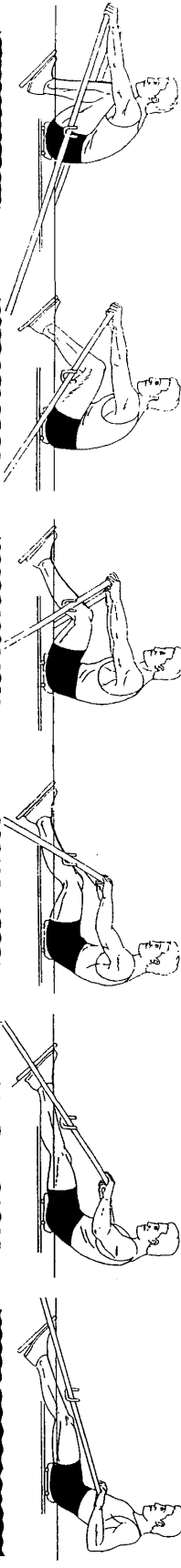
**ROWERS** :: Must exhibit TWO all round WHITE lights on their craft. These lights should either be continuous, OR a combination of continuous and flashing WHITE lights

**POSITION OF LIGHTS** :: The lights must be positioned at either end of the craft.

**NOTE** :: There are other combinations of lights used on vessels. Other lights, relate to the activity the vessel is engaged in ie fishing, dredging etc. A simple rule of thumb for all rowers, stay well clear of allvessels exhibiting additional lights.

# Rowing Equipment & Technique

# BASIC SCULLING TECHNIQUE



**CATCH**

- No stop of the hands or seat.
- Blades catch the water smoothly, continuously and directly.

**EARLY DRIVE**

- Initial drive with legs through a strong body.
- Shoulders same height.
- Extension of knee and hip joints.

**MID DRIVE**

- Legs and body in powerful hanging position - suspension of body weight between handle and feet.
- Arms straight, shoulders directly above seat.

**MID LATE DRIVE**

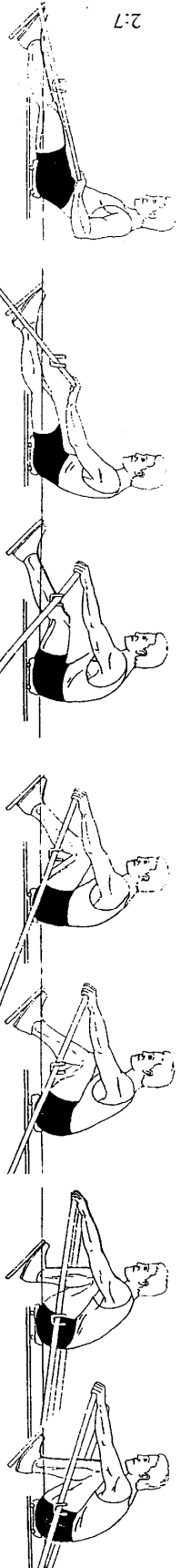
- Hands at cross-over position.
- Shoulders and arms start to draw.
- Shoulders behind the seat.
- Legs work vigorously down.

**LATE DRIVE**

- Shoulders behind the seat.
- Shoulders and arms draw in the accelerating handle.
- Attempt to finish handle simultaneously with the leg drive.

**FINISH**

- Powerful position of the body, arms and shoulders.
- Wrists flat
- Forearms horizontal
- Elbows/Shoulders pulled back
- Hands ready to circle down.



**RELEASE**

- Body does not move.
- Hands move down to release blade, then feather (see GRIP below).
- Shoulders and elbows same as finish.

**HANDS AWAY**

- Hands move away approaching the 'CROSS-OVER' (see below).
- Legs straight and relaxed.
- Arms straight and relaxed.

**EARLY RECOVERY**

- Body swings over.
- Knees allowed to lift.
- Centre of gravity between seat and feet for stable, balanced position.

**MID RECOVERY**

- Forward body, swing continues.
- Seat moving at constant speed.
- Blade starts to square.
- Roll handle into base of fingers.

**LATE RECOVERY**

- Body swing complete.
- Arms fully extended, wrists flat.
- Blade almost square.

**FULL REACH**

- Full compression forward with:
  - Spins vertical
  - Chin above knees
  - Chest on thighs

**CATCH**

- Enter blades in the water with hand lift only - both head and shoulders remain same height.
- This may be slightly more upright.
- Legs compress but not stop, than sweep out.
- Catch is quick but not hard.
- No stop of seat or hands.



