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# Christchurch Boys' High School

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# CBHS

Rowing

Handbook

2020 - 21 Season

## **Welcome to the 2020-21 Christchurch Boys' High Rowing Season**

This rowing handbook is designed to provide an information overview for students and parents for the upcoming season. Regular communication will also be sent via email and Facebook to keep our rowing community as informed as possible.

We hope you enjoy yourselves and we look forward to seeing you at regattas, fundraising events and gatherings during the year.

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# CBHS Rowing Contacts & Committee

## Administration Team

<b>Manager</b>	Ricardo De Sousa	Mobile: 0224166270 E: jardesousa@gmail.com
<b>Chairperson:</b>	Matt Donaldson	Mobile: 021359127 E: Matt@wdsl.co.nz
<b>Secretary:</b>	Amanda Simmons	Mobile: 0274391032 E: amandagrants@xtra.co.nz
<b>Treasurer:</b>	Warren Gilbertson	E: warrengilbertson15@gmail.com

## Parents committee

Matt Donaldson, Belinda Donaldson, Grant Mayne, Carl Thompson, Nicky McLeod, Robyn Medlicott, Mark Zino, Marco Woelders, Ricardo De Sousa, Amanda De Sousa, Stephen Anderson, Warren Gilbertson, Kirsty Pratt, Lincoln Sell, Nigel Frost, Grant Simmons, Amanda Simmons

The rowing committee is elected at the July AGM and meets monthly from August until April.

## Coaching Team

<b>Head Coach</b>	Tim Osmers
<b>Junior Program</b>	Sophie Strachan
<b>Assistant Coach</b>	Bradley Leydon
<b>Assistant Coach</b>	Maysie Scott
<b>Assistant Coach</b>	Jarod Brensell
<b>Assistant Coach</b>	Rob MacKenzie
<b>Assistant Coach</b>	Josh Dolan
<b>Assistant Coach</b>	Jack Sutton
<b>Junior Coaches:</b>	Timmy Heritage
	Cameron Long
	Henry Shaw

## **General Information**

### **Training**

The on water rowing training for the boys is held on the Avon River at Kerrs Reach. Erg training will predominantly be at Adams House.

We use the Canterbury Rowing Club (CRC) facility (belonging to CRC) which is shared with CRC itself, Christchurch Girls' High School, Cashmere and Avonside Girls' High School.

All our boys are affiliated to CRC who are one of the oldest sporting clubs in New Zealand and recently had their 150<sup>th</sup> year celebrations. This is an Old Boys link for CBHS rowers.

### **Boats**

The following boats are owned and rowed by CBHS. We have 17 boats, worth in excess of \$400,000

3 x Singles (1x), 4 x Doubles (2x)/Pairs (2-), 5 x Fours (4+)/Quads (4x+), 5 x Eights 5 x (8+).

The boats are stored in the CRC owned boat shed at Kerrs Reach.

### **Training**

All training programmes are developed by the coaches. The boys will train both early morning and after school dependent on individual timetables. The coaches and Rowing Manager will take into consideration each student's academic endeavours, particularly at exam time.

The boys are required to bike to rowing training at Kerrs Reach. It is 8 km from CBHS to Kerrs Reach. Yellow Fluorescent safety vests and lights are compulsory and will be enforced.

### **Ages**

Age is taken as at the first of January e.g. if you are 14 at first of January then you will race as under 15 for the season. As our objective is to find the best crews some boys may end up racing some events above their age grade.

All races are held over a distance of 2000 metres.

## **Captain of Rowing**

The rowing captain will be named after our pre season camp in the term 3 holidays.

His tasks include the following:

1. Supervision of junior rowers when at regattas.
2. Co-ordinating boat trailer loading
3. Liaison with the Rowing Manager.
4. Collation of rowing results for assemblies and also for inclusion in newsletters and the school magazine.
5. Writing reports on rowing for monthly committee meetings and for the school magazine/Facebook page.
6. A leadership role at fundraising events.
7. Recruitment of potential new rowers.

## **Uniform Requirements**

Only C.B.H.S. sports clothing may be worn at regattas.

