



Rowing Club

Hinds Reserve, Bayswater WA

Handbook of Rowing



anarowingclub.org.au



ANA Rowing Club



[anarowing](https://www.instagram.com/anarowing)

Key Club Events Calendar	
Annual General Meeting	February
Bayswater Learn-to-row Regatta	March
Guildford to Garratt Road Head Race	May
Head Race Season	April - May
Masters/Pennant Season	March - September
Head of the Swan	October
ANA Annual Dinner	November

Introduction

Welcome to ANA Rowing Club. We hope you enjoy the experience of rowing with us at Bayswater on the Swan River in the coming years.

As a brief introduction to ANARC, the club's aims are simple:

“The promotion of the sport of rowing and sculling in a friendly and enjoyable environment, which allows members to develop their appreciation and participation in the sport, whatever their goals.”

ANA Rowing Club is located at the A.P. Hinds Reserve, on the banks of the Swan River just upstream from the Garratt Road Bridge in Bayswater. As well as the rowing shed, ANA also has a club room facility which houses our gym, change rooms and entertainment area.

The ANA Rowing Club Committee meets once a month and any member is eligible to attend and raise issues concerning the club via any member of the Committee.

Please refer to our web site, www.anarowingclub.org.au, for current Committee members and contact details.

Categories of membership (see [web site](#) for fees)

- Racing member
- Student racing member
- Recreational member
- Gym member (non-rowing)
- Social member (non-rowing)

Rowing members are given the following privileges:

- Access to boat shed and gym on completion of boat handling course
- Use of club equipment (boats, oars and gym)
- Storage of personal boats (For a fee with club permission)

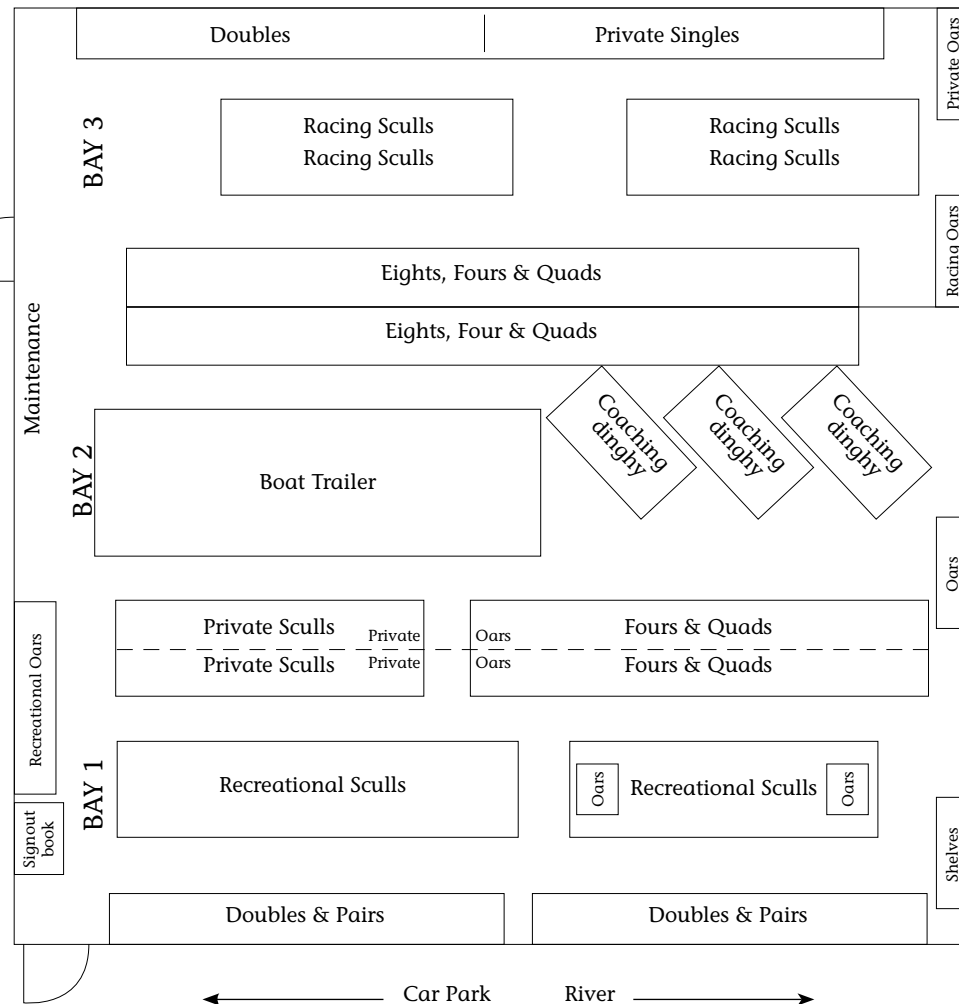
They also have the following responsibilities to uphold:

- Doing their part to keep themselves, other members and river users safe.
- Security, ensuring everything is correctly locked up.
- Tidiness, keeping the club tidy and helping with clean-ups.
- Boat maintenance and repair, assisting with boat maintenance and repair when required. Ensuring boats are not taken out in an unsafe state, fixing any breakages.



The club also requests that members assist for a minimum of 2 half days at its major fund raising events throughout the year. If members do not wish to assist for at least this minimum period, a levy will be applied in addition to their membership fees. Fund-raising accounts for a considerable amount of the club's income and without sufficient volunteers, these funds would have to come from an increase in members' fees.

The Sheds



A Novices' Guide to Rowing

Rowing is *the* team sport that exercises many muscle groups. This is a guide to the basics of rowing as there is much to take in on the first few outings. Use it to get a head-start and as a reference if you forget something and want to refresh. If there are any other questions just ask a coach.

General Advice

- Try not to row on your own, particularly if you are a novice rower or not confident in a single.

River Rules

- Keep right (keep your left side closest to the bank).
- Know which side obstacles (marker posts) you should be passing on.
- Row in your third of the river (the middle third should stay clear as a buffer zone).
- Always be aware of what is ahead of you. Check for other river users before manoeuvring.

Rowing in the dark

- You **MUST ALWAYS** have a white light, visible 360°, on the bow before dawn and after dusk
- Wear a white or light coloured top to make you more visible.

Weather

- **DO NOT ROW** if there is lightning.
- Use common sense. Don't row, or consider a more stable boat, in rough weather, rain and gusty winds.
- Try to avoid the hottest parts of the day, and try to wear long sleeved shirts, large brimmed hats and sunscreen. Take plenty of water.

In the Event of a Capsize

- Leave your oars in the gates (attached to the boat).
The oars help to keep the boat, and you, afloat.
- Don't leave your boat/oars. They are a flotation device and help people to see you in the water.
- Swim the boat to shore and get back in there. If you have rowed out in a group another rower can tow you and your boat to shore. Only try to get back in if you have experience in doing so.



Safety Around the Club

- Watch where you are walking - there are possible trip hazards and places to bump your head in the shed
- Take extreme care when getting boats from high racks. If using steps, have someone else stabilise them and **DO NOT** over reach. If using the genies **DO NOT** stand under the suspended boat
- Check your boat before you go out.
 - > Gate(s) are done up.
 - > Heel ties and one-handed velcro pulls in place for boats with shoes.
 - > Steering is functional for boats with rudders.
- Ensure someone knows that you're out on the river.
- **SIGNOUT/IN YOUR BOAT**

Boat Usage & Grading System

- ANA uses a colour coding system on all boats and oars. Boats are marked with a coloured circle and oars are marked with a stripe near the collar. (Refer to posters in the shed)
- You cannot use a boat or oars above your level unless you have the captain's permission. Boats also have an average crew weight which must be observed (Crew weight in total divided by the number of crew.)
- You should **NEVER** use private boats or oars without the owner's express permission! If a boat is not marked, **DO NOT** assume anyone can row it, private boats are not marked.
- Generally more advanced grade boats are stored higher up in the shed.

The Gym

- **TIDY UP AFTER YOUR SESSION** - Rubbish in bins **OUTSIDE**, weights on racks, ergos returned to the boatshed.
- **TURN OFF LIGHTS.**
- If you do not know how to use a piece of equipment ask someone who does or **DO NOT USE IT!**
- It is preferable to not train alone. Find a training buddy.

ANA Uniform

ANA encourages members to proudly wear the club colours so as to present a unified club. ANA merchandise can be purchased directly from the regatta shop.