DRIVE

- Flat wrist in square (vertical) blade position.
- Handle is held in base of fingers and top of palm.
- Second joint of fingers is most distant from body and half way around the handle.



RECOVERY

- Wrist is flat in the feathered (horizontal) blade position.
- Handle is rolled out into the fingers AFTER depressing the handle to release the blade from the water - note slight gap between handle and palm.
- Third joint of fingers is most distant from body.



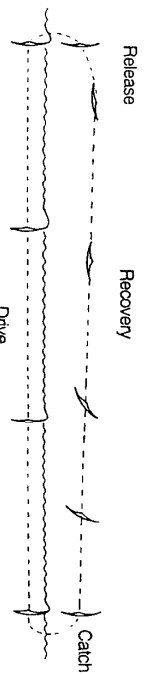
SIDE VIEW

- Left hand is above and slightly astern of the right hand.



ABOVE

**DRIVE PHASE CROSS-OVER**



BLADEWORK

**Oars**

Oars are attached to the boat by adjustable outriggers and are hollow to reduce weight. The size and shape of oars is unrestricted, the average length of a sweep oar being 3.81m (12 feet 6 inches) and of a scull being 2.98m (9 feet 9 inches).

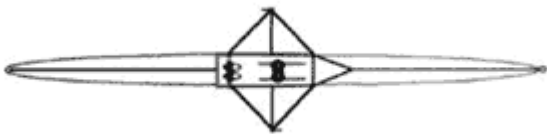
**Boats**

Boats or shells were traditionally made from wood, but are now mostly fabricated from carbon fibre and plastic (eg. kevlar). They are 597 to 622 mm wide, and from 8.2 metres to 19.9 metres long. A small fin is fitted at the bottom for stability. A rudder is attached to the fin or the stem (except on sculling boats). A white ball is attached to the bow (safety measure, photo-finish). A washboard prevents waves from splashing water aboard. Seats are fitted with wheels which roll on tracks called slides.

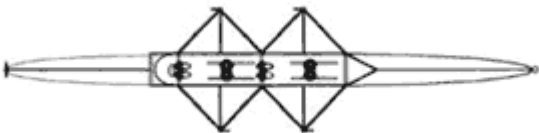
**Boat Classes**

There are nine classes of boat, of which five are for sweep-oared rowing in which the rower uses one oar with both hands, and three are for sculling in which two sculls are used, one in each hand. Some classes carry a coxswain who either sits in the stern or lies in the bow to steer the boat.

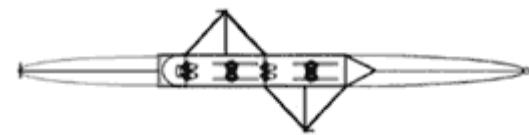
**Guide to Boats**



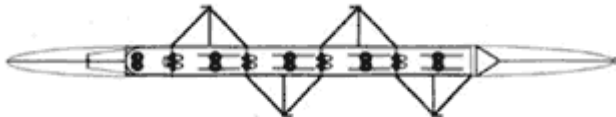
**Single Scull:** smallest of all rowing boats. It is used by one athlete, with a pair of sculling blades (one in each hand).  
Approx length: 8.2 m Min Weight: 14 kg



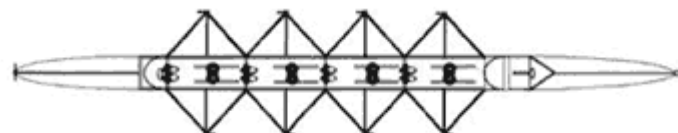
**Double Scull:** two rowers, each using a pair of sculling blades.  
Approx length: 10.4m Min Weight: 27 kg



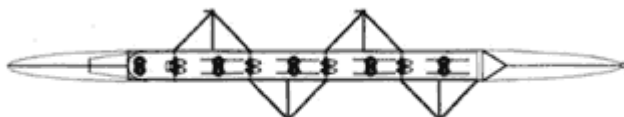
**Coxless Pair:** rowed by a pair of rowers each with a single sweep oar.  
Approx length: 10.4 m Min Weight: 27 kg



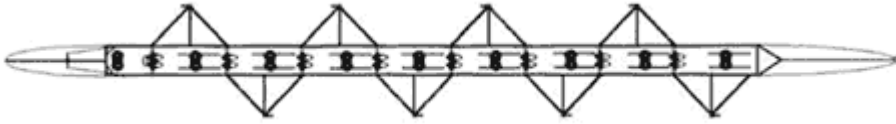
**Coxed Four:** four athletes rowing, each with a single sweep oar. A coxswain is on board to steer the boat.



