



The ARC  
Rower's  
Handbook

2010-11

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A one-stop shop for all the information that you need to know to survive the mammoth season of rowing ahead in 2010/2011 at the Adelaide Rowing Club

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## Captain's Welcome

Members old and new, welcome to what promises to be another exciting season at Adelaide Rowing Club!

Building on the strengths of recent years, the 2010-11 season will no doubt be a successful one for this club. In 2010, we welcome many new members to their first season at ARC, from school-leavers to masters, beginners to national representatives and everyone in between. This membership growth can largely be attributed to the quality of our coaches, and I thank all of our coaches for their immeasurable contribution to the club.

While we are blessed with excellent coaches and strong squads across most categories, at the time of writing we are still seeking a coach for our masters men. We are also looking to re-invigorate club social rowing and provide a pathway for novice rowers / learn-to-row graduates, both of which will require additional coaches. The committee is seeking to fill these positions as soon as possible, and if anyone knows of suitable candidates for these coaching vacancies, I encourage them to contact me.

The committee has revised this ARC Rower's Handbook for the 2010-11 season and I encourage all members to read it in its entirety. Please don't be put off by the length of the handbook, it contains all of the important information you will require as a member of this club. There are a number of changes to note for the 2010-11 season including:

- Changes to SARA registration and race fees
- The introduction of fines (in the interest of everyone's safety) of up to \$250 by SARA for rowers and coaches breaking the SARA code of conduct rules - including breaching water traffic rules at any time and coaches cycling without helmets.

Of course, if you have any questions relating to any of the information contained in the Rower's Handbook, please don't hesitate to contact me or any member of the committee, our contact details can be found within.

Adelaide Rowing Club is your club, it relies on volunteers and on the contribution of all its members. If there is any way you can assist the club, or if you have any ideas for us to improve the club, please contact me or a committee member. Make your mark on ARC and make it a strong club in season 2010-11.

Alex Silz

Club Captain

[captain@adelaiderowingclub.com.au](mailto:captain@adelaiderowingclub.com.au)

## ARC Key Contacts for 2010-11

### ARC Committee

Role	Contact	Email
President	Tony Roberts	<a href="mailto:president@adelaiderowingclub.com.au">president@adelaiderowingclub.com.au</a>
Captain	Alex Silz	<a href="mailto:captain@adelaiderowingclub.com.au">captain@adelaiderowingclub.com.au</a>
Vice Captains	Jarrad Schar	<a href="mailto:vicecapt@adelaiderowingclub.com.au">vicecapt@adelaiderowingclub.com.au</a>
Vice Captain, A/Treasurer & Bar Manager	Andrew Jackson	<a href="mailto:clubroom@adelaiderowingclub.com.au">clubroom@adelaiderowingclub.com.au</a>
Secretary	Rachel Crees	<a href="mailto:secretary@adelaiderowingclub.com.au">secretary@adelaiderowingclub.com.au</a>
Treasurer	John Absolon	<a href="mailto:treasurer@adelaiderowingclub.com.au">treasurer@adelaiderowingclub.com.au</a>
A/Secretary, Public Officer & Webmaster	Adam Salleh	<a href="mailto:membership@adelaiderowingclub.com.au">membership@adelaiderowingclub.com.au</a>
Building & Fleet Maintenance	James Martin	<a href="mailto:building@adelaiderowingclub.com.au">building@adelaiderowingclub.com.au</a>
Learn to Row co- ordinator	Donna Webb	<a href="mailto:learntorow@adelaiderowingclub.com.au">learntorow@adelaiderowingclub.com.au</a>
Fundraising Co- ordinator	Ian Mannix	
Committee Member & Coach	Vicky Spencer	
Committee Member	Jess McRae	
Committee Member	Tom Hodgkinson	

### Non-Committee Roles

Role	Contact	Email Address
I'Zingari Foundation Treasurer	Rob Greening	
I'Zingari Foundation Communications Officer	Dick Turnbull	<a href="mailto:izingari@adelaiderowingclub.com.au">izingari@adelaiderowingclub.com.au</a>
Rowing SA Representative	Alex Silz	<a href="mailto:captain@adelaiderowingclub.com.au">captain@adelaiderowingclub.com.au</a>

### ARC Coaching Roster & Squad Contacts

Squad	Coach / Contact	Contact Email
Head Coach	Andy Randell	<a href="mailto:headcoach@adelaiderowingclub.com.au">headcoach@adelaiderowingclub.com.au</a>
Senior Men	Jarrad Schar (contact)	<a href="mailto:seniormen@adelaiderowingclub.com.au">seniormen@adelaiderowingclub.com.au</a>
Senior Women	Vicky Spencer (coach)	<a href="mailto:seniorwomen@adelaiderowingclub.com.au">seniorwomen@adelaiderowingclub.com.au</a>
Master's Men	David Cropley (contact)	<a href="mailto:mastersmen@adelaiderowingclub.com.au">mastersmen@adelaiderowingclub.com.au</a>
Master's Women	Donna Webb (contact)	<a href="mailto:masterswomen@adelaiderowingclub.com.au">masterswomen@adelaiderowingclub.com.a</a> <a href="mailto:u">u</a>
Learn To Row Co-Ordinator	Donna Webb	<a href="mailto:learntorow@adelaiderowingclub.com.au">learntorow@adelaiderowingclub.com.au</a>

## ARC 2010-11 Event Calendar

### September 2010

11 <sup>th</sup>	Head of the Port regatta	Port Adelaide
25 <sup>th</sup>	AFL Grand Final Party	ARC Boatshed

### October 2010

Thurs 1 <sup>st</sup>	Membership Renewals Due	
3 <sup>rd</sup>	Working Bee – Torrens Lake	ARC Clubrooms
9 <sup>th</sup>	Murray River Classic	Murray Bridge
17 <sup>th</sup>	ARC Open Day	ARC Clubrooms
23 <sup>rd</sup>	Scotch Regatta	West Lakes
30 <sup>th</sup>	Henley-On-Torrens	Torrens Lake

### November 2010

31 Oct – 7	2010 World Championships	New Zealand
6 <sup>th</sup>	Riverside Regatta	West Lakes
13 <sup>th</sup>	Pembroke around the Island Regatta	West Lakes
20 <sup>th</sup>	SASI Time Trial	West Lakes
27 <sup>th</sup>	Head of the Yarra	Melbourne, VIC

### December 2010

4 <sup>th</sup> , 5 <sup>th</sup>	Riverland Regatta*	Berri
11 <sup>th</sup>	ARC Twilight Regatta*	Torrens Lake
18 <sup>th</sup>	RA 4.8km TT	West Lakes
25 <sup>th</sup>	ARC Xmas Morning Reunion	ARC Boatshed

### January 2011

22 <sup>nd</sup>	SASI Time Trial	West Lakes
29 <sup>th</sup>	Regatta – Host TBA	West Lakes

### February 2011

5 <sup>th</sup>	PAC Super Schools regatta	West Lakes
12 <sup>th</sup>	MBRC Regatta	Murray Bridge
19 <sup>th</sup> , 20 <sup>th</sup>	1 <sup>st</sup> Grade State Champs	West Lakes
26 <sup>th</sup>	Seymour Super Schools Regatta	West Lakes
26 <sup>th</sup>	ARC Captains Cocktail Party	ARC clubrooms

### March 2011

5 <sup>th</sup>	St Peters Regatta (schools only)	Torrens Lake
7-13 <sup>th</sup>	2011 Australian National Rowing Championships	West Lakes
19 <sup>th</sup>	Mannum Regatta	Mannum
26 <sup>th</sup>	AHS School Super Series Regatta	West Lakes

### April 2011

2 <sup>nd</sup>	Pulteney School Super Series Regatta & School State Champs	West Lakes
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9 <sup>th</sup>	Scotch College Head of the River Regatta	West Lakes
15 <sup>th</sup> – 24 <sup>th</sup>	National Selection Trials	TBA
16 <sup>th</sup>	2 <sup>nd</sup> Grade State Champs	West Lakes
30 <sup>th</sup>	Riverside Masters Regatta	West Lakes

**May 2011**

7 <sup>th</sup>	Masters State Champs	West Lakes
14 <sup>th</sup>	ARC Annual Dinner	ARC Clubrooms
17 <sup>th</sup> -29 <sup>th</sup>	2011 World Cup 1	Munich

**June 2011**

2 <sup>nd</sup> -5 <sup>th</sup>	Australian Masters Championships	Tasmania
17 <sup>th</sup> – 19 <sup>th</sup>	2011 World Cup II	Hamburg

**July 2011**

8 <sup>th</sup> – 10 <sup>th</sup>	2011 World Cup III	Lucerne
21 <sup>st</sup> – 24 <sup>th</sup>	2011 World Under 23 Championships	Amsterdam

**August 2011**

3 <sup>rd</sup> – 6 <sup>th</sup>	2011 World Junior Championships	Etom, UK
28 <sup>th</sup>	ARC Annual General Meeting	ARC Clubrooms
28 <sup>th</sup> – 4 <sup>th</sup> Sept	2011 World Championships	Slovenia

Be sure to check out the ARC Website and the Calendar module for more information on the events detailed above, as well as any new events that are added to the programme! Also, please bear in mind that some dates may change – any changes will be announced via the website and email.



## The ARC Website

The Club has a website at [www.adelaiderowingclub.com.au](http://www.adelaiderowingclub.com.au).

This is a website that is loaded with lots of news, information, photos and videos for members.

If you are ever unsure of something, have a look through the website – you will almost certainly find what you need to know somewhere.

To access the member's only areas, you will need to login using a username and password. If you have not got a username, let us know and we'll set one up for you.

The 'About ARC' section includes information about the club such as important contacts, as well as the online history of the club.

'Join ARC' contains information for prospective new members, whilst 'Learn To Row' contains all the relevant information for anyone wishing to go through our introductory rowing program.

For most members, the 'Rowing @ ARC' and 'For Members' sections will be where most of the important information is contained, like squad details and training times, regatta entries, regatta schedules, boat allocations and results, along with other important club policies and documents, including the Club's Constitution and By-Laws.

'Social Events' has all the details about the awesome Club social events that are held on a regular basis at the Club, whilst 'Fundraising' has info on the Club's Australian Sports Foundation projects, the l'Zingari Foundation and the Bicep Appeal.

The 'ARC Gallery' is full of photos of ARC members in action, along with links to videos that have been put up on YouTube. If you've got a photo that you'd like posted, send it by email to [captain@adelaiderowingclub.com.au](mailto:captain@adelaiderowingclub.com.au).

Upcoming ARC events are posted on the 'Calendar' so check it regularly to ensure that you don't miss a thing. 'Links' obviously contains links to a whole range of rowing-related web pages as well as to our Club sponsors.

Finally, the 'Clubroom Hire' area contains information about hiring the function centre upstairs if you're looking to have an event at the Club.

Make sure you check the ARC website regularly to stay on top of what is going on at ARC.

## ARC Mailing List – The ARC Update

A regular newsletter from the Captain called the ARC Update is sent to members via email, and contains all the important news for the week ahead. To add your email address to the list, simply visit the 'About ARC' section and then fill in the 'Join the ARC Mailing List' form.

## Regattas in South Australia

The majority of regattas conducted in South Australia are administered by the South Australian Rowing Association (Rowing SA).

Regattas are conducted at a variety of city and country locations. In the city, regattas are held on Torrens River, West Lakes, Noarlunga and Port Adelaide. Country regattas are generally held at various towns on the Murray River such as Murray Bridge, Mannum, Berri, Renmark and Waikerie. Regattas have also been held at Port Pirie and in the South-East from time to time.

There are 3 main categories of racing that can be held at South Australian regattas – Grade, School & Masters.

School rowing, quite obviously is limited only to rowers who are enrolled at school. ARC does not enter school events as we have few, if any, rowers who are still at school.

Master's rowing is an age-based handicap format of racing for rowers who are over 27 years of age. Crews are classified into average age categories, and are then given a handicap depending on their age. Older crews have a head-start, while younger crews are held back and then have to catch them up. This is a very popular system of racing, and ARC has had many members over a wide range of ages compete regularly in Master's rowing. Master's races are usually held over 1000m

Grade racing is for everyone and is based on the Rower's Score system. Every rower in SA has a corresponding Rowers Score (RS), and that RS determines what grade you can compete in. Your RS is a bit like a golf handicap – as you win, your RS goes down, and as you lose, your RS goes up. So in theory, the lower your RS, the better you are! The highest RS you can have is 4, and the lowest you can have is 0. If you are new to rowing, you will automatically be assigned a RS of 4 to begin with.