### **Compulsory & Specific Rowing Uniform (To be ordered through CBHS Uniform Shop)**

CBHS race suit

CBHS rowing training singlet x 2

CBHS short sleeve travel shirt

CBHS rowing cap

### **Other school Items: (Purchased separately if not already owned)**

CBHS Jacket

CBHS rugby shorts

### **General Gear List**

Bike with lights

High visibility vest

Puncture repair kit

First aid kit

Sunscreen

Sunglasses

Lip balm

Drink Bottle

CBHS jacket

### **\*\*10mm spanner\*\* (COMPULSORY – Needed to Rig and De-rig boats at regattas & training)**

In cold weather at regattas crews may decide to wear thermals for racing and/or warm up to the start. If wearing thermals during a race only black may be worn under the racing suit.

## Regattas

Regattas are run regularly throughout the season between October and March starting with small local events and working up to larger events. The 'boat park' can be a frantic area of activity. Before a race, the athletes need to focus on their own performance and coach input only. After a race, the crews need space to debrief. We respectfully request that parents stay out of the boat park at all times unless asked in by the **Rowing Manager** or **coaches**. The boys will meet with their parents from time to time at the parents' tent – in particular to eat, relax and support other crews when they have time between their own races.

### Lake Hood Regattas

Lake Hood hosts several regattas each year. These can be one or two day events that we drive to each day. Rowers are expected to be transported by the parents or carpool with other rowers. The Club will provide 2 vans for these events, but they will be on a first come, first served basis. These would leave in the morning and head back to Christchurch at the end of each day.

### Twizel Regattas

During the Twizel Regattas and at Maadi Cup the parents' tent is always beside the lake. Tea and coffee is provided but we ask those who **are not** 'house parents' to bring a plate of food to be shared during the day (e.g. Bacon and egg pie, quiches, cold chickens, sandwiches, muffins). It is also suggested you bring a chair, sunblock, warm clothing, binoculars and your camera. The tent provides a great place for parents to get together.

- Departure by bus and school vans is from school on the Friday afternoon (generally lunchtime during term time) and return on Sunday evening approximately 7pm. Parents who are house parents are given first option of driving a minivan, otherwise need to provide their own transport.
- Racing starts early, approximately 7am and the boys will be advised Friday evening of their race times so will be able to advise parents.
- The boys eat dinner together with house parents and management.

### South Island Secondary Schools (SISS)

This is one of our main events. ALL boys will attend this regatta which is a great way to top off the season. Over the last two years we have finished as one of the top schools in the South Islands. Boys of all abilities are able to add to the overall tally for the school, so it's an exciting event with a real full squad spirit behind it.

South Island Secondary Schools is seen as the most significant event for the full squad and is the end of the normal season. Some boys however, will be selected to continue onto NZ Secondary Schools - Maadi Cup, which is approximately 2 weeks after SISS.

## **Maadi Cup Regatta**

Maadi Cup is the NZ Secondary Schools rowing national championships. This is held during summer tournament week, which is usually the last week in March. In 2021 it will be held at Lake Karapiro, Twizel. Every alternate year it is held at Lake Ruataniwha, Twizel.

**Boys must be selected separately to attend Maadi Cup**– the rowing season finishes for the full squad at the South Island Secondary School. Boys selected for Maadi will continue for another 2- 3 weeks.

## **Maadi Cup Medallists 2020**

### **GOLD**

No Maadi 2020 Due to Covid-19

### **End of season awards 2019/20**

John Hunter Trophy for Senior Oarsman

S.H Francis Cup for Junior Oarsman

Simon Brigg Trophy for most promising Coxswain

Margaret Forbes Cup for Captain of Rowing

Scott Shackleton

Fred Calder

Caleb Fitzsimmons

Henry Woelders

## Key Dates

2020			
Day	Date	Event	Who attends
Sat	Oct 10/	New Brighton Long Distance - Kerrs Reach - 1330 Race Start	Seniors
Fri-Sun	Oct 9th,10th & 11th	CBHS Pre-Season Camp at Adams House Hostel (2 nights)	Entire Squad
Mon	Oct 12th		Term 4 Starts
Mon	Oct 26th		LABOUR DAY
Sat/Sun	Oct 31st & Nov 1st	Aoraki 1000 (TIMARU)	CBHS Attend TBC
Friday	Nov 6th		Senior Prizegiving - TO BE CONFIRMED
Sat/Sun	Nov 7th & 8th	Pennant - Kerrs Reach (Format TBC but 2 x half days?)	Seniors
Fri	Nov 13th		CANTERBURY SHOW DAY
Mon	Nov 16th		NCEA Exams Starts (Exam period: 16th November to 9th Dec)
Wed-Fri	Nov 25th - 27th		Junior Exams - TO BE CONFIRMED (23rd - 27th Nov)
Sat/Sun	Nov 28th & 29th	Ashburton Regatta	Entire Squad
Thur-Fri	3rd & 4th December		Yr 10 Activity Days
Sat	Dec 5th	Estuary Long Distance - Kerrs Reach 11:30am RACE START	Seniors
Tues	8th December		JUNIORM PRIZE GIVING
Wed	9th December		NCEA Exams ENDS
Wed	9th December		End of Term 4 - School Ends for the year
Wed-Fri	Dec 9-13	CBHS Pre-Otago Champs Camp	Entire Squad
Sat/Sun	Dec 12/13	Meridian Otago Championships - Twizel	Entire Squad
Sun-Wed	Dec 13-16	Senior Camp (Post Otago Champs)	Return Rowers

