



WELCOME BOOKLET

(May 2016)





St Andrews Coastal Rowing Club

St. Andrews Coastal Rowing Club was formed in 2012 to build and row a 22' one design St. Ayles Skiff. The first skiff, Sandbay Century (Kit No 100- register number 56) was launched around Easter 2014 and our second skiff, Blue Bay (Kit No 200-register number 122) was launched on the 5th June 2016.



The Club is a member of the Scottish Coastal Rowing Association which is the world governing body for the sport, there have been some 130 plus skiffs launched worldwide.

The concept for Coastal Rowing is that it is a community project and the membership reflects this.

At present, there are around 50 members in the St. Andrews Club.

Rowing is done from the East Sands, St. Andrews using the St. Andrews University Sailing Club yard as a base. This is off



Woodburn Place accessed through the University Estates Yard. It is a bit out of the way at the far corner of the Estates Yard.



Running the Bridge at the Harbour

We are able to launch at all states of the tide from the beach and the rowing schedule is dependent on the time of year, daylight and prevailing weather conditions. The only major restriction to launching is the state of the surf.

During the autumn and winter period sessions will be scheduled for daylight, mainly high tide launching. This allows the flexibility of launching through the harbour which affords some protection from the larger waves.

The club produces tidal information sheets which are used to plan sessions and sets up a Doodle poll where members can elect to row in particular sessions. Rowing sessions are



approximately one hour in duration, but shorter sessions are used when offering taster sessions to prospective members.

Spring and summer rowing takes place along the following approximate schedule. These may be adjusted to allow for social rowing, more strenuous rowing, race or regatta training, improvement of technique.

The club has adopted the attached safety policy which prescribes that a session must have a minimum of 4 Rowers, 1 Cox and 1 Shore Safety Person. Training sessions are in place for Coxes, Shore Safety Person and we are due to introduce Members Training Sessions for all rowers.

Previously sessions have been arranged on the following pattern, with adjustments for the time of sunset:-

Saturday - Free for regatta attendance

Sunday - 10-11:00, 11-12:00, 12-13:00

Monday - 14:00 – 16:00 Social Rowing

Monday – 18:00 -19:00, 19:00 -20:00

Tuesday- 18:00 -19:00, 19:00 -20:00

Wednesday - 18:00 -19:00, 19:00 -20:00

Thursday - 18:00 -19:00, 19:00 -20:00

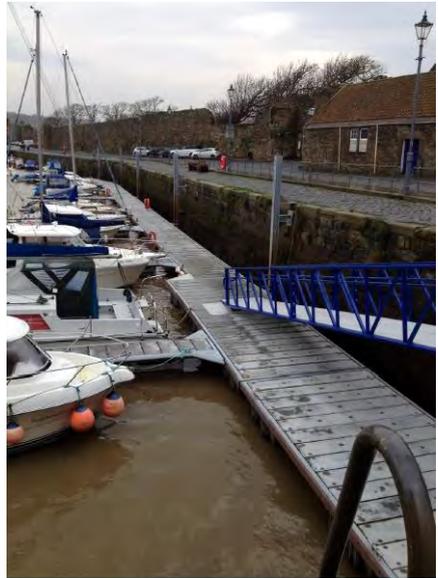
As a community based club we endeavour to facilitate coastal rowing for everyone regardless of their physical abilities. We would like to welcome individuals who experience visual impairment, paraplegia, upper and lower limb amputations and wounded service personnel.

At this point we should emphasise that although it is not unusual for disabled persons to participate in sliding seat rowing it has not

been tried to any extent in skiff rowing. There are two exceptions to this, a visually impaired rower from North Berwick and a paraplegic rower from Gateshead.

We are extremely grateful to both clubs and for their valuable input and advice. In essence this is an evolving scheme, not a tried and tested venture. There will undoubtedly be hurdles for us all to overcome along the way and modifications to be made. The following is an outline of our plans to date;

1. **Access** - we launch and recover from either the beach or harbour. A beach launch would be difficult for wheelchair users. To overcome this we have been kindly granted access to the pontoons within the harbour, thanks to St. Andrews Harbour Trust. The only restriction with this would be tidal. Where the participant requires to be accompanied it would be preferable if this were an experienced rower.



2. **Facilities**, limited bathroom facilities are available. However there are disabled facilities which can be opened with a Radar key. We can made use of the nearby Cosmos Community Centre or leisure centre both of which have easy disabled access. More details of which can be found at the following web addresses:

www.cosmoscentre.org.uk

<http://www.fifeleisure.org.uk/index.cfm/leisure-centres/eastsands/duloch-disabled-access/>

3. Individuals who are visually impaired - Oars, seats, pins, foot boxes and gunwales can all be marked with either dowel or roughing strips.

4. Individuals with paraplegia - Our new skiff will be fitted with a paraplegic seat in the bow which is easily interchangeable with a bench. Modifications can be made to the oar length and weight depending on the individual. The seat fixings will limit each skiff to one paraplegic rower per boat.



(Photo Courtesy Gateshead Rowing Club)

5. Individuals with Lower limb amputations - We anticipate to be easily accommodated with foot boxes being used in the same



way as any rower. Lacking a lower limb muscle pump can affect temperature generation in cold weather. As power is put through, the legs pressure and friction to soft tissues could be an issue. Appropriate clothing, limb and prosthetic care will be the responsibility of the individual. Any bilateral amputees choosing to row without prosthetics can use the paraplegics' seat. Salt water can be an irritant to skin and mechanical parts.