This category of racing consists of 3 grades of racing – 1<sup>st</sup> Grade, 2<sup>nd</sup> Grade and 3<sup>rd</sup> Grade. 1<sup>st</sup> Grade is the equivalent of Open racing – there are no RS restrictions placed on entering 1<sup>st</sup> Grade events. 2<sup>nd</sup> Grade is an intermediate grade, and only crews with an average RS of more than 2.5 are eligible to be entered. 3<sup>rd</sup> Grade is for beginners and novices and crews must have a RS of 3.5 or higher to compete in this grade.

Each grade has varying distances that they race over. In general, 1<sup>st</sup> Grade races are held over 2000m, 2<sup>nd</sup> Grade over 2000m except for coxed quad which is 1500m, and 3<sup>rd</sup> Grade over 1000m. However, these distances cannot be accommodated at all regatta venues (such as Torrens Lake) and can be shortened accordingly. Also, some regattas hold specific sprint or long-distance events for these grades as well. Results in Master's rowing do not affect your RS, so do not fear that by doing well in Master's races, that you will end up have to race 1<sup>st</sup> Grade races too!

Grade	Race Distance	Minimum Crew-Average RS
1 <sup>st</sup>	2000m	-
2 <sup>nd</sup>	2000m (excluding 4x+)	2.5
3 <sup>rd</sup>	1000m	3.5

Rowing SA regattas are conducted using the Rowing SA Rules of Racing, which are based on the FISA and Rowing Australia rules. The rules are available on the Rowing SA website – [www.rowingsa.asn.au](http://www.rowingsa.asn.au) - and a good explanation of how the umpires enforce these rules is available there too – under the Regattas Tab.

All rowers who wish to race at any regatta (including both Rowing SA and non-Rowing SA regattas) must be registered with Rowing SA and be loaded onto ROMS – the Rower's Online Management System. The procedure for registering is quite simple and is done through the ARC Racing Account System. Please consult the relevant section for detail on this.

If you have any questions about regattas, ask your coach, the Captain, Vice-Captains, Head Coach or the Regatta Co-Ordinator.

### **Premiership Points for 2010-11**

ARC has done extremely well in recent years to win the Rowing SA Senior Men's Premiership for the past 5 consecutive seasons. The Club also has performed well in the Senior Women's, Master's Men and Master's Women Premierhips.

All points earned in Grade racing contribute towards the respective Senior premierhips, whilst points earned in Master's racing contribute to the Master's premierhips. However, they do not overlap, so points earned in Master's events do not contribute to the Senior premierhip tally, and vice-versa.

Premiership points are awarded at all Rowing SA Premiership regattas. However, not all events at these regattas have premierhip status, such as mixed races, and so no points are awarded for these races.

One point shall be awarded to the club for each winning crew for all metropolitan events. Two points shall be awarded each crew that wins an event held at a country regatta. Three premierhip points will be awarded for crews that win a Championship event. So, from a Club Premiership standpoint, winning a single scull event is just as important as winning an eight event.

Individual point scores shall be awarded in a similar manner, with each single rower in a winning crew receiving a single point. This includes both Rowing SA's Individual point scores, and ARC's point scores for the C.A.M. West Shield, the Charles Amiel cup and the Moffatt-Le Page Master's Challenge Cup.

The CAM West Leaderboard will be updated periodically and can be seen on the ARC website. Check it out and see if you can be the next one to win our Club's most sought-after award.

## Rowing SA Registration

Every rower who wishes to compete for the Club in any regatta must be registered with Rowing SA through the Rower Online Management System (ROMS). This registration process is managed by each Rowing SA affiliated club themselves.

ARC has made provisions to collect the Rowing SA Registration Fee's of ARC members through the ARC Racing Account system, to allow the Club to forward the collected fees on to Rowing SA.

**The Rowing SA registration fee for 2010-11 is \$75.00 inc. GST. (\$55.00 for students who show their ID before their first race)**

### To pay your Rowing SA Registration Fee for 2010-11

1. Fill out the "ROMS online registration form" by going to clubs website ([www.adelaideroxingclub.com.au](http://www.adelaideroxingclub.com.au)) position the mouse over the "rowing @ ARC" in the left hand column and click on the "ROMS Registration Request form".
2. You then transfer a minimum of \$75 (\$55 for students) into the account. This will cover your Rowing SA Registration fee for 2010-11. If you transfer more than the registration amount, this left-over will then become your starting balance. It is suggested that members make an initial payment of \$100 over the registration fee – this will cover the registration fee and your first few races of the season.
3. Email [regattas@adelaideroxingclub.com.au](mailto:regattas@adelaideroxingclub.com.au) to advise the regatta convenor that your payment is on the way.
4. Once the payment is received in the ARC bank account, then you'll be registered on ROMS, and your ARC Racing Account will be activated.

You will not be permitted to race in any regatta until you have activated your ARC Racing Account by purchasing both your Rowing SA Registration Fee and some race fee credit. This includes all Rowing SA and non-Rowing SA regattas (such as the Australian Rowing Championships and Head of the Yarra).

**All ARC members who intend to race need to have this completed at least a week prior to the regatta.**

## Rowing SA Race Entry Fees and Fines

These fees and fines are charged to the Club by Rowing SA, and so when they are incurred, they must be passed on to the relevant members through the pre-paid ARC Racing Account system. They will be applied to the crew that is named as having raced according to the Rowing SA results published after a regatta.

**Race Entry Fees:** These are incurred by the club as soon as an entry is made, regardless of whether or not the crew races or not.

These fees are charged per event, rather than per race, so you will only be charged once even if you have to race heats, reps and finals.

**Normal Events:** \$8.50 per rower

**Championship Events:** \$12.50 per rower

**Fines:** These are incurred by the club as a result of crews scratching after the regatta program is published by Rowing SA, or no-shows to the start line.

These will be divided equally amongst all crew members, regardless of any fault that may be attributable to a single crew member.

When you scratch or incur a DNS, you will incur both the relevant share of the crew's fine AND the relevant race entry fee.

**Scratching Fine:** \$20.00 per crew (\$25.00 for championship events)

**Scratching Fine:** within 30 minutes of a race \$25.00 per crew (\$30.00 for championship)

**Did Not Start Fine:** \$30.00 per crew (\$35.00 for championship events)

These fees and fines are applied to ARC by Rowing SA – it is Rowing SA's decision as to whether they are charged or not. ARC does not choose the amount or the occasions that they are applied. The Club cannot absorb these costs and must pass them on to the rowers who incur them.

Both race fees and fines will be debited accordingly to each ARC rower's Racing Account following every regatta.

## The ARC Racing Account System

As mentioned previously, Rowing SA charges an entry fee for each crew who enters an event at a regatta. This is a user-pays system aimed to fairly distribute the costs of running regattas and races – the more you race, the more you pay, the less you race, the less you pay. The clubs collect these fees from the competing rowers on behalf of Rowing SA.

ARC has a pre-paid account system called the ARC Racing Account System to collect the race fees from our rowers. Basically, it works exactly the same as when you buy pre-paid phone credit – pretty simple! This was introduced in 2008-09, and generally will work in the same way again this season, although with some adjustments to make it easier for our rowers to use.

Perhaps the best change is the removal of both the online store and the need to use Paypal, and instead all payments will be made by the rower making an internet transfer directly into the ARC bank account.

### How does the ARC Racing Account System work?

The system works as follows:

- Every Active Member of ARC will have an individual ARC Racing Account, which will be created once they have completed the process to register with Rowing SA through ARC. (See page 8 for details on the registration process)
- Payments can only be made via internet transfer directly into the Club's bank account – please do not ask to pay this in any other way – you will be politely refused.
- As you race throughout the season, your account will be drawn down according to the race fees and fines (hopefully none of those!) that you incur. Your account will be debited after the regatta once the list of results from Rowing SA has been published, confirming the names of those members who actually raced, as well as those members who incurred fines from Rowing SA.
- For certain regattas such as the Riverland regatta, Mannum and Murray Bridge regatta, a fuel charge will be applied to participating rowers to cover the cost of getting the boats to the course and back. Rowers will be made aware of this prior to a regatta where this charge will be applied.
- You can find out the balance of your Racing Account by emailing the Regatta Co-Ordinator via [regattas@adelaiderowingclub.com.au](mailto:regattas@adelaiderowingclub.com.au). Also, you will be sent an email when your Racing Account balance drops below \$25 asking you to top-up your account. Where possible, the Co-ordinator will try to send out regular statements advising active members of their current balance.
- Your account will be checked prior to each regatta to see if there is sufficient balance available to cover what you plan to race. If you have an insufficient balance, you will be asked to top-up your account. **If you don't top up by the Friday 8 days prior to the regatta, you will be withdrawn from the regatta and not be permitted to race until you have topped up.**
- Unlike last season, race fees remaining in your account will be able to be held over to the next season. This is to accommodate the use of the system for any winter or off-season regattas that may be held.
- The Racing Account system can only be used for Rowing SA regattas. Your Racing Account cannot be used for other events like Head of the Yarra, World Masters or National Championships.

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## How do I make a payment into my ARC Racing Account?

### **TO MAKE AN INITIAL PAYMENT**

1. Go to [http://www.adelaiderowingclub.com.au/index.php?option=com\\_performs&formid=10](http://www.adelaiderowingclub.com.au/index.php?option=com_performs&formid=10) and fill out the online form to submit a registration request with the regatta co-ordinator.
2. You then must transfer a minimum of \$75 into the Club's bank account (\$55 for students). This will cover your Rowing SA Registration fee for 2010-11. If you transfer more than \$75, the amount left-over will then become your starting balance. It is suggested that members make an initial payment of \$150 – this will cover the registration fee and your first few races of the season.
3. Email [regattas@adelaiderowingclub.com.au](mailto:regattas@adelaiderowingclub.com.au) to advise the regatta convenor that your payment is on the way.
4. Once the payment is received in the ARC bank account, then you'll be registered on ROMS, and your ARC Racing Account will be activated.

<b>ARC Bank Account Details for making payments into your ARC Racing Account</b>	
<b>BSB:</b>	633-000
<b>Account Number:</b>	137 439 527
<b>Account Name:</b>	Adelaide Rowing Club Inc.
<b>Reference Format:</b>	RF-Initial-Surname  (e.g. for Jarrad Schar, he should use the reference, RF-J-SCHAR)

### **TO MAKE A SUBSEQUENT TOP-UP PAYMENT**

1. Make an internet transfer into the ARC Bank Account using the bank details above.
2. Email [regattas@adelaiderowingclub.com.au](mailto:regattas@adelaiderowingclub.com.au) advising them that you've made a transfer and the amount of it.
3. Once the funds have been received, your ARC Racing Account will be credited accordingly.

**Please ensure that you keep a copy of the receipts for any internet transfer that you make.** Whilst we try to be as accurate and diligent as we can be, we realise that mistakes are possible. By keeping receipts, it may help you if a mistake is made in regards to your account – it is in your interests to maintain your records accurately too!



## ARC Racing Accounts - Frequently Asked Question's

Q: *How do I pay my race fees this season?*

A: You have to pre-pay your races fees. You will have your own ARC Racing Account that you will make payments into, and as you race, the balance will be reduced accordingly. Once the balance becomes too low to cover the races that you wish to enter at the next regatta, then you will need to make another pre-payment in order to race.

Q: *How do I make a payment into my Racing Account?*

A: See the section immediately prior to this. If you're still having trouble, email [regattas@adelaiderowingclub.com.au](mailto:regattas@adelaiderowingclub.com.au).

Q: *Is there a minimum amount that I have to pay into my Racing account at the start of the season?*

A: Yes. You must pay at least \$75 to activate your account – this covers your Rowing SA Registration. However, if you only transfer \$75, then you will have a balance of \$0 in your account and still will not be able to race. It is suggested that you transfer another \$80 as a minimum (\$150 total) so that you have enough credit for few races.

Q: *I wish to be an active member so that I can use the clubs boats, but I do not wish to compete. Do I still need to have a Racing Account, and pre-pay into it?*

A: No. But if you change your mind later, you will not be able to race until you have completed the registration process and purchase some credit. There is also up to a 2 week turnaround from when you make the initial payment until when you'll become active on ROMS. Keep that in mind if you decide you'd still like to race.

Q: *How can I find out how much is left in my Racing Account?*

A: Email the Regattas Co-Ordinator via [regattas@adelaiderowingclub.com.au](mailto:regattas@adelaiderowingclub.com.au). You will also receive an email stating your account balance in the week after most regattas.

Q: *Can I make payments into my Racing Account in some other way than by using an internet transfer?*

A: No. Payments can only be made using an internet transfer. It is secure, flexible, fee-free and traceable. Ensure you keep the receipt of any transfer you make for your records.

Q: *Can I use my Racing Account to pay for my mate's seat fees?*

A: No. The balance in your Racing Account is not transferrable. Each active member who wants to race needs to have their own Racing Account with a sufficient balance to cover the races that they intend to compete in. And, tell your mate to stop sponging off you!