2021				
Day	Date	Event	Who attends	Notes
Sun - Frid	Jan 10-15	CBHS Camp Lake Dunstan - Return Rowers and Yr 10, 11, 12 & 13 Nov	Return Rowers	Boys will leave first thing Sunday morning 7am
Sat/Sun	Jan 16/17	Meridian Canterbury Championships - Twizel	Return Rowers	
Tue - Fri	Jan 26 - 29	CBHS Camp - Juniors & Senior 8s Pre South Island Champs	Year 9/10's	
Sat/Sun	Jan 30/31	Meridian South Island Championships - Twizel		
Mon	1st Feb			TENTATIVE START DATE FOR 2021 ACADEMIC YEAR - TO BE CONFIRMED
Mon	Feb 8th			WAITANGI DAY
Sun	Feb 14/	Head of the River - Kerrs Reach - 10am - 12pm (Christchurch)	Seniors	To be confirmed closer to the time
Tues - Sat	Feb 16 - 20	Rocket Foods New Zealand National Championships - Twizel	CBHS Attend TBC	
Fri	FEBRUARY	OAR SOME O'FAIR FUNDRAISER - McKenzie & Willis	TBA	
Sat/Sun	Feb 27/28	Junior Regatta - Lake Hood (ASHBURTON)	Entire Squad	Self Travel
Fri-Sun	Mar 5 - 7	Meridian South Island Secondary School Championships - Twizel	Entire Squad	Boys will leave after school on Thursday
Wed - Sun	Mar 10 - 14	Maadi Camp (Senior 8 Only)	10-11 Boys	Only boys selected for Maadi Cup
Thur - Sun	Mar 11 - 14	Pre - Maadi Camp (Rest of squad)	.- Squad of 45	Only boys selected for Maadi Cup
Mon - Sat	Mar 22 - 27	Aon New Zealand Secondary Schools - Karapiro (MAADI CUP)	.- Squad of 45	Squad depart for Hamilton via Auckland 20th 11:30am

CBHS Event/Camp
School Related Dates
Christchurch Events
Regattas Away
Maadi Cup
Public Holidays



## Year 9 Programme

Last year was the first year we ran a separate year 9 program, we found it was very productive and will offer a similar program again, the aims behind this are:

- Reduce the initial cost and lower barrier to entry for families so they can see if their son likes/enjoys the sport before committing to full financial obligation of the sport later in their school career. Hopefully more boys will then give the sport a go.
- More time for other things – boys can continue to be involved in other sports during summer and develop more skills.
- Less able kids are given more time to develop and avoid pressure of performance early on.
- More able kids still given opportunity to join full programme and make the most of their talent.
- Still having opportunity to travel to events and being part of a wider team
- Still being part of a programme where commitment, hard work and persistence is valued and rewarded.

Our squad size has also nearly doubled in the last 3 or 4 years and so splitting the program but having a lower key first year allows us to better spread our resources.

Boys will train about 4 times / week throughout the season with 2 – 3 on water session and 1 land based session.

### **During term 4 of 2020 - Year 9 rowers will train on the following days:**

Tuesday, Wednesday, Thursday & Sunday afternoons at Kerrs Reach. This will be at 4pm during the week and 3:30pm on Sunday.

Boys are not required to attend all 3 weekday sessions, we plan to split the group up so only 2/3 of the Junior squad attend each day. On the Sunday session all boys are to attend.

We are utilising Sunday so boys can still participate in other sports and also so hostel boys can go home on the weekend. It also means we avoid the most congested training time on the river which is Saturday morning.