<https://www.theregattashop.com.au/collections/ana-rowing-club>

Learn to Row

ANA runs sculling (2 oars per rower) courses for beginners to learn the correct rowing technique, for boat handling skills and water rules. Sculling is an excellent way to learn and at the end of the course participants should be confident enough to take a boat out and return it to the shed at the end of their row.

Duration: 5 weeks **Time:** 9-10.30am **When:** Sunday mornings

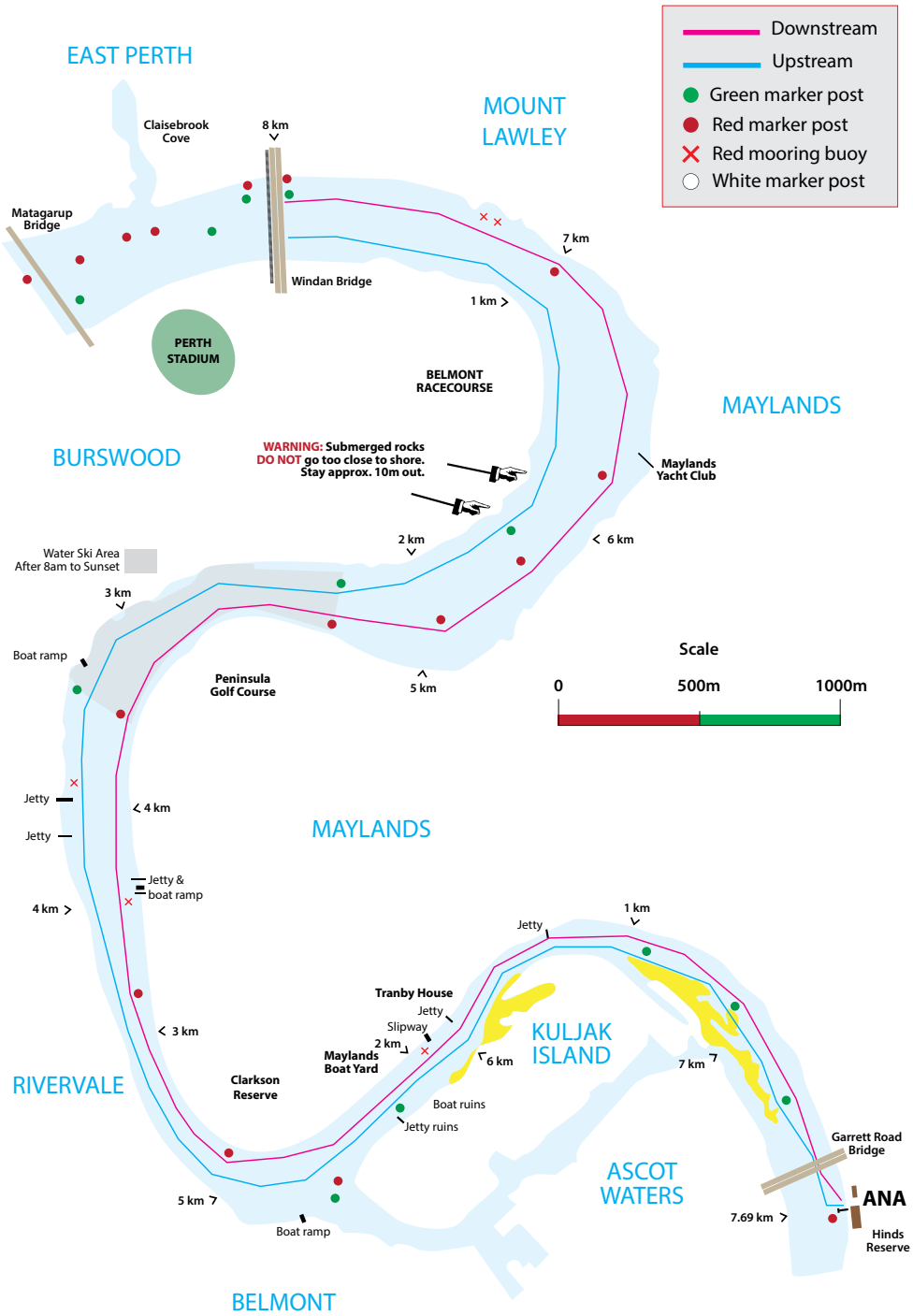
If you are interested and would like to sign up, or just want to know more information contact us at - learntorow@anarowingclub.org.au