Q: *Can I use my Racing Account balance to buy beer from the Bar?*

A: No. The Racing Account system is for just that – paying race fees. It can only be used for Rowing SA regatta race fees and fines. It cannot be used for seat fees for interstate regattas like Head of the Yarra and Nationals, although the Club reserves the right to debit a members account in the event that they have outstanding debts to the Club. Your racing

account definitely cannot be used for ARC merchandise, party tickets or spent over the bar, so please don't ask!

Q: *What happens with any left over balance in my race fee account at the end of the season?*

A: You have 2 options. If you are resigning your membership from the Club, you can have your outstanding balance refunded to you in full. Otherwise, your balance will be carried over to the following season.

Q: *Will I earn interest on my Racing Account balance? If so, what will the interest rate be and will it be paid daily?*

A: Unfortunately, we aren't the Reserve Bank and cannot pay interest on your account balance.

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## How To Avoid Having Your Racing Account Eaten Up By Fines And Unnecessary Race Fees?

1. Do not enter regattas that you cannot attend – an obvious no-no!
2. Do not enter races that you cannot race in, including races:
  - a. Where you or your crew are ineligible. Your crew will be removed from the program, but will still be charged a race entry fee for entering!
  - b. Where you are in races that are too close together. Check the order of events, and generally allow at least 45 minutes between races. If you don't make the start, you will get a DNS fine. (Lots of ARC rowers missed race starts in previous seasons because they entered races that were too close together!)
3. Do not enter too many races per regatta, especially when the weather is likely to be hot. As a rule, 4-5 races per day is a big day in the boat!
4. If you've entered into a crew and realise that you can't race, find a replacement who can. Generally, the earlier you start to look for a sub, the easier it is to find one. There is no cost associated with making a name change.
5. If you can't find a replacement from ARC, try to find one from another club, and then seek permission from the Rowing SA Referee to race 'by-invitation'. You won't be able to win any premiership points, but you will save you and the rest of your crew from incurring a scratching fine.
6. If you are running late to get to the start, politely let the Rowing SA Regatta Referee know well in advance – they may be able to hold the start of the race for a few minutes, but only if they know you are running a little late. However, this is at the Referee's discretion, and is not guaranteed!
7. If you have to scratch, do it at least 30 minutes before the race to avoid a larger DNS fine.
8. If you have to scratch because you are legitimately sick or injured, advise Rowing SA as soon as possible. Scratching fines can be waived by Rowing SA for genuine medical reasons.
9. If you're entering a lightweight event, make weight! If you don't make weight, you'll still be slugged the race entry fee even though you didn't make weight.

## Regatta Entry Procedure

Consult the 2010-11 Rowing SA Regatta Calendar and determine which regattas you would like to race at.

Consult the order of events for that regatta (available on the Rowing SA website or the ROMS site [roms.rowingaustralia.com.au](http://roms.rowingaustralia.com.au)) and decide which events you would like to race.

Make sure that the events are far enough apart from each other in the order of events.

All members who intend to race must be financially registered with both the Club and with Rowing SA, and have an ARC Racing Account that has been activated and has sufficient balance.

Members who did not race for ARC in 2009-10 also need to email the Regatta Co-ordinator with their name and date of birth in order for them to be registered onto the ROMS system at the start of the system.

### **By Saturday 14 Days Before the Regatta**

Email your coach or squad co-ordinator a list of the events that you wish to compete in.

If you wish to be considered for any event at that regatta that you are eligible for or have no preference for which events you compete in, then simply send your coach an email stating that. Email entries only. Verbal 'entries' are easily forgotten and will not be accepted. If you wish to compete in senior and masters events at the same regatta, you need to email both contacts separately.

Squad	Regatta Entry Contact	Email Address
Senior Men	Jarrad Schar	<a href="mailto:learntorow@adelaidrowingclub.com.au">learntorow@adelaidrowingclub.com.au</a>
Senior Women	Jess McRae	<a href="mailto:headcoach@adelaidrowingclub.com.au">headcoach@adelaidrowingclub.com.au</a>
Master's Men	David Cropley	<a href="mailto:mastersmen@adeladierowingclub.com.au">mastersmen@adeladierowingclub.com.au</a>
Master's Women	Donna Webb	<a href="mailto:masterswomen@adelaidrowingclub.com.au">masterswomen@adelaidrowingclub.com.au</a>

**The onus is on the rower to make their availability known to their squad's coach/co-ordinator – by the due date and by email only.**

### **Wednesday 10 Days Before the Regatta**

The coaches shall determine crews considering all those who nominate for particular crews and are eligible, and in accordance with the procedures detailed under Crew Selection Process. These crews shall be forwarded to the Regatta Co-Ordinator, who shall check the Racing Account balances of the members listed to see if they have sufficient balances left in their Racing Account.

### **Thursday 9 Days Before the Regatta**

The Regatta Co-Ordinator will compile a draft timetable of entries and boat allocations and place it on the ARC website under the link Rowing @ ARC → Racing → Regatta Schedules.

**THE ONUS IS ON THE ROWER TO CHECK THE WEBSITE – THE ENTRY/BOAT ALLOCATION LIST WILL NOT BE DISTRIBUTED BY EMAIL.**

Any changes or corrections need to be emailed to the Regatta Co-Ordinator as soon as possible.

If a member does not have a sufficient Racing Account balance, they will be highlighted in bold red in the draft entry list. The member must top up their racing account asap – otherwise they WILL be withdrawn from their crews and shall not be permitted to race at the regatta.

A boat loading/unloading roster shall also be compiled and posted on the website. Check if you are required to attend boat loading or unloading. If you cannot attend for some reason, arrange to swap turns with someone. Remember if you're not at loading, your boat won't be loaded!

### **C.O.B Friday 8 Days Before The Regatta**

Any rower who had an insufficient Racing Account balance must top-up their balance by this time, or make alternative arrangements with the Regatta Co-Ordinator to do so as soon as possible. Any rower who has not 'topped-up' and has not contacted the Regatta Co-Ordinator shall be withdrawn from crews and a replacement for the crew shall be found. If you have to top-up, it is advisable that you let the Regatta Co-Ordinator know by email that you have done so, as sometimes there can be a delay from when the top-up payment is made to when it is received by the Club.

### **12noon Thursday Prior To The Regatta**

The regatta timetable shall be published by Rowing SA on the Thursday afternoon preceding the regatta. It will be available via [www.rowingsa.asn.au](http://www.rowingsa.asn.au).

### **12noon Friday Prior To The Regatta**

The Regatta Co-Ordinator shall compile a final boat allocation to account for any changes in the program. The boat allocation shall be posted on the ARC website on the Regatta Schedules page by 12 noon on the Friday.

**IT IS THE RESPONSIBILITY OF EACH ROWER TO CHECK THE ARC WEBSITE AND READ THE PROGRAM TO SEE WHEN THEY ARE RACING AND IN WHICH BOAT.**

## Crew Selection Process

Only rowers who make their intention known to their coach (via email) that they wish to race a particular regatta or event shall be considered for selection – *The onus is on the rower to make their intention/availability to race known to the relevant squad coach.*

The Master's Men and Women's coaches shall be responsible for selecting their crews, except where there is a timetable clash for a rower who wishes to compete in master and senior grade events.

The Senior Men & Women's coaches shall be alone responsible for selecting crews to enter 2<sup>nd</sup> and 3<sup>rd</sup> grade events (excluding 2<sup>nd</sup> Grade State Championship events which will be selected using a panel).

The Captain, Head Coach and Senior Men's & Women's coaches shall form a 3-member selection panel to select the male and female crews for Head of the Yarra and all 1<sup>st</sup> Grade and Championship events where selection is required. The fastest possible crew available on the day of the regatta will be selected for all 1<sup>st</sup> Grade and Championship events, and will receive priority for the use of the best boats and eligible athletes at all times.

The coaches shall make the Captain and Head Coach aware of their selections on the Wednesday 10 days before the regatta, who will then publish the selected crews on the ARC website.

The coaches and the selection panel also reserve the right to not to enter crews or individuals into an event in case of a timetable clash (for rowers or boats), or if they believe that it is in the best interest of the Club with respect to premiership standings to enter them into an alternate event in a similar timeslot.

Where there is an unavoidable timetable conflict between squads for the use of rowers or boats, the Captain, Head Coach or their delegate reserves the right to make amendments as he or she sees fit to the crews entered in order to ensure the minimal disruption is made to the original crews entered by the coaches.

For First Grade Championship events, the Selection Panel may require additional trialling to be carried out on or off the water to determine the fastest crew. The use of such testing and its format is at their discretion.

## Boat Loading & Unloading

It's pretty logical that to get boats to a regatta, they need to be loaded onto the trailer to be transported. Similarly, when boats return from a regatta, they need to be put back in the shed. Whilst it is not the most glamorous of jobs, boat loading and unloading is an unavoidable part of being a rower.

Once the entries have been received, the Captain or Regatta Co-Ordinator shall put together a list of all the crews whose boat needs to be transported to the regatta venue at the same time as putting together the draft boat allocation. One half of the rowers from each crew will be assigned to help with boat loading, and the remaining half will be assigned to unloading. These rowers will need to attend the loading or unloading session to which they have been allocated, or arrange to swap with someone else if they are unable to attend for some reason.

Make sure that you don't leave your club-mates in the lurch by not helping out. It is not a hard job, and the more people who help out, then the quicker it will be. Many hands do make light work!

**If no-one from a crew attends a loading session, then their boat will be left behind, they will not race and the crew will be liable for any scratching fines incurred (as well as their race fees!).**

## Boat Towing

We are looking to get together a list of people who are willing and able to tow a boat trailer to assist with getting boats to and from a regatta. Given that not all squads attend every regatta, we are hoping to put together a pool of boat tows, with 2-3 possible boat tows from each squad.

There is no need to use your own vehicle, as we have the iconic Club Truck that can be used. Also, any fuel costs associated with towing will be re-imbursed upon proof of receipt.

So if you've towed boats before and are happy to help out again, or even if you haven't towed before but are willing to have a go, get in touch with the Captain.

## **Anti-Doping Policy**

All ARC members are required to adhere to the Rowing Australia Anti-Doping Policy. It may be viewed via [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au).

## **Member Protection Policy**

All ARC members are required to adhere to the Rowing Australia Member Protection Policy. It may be viewed via [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au).

## **Harassment Policy**

The Club has a harassment policy which can be viewed via:

[www.adelaideroxingclub.com.au/images/arc/docs/harassment%20policy.pdf](http://www.adelaideroxingclub.com.au/images/arc/docs/harassment%20policy.pdf)

## **Rowing SA Heat Policy**

The Rowing SA Heat Policy is available at [www.rowingsa.asn.au](http://www.rowingsa.asn.au) under the Regattas → Regatta Kit .



## ARC Uniform

### Rowing Uniform & Regatta Wear

After a disappointing performance from our past zooty supplier, the Club has returned to sourcing zoot suits from Simply Oarsome

To purchase a zooty, you will need to visit the Oarsome website. The Club will no longer carry rowing uniform stock on premises.

To order an item of ARC uniform, go to <http://www.oarsome.com.au/clubkit.html>. Fill out the form and submit it. You will be contacted by Simply Oarsome about price, payment arrangements and delivery times.

Oarsome make a number of the Club's uniform items, including zooties, leggings and bodyhugger tops.

*There is a significant lead time from when an order is placed to when the zooty will be delivered – ensure that you place your order well ahead of when you will require the zooty.*

### Blazers & Club Ties

Club ties will continue to be available for purchase from the Club for \$20.

The process for ordering an ARC Blazer remain unchanged from previous years. Wearing the ARC blazer is an honour and a privilege, and both Men's Blazers and Women's Jackets can be made for members.

To obtain a blazer, you need to receive approval from the committee to do so – contact the Captain to make a request for approval. Once approval has been granted, you will receive a letter from the club indicating that you have been approved to have a blazer made for you. You will then need to take the letter to the Club's tailor (J K Tailors – opposite Trinity Gardens McDonalds on Magill Rd) and be measured up and fitted. The tailor is under strict instructions not to make a blazer without seeing the letter of approval. Payment for tailoring services can be made directly to the tailor (approximately \$300). Payment of \$100 must be made to ARC to cover the cost of the material used in making the blazer or jacket.

For those members who have rowed at high-levels, there may be the possibility of being awarded a prestigious Black Senior pocket. There are strict eligibility requirements for this pocket:

- Having represented Australia at an international regatta in the National colours
- Having represented South Australia at the annual Interstate Regatta (at the conclusion of the National Championships)
- Having won 2 or more South Australian First Grade State Championships (excludes Master's or under-age events)

The purchase of a 2<sup>nd</sup>-hand ARC Blazer from another member also requires the same committee approval as for having a new blazer made up. However, the price of the blazer is entirely a matter between the buyer and seller, and there is no charge imposed by the Club on this transaction.