We may also add in a morning session where the year 9s join the full squad for some land based training. This will likely be on Friday mornings from 7am.

All year 9 rowers will have the opportunity to row and compete through to South Island Secondary Schools, all events up to here are included in the base fee.

Some rowers who stand out may be selected to attend Maadi Cup and may be invited to join the fuller program. This would come with the additional Maadi Cup cost. Parents will be contacted if their son is likely to make this selection. The coaches will endeavour to identify boys capable of making this selection as early as possible.

## Senior Rowing Programme

The senior program will run like it always has, boys will attend all regattas and events up to SISS with some boys selected to represent the school at NZ Secondary Schools (Maadi Cup Regatta)

## Absence From Training

Rowers must attend training when required or you will let yourself and your crew down. If you cannot attend training because of illness, injury, exams or other reasons then you must advise the coach at the earliest possible opportunity by phone or text message.

## Annual fees

Our goal is to make rowing as affordable as possible for students at CBHS.

**The annual fixed fee (including GST) for Senior Rowers is:                 \$3,600.00**

**The annual fixed fee for Year 9 Rowers is:   \$2550.00**

**The annual fixed fee for Coxswains is:   \$2550.00**

The fixed fees will be invoiced to your CBHS school account in 6 equal monthly instalments, from September until February. The fees will be charged on your school account at the beginning of each month (except for September when it will be charged after the open day) and are expected to be paid with-in 3 weeks.

6 equal payments debited to school account – the first payment end of September then the middle of every there after.

**These fees cover all coaching, regatta costs, travel, food and accommodation (for seniors this includes about 25 days away), subscriptions and affiliation fees, boat storage and general maintenance**

**Please note that this fee does not include:**

1. Rowing clothing. This cost is dependant on what your son requires. We envisage a cost of approximately \$350 - \$400. This rowing clothing will be available from the beginning of Term 4.
2. Maadi Cup: The cost of Maadi Cup regatta and pre- Maadi cup training camp (for those selected). This cost will be approximately \$1,750 - \$1,900 depending on the level of funding received. As there are many fixed costs that need to be paid up front a 70% deposit is required.
3. Additional "selected" camps – any camp that requires selection to attend is charged sperately – such as the senior's who attend the Junior camp at the end of January as well as the Maadi camp mentioned above.
4. There is also a charge for Maadi clothing, this is generally around \$150 - \$200.

**It is school policy that the regular monthly fees for September, October and November must be paid up before Christmas in order for your son to participate in the January regattas and training camps. Fee payments after this must also be current in order for your son to attend Maadi Cup if selected.**

**Only under exceptional circumstances will this be waived.**

## **Parent Guidelines**

- Parents have a large and vital role in the smooth running of rowing. All parents are encouraged to belong to one of the sub-committees as outlined. A committee member will head each of the sub-committees and will ensure that a verbal report is presented at the committee meeting. (Concerns relating to crews, regatta entries, student welfare and discipline are directed to the Rowing Manager.)
- Fundraising is very important, as our fleet of boats require regular upgrading. We aim to purchase one new boat each year.
- Volunteers are required to help with transport, tent set up, baking etc at regattas, with a small number of parents required as house parents.
- All parents are welcome at all regattas and your son will benefit from your support.

## **Communication Lines**

All relevant information will be communicated through the closed Facebook group specifically for boys and by email to parents as necessary. The open Facebook page and school website for parents. A full contact list will be issued to all parents at the start of the season.

A clear boundary exists between the roles of the Coaching team and the parents group. All decisions regarding crews, and regatta entries are made by the Coaching team. Issues relating to student welfare and discipline will be the responsibility of the Team Manager, in his/her absence the Head Coach in conjunction with the Chairman. The Team Manager is also the liaison between the parents, the boys and the school.

## **Rowing House Parenting**

During all Twizel Regattas we will be staying at the High Country Lodge.

Our rowing group relies on all families being willing to undertake houseparent duties at Twizel. Being involved is an invaluable way to assist, meet other parents and become a part of the extended 'rowing family'.

We will have one accommodation block at the High Country Lodge, which sleeps up to 50 boys and has four rooms for house parents. There are motel rooms available for additional parents. House parents have food and accommodation provided.

The Lodge house parents will be responsible for all of the boys along with preparation of all meals. House parents will not be responsible for cleaning. The boys do not have to provide their own linen.