**Quad Scull:** four athletes on board, each with a pair of sculling blades.  
Approx length: 13.4 m Min Weight: 52 kg



**Coxless Four:** four athletes on board, each with a single sweep oar. No coxswain is on board to steer the boat – the athlete at the stern of the boat steers via a cable connecting the rudder to his footstretcher.



**Coxed Eight:** is the largest of all boats used in racing. There are eight rowers on board, each with a single sweep oar. A coxswain is also on hand to steer. Eights are constructed in two sections which bolt together (to facilitate transportation). The maximum length of a section of an Eight is 11.9 metres. Approx length: 19.9 m, Min Weight: 96 kg

### The Stroke

The stroke is made up of the catch, in which oars are placed in the water; pull through or drive, in which the legs are extended and the body opens up to make maximum use of the slide, levering the boat forwards; the finish, in which oars come out of the water; and recovery, in which the rower's body moves towards the stern in preparation for the next stroke. Oars are rotated onto the feather parallel to the water surface at the finish to minimise air resistance and to the vertical at the catch to maximise water resistance

### Weight Categories

Lightweight men cannot weigh more than 72.5kg and the average of the whole crew cannot exceed 70kg (single sculler maximum 72.5kg). Lightweight women cannot weigh more than 59kg and the average of the whole crew cannot exceed 57kg (single sculler 59kg).

In a regatta Coxswains must weigh at least 50kg..., if below they must carry metal weights to make them upto 50kg (and this allows them to sink directly to the bottom of the river.)



## GLOSSARY OF ROWING TERMS

<b>Blade</b>	Flattened or spoon-shaped end of oar or scull; often used as term for oar
<b>Bow</b>	Forward end of boat
<b>Bow</b>	The person in the Bow seat of any coxless crew assumes primary responsibility for the safety of that crew. That person becomes the lookout. When there is a coxswain in the boat, then the bow person shares responsibility with the coxswain. Remember, sometimes the coxswain's vision is temporarily obscured
<b>Bow ball</b>	Safety ball fitted to sharp stem of racing boat
<b>Bowside (starboard)</b>	All rowers whose oars are on the right hand side of the boat when viewed from the stern
<b>Button</b>	Plastic sheath on oar or scull to prevent it from slipping through the rowlock
<b>Canvas</b>	The canvas on fore and aft decks of a boat
<b>Catch</b>	The part of the stroke when the blade is put in the water
<b>Coxswain</b>	Steer the boat from the seat in the stern or a lying position in the bow
<b>Crab</b>	Occurs when the rower fails to get the oar out of the water at the end of the stroke; can result in the rower being ejected from boat to water
<b>Crew</b>	Rowers who man a boat
<b>Drive (Pull-through)</b>	The part of the stroke between the catch and the finish
<b>Feather</b>	To turn the blade parallel with the water surface at the start of the recovery to reduce resistance
<b>Fin</b>	Small flat plate perpendicular to the bottom of the boat to aid steering a straight course
<b>Finish (release)</b>	The part of the stroke just before and as the blade is taken out of the water
<b>FISA</b>	Federation Internationale des Societes d'Aviron; the International Rowing Federation
<b>Gate</b>	Bar across a rowlock to retain the oar
<b>Gunwale</b>	Horizontal plank at the top of the hull running the length of the boat
<b>Hands away</b>	The act of dropping the oar handle at the finish of the stroke so that the blade leaves the water and is feathered at the start of the recovery; sometimes referred to as "out of bow"
<b>Inboard</b>	The distance between the far end of the handle of an oar or scull and the face of the button. The remainder is called the out board
<b>Length</b>	The length of a boat (ie "They won by one length")
<b>Oar</b>	A lever approximately (360cm) long by which the rower pulls against the rowlock to move the boat through the water
<b>Rating (beat)</b>	The rate of stroking, or the number of strokes per minute that a crew is rowing
<b>Recovery</b>	The part of the stroke cycle between the finish and the catch in which the oar is feathered and the seat is returned to the aft end of the boat
<b>Regatta</b>	A competitive event raced in boats
<b>Repechage</b>	A second heat to afford another chance of qualifying to those running second best in preliminary heats
<b>Rhythm</b>	The proportion of time occupied on the recovery to the time taken on the pull through
<b>Rigger</b>	A metal framework or a carbon-fibre reinforced arm to support the rowlock which is placed approximately 760 mm from the centre of the boat
<b>Rowlock (oarlock)</b>	A bracket which swivels on the end of the outrigger to support the oar
<b>Rudder</b>	Steering device attached vertically to the stern or under the hull of a shell
<b>Run</b>	The distance a boat travels in one stroke
<b>Sculling</b>	Using two oars or sculls
<b>Slides</b>	Parallel rails in which the seat moves on wheels
<b>Stern</b>	The rear or aft of the boat
<b>Stretcher</b>	A frame with straps or shoes to anchor the rower's feet
<b>Stroke</b>	The complete cycle of moving the boat through the water using oars or sculls
<b>Stroke</b>	The rower seated nearest the stern
<b>Stroke side (port)</b>	All the rowers whose oars on the left hand side of the boat when viewed from the stern
<b>Washing out</b>	Occurs when the blade comes out of the water during the pull-through, <i>before</i> the finish