## Boatshed Security

Our 2 boatsheds are the safe-haven of all of our club's boats and equipment. It is imperative that the boatsheds remain secure at all times.

Make sure that if you are the last person to leave that the lights and appliances are off and that all the doors and windows are locked shut.

At the Torrens shed, ensure that the change-rooms doors are kept shut at all times to prevent strangers from entering them and stealing valuables. There is a coded lock to access the changerooms, so no key is required. Ask another member for the code if you don't know it already. Be wary of people loitering around the boatshed, and report any suspicious behaviour using the Incident Report Form on the website, or directly to the Police.

It has been a regular occurrence, particularly at West Lakes, for the shed to be locked up with the 2 mobile scull racks left outside on the lawn. **Please ensure that if you are the last to leave, that the scull racks are put away before locking the shed.**

Members can obtain a key to both of the boatsheds to give them convenient access to boats and equipment. There is a \$20 deposit required to be paid for each key, which is refunded when the key is returned. Members can arrange a key by emailing [security@adelaiderowingclub.com.au](mailto:security@adelaiderowingclub.com.au).

For members who already have a key, we are trying to obtain an up-to-date register of all members (or ex-members) who currently are in possession of a key. If you have an ARC boatshed key, please visit the ARC website and fill in the form accessible from the Boatshed Keys link.

## Helping Out At ARC

Being part of a great club like ARC can be a great experience. To make sure that the experience can continue, the Club encourages members to help out and contribute in helping run the Club. If everyone can help out on a few occasions each season, then great things can be accomplished for benefit of our members.

There are many different ways in which you can lend a hand, and some of these are detailed below:

- Coaching
- Working the Bar
- Fund-raising
- Boat Towing
- Working Bees
- Cleaning
- The ARC Regatta

There are many other ways that you might be able to help out – when the opportunity arises, or you would like to suggest a way you can assist, then please contact a committee member.

### Coaching

The Club is always on the look-out for new coaches to add to our coaching panel. If you are interested in coaching at Adelaide Rowing Club, please contact the Captain or the Head Coach. We do have some essential minimum requirements for our coaches and that is to be accredited through the National Coaching Accreditation Scheme (NCAS) and have a police clearance certificate. If you are keen to do some coaching, but do not have both or either of these requirements, then the Club may be able to cover the costs associated of obtaining them.

### The Bar

The Club operates a licensed bar at its Torrens Lake boatshed in the city. We often hire our upstairs area out to members of the general public for functions such as weddings, birthday party's and other events, and host approximately 70 functions each year. This is a crucial part of raising money to reduce your membership fees and to purchase new equipment. Without it, we estimate that the Club's membership fees would be approximately 160-180% of their current levels.

The successful operation of the Bar relies on members donating their time to help man and staff it during functions. We ask that active members (over 18 years of age) help out by working the bar 2 or 3 times per year as their contribution towards it. This is relatively easy role to perform, and it does not take long to learn the tricks of the trade. Contact a Bar Committee member or the Bar Manager to find out what functions are coming up and when you can help out.

For members who are interested in helping out behind the bar in a semi-regular manner, or gaining hospitality experience, the Club will also offer to fund you to undertake RSA-training to boost your skill-set. Contact a Committee member for more information.

However, we do realise that it is not practical for all members to work the bar throughout the year for various reasons.

In lieu of working the bar, it is possible to accompany your membership renewal with a voluntary donation of \$100 to the Club instead.

But if you elect not to make a donation, then you should expect to be called upon to help out from time to time.

## **Fund-Raising**

The Club regularly holds events, activities and programs in order to raise money to buy new equipment. If you are interested in holding an event, or have a new idea for fund-raising, let a committee member know.

## **Boat Towing**

Boat towing is an important job to ensure that boats get to and from regatta venues safely. If you have boat towing experience or would like to learn, and are willing to help out moving boats, contact the Captain. You don't even need to use your own vehicle (the Club owns a 4WD Landcruiser), and fuel costs will be re-imbursed if required.

## **Working Bees**

From time-to-time, the Club holds working bees to spend a few hours doing the odd jobs around the Club that need to get done. This can involve doing simple maintenance on the shed, like a spot of cleaning, and fixing things up. It might include doing some work on the boats or oars. Occasionally, there can be slightly more extensive jobs to do, such as some painting, plastering or minor renovations. The Club relies on members helping out with these tasks, and it is a great way to get to know other Club members whilst helping out. So when the request comes out for a few hands to help out, try to pitch in and help out where you can.

## **Cleaning Roster**

A cleaning roster is put in place to allocate squads each week to clean the Torrens changerooms, toilet and gym area to keep it in a state that we all wish to use. If done regularly, the task will not be particularly onerous for any particular squad. The roster is distributed with the ARC Update. Please ensure that your squad takes its turn when called upon. It is up to each squad to manage its allocated duties.

## **The ARC Twilight Regatta**

The ARC Regatta is a pinnacle event of the Rowing SA regatta season. This regatta is the last regatta of the first half of the season before the Xmas/New Year break, and this year will be held on Saturday December 12 on the Torrens.

Whilst Rowing SA will manage the competition part of the regatta, as ARC are the designated hosts, we are required to do a few other things to make sure the regatta runs smoothly. Some of our host duties involve course set-up and pack-up, supplying lunch to regatta volunteers, providing

scrutineers and regatta commentators, and other simple duties. With the regatta on our front-door, we'll also put on a fundraising BBQ as well. So if you can help out on the day for a few hours, it is always greatly appreciated. Contact the ARC Regatta Convenor via [nightsprints@adelaiderowingclub.com.au](mailto:nightsprints@adelaiderowingclub.com.au).

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## **The ARC Clubrooms & Bar**

The ARC has a fantastic bar and clubrooms facility for our members to use. This facility is a great source of fun, frivolity and festivity, and is a central part of the social fabric that makes up Adelaide Rowing Club.

However, there are a few basic rules in place to ensure that the bar and the clubrooms are equally enjoyed by all Club members.

As the Club is a licensed premise, liquor licensing laws are in effect at all times. Any member or guest who is found to be breaching those laws and placing the club's license at risk will be asked to leave the premises, and may be subject to further disciplinary action from the Club.

Whilst members are invited to feel comfortable and 'at-home' whilst patroning the Clubrooms, there is a distinction between a private residence and a licensed premise, and members should respect that accordingly. The bar and Clubrooms are hired out for private functions from time to time, and no members are permitted to enter the Clubrooms during these events, except for rostered bar staff and those who are invited guests.

In addition, general members are requested to avoid entering the bar area, except for the purpose of manning the bar and serving those who wish to buy drinks. If you need a drink, please wait until you are served by the delegated members who are running the bar – do not 'serve' yourself under any circumstances.

The bar, clubrooms and all other internal areas of the Club are strictly No Smoking areas, but smoking is permitted on the balcony.

Persons under 18 years of age be not permitted entry to the upstairs licensed area of the Clubrooms whilst the Bar is operating without a parent or guardian supervising them. At no times shall such a person be supplied alcohol whilst on Club premises, either upstairs or downstairs.

Whilst patroning the bar, there is a very basic dress code in existence. Footwear and shirts must be worn at all times whilst upstairs, and zoot-suits/rowing singlets/bike-shorts are not permitted to be worn upstairs.

For members wishing to host a function at the Clubrooms, there is a standard Member's discount that is available. Contact the Clubroom Manager via [clubroom@adelaideroxingclub.com.au](mailto:clubroom@adelaideroxingclub.com.au) to enquire about prices and availability.

## Member's Night

Every Thursday night is Member's Night at the Adelaide Rowing Club. The Bar is open from about 6pm onwards, and with squads going for a paddle or doing some training, before heading upstairs for some dinner and a couple of drinks at the bar. Usually, some food is available, including pies, pasties, a bbq, pasta, stir-fry's and curries put on by some of the members. From time-to-time, raffles are held with various prizes, and often the something is put on the big screen to entertain. Thursday night's are the easiest way to get to know other Club members in a friendly and relaxed environment.

## Social Events

The Club has a vibrant social life. There are many different events that are held through-out the year with a variety of themes. The Club's Annual Dinner is the pinnacle event of the year, and features the presentation of the Club's awards. Opening Day is another great event held at the start of the season, and features the annual tradition of the President's Fours event and there is usually a boat christening or two as well! Check the ARC website for event dates, and any new upcoming events.

## The ARC Review

The ARC Review is the official magazine of the Adelaide Rowing Club. In general, the ARC Review is published 3 to 4 times per year - although sometimes it is published on a not-so-frequent basis! All ARC members will receive a copy of each edition via the post as they are published.

We are always on the lookout for material to be published, including regatta reports, articles, photos or adverts. If you have a photo, article or notice that you'd like to contribute, then by all means, please send it electronically to [arcreview@adelaiderowingclub.com.au](mailto:arcreview@adelaiderowingclub.com.au), and we will try to squeeze it into the next edition.

If you are sending a photo, please send it in as high a resolution as possible, or if you have many photos to submit, please give them to the Captain on a CD.

## Using ARC Boats

- SARA are now able to fine members who break the SARA code of conduct rules, this includes (but not limited to) having an adequate light while rowing in times of low visibility, following the traffic rules and wearing a helmet while riding a bike. These fines can be up to \$250 dollars but will hopefully prevent lake users from engaging in unsafe practices.

## General Rules

- At all times, ARC boats must be rowed in accordance with the traffic pattern of the venue at which they are being used. These traffic patterns are available via the ARC website.
- **FAILURE TO ADHERE TO TRAFFIC RULES AT ANY TIME SHALL RESULT IN SUSPENSION OF BOAT USAGE RIGHTS.** Going against the traffic flow is like driving down the wrong side of the road – it is dangerous, places the safety of other water users at risk and can be the cause of damage to ARC property that is expensive to repair.
- If you don't know the traffic rules, then ask someone who does. **Ignorance is no excuse.**
- If you don't know which boats and oars you may use at a particular time, check with the Captain or Head Coach.
- **Only financial ARC members are permitted to use our boats and oars.** Non-members may only use ARC boats and equipment with the express permission of the Captain.
- **All crews rowing outside of daylight hours must display lights that are visible from a distance of 200m in the both the bow and stern directions. FAILURE TO DISPLAY LIGHTS WHILST ROWING IN DARKNESS SHALL RESULT IN SUSPENSION OF BOAT USAGE RIGHTS.**
- Due care must be exercised at all times whilst using or handling ARC equipment. Boats are easily damaged, and are expensive to repair. The crew will be held liable for damage caused as a result of accidents caused by negligence or recklessness.
- In addition, crews who damage a boat which they were not allocated to use shall also be held responsible for any damage incurred, irrespective of fault.
- Be particularly careful of the fin or rudder of a boat when placing the boat on the water – do not launch or land boats in shallow water.
- Take care when moving a boat on or off a rack to avoid dragging the riggers of the boat across the hull of another boat below it.
- Wash your boat with a sponge after use – both inside and out. Rinse both the inside and outside of the boat, and the oars with water before putting boats away.
- Do not use a damaged boat or equipment – it can place you in danger, and the equipment at risk of further damage. If you find a boat is damaged or missing equipment, report the damage using the forms on the ARC website asap.
- ARC boats are not permitted to be used during lightning or thunderstorms under any circumstances.
- Coxswains must ensure that cox-boxes are placed 'on-charge' at the end of each session so that they are fully charged for other crews to use.
- **Do not adjust the gate heights or pitch on any boats without the permission of the Captain or the Head Coach.** A significant amount of time has been invested in rigging the boats to best accommodate certain sized crew. Moving the foot stretcher position is permitted if



necessary, but please be courteous and return it to the previous position once you are off the water.

- No coxless pairs, coxless fours or coxless quads shall be permitted to be rowed at the Torrens without the express permission of the Captain. The only coxless boats to be rowed on the Torrens are single and double sculls. The Torrens is a difficult waterway for coxless boats as it is small, busy, with bends and twists, and is popular with less experienced rowers from other clubs and schools. Larger, coxless boats without a coxswain to safely steer the boat and crew through these obstacles presents an unacceptable risk to the safety of our members and place our equipment at a heightened risk of damage.
- A number of privately owned boats are stored in our sheds, including a number of PAC-owned boats. These boats may only be used with the express permission of the boat-owner.
- No privately owned boats may be stored within ARC sheds without the permission of the Captain. A rack hire fee is applicable for all private boats stored on ARC premises. Enquire with the Captain as to arranging private boat storage at our sheds.

**Reckless or negligent use of ARC boats and equipment that results in damage to ARC property will result in those responsible being liable for the costs of repair or replacement. The decision as to whether damage is caused by recklessness or negligence lies solely with the Captain.**

**Crews and members which use boats that they have not been allocated shall be held responsible for any damage caused to that equipment regardless of fault. Use only the equipment which is general use or that has been allocated to you. If you are unsure about which equipment to use, please contact the Head Coach or the Captain.**

## Boat Usage Permissions

Some boats are able to be used by any member at any time as general use boats, whilst other boats are delegated for use by certain squads or may be used only with the Captain's or Head Coach's permission. A list of boats and their allocations is detailed below.