Parents asked to act as House Parents will be notified early in the season as to which weekend they will be involved. There will be a written roster produced outlining all parent duties for all regattas.

Husbands/wives/partners are welcome to join in as being a house parent. If you are not a 'house parent' and you require accommodation in Twizel, there are houses to rent, accessible via the Twizel Promotions Centre or alternatively motels. There are also Motel units available for rent at the High Country Lodge.

## **HOUSE PARENTING DUTIES INCLUDE**

- Organising the Lodge food and supplies on arrival and restocking if necessary.
- Assist our chef, Doug with Preparation of meals.
- Ensuring that the boys are awake and are fed breakfast in time for their individual racing or training schedules
- Transporting boys to and from the lake (if a van driver). Crews will be picked up from the Lodge and delivered to the lake by the bus or in minivans about 70 minutes before their race so that they are all together for pre race warm up. They are able to return to the CBHS tent after their races for food, drinks etc. The big tent is also a meeting place for parents and supporters each day.
- Washing and drying the boys racing gear if required.
- Making sure that they are resting, doing homework, at meals or in bed at the appropriate time as requested by the Rowing Manager & Coaches.
- Ensuring that the boys are considerate of others within the lodge.
- Ensuring that each boy has everything they require for the day's racing before they leave the Lodge each day.
- The usual school rules apply of no smoking, alcohol or drugs allowed by any of the boys. Refer to the Rowing Manager Rowing if you have concerns. If there is anyone who breaks the rules they will be referred to the Rowing Manager. They may run the risk of being prevented by the school from participating in future events.

## **FOOD**

- Doug Baker, the Adams House Chef goes with us on all major regattas and camps. House parents assist Doug with preparation of meals but he sorts out all the ordering and logistics relating to this.
- Generally the only food parents need to provide is a plate for the CBHS tent at the lake. Parents will be emailed a list of food to provide before each regatta.
- Also we normally request a third of families provide baking, another third bacon & egg pie and another third cheese rolls etc. This is food for boys. Parents will be emailed a request prior to regatta.

## **Goals & Objectives:**

- To make small self improvements every day
- Provide an environment that allows all boys to thrive in a competitive, nurturing and positive environment
- To be the premier school at U18 level
- To assist and develop rowers to reach their potential and produce crews capable of competing at the highest possible level
- To have as many boys as possible competing in 'A' finals and with crews covering all age groups at all regattas.
- To have a reputation as a school with high standards of presentation, sportsmanship and behaviour.
- To be consistently recognised as a strong rowing school based on results across all age groups.
- To promote and actively encourage participation in the sport of rowing.
- Full squad to attend South Island Secondary Schools Event and retain the top points bell.

## **Success indicators**

- Enjoyment
- Achievement of personal best times
- Improvements from one season to the next
- Increased rower numbers/retention of rowers
- Winning of medals at regattas
- Rowers chosen for higher honours

## **POLICIES**

### **SELECTION POLICY**

Due to limited resources and the safety of boys not every boy that signs up will necessarily be accepted into the rowing squad. Some boys may be encourage to take a more suitable role such as coxing until they are physically strong enough too competently and safely participate in rowing.

However if boys are deemed suitable to row and are accepted into the rowing program then they will all have a **minimum of 2 races per regatta.**

### **Objectives**

To have a fair and transparent selection process resulting in the best possible crew combinations rowing at key regattas, especially Maadi Cup.

### **Coach Reviews**

Each coach will conduct an individual review with individual rowers twice over the course of the season. This will cover the individual goals set by the boys, their areas of technique to work on and a review of their performance so far.

Coaches will also provide a ranking of athletes to rowers regularly throughout the season (at least twice) based on a wide range of measures. The purpose of this is to allow transparency as to where all boys stand and to ensure rowers are aware as their position in the squad and age group.

### **Guidelines**

Different crew combinations will be trialed in the early part of the season in order to establish the best possible crew per boat and age grade. All selections are based on achieving the end goal of having potential medal winning crews racing at Maadi Cup.

### **Main Objective:**

The selection process has the ultimate goal of putting the most compatible rowers in boats together in order to select the fastest possible crews.

### **Selection Process:**

#### **Seat Racing:**

Seat racing is our main selection tool. This can be run a few different ways but ultimately two or more boats are raced over a set distance multiple times and rowers are switched from crew to crew to measure how the boat performs after a change. This is the only way to ultimately find our most compatible combinations as it incorporates all the important attributes of a fast rower, fitness, power to weight, technique, ability to “fit” in with the crew, ability to race, mental toughness.