**ROWING PROGRAM CODES**

In a Regatta Program, the following symbols/codes to indicate races:

<b>M</b> = Mens <b>W</b> = Womens <b>Mix</b> = Mixed	<b>N</b> = Novice <b>O</b> = Open <b>I</b> = Intermediate <b>Σ</b> = Masters <b>Hcp</b> = Handicap	<b>1X</b> = Single Scull <b>2X</b> = Double Scull <b>4X</b> = Quad Scull <b>4X+</b> = Quad Scull (coxed)	<b>2-</b> = Coxless Pair <b>2+</b> = Coxed Pair <b>4-</b> = Coxless Four <b>4+</b> = Coxed Four <b>8+</b> = Eight (always coxed)
<b>U15</b> = Under 15 <b>U17</b> = Under 17 <b>U20</b> = Under 20	U15 is up to 31Dec in the year the competitor turns 14 i.e they are <i>under 15</i> U17 is up to 31Dec in the year the competitor turns 16 i.e they are <i>under 17</i> U20 is up to 31Dec in the year the competitor turns 19 i.e they are <i>under 20</i>		

Examples of races would be

No	Time	Code	Event	Dist.
1	8:30 AM	W Nov 1x	Womens Novice Single Scull	1000
2	8:38 AM	ΣM/ M Hcp 2-	Masters Mens & Mens Handicap Pair	1000
3	8:46 AM	MO/ MU20 4+	Mens Open & Mens Under 20 Coxed Four	2000
4	8:54 AM	Mens N 1x	Mens Novice Single Scull	1000
5	9:02 AM	ΣW/ WI 4x-	Masters Womens & Womens Intermediate Quad Scull	1000
6	9:10 AM	WU17 2x	Womens Under 17 Double Scull	1000

Generally, Juniors row 2000 metre races,  
Masters (over 27yo) row 1000 metre races.  
There are some 1500 metre races in Qld calendar

MRC Members Handbook  
**Preparing Boats for loading**

Remove all riggers. If riggers are not 'quick release', nip nuts back in place or remove nuts & bolt altogether & store in the trailer tool box. Tighten all foot stretcher wing nuts & remove or tied down seats. Store seats together in a box to prevent them getting damaged.



A Single Scull can be supported in a purpose built cradle, upside down or slung underneath the support arms of the trailer (see below left). Use plenty of padding & do not over tighten straps.



Wherever possible use a structurally strong point on the hull as a tie down point



When strapping, make sure there is some 'give' in the foam between hull & trailer



**Never** without padding!



Prevent buckle touching



Clear gap where necessary



Insufficient padding

Always load & tie boats in a logical progression  
top down, centre to outer positions last.  
Get assistance wherever needed. Upper positions  
with larger boats need individuals on the trailer  
to assist in lifting the boat.  
If it looks wrong, or you are unsure how to tie boats  
or you are in doubt—ask somebody!



## MRC Members Handbook

Boats are very expensive & easily damaged. They need padding between **each** point of contact and the trailer. Any boat spanning more than two supports **MUST** be packed up so that the center support can not come in contact with the gunnels.

***Boats in contact with more than two supports will flex during transit & can suffer permanent damage***

Eights, Fours and Quads, need to be packed up so only the outer supports hold the boat along the gunnels. Never allow these boats to be supported by their buoyancy tanks. If a boat has internal ribs, position a rib as close to a support arm as possible.



This boat is resting on a center support & is not sufficiently padded!  
Pad the outer supports and tie down as shown below.



Wide strap, buckle off hull  
Correct



Too thin  
Wrong!



Buckle too high  
Wrong!

***Wherever possible use wide straps to spread the pressure across the hull.***

Thin straps can easily be over tightened & will leave permanent impressions in a hull. Make sure the buckle does not come into contact with the hull as it can also cause damage. Tie the loose ends of the straps to prevent them from blowing around in the wind & damaging the hull.