Torrens Boats		
Boat Class	Boat Name	Allocation
1x	Tamar IV	General Use
	Broughton	General Use
2x	Darling	General Use
4+	Hunter VIII	General Use

4x+/4+	Hunter XIV	Seymour, PAC & LTR – General Use outside Seymour/PAC/LTR training times
	Hunter XII	Seymour & LTR – General Use outside Seymour/LTR training times
	Hunter XI	Seymour & LTR – General Use outside Seymour/LTR training times
4x+	Hunter VI	General Use
<b>West Lakes Boats</b>		
<b>Boat Class</b>	<b>Boat Name</b>	<b>Allocation</b>
1x	Rocky	Captain/Head Coach permission required
	Swan	Captain/Head Coach permission required
	Arckaringa	Captain/Head Coach permission required
	Light	Captain/Head Coach permission required
	Todd	Captain/Head Coach permission required
	Avon	Captain/Head Coach permission required
	Ausrowtec 1	General Use
	Ausrowtec 2	General Use
	Ausrowtec 3	General Use
	Ausrowtec 4	General Use
2-/2x	Murchison	Captain/Head Coach permission required
	Inman	Captain/Head Coach permission required
	Gawler	General Use
2x	Onkaparinga	Captain/Head Coach permission required
	Sturt	General Use
4-/4x	Adelaide III	Captain/Head Coach permission required
	Adelaide IV	Captain/Head Coach permission required
	Adelaide V	Captain/Head Coach permission required
4+	Hunter IX	Senior Men
8+	I'Zingari XVIII	Senior Men/Master's Men
	I'Zingari XXI	Captain/Head Coach permission required
	I'Zingari XXII	Captain/Head Coach permission required

## A Quick Word on Boat Allocations

As with all sporting clubs, the best athletes will be allocated the best equipment and resources to use. This fundamental principle is what guides the Captain and Head Coach as to what boats and equipment the various squads and members shall be permitted to use. The Captain, and the Head Coach, are thereby obliged to ensure that the Club's best equipment is available for use by the best rowers, and is not placed at risk of damage from less experienced or less competent crews.

ARC has a diverse and wide range of standards of members, from rowers who have been selected to row for Australia through to raw beginners, and consequential to this, there is a vast difference in the commitment to training amongst some of our squads. Some of our best rowers train in excess of 12 times per week, and as such, their commitment requires some commitment in return from the Club to ensure that they can have access to the best boats ahead of members who train and

compete on a significantly less frequent basis, and thus, can only compete at a lower standard of competition. It is blatantly unfair for a member who trains regularly and competes at a high standard of competition, and so clearly demonstrates a strong dedication to their rowing, to have the equipment that they require to achieve their best performance, altered, fiddled with, placed at risk of damage, or otherwise made unavailable for their use by rowers and crews who are less committed, less experienced and less competent.

In addition, certain boats are designed for certain-sized crews – i.e. lightweight women are not suited to row in boats designed for heavyweight men, and vice-versa. As part of their boat allocation role, the Captain is also responsible for ensuring that crews are boated in an appropriately sized boat that is safe for the rower to use.

The Club is committed to ensuring that boats and equipment of an adequate standard is available for all squads and members to use, and as such a large number of boats, and almost all gym equipment, is available for general use. However, please understand the reasons as to why the certain boats and pieces equipment will not be made available for general use by each and every member.

## Traffic Rules

The following pages detail the various traffic flow systems for West Lakes and the Torrens for racing, time-trialing and training.

Any crew found to be breaching the traffic rules at a given location including those locations other than the Torrens or West Lakes shall be subject to disciplinary action in the form of suspension of boat usage rights.

All crew members of any crew that causes an accident due to breaching the traffic rules (this includes colliding with stationary objects such as pontoons, bridge pylons or the bank) shall be equally liable for all damage caused to ARC equipment.

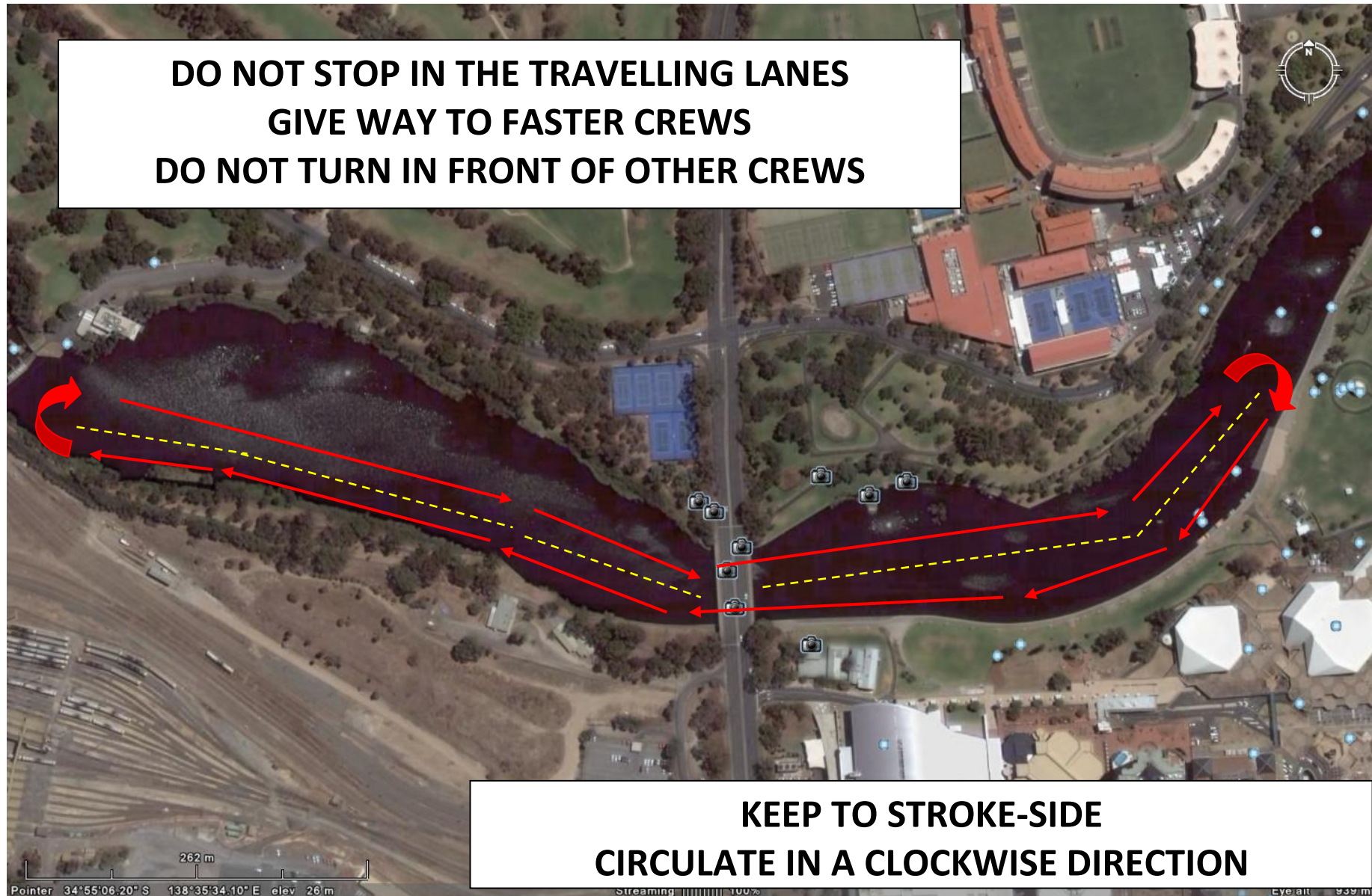
Thus, it is in all crew members best interests that **ALL CREW MEMBERS ARE EXPECTED TO BE FAMILIAR WITH THE RELEVANT TRAFFIC FLOW BEFORE THEY BOAT UP.**

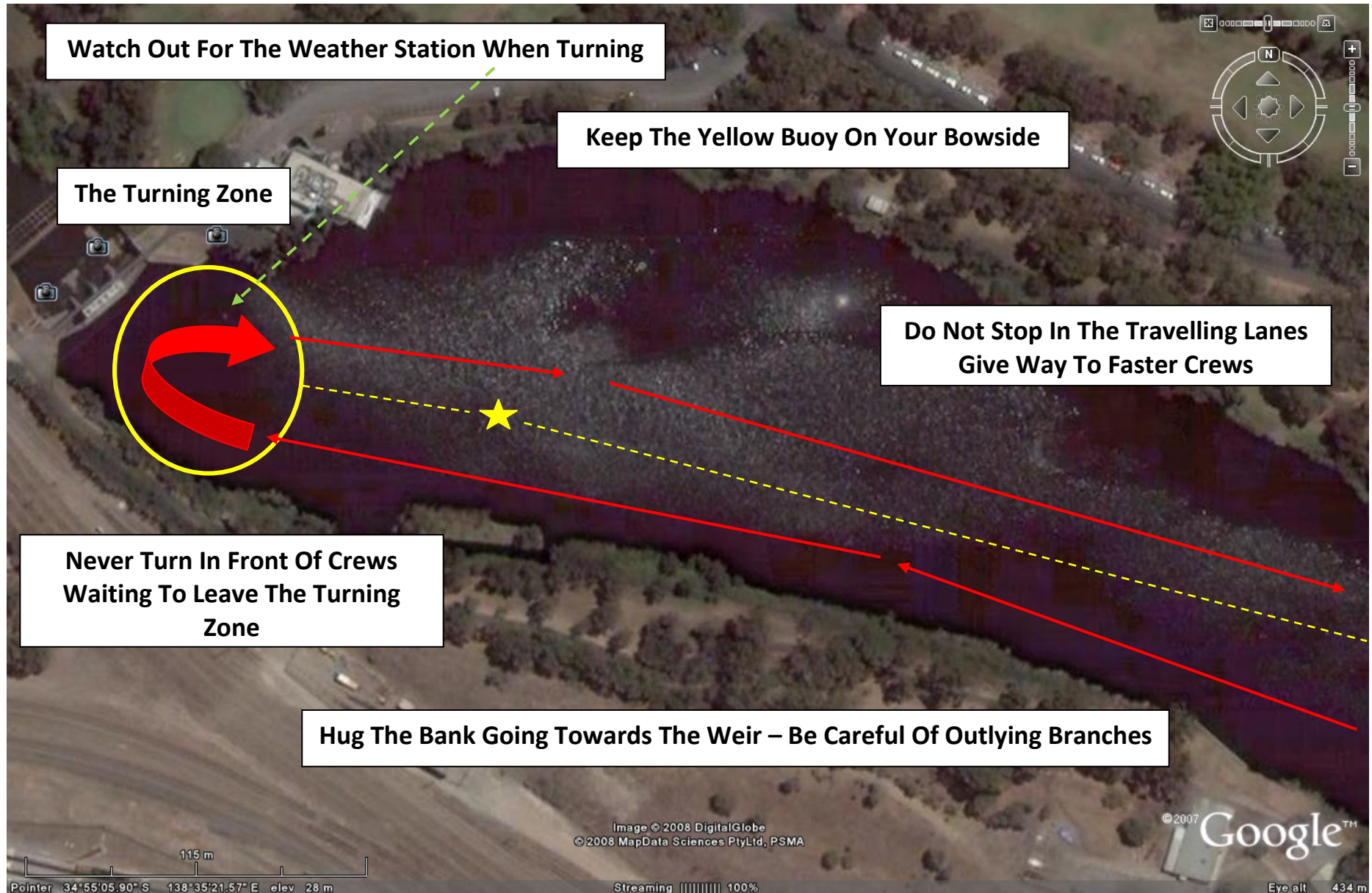
**All ARC members are obliged to order their crew to stop rowing** if they believe that:

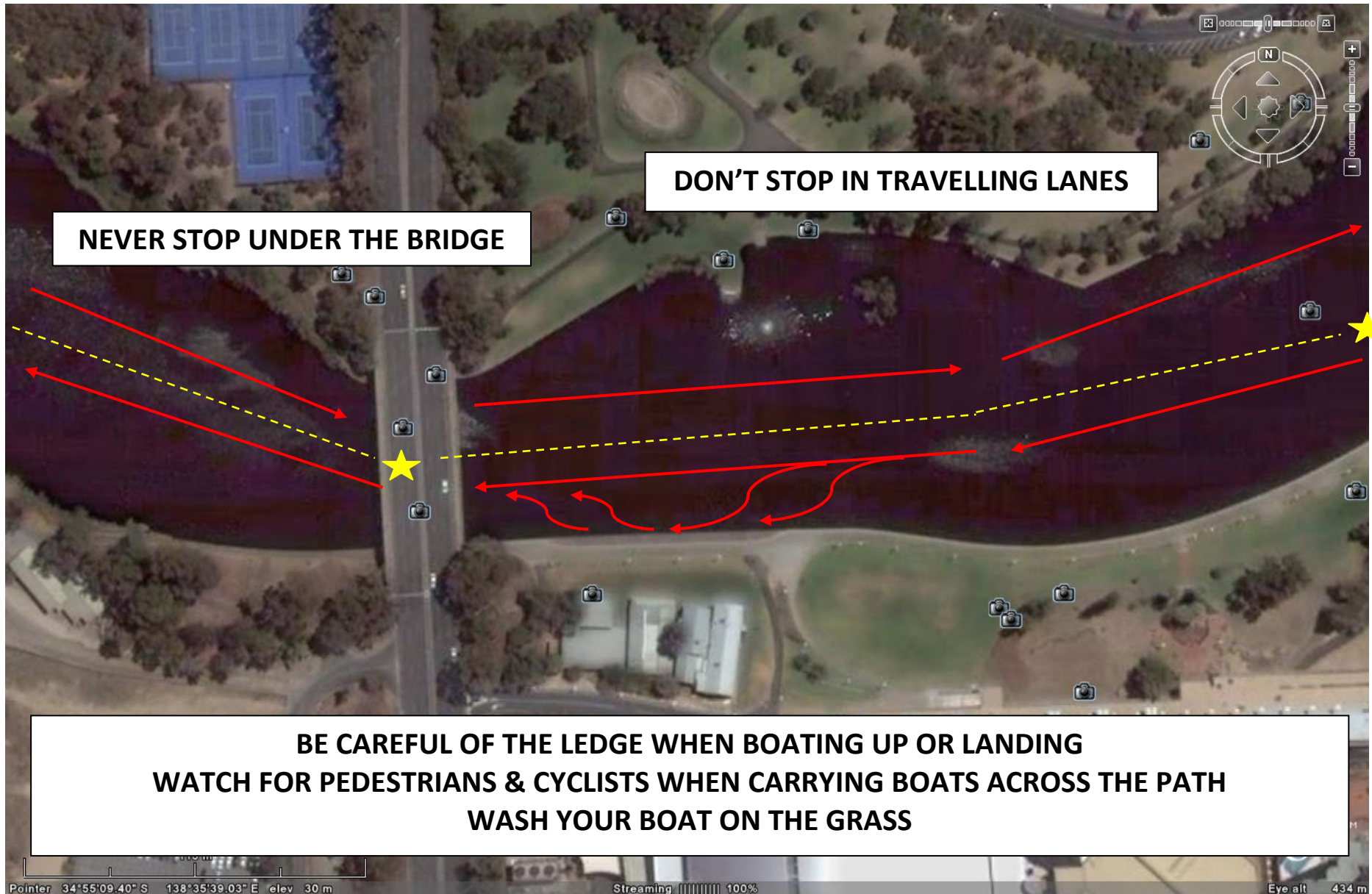
- The crew is breaching traffic rules,
- The crew is creating an unsafe situation for themselves or other water-users,
- The crew is placing ARC property at risk of damage,
- A collision with another crew or stationary object is imminent

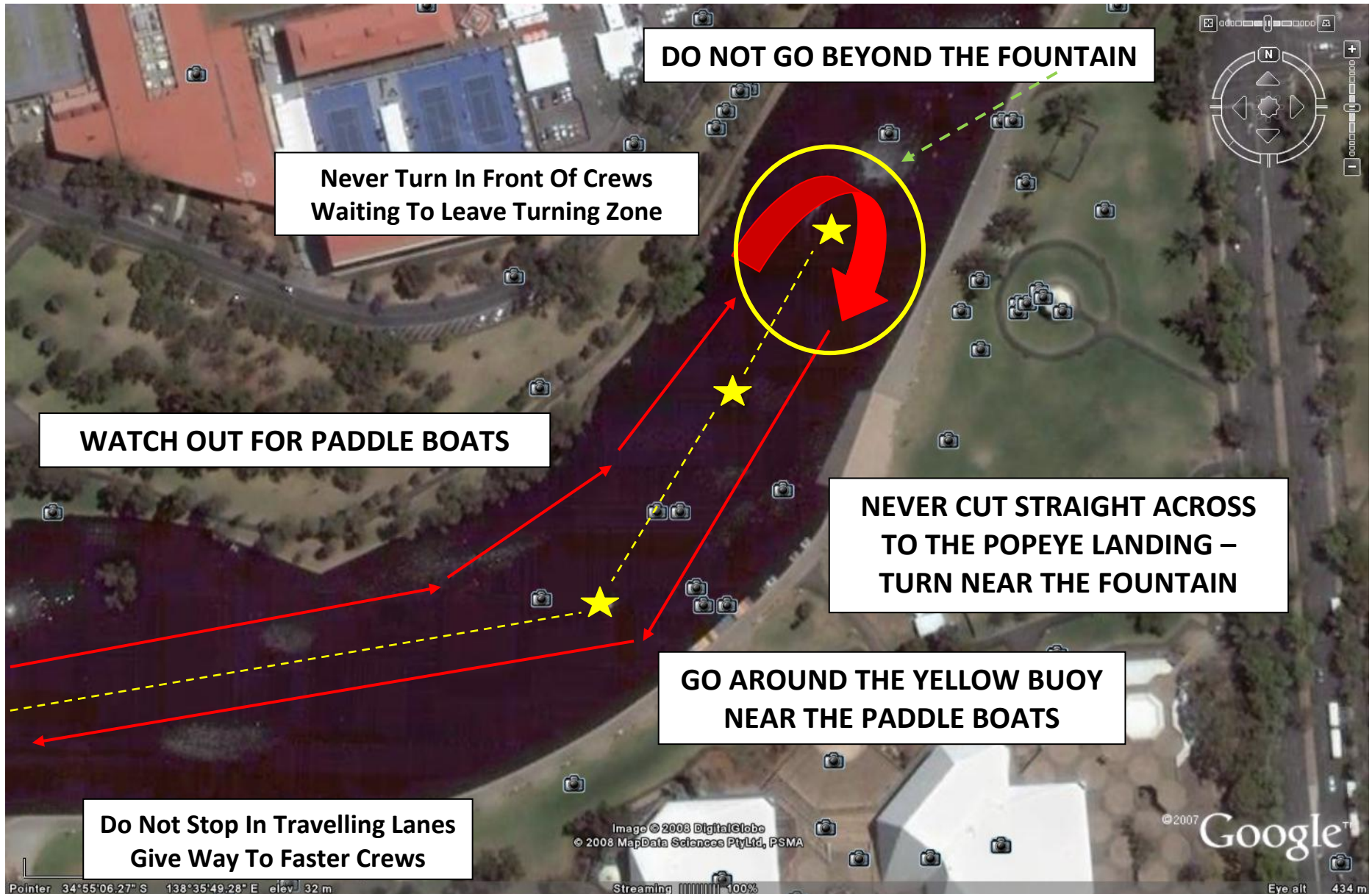
## Torrens Traffic Rules

On following pages.