While not perfect it is the only way to test all the other objective land based data and see how it translates into real boat speed.

Below are a list of variables and how we attempt to eliminate in order to make the process as fair as possible.

- **Other rowers “push” for their mates only** – the changes are not known prior to racing commencing, all boys must expect they could be changed next and hence they would be seat

raced against the previous result, if they slacked off in the previous race to help a friend out then they may end up getting a poor ranking themselves. Another method we use is the “Matrix” system where rather than comparing individual races against each other the whole set of races are aggregated for each rower, the rower with the overall lowest time would have the highest ranking. This means every race for every rower has the same weighting on their own result regardless of the crew changes at any moment.

- **Pushing harder on the last race:** Rowers are not told how many races will be conducted and are only told when its over once they have completed the last race not before.
- **Fatigue:** Equal rest for all boys is given between races. Though ultimately we are testing their fitness and stamina so boys who fatigue less will do better than those that fatigue more.
- **Outside motivation** – Coxswains are not allowed to speak during seat racing as they could influence crews unfairly, no support is given from coaches on the bank either. Races can be run in time trial format rather than side by side so boys can’t be strategic with results and ease off if they think they’ve already won.
- **Boat Wash or Error by Rower** – Coach observes the whole races, if a major error is made by one of the rowers or a boat is unfairly influenced by boat wash, a gust of wind or another factor, then the race may be re-run.

Below are other components of the selection process, which guide the decisions on who to test and swap for seat racing, but by themselves do not indicate boat speed.

### **ERG Testing:**

Selection begins with erg testing. Boys will be subject to regular testing throughout the season on a standardized Concept 2 Ergometer, the most common and meaningful test is the 2000m test but rowers may be subject to other erg testing as well. Results from erg testing create a “starting point” to select crews. The old saying “ergs don’t float” is very true as they are simply a measure of fitness and strength. Testing results will help identify boys who are fit and strong and the boys who are not. However, erg testing results do not necessarily translate into boat speed, seat racing ultimately allows us to test how a boy’s erg score translates into boat speed.

### **Power to Weight Ratio:**

As heavy boys have an advantage on the erg in terms of producing Watts and hence getting better scores, a power to weight ratio is taken after erg testing results. This is a simple ratio of average Watts produced / the rowers weight. It is a simple linear index number which by itself is meaningless. But much like the raw erg test results it provides a starting point to assess boys and to give some indication of how a heavier rower may stack up against a light rower once on the water. This can only ultimately be tested through seat racing, where a rower’s weight and power is put into a boat and trialed against another rower’s power and weight.

### **Previous on Water Results**

As well as erg testing previous on water results can help a coach estimate where a rower is ranked, however this will also ultimately be tested through seat racing.

### **Technique**

Technique plays a vital part in rowing. There are many different “styles” of rowing but for the best crews it is important all rowers row a similar style of stroke. It is possible for a rower to be technically good in their own right but struggle to “fit” or be compatible with certain crews. However, at CBHS we aim to teach the same style among all rowers so that this factor is minimized as much as possible. However, as everyone is different there will ultimately be little quirks to each individual’s stroke, how these come together to blend as a crew is also tested through seat racing.

**Attitude/Behaviour/School:**

While our ultimate goal is to make fast boats we still reserve the right to omit someone from selection due to behavioral/attitude issues or failure to meet their obligations in the classroom. Boys must show willingness to learn, co-operate with the team and uphold the school's values.

The Coach will keep records of Erg testing and seat racing along with attendance at trainings. Both the Erg results and ranking of rowers from seat racing are communicated to the rowers after each test or session.

If there are two rowers whose rankings are very close then it becomes the ***coach's decision as to who in their opinion is the most compatible person for the crew.*** Form and fitness are not necessarily constant from year to year or even week to week and any significant changes here will have an influence on crew selections.

**The selection standard for Maadi Cup is for each rower to be in multiple crews capable of making A finals.**

Dated September 2019      Next review August 2020



## **HOST RESPONSIBILITY POLICY**

### **Purpose:**

- To define the responsibilities of CBHS Rowing parents/ members, supporters and coaches with regard to events or gatherings outside the school premises.
- To ensure the safety of all persons while on school trips through promoting safe and responsible behaviour.

