

Fees

A fee of \$130 is due on the first day of the program. Fees cover coaching, insurance and use of club equipment. Payments should be made to the coordinator at the first lesson or through the Internet - St George Bank; BSB : 112 908; Account No : 050357551. You must include your name and the reference to Learn to Row (LTR) in the comments field on the payment. You should bring a copy of the transaction to the first lesson. (You can screen dump if necessary by pressing the 'Prt Scr' and 'Ctrl' keys at the same time, copying it into a word processor and printing.)

Method of Payment








Cash:

Internet transfer:

Cheque:

Course outline

The first week covers basic stroke and exercises, equipment and terminology. Normally learners could expect to spend a short time on the water. The following four lessons will vary depending on the size of the group and conditions. It could involve doubles and quads. Lessons cover:

-  Revision exercises at various points.
-  Navigation (/steering) exercises.
-  Using full slide.
-  Working with other crew.
-  Using ergo machine.
-  Moving the boat in both directions.
-  Capsize drill.

Name: _____

Address: _____

Postcode: _____

Phone: _____ Mobile: _____

Email: _____

Emergency contact

Name: _____

Phone: _____

Mobile: _____

I, _____
can swim at least 50 metres fully clad. I am satisfied as to my general health or have consulted a doctor who has agreed to my undertaking rowing. I have read the Club's safety policy and will abide by the club code of conduct. (See <http://bmrc.org.au/corporate.htm> for details.)

Please put a cross in your age category

Junior (below 18 years of age)

Adult under 27

Masters

A (27-35)

B (36-42)

C (43-49)

D (50-54)

E (55-59)

F (60-64)

Older categories

Signature: _____

Date: _____

See www.bmrc.org.au for coordinator details or contact Greg Williams (gjwill1@optusnet.com.au).

Black Mountain Rowing Club



Learn to Row and Refresher Programs

2007-08*

* Fees are set annually at the Annual General Meeting and may be subject to change

The **Black Mountain Rowing Club** welcomes you. We are a founding ACT rowing club, having participated in rowing events since Lake Burley Griffin filled in 1964. The Club evolved from the Telopea Park High School Rowing Club to an open amateur club with some 150 rowers.

Our goal is to provide a friendly environment which encourages you to develop your skills and, importantly, to enjoy the rowing experience. While many members compete, that is a choice for individuals, with some just enjoying rowing, the amenity and atmosphere.

The program

If you are 12 or more, can swim 50 metres fully clad and have satisfied yourself as to your fitness, you are eligible to enrol in the learn to row. Life jackets are not worn while rowing and even the best rowers may fall in. Please bring a complete change of clothes and towel to each lesson.

The course comprises five Sunday two-hourly lessons, run in blocks. They usually commence at 8.00am in Summer and 9am as the days get shorter. Programs are not run over Winter.

Membership

Graduates of the "learn to row" program are welcomed as members and the learn-to-row fee goes towards membership. Details are at www.bmrc.org.au/docs/bmrc_membership_200607.doc.

Lake Rules:

You will be advised of the rules governing rowing on the Lake and these must be followed to ensure the safety of all Lake users. The most important of these is keeping to the left.

Safety:

Common sense and alertness are critical in rowing and clearly the less experienced you are as a rower, and the colder the water, the more important it is for you to stay close to the left bank, to row in crewed boats or to row in company.

Coaches will advise you on the conditions and in some cases lessons will need to be cancelled. Should you fall in:

- ✚ You would normally be seen and assistance will be forthcoming. If you have not been seen, you should attract attention.
- ✚ If you can get back into the boat, you should try to do so as shown in drills. It involves rightening the boat into a normal rowing position, holding the two handles with one hand and heaving yourself back onto the boat.
- ✚ If you can't get back in the boat stay with it (you can raise your body out of the water by lying over an upturned boat).

NEVER leave an upturned boat unless instructed by another boat or tinny offering assistance.

Weather conditions can change quickly but here are some pointers. You should not row if:

Fog – you cannot see over to the other bank:

Rain – where it is heavy or likely to be;

Lightning - there is a thunderstorm or any prospect of lightning;

Wind – there is strong wind, as may be evidenced by whitecaps. It is important to check weather forecasts if in doubt.

Hypothermia & overexposure:

Hypothermia is an abnormally low body temperature (usually below 35 degrees). Symptoms include weakness, drowsiness irritability and poor coordination. The severity of hypothermia depends on : age and physical condition, clothing, the temperature (of water or air), wind chill & period of exposure

Treatment:

- ✚ Protect the person from the wind rain and the cold.
- ✚ If possible remove wet clothing and provide the person with warm dry clothing. Make sure to cover the head, hands and feet to prevent further escape of heat.
- ✚ Provide the person with warm (not hot) fluids to drink (no alcohol).
- ✚ Put the person in a warm bath or shower so that they can warm up gradually.

Do not attempt to rapidly heat the person using a hot bath or shower, too hot a water bottle or electric blankets.

Your medical condition:

Rowing is an aerobic sport requiring a degree of fitness and agility and those who are reasonably active tend to get more out of the course. Before starting the learn-to-row program, you should seek the advice of your doctor, even though the course itself is aimed more at skill than fitness. While coaches cannot make any medical judgments, please advise them of any conditions that may be pertinent to your safety e.g. asthma or epilepsy.