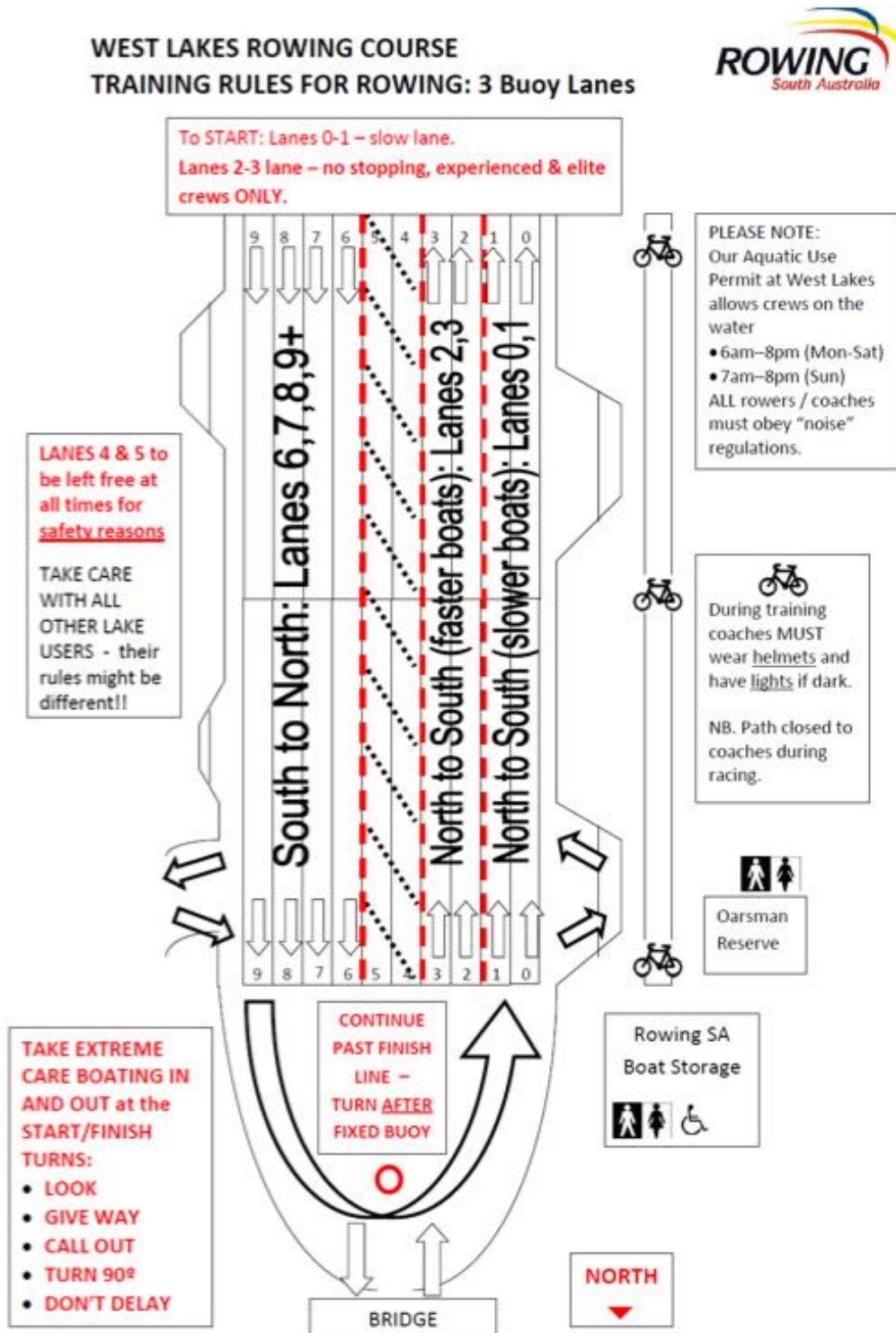








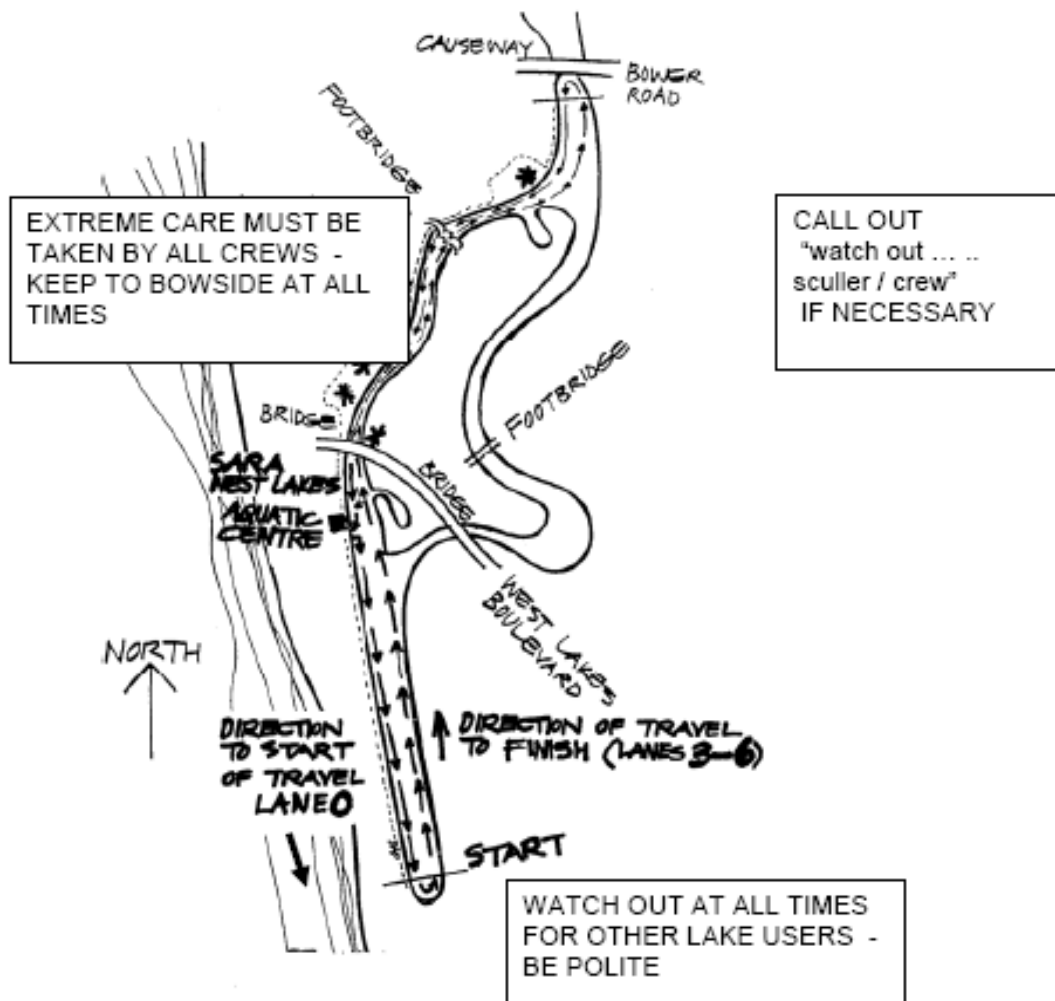
## West Lakes Traffic Rules

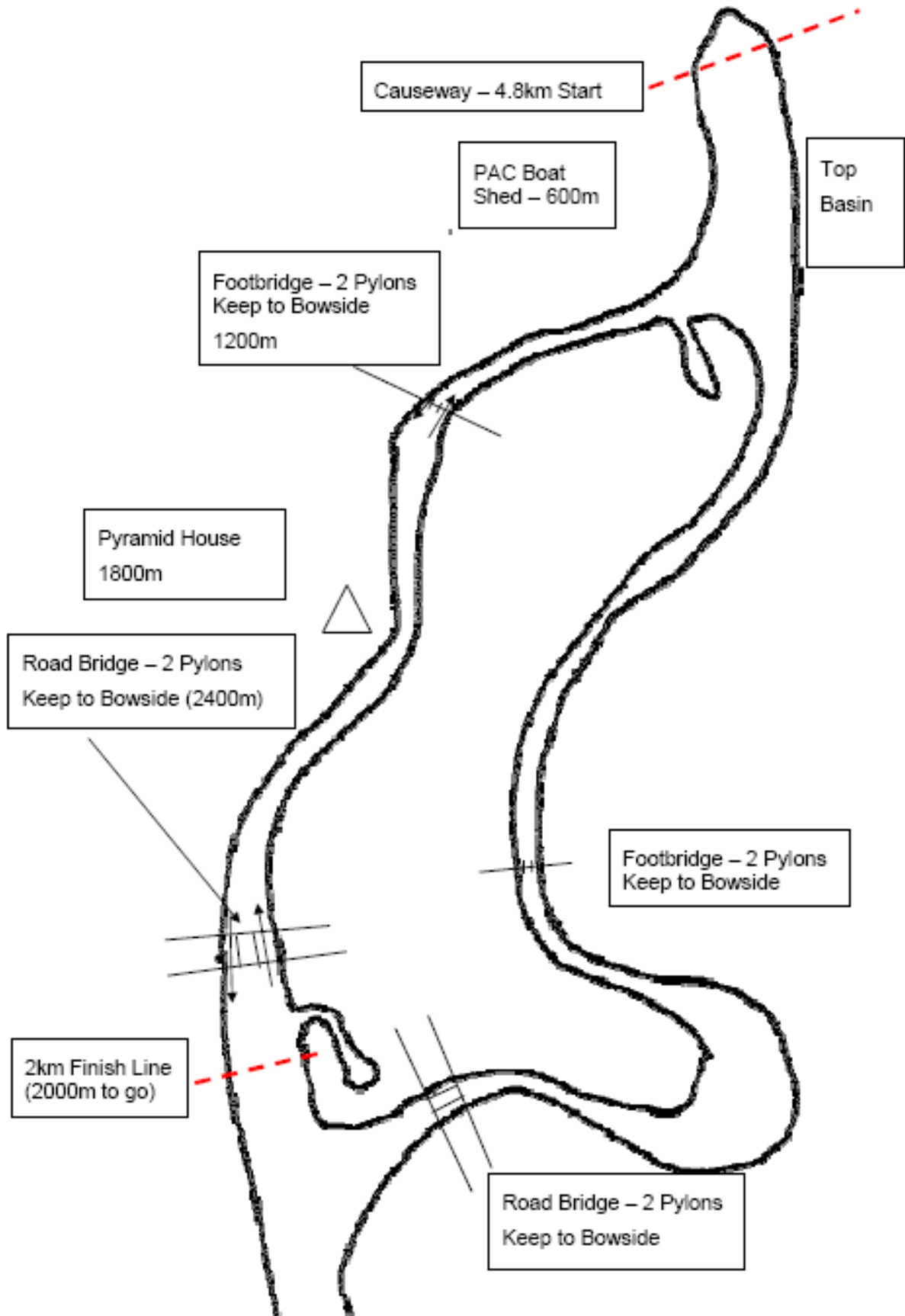




## Advice re Training at West Lakes over the 5km

- Crews must keep to their bowside at all times especially north of West Lakes Boulevard bridge
- Both the West Lakes Boulevard bridge and the footbridge have three arches
  - no one has right of way through the centre arch; Please proceed with absolute caution and preferably use the outside arches of both bridges!
- Direction of travel To the Start on the 2000m A M Ramsay Course is in LANE 0 only;
- Direction of travel To the Finish is in Lane 3 – 6 only;
- All crews turning must GIVE WAY and avoid congestion on the Start or Finish Line.





## Notes regarding West Lakes Traffic Rules:

- All crews rowing south must use Lane 0.
- Do not block Lane 0 by stopping – if stopping in lane 0, pull over to the bank and keep the lane clear.
- Lanes 2 & 3 are for faster crews where as lanes 0 & 1 are for slower crews, pick the appropriate lane.
- During training, Lanes 4 & 5 are buffer lanes to separate the traffic in opposing directions. DO NOT TRAIN IN LANES 4 & 5.
- Do not stop immediately after or on the finish or start lines at each end of the course. Continue rowing through the line so that no other crews can run up the back of you!
- Give way to faster crews. If a faster crew approaches from behind, move over and let them pass.
- Do not turn in front of crews lining up to start their piece.
- When rowing to the causeway, keep to bowside at all times (except when competing during official time trials). Do not cut corners or cross on the wrong side of the channel at any time unless during an official time trial when the course is closed to other users – and even then, still take care.
- All crews must boat up and land facing south. To head to the causeway, boat up with the boat facing south, row down to the rocks, check that the course is clear, row across into a lane and turn north towards the causeway.
- Watch out for pontoons and bridge pylons.
- Proceed under the road and foot bridges using the outside arches on the correct side. Do not use the middle arch – this is 'no man's land'!
- Common sense must be used at all times.

## Using the ARC Gym

Our new refurbished gym is very popular and heavily used, which is great. To help keep it that way, the best thing you can do is to try to be courteous towards all other users by following these simple guidelines:

- Always use a towel when using the gym.
- Wipe down and disinfect equipment with spray bottles after use. There are spray bottles containing dilute disinfectant located around the gym. If they are empty, there is more disinfectant concentrate in the cupboard in the downstairs toilet.
- Always use correct technique. Do not use equipment that you do not know how you use properly. Injuries from poor technique and incorrect use have and do occur – don't put yourself out of action through injury.
- Do not exceed your ability – if necessary, have someone spot you.
- Keep the area tidy where you can.
- Unload weights after use and put weights back in their correct place. Do not leave barbells loaded on the various racks for someone else to load – a small rower may not be able to safely remove them!
- Do not drop or slam weights – this will crack and break them.
- Take care of the stereo. Respect other people request to turn the volume down if they ask.
- Occasionally, rubbish bins and cardboard is placed downstairs in the gym from the upstairs function centre. If you see it, please take 5 minutes to take a bin or box to the skip near the Festival centre or to the council bins near the Pembroke shed.
- Only financial ARC Club members are permitted to use our gym facilities. Members from other Clubs frequently try to use our gym - they must be jealous of how great our gym is! This is unfair on our members who pay fees and maintain our gym. Please ask them to leave politely, or direct them to a committee member, who will kindly present them with a membership form!
- Slider ergos may only be used with the permission of the Head Coach or Captain.

**Reckless or negligent use of ARC equipment that results in damage to ARC property will result in those responsible being liable for the costs of repair or replacement. The decision as to whether damage is caused by recklessness or negligence lies solely with the Captain.**

**Crews and members which use boats that they have not been allocated shall be held responsible for any damage caused to that equipment regardless of fault. Use only the equipment which is general use or that has been allocated to you. If you are unsure about which equipment to use, please contact the Head Coach or the Captain.**

## Cross-Training Hints

### Ergo's

- A suggested weekly ergo training program will be put up on the whiteboard in the gym by the Head Coach each week. There are 3 intensity levels: Easy, Medium and Hard.
- Do a short warm-up before getting into the main workload
- Use the right gear setting – 1 is the lightest, 10 is the hardest. Gear 3-5 for Men and Gears 2-4 for Women is usually a good guide.
- Try to keep good technique, as if you are in the boat.
- Try to keep a constant split and rating.
- Record your results so that you can track your progress and improvement. Remember Rowing is a sport which demands use of the entire body so ensure not to neglect any area.

### Running

The Torrens boatshed is a good base for doing some extra cross-training. There are 3 popular circuits that run along the river.

1. Zoo -Weir (4.6km, 20-25mins): Head west towards the weir along the bike path, cross over the weir, and then follow the path back east along the opposite bank to the club. Continue under the Morphett St, King William St road bridges and under the Uni Footbridge. At the next bridge (Frome Rd), head up the stairs and cross back over the river past the Adelaide Zoo entrance. Take the bike path back along the river, back under the Uni Footbridge, past Jolley's boathouse and under King William St again. Follow the paved path back to ARC.
2. Hackney Rd – Weir (7.2km, 30-40mins): Same as for the Zoo-Weir run, but continue under the Frome Rd bridge, rather than crossing over it. Follow the path to the next bridge (Hackney Rd) and cross over it and head back along the river (There's a short section of gravel path – be careful, it can be slippery!). Follow the path along the river past the back of the Adelaide Zoo, and then back under Frome Rd, and back to the shed.
3. Brewery Run (5km, 20-25mins): Head west towards the weir, but do not cross it. Continue straight along the path. Watch the sharp left turn into the tunnel under the railway line. At the end of the tunnel, take the immediate right turn and cross the river next to the railway bridge. Follow the main cycle path, avoiding the numerous left turn-offs, to the Port Rd/Park Tce intersection. Head along Port Road back towards the city, going past the Brewery on the opposite side of the road. Take a left at the next traffic lights, and head along the main driveway/path. Head past the kiosk, and back towards the same railway tunnel that you ran through. Head back through the tunnel, and back along the way you came to the shed.

Be careful running by yourself at night through the parklands (especially for females). Try to go running with a partner for safety.

At West Lakes, there is a good 5.6km running circuit that circumnavigates the main 2km course.

## In The Gym

- Always warm-up before and cool down after a weight session (a 5-10min jog or ergo will usually do).
- Start with smaller weights, and over time, build up to larger weights. It is better to start small and have good technique then try to do too much too soon and injure yourself.
- Use a spotter wherever necessary. It is a good idea to train with a partner so you can alternate exercises, and spot each other when needed.
- Alternate leg, torso/abs and arm exercises where possible.
- Do a variety of exercises (6-10) in each session, rather than always doing the same 2 or 3.
- Keep a written record of what exercises you do, how many reps and at what weight, so you can track your progress over time.
- There is a boxing bag located in the tool room under the external stairs. You may vent your frustrations on it by hanging it from the hook located on the ceiling near the large oar rack and going your hardest! Blue communal bag-mitts are kept on top of the striped cabinet. Please ensure that the bag is taken down after use so as not to get in the way of other people moving boats in and out of the shed.
- Circuit sessions are held on Thursday nights from about 6 o'clock out on the grass next to the Club. All are welcome to participate.



## Who To Tell When Something Goes Wrong?

In the first instance, tell your coach or a committee member if something untoward occurs – they may be able to resolve the issue for you. However, in the event that there is no-one available to assist you, or if something more serious occurs, get in touch with the Captain, Vice-Captains or Head Coach as soon as possible. Regardless of whether you tell someone else or not, you will need to make a report of some description via the ARC website.

