

UNIVERSITY OF LEICESTER BOAT CLUB

CODE OF PRACTICE

MEMBERSHIP

Membership is open to students and past members who hold the appropriate Sportscards and membership of the Students' Union. The club is open to any eligible person irrespective of ability or experience.

All members must comply with rules of racing and the water safety code as set out by the ARA.

Any full-time student can stand for any post on the committee as stated in the club constitution.

The committee can withdraw membership provided disciplinary procedures are followed.

AFFILIATION

The Boat Club is affiliated with the Amateur Rowing Association (herein known as ARA) the national governing body for the sport, and can therefore attend conferences, meetings and courses which are run by that body.

SAFETY

There is a first aid kit just inside the door of the boathouse and a telephone at the top of the stairs by the changing rooms.

The club abides by the rules of navigation set out by the local river authority for the area, and the bylaws of the area.

All boats out after dusk must carry two white lights, one facing the bows, the other the stern.

All members are required to confirm that they can swim 100 metres in light clothing and shoes, or are required to undertake an official swimming test.

INFORMATION TO MEMBERS

This is given verbally. Most information is included in the club booklet provided at Freshers' Fair.

Information throughout the year is given verbally at training sessions, notice board and via e-mail. A provisional list of events will appear in the club booklet.

New novice members and training

Land training:

This takes place twice weekly for all members in the form of plyometric circuits in the Charles Wilson sports hall on campus.

Water training:

All coaches are assigned a morning in which they are to take a session. It is the new rower who is responsible for booking the session with the coaches, via the notice board, which they will be attending. Coaches are either qualified ARA coaches, or are senior, experienced rowers who have been approved by the Club Captain.

The head coach is responsible for the new novices and is the point of contact for all the members of this squad.

No inexperienced rower shall be allowed to row until they understand the basic safety procedures, which are:

When on the landing stages, the boat should be held down by the bank-side riggers at all times.

Once in the boat no rower should let go of his/her oar.

A crew must cease rowing immediately the coxswain calls the instruction "easy there".

Lights must be attached to the boat after dark.

No inexperienced member is allowed on the water unless they have a coach with them at all times.

General members

All coxswains (herein known as Cox) must wear life jackets when in a boat (ARA water safety code). The Cox is responsible for the lifejacket that they wear and the Cox box, they use, if it is lost or damaged it is therefore their responsibility.

The Cox should navigate the river on their right hand side and can only overtake another craft if safe to do so.

An instructor must accompany a novice Cox on the bank until a general proficiency has been reached.

A Cox must not be coerced into doing anything they do not feel confident enough to do safely.

Training sessions for senior members will be announced via the notice board and e-mail.

No crew can take to the water unless there is a coach supervising the session, or unless by permission and knowledge of the Club Captain or Vice-Captain.

Equipment

The club provides all equipment at no extra charge.

There is a club officer who is responsible for equipment. His/her job is to do general checks on this equipment and to judge water worthiness. This officer will liaise with the Club Captain to ensure no damaged or unsafe equipment is used and is repaired properly. If equipment is unusable, a notice to this effect will be placed on the item concerned. Any concerns that a member may hold about equipment should be reported to the Club Captain or his/her deputies so that it can be discussed at the next committee meeting.

Keys for the boathouse will be allocated at the discretion of the Club Captain. A deposit of £100.00 for two keys is required and is held by the Sports Association. If either key is misplaced or lost, the sports office must be notified immediately. The deposit will be forfeited.

There is a strict hierarchical scheme of boat usage. The senior crews use the first boat and absolutely no novice crew should use it, unless, in special circumstances, the Club Captain grants permission to do so. Crews/squads can use equipment providing that they have the ability to do so and have satisfied the Club Captain, Vice-Captain, and Head Coach of their ability. The Club Captain's decision is final.

Every crew which uses the equipment must understand the value of such items and so treat it with utmost respect. There is a fining system for those that damage the equipment through neglect or carelessness, the amount of fine will be at the discretion of the captain and treasurer but will be no more than £50.00

All members are reminded that we use facilities owned by Leicester City Rowing Club. All members must be treated with the same respect that you treat other members of the University club, and also the facilities that we use at the club.

Club trips and events

Information regarding trips is given verbally and by e-mail.

The Regatta Secretary is responsible for the entry of crews both before the external closing date and on the day of racing.

Members must bring a minimum of the standardised racing kit on days of competition (these can be purchased through the club), ARA racing licence, sleeping bag and tent for weekend trips.

A first aid kit should always be taken on trips away. At regattas there is always a first aid post in case of an emergency.

The Club Captain has direct authority over all club members, and should endeavour to maintain discipline and respect for the regatta organisers.

Minibus drivers must pass the relevant minibus test and abide by the rules.

Boat Trailer

The Boat Club trailer must be serviced at regular intervals.

When not in use, it must be stored securely, locked, and all portable accessories removed to safe storage facilities.

The trailer may not be stored or left overnight at LRC boathouse.

It may not be used to transport boats or equipment belonging to any other club or organisation without the prior knowledge and agreement of the Sports office.

All club drivers who tow the trailer must undergo training approved by the Sports office before any towing is undertaken.

No other person may tow the trailer without the prior knowledge and agreement of the Sports office. It is the responsibility of the Club Captain to ensure the trailer is used in accordance with these regulations.

Insurance

Every member has basic sporting injury insurance included in the student Sports card.

Associate members must purchase the insurance separately from the Sports Association office.

All members who race, must join the ARA, and are thereby covered by that body's insurance whilst rowing.

Discipline

If a member(s) infringes the club's code of practice, the matter will be discussed with those concerned. If the problem persists, then it will be brought to the attention of the committee, and action will be taken against the member(s) concerned to the extent of banning the use of equipment or total expulsion from the club.

Sponsorship

No crew may have individual sponsorship except under exceptional circumstances. The committee must be approached in the first instance before an application is made. Their decision is final.

Extenuating circumstances include a crew rowing at such a level that it either necessitates additional funding or heightens the profile of ULBC.