**Guidelines:** One person must be appointed as 'Host' at each event.

### **Host Responsibilities:**

The appointed Host has the following responsibilities:

- Ensure where more than one glass of alcohol per person is likely to be consumed, food is provided continuously throughout the event.
- Ensure where alcohol is served, low alcohol and alcohol free beverages are available throughout the event.
- Ensure any person leaving the premises does not drive in an intoxicated state. In such an event the Host has the responsibility to call a taxi or arrange alternative means for the person to reach their destination. The Host has the authority to remove the person's keys if necessary.
- Ensure any intoxicated person is not served further alcohol.
- Any person engaging in reckless behaviour must be asked to leave.

## **PARENT / MEMBER / SUPPORTER / COACH RESPONSIBILITY**

All members have the following responsibilities:

- Where alcohol is served to employ moderation. Practises which encourage intoxication are not acceptable and anyone who becomes intoxicated will not be served further alcohol.
- Behave in a safe manner and promote the safety of others.
- Do not use any club equipment while under the influence of alcohol.
- Do not drive while intoxicated.
- Notify the Host of any person who is acting irresponsibly or is intoxicated.
- Assist the Host where possible.

Dated August 2020

Next review August 2021

## HEALTH AND SAFETY POLICY

### Purpose

The school's rowing organisation is required to make a risk assessment with respect to all matters arising from their activities associated with rowing. The areas that affect us most are the safety of the boys biking to and from Kerrs Reach and in particular the training at Kerrs Reach. Regattas are the responsibility of the organisers of the events.

As long as we take all the necessary precautions there should be no problem with liability. This does not remove the responsibility of each individual involved in rowing to ensure that they have read the regulations with regard to the three above areas.

All boys and parents are asked to read the following and to sign that they have done this on the registration form which will be returned to the Rowing Manager. Failure to sign will mean that the student will not be able to participate in rowing.

### Guidelines: Cycling to and from Kerrs Reach:

- Helmets and reflective fluoro vests must be worn at all times.
- When biking, front and rear lights must be fitted and turned on, and boys must wear suitable reflective and highly visible clothing.
- All boys will abide by the road rules and in particular keep left, ride only two abreast and not 'run the red lights.'
- It is the responsibility of the parents and student to ensure the bike is roadworthy. All bikes should be checked and maintained on a regular basis.

### Training at Kerrs Reach and Regattas.

- All boys are able to swim 50m in light clothing and shoes. There will be an annual swim test for this.
- All boys must inform the Rowing Manager, coach or person responsible for the boat if they have any health problems that may mean that they may be at risk if a boat capsized or they were thrown in the water.
- It is the responsibility of the coach to ensure that the rowers have the correct clothing in relation to the weather conditions. It is the responsibility of the rowers to ensure that they bring clothing that is appropriate for the conditions.
- All crews must abide by the instructions of the person in charge of the boat at all times. That person will be the **cox** in the case of coxed crews and the **stroke** in non-coxed crews unless the coach appoints another person to be in charge of the boat.
- If a boat capsizes it will not sink. The crew must stay with the boat then push the boat to shore whilst keeping everyone talking.
- The coxswain must wear a life jacket and buoyancy aids are carried in the boat by all crewmembers.
- A single sculler must not row alone. Another boat or coach must be in close proximity in case of a problem.
- Due care must be taken at all times to ensure the safety of people when transferring boats from shed to water and return.
- The coxswain is responsible for ensuring that there are no collisions on the water.
- All boys are responsible for their own protection from the sun, ensuring they are hydrated and have a small first aid kit including band-aids.
- Dated September 2019    Next review August 2020

## **COMPLAINTS POLICY AND PROCEDURE**

### **Rationale**

Our objective is to provide support and fellowship to boys and parents. We pride ourselves in recognising and respecting the needs and rights of all individuals, and if these requirements are not being met, then amending the situation as soon as possible.

### **Objectives**

Deal with the matter as soon as practically possible and advise the person(s) involved what action is likely to be taken when it cannot be dealt with immediately.

### **Guidelines**

It is recommended that the complainant attempt to resolve the issue/problem directly with the person(s) involved.

Any matters unable to be resolved by the persons should be raised to the Rowing Manager or Rowing Club Chairperson.

The Rowing Manager will advise the Rowing Club Chairperson of any outcomes or may ask for assistance from the elected committee officials (Chair, Secretary and Treasurer)

The Rowing Manager will bring any matters relating to employment or with financial ramifications to the attention of the Chair.