6. Individuals with Upper limb amputations - If the individual sits with their power arm on the inside they will be able to row. This will dictate always rowing on either the starboard or port side. Rowers therefore need to be mindful of repetitive strain injuries. For those with reduced hand function gloves are available to assist when gripping the oar. The rower must be able to inflate a manual life jacket.

7. PTSD and related symptoms - This will be assessed on an individual basis taking into account triggers of sound, environment, smell, noise, crowds etc. Every effort will be made to mitigate these whilst exposing the individual to a team sport in as safe and controlled manner as possible.

8. Coxes - The cox is in overall charge of the skiff at sea. Our tiller is interchangeable between port and starboard. Any person with one functional upper limb should be able to cox the skiff. As there is a requirement for a visual assessment of the sea conditions, navigational landmarks and crew instruction this role would not be suitable for the visually impaired.

Our club comprises of a diverse group of individuals from all walks of life, ages, abilities, shapes and sizes. The benefits of rowing are as varied as our membership. Physically, it is an excellent full body cardiovascular and low impact activity which



St Andrews Coastal Rowing Club

can be as strenuous as the individual chooses. To row in a skiff you have to be part of a team, balanced and in time with your fellow rower. Consequently it is both challenging and sociable. Most importantly our main objective is that people have fun.

We welcome your ideas, input and sense of adventure in what is an exciting opportunity for us all. In common with all rowers in our club the individual takes part at their own risk.

Every effort is made to identify and minimise potential hazards. The wearing of life jackets is mandatory. The club has a limited number of jackets, we encourage regular rowers to purchase their own, and the use of crotch straps may be required. There are occasions when sea conditions and crew experience will prohibit participation.

Please see the accompanying risk assessment and safety document.

Web Links

Website - <http://stacrc.org.uk>

Facebook - <https://www.facebook.com/stacoastalrowingclub>

Scottish Coastal Rowing Association - scottishcoastalrowing.org

Adaptive Rowing - <http://www.britishrowing.org/taking-part/rowability/equipment>

The St. Ayles skiff is designed as a fixed seat racing boat and as a club, we attend a number of regattas throughout the country.



St. Andrews Dead Heat 1st Place – North Berwick

Last year (2015), we sent a skiff and crews to Anstruther, Dunbar, Port Edgar, Portsoy, Broughty Ferry, North Berwick and the Great Tyne Row. We have also attended skiff events at Wormit and Kinghorn.

These races are a mix of sprints and long-distance and can be highly competitive events usually run on age groups – e.g. men's open, women's 40+ etc. They can be physically demanding requiring strength, endurance, good technique and sometimes call on nerve, strength of character and seamanship from the cox and crew. A race well rowed is very rewarding, as is the continuing improvement of club crews.



North Berwick Regatta

During October we sent members to Loch Katrine to take part in the Regional Freshwater Sprints and AGM of the Association.

We are pleased to report that we have this year, celebrated our first – first place – an indication of our developing interest in the sport.

Prior to regattas and other events, we have particular race training. For example, the races at North Berwick tend to be long distance affairs and involve rowing out from the harbour, round Craigeith Island and returning to the harbour. Whilst we cannot replicate the course and the sea conditions, we are able to practise the distance.

It is our intention to set up our own regatta during 2017.

We have also been pleased to offer members of the Cosmos Thursday Group an opportunity to row and we are in early planning with the RNIB for a similar event.



General Rowing Guidance

The Cox is in charge of the skiff and of the session, assisted by the shore safety person.

The cox may not actually steer the skiff at all times, particularly when supervising trainee coxes, but a nominated cox is in place for each session.

The cox and the shore safety person carry walkie-talkies and a mobile telephone as backup for safety communication.

A Doodle Poll will be set up for each proposed sessions

The Cox will check the state of the tide and the prevailing wind, sea and surf conditions.

The Cox will make contact the signed up crew and advise if conditions are doubtful or require a closer on scene assessment.

All crew shall arrive at least 30 minutes before each session to prepare the skiff, install movable kit and ensure all crew are wearing lifejackets.

The crew involved in the final session must be prepared to remain for about 30 minute after the session to wash down/out the skiff and store all kit.

A Club Safety Plan has been produced and together with Risk Assessment and Safety Training Manual are available to each member.

Prior to each session, a safety briefing shall take place particularly when new rowers are in the crew.



There is a club rule that all members of the crew must be content to go out in the prevailing conditions, this has proved an effective way to improve crew confidence and ability.

All rowers must wear a lifejacket – the club has a number of these but it recommended that members purchase their own. It is recommended that rowers have a hat, wear gloves and suitable cover to protect against spray and rain. We do not row in the event of thunder and lightning, but we have been known to row in the rain. We prefer not to row in the East Coast Haar or fog.

All rowers must wear something on the feet – bare feet or even flip-flops are not acceptable and the feet and legs will get wet – but no matter how long in the leg your wellies are – the depth of water you are getting out into will always be deeper than the tops of your wellies.

We wish you welcome and hope that you will be able to join us.



St. Andrews Coastal Rowing Club 2015



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