ARC has a reporting system for when accidents happen, when break-ins occur, when a boat is damaged and any multitude of other incidents that may occur. To ensure that we can get things fixed and back to normal as soon as possible, we need to know about it as soon as possible, and with as much accurate and relevant information as possible. In addition, we need to maintain a record of all incidents that occur to satisfy public liability insurance requirements.

There are 2 report forms on the website:

- An Incident Report Form
- A Boat Damage Report / Spare Parts Request Form

The Incident Report Form needs to be filled out as soon as possible following these events:

- Any event involving an ARC member or ARC equipment that results in an injury, regardless of severity of the injury.
- Any event involving an ARC member or ARC equipment that results in damage to ARC property, regardless of severity of the damage.
- A break-in, vandalism, or other breach of security.
- Any confrontation involving an ARC member with another party.
- Any on-water incident involving ARC rowers or equipment.
- Any 'near-miss' incident, where it was only luck preventing an incident from occurring.

Following receipt of a submitted Incident Report, the Captain or another committee member will investigate the incident further and take action if required.

The Boat Damage Report / Spare Part Request Form needs to be filled out as soon as possible in the event that:

- Any ARC equipment is damaged.
- A part is missing, damaged, worn out or broken.

Following the receipt of a Boat Damage Report or Spare Parts Request, we will be able to inspect the equipment and decide upon the appropriate course of action to get it back into normal service as soon as possible.

In some cases, both an Incident Report and the Boat Damage Report / Spare Parts Request will need to be completed.

**Remember – if we don't know about it, we can't fix it!**

## Safety & Emergency Procedures

### Safety

- Rowers should be competent swimmers (i.e. be able to swim 50metres fully clothed). Rowers who are unable to swim 50m shall not be permitted to train without another member (who can swim) present.
- All rowers should familiarise themselves with the Capsize & Swamping procedure below, and specifically, the capsized drill to re-enter a capsized boat.
- Do not train in inclement weather conditions that are beyond your rowing ability. If in doubt, don't go out. Instead, do some other land training like running, weights or ergos.
- **No ARC rower is to train on the water in the presence of lightning or thunderstorms.** If a storm approaches whilst on the water, the rower is to get to shore as soon as possible. On the flat surface of a lake or river, the high point that attracts lightening can be the head of a rower!
- Never train in thick fog – if the visibility is less than 500m, then it is considered a thick fog!
- Do not train in boats that are beyond your rowing ability without supervision, especially in smaller boats like singles, doubles and pairs, or larger coxless boats. **If in doubt, don't go out.**
- Every rower is accountable for both their own actions, and the actions of their crew. Every rower must be aware at all times of their position and the movements of other boats on the water. The traffic rules are sacrosanct and ignorance or inattention is no excuse for violating them.
- Do not train if you are unfit to row due to illness, injury or other medical reason. If in doubt, don't go out.
- **When rowing in low-light conditions or darkness, crews must display 2 flashing lights on the bow AND stern of the boat. NO LIGHT, NO ROW, NO EXCEPTIONS.**
- Lights should be mounted directly onto the boat wherever possible, rather than on the rower's body where it might be obscured by clothing or hair.
- Check your boat and equipment before you use it. If something is broken, then do not use it.
- All shoes should have their heels tied down and Velcro straps linked together in the event that a rapid exit is required in event of capsized.
- Never row in a boat without a bow-ball, or that is damaged in any way. It will only damage the boat further, and places the crew of any boat that you may unfortunately collide with, at risk.
- Wear the appropriate level of clothing in hot and cold conditions to avoid hypothermia or heat stress.
- Carry an appropriate amount of water whilst training to ensure proper hydration.
- Never share drink bottles with another person.
- **If a collision between crews is imminent, call out as loud as you can** – even if you are not in the crews involved! It is better to call out unnecessarily than simply do nothing and watch a crash.
- The Torrens River is a heavily polluted water-body. Avoid contacting any open wounds or blisters with the river water.

## Capsize & Swamping Procedure

### **ALWAYS STAY WITH THE BOAT!!!**

- Do not panic. The stroke of the crew shall assume control of the boat and the crew. Buddy up with another crew member.
- Check that all rowers are ok, and are not in immediate danger.
- If possible, right the boat, and get back in the boat, being careful not to damage the boat.
- It may be easier to swim the boat to the nearest shore, and re-enter the boat from the shore.
- Never leave the boat. Cold water temperatures can induce hypothermia and muscle cramps very quickly, and the boat can be held on to as a life-saving flotation device if necessary. People do, and have, drowned because they have not stayed with their boat.
- Avoid swallowing water. Where possible, keep your head and face out of the water to avoid ingesting or consuming contaminated water.

## First Aid Kits

- First Aid Kit's are stored in both boatsheds.
- At the Torrens, the first aid kit is in the striped cabinet near the Tool Room.
- At West Lakes, the first aid kit is located in the cupboards.
- When something is used from a first aid kit, please fill out the First Aid Kit Usage sheet attached to it so whatever was used can be replaced when someone else needs first aid.

## Emergency Procedures

- Safety of the rower is THE paramount concern in all emergency circumstances.
- Only once everyone is safe, should the concern switch to minimising the damage to property and equipment.
- Do not hesitate to signal or call for help if you are in an emergency.
- If you see someone who is in trouble or needs help, stop what you are doing and help them without putting yourself in danger.
- Do not hesitate to call 000 for police, fire or ambulance.
- Contact a committee member as soon as possible during or following the emergency event.
- File an Incident Report via the website following the emergency.

## The ARC Regatta Survival Guide

### 1. Go To Boat Loading

The regatta starts at boat loading. If you are scheduled to help load boats, make sure you are there, or your boat will be left behind. Bring your tools to help de-rig if you haven't done it earlier in the week. Don't forget your riggers, seats and oars – you can row without them. Tie the seats in if necessary, and make sure that your riggers are taped together. Check that your boats and oars are securely tied down.

### 2. Get to the Course Early

Get to the regatta at least 90 minutes before your first race. This will give you enough time to check your boat over, get in the queue for bow numbers and get ready for racing.

### 3. Bring the right kit!

Make sure that you have all the necessary equipment to get you through the day. Regatta weather conditions in SA can be extreme, and can change quickly. Bring clothes for hot weather, as well as cold and wet weather. Make sure that you have enough cash for food, drink and bow numbers! There is a checklist in this booklet later.

### 4. Slip, slop, slap!

It is rare for a rower to go through a regatta season without getting sunburnt at least once. But it is so unnecessary! Make sure you bring a good water-resistant SPF30+ sunscreen and use it. Make sure you re-apply it regularly. The glare off the water can be blinding at times, so wear sunglasses. Wear a wide-brimmed hat when you are off the water, and a white ARC peak cap when you are racing. Take advantage of shade where you can – the ARC tent will be put up at most regattas for shelter from the sun. Wear long-sleeved clothing if you can.

### 5. Drink up (and that's not at the Bar!)

Make sure you are hydrated throughout the day. By the time you are thirsty, you are already dehydrated! Avoid booze – well, at least until after the regatta anyway! Also avoid caffeinated soft drinks. Isotonic sports drinks are very good for re-hydration. There will always be an ARC water tank kept under the ARC tent where water bottles can be filled up. But whatever you do, don't share water bottles – you'll end up sharing germs as well!

### 6. Keep your mind busy!

Regattas are typically days made up of short intense periods around races, interspersed with long patches of waiting around. Bring something to keep your mind busy – a book, an iPod, a newspaper or whatever – to keep yourself entertained while you wait until your next race. Keep an eye out for club members racing – cheer on you club!

### 7. Bring a chair or a rug

There can be a lot of standing around at a regatta. Take the load of your feet where you can, and bring a folding chair of some sort, or a picnic rug to lay down on. Sit down and cheer the ARC crews as they come down the course.

8. Get the right tools

Make sure you have the right tools to rig your boat and make any necessary adjustments. A good regatta tool kit has a 10mm & 11mm spanner, an adjustable wrench, gaffer tape, flathead and Phillips-head screwdrivers and a tape measure.

9. Eat!!!

Regattas can be draining, and energy-consuming! Make sure that you keep your energy levels up by eating throughout the day. Don't skip lunch, and plan meals around your racing if necessary. Take some lollies or fruit along for snacks between races. Avoid overly fatty foods in the lead-up to racing.

10. Know the Rules of Racing and the Traffic Pattern

Make sure you know the traffic pattern for the regatta venue. You can get a Yellow Card or even DQ'd from your next event if you breach the traffic rules or commit an offence under the rules of racing. Rowing SA also has a Heat Policy for regatta days where the forecast temperature exceeds 35 degrees – it is important to be familiar with it. For the rules of racing in SA, visit [www.rowingsa.asn.au](http://www.rowingsa.asn.au).

11. Watch your stuff!

Unfortunately, regattas are a prime target for thieves and pick-pockets. Keep a close eye on your valuables, and when you are on the water, make sure that there is someone responsible keeping an eye on your gear for you. You wouldn't be the first person to come in off the water to find their wallet and phone missing.

12. Keep track of time and plan ahead

Wear a watch and get a copy of the regatta program from Regatta Control. Be sure to get ready for your race well ahead of time. So check your boat, get dressed, use the toilet, get your bow number and get your boat on the water early! Make sure that you are rowing away from the launching area at least 20 minutes before your race. If you are in 2 races that are close together, check the boat and get your bow number for your 2<sup>nd</sup> race before the 1<sup>st</sup> race to help save time. Be organised - the regatta will not wait for you!

13. Unloading

If you didn't go to loading, then you are expected to attend loading. The regatta is only finished once all the boats, oars and riggers are safely back in the ARC boatshed. They need to be washed and cleaned too.

## Regatta Checklist

- Race times – be at the course at least 90mins before
- ARC Zooty
- Water Bottle
- ARC Peak Cap for racing
- Sunscreen – make sure it is water resistant
- Sunglasses
- White T-shirt to go under the zooty – optional
- Socks for in the boat
- Spare dry clothes – important if the weather forecast is not great
- Waterproof Jacket – on bad weather days, especially for coxswains
- Cash for bow numbers, food & drink
- Regatta Program – available from regatta control for \$2.00
- Tools to rig and de-rig boats, and for adjusting oars
  - 10mm Spanner
  - 11mm Spanner
  - Adjustable Spanner
  - Flat-head AND Phillips-head Screw-driver
  - Tape measure
- Folding Chair / Picnic Rug
- Books, magazines, newspapers, iPod ...
- Food and drink as you require
- Boat Loading – are the following on the trailer and securely tied down?
  - Boat
  - Oars
  - Seats
  - Riggers
- Boat Unloading – are you rostered on?
- Cox-box – packed and charged (coxswains only)

## Other Things Members Need To Know & Be Aware Of

- Members, other than those who are involving in manning the bar, are strictly prohibited from entering the upstairs area of the Clubroom during a private function.
- When using boats from the West Lakes shed, ensure that the mobile sculling racks have been carefully rolled out of the shed to ensure easy and safe movement of boats in and out.
- Use of the Club towing vehicle and the Club's 2 boat trailers is allowed only by permission of the Captain and for Club purposes only.
- Appropriate footwear should be worn in and around the boatshed. Broken glass, needles and other sharp objects are often found in the vicinity of the boatshed.
- Private boats and oars are stored in both ARC boatsheds. These boats and oars are not permitted to be used at anytime without the express permission of the owner. If you are in doubt as to whether a boat or set of oars are privately owned, check with the Captain.
- Personal property that is left in the boatshed is the responsibility of the owner – the Club bears no liability or responsibility for the damage or loss of member's personal property.
- Seymour College and Prince Alfred College own several boats and oars that are stored in the Torrens boatshed. These boats may be used by ARC members with the express permission of the Seymour Rowing Co-Ordinator or PAC Director of Rowing – The Captain can not give permission for members to use these boats or oars.
- Be alert of fast-moving cyclists when moving boats and oars across the path near the river bank at the Torrens.
- Be courteous and respectful of the rights of other water-users, in particular, other rowers, kayakers and dragon-boat crews. Rowers do not own the water.

## Car Parking

- No car parking is permitted on the grass next to the boatshed without a valid Adelaide City Council permit. The current fine is \$88, and council rangers stringently enforce this rule.
- Car parking is not permitted on grassed areas at West Lakes at any time without Rowing SA/Charles Sturt Council permits. The Rowing SA asphalt car park is closed on regatta days for boat trailer access only.
- The gravel car park at the rear of the Torrens boatshed may only be utilised by Club members who are carrying out club duties such as manning the bar at functions or loading/unloading heavy items etc. **This area is not for general use by members when training or patroning the bar.**
- Parking is available at the Torrens at 5 locations:
  - The Convention Centre Car-park (ticketed)
  - Along Festival Drive (ticketed)
  - In the gravel car park between the Riverside and Pulteney boatsheds (May be Fined)
  - Along War Memorial Drive (Free and Ticketed)