Date of Policy: September 2019    Next review August 2020

## **INJURIES**

### **Muscular Injuries**

There are risks associated with unaccustomed physical activity. Inadequate strength and flexibility can lead to overuse injuries once the rowing training commence. It is therefore necessary to build up and maintain fitness levels during off-season.

The coach will monitor the rate of progression of training, once rowing begins, to minimise injury to both new and more experienced rowers. The more experienced rowers should be aware of possible limitations of new rowers and encourage awareness of possible overuse of muscles.

Each rower adapts to training differently. The original state of fitness and the goal fitness are integral elements to the rower's participation and enjoyment.

Rowing is a physical sport, and like others, the possibility of dehydration can occur. Each rower must carry a drink bottle on board while rowing.

Possible minor injuries to thumbs or hands may occur during rowing due to hitting hands while learning to row correctly. The coaches have access to a First Aid kit at the Kerrs Reach boat shed and during the regattas.

## **HEALTH ISSUES**

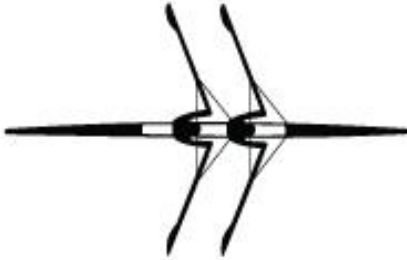
Boys must advise the Rowing Manager and Head Coach of any underlying health issues or allergies that may affect him whilst rowing or away at camps or regattas.



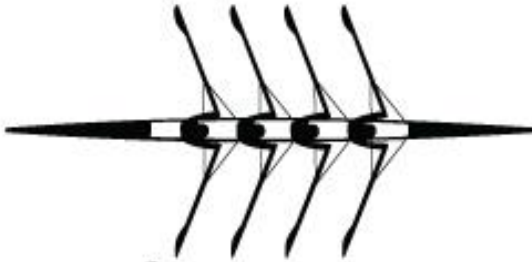
### Sculling Boats

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**Single (1x):** Approximately 26 feet long, 11 inches wide, and about 30 lbs. Rowed by one person using two oars.



**Double (2x):** Approximately 32 feet long, 13 inches wide, and about 60 lbs. Rowed by two people using two oars each.



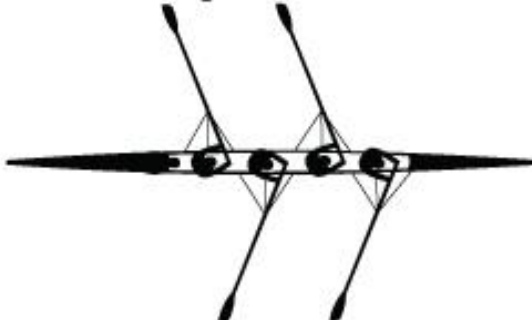
**Quad(4x):** Approximately 42 feet long and about 115 lbs. Rowed by four people using two oars each.



### Sweep Boats

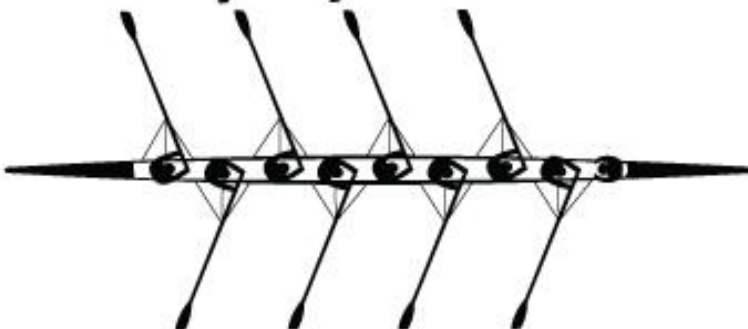
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**Pair (2-):** Approximately 32 feet long, 13 inches wide and about 60 lbs. Rowed by two people using one oar each.



**Four (4+):** Approximately 42 feet long, 21 inches wide and about 112 lbs. Rowed by four people using one oar each. Coxswain can be in the bow or the stern.

A **Straight Four (4-)** is a similar boat but without a coxswain.



**Eight (8):** Approximately 60 feet long, 26 inches wide and about 210 lbs. Rowed by eight people using one oar each. Coxswain sits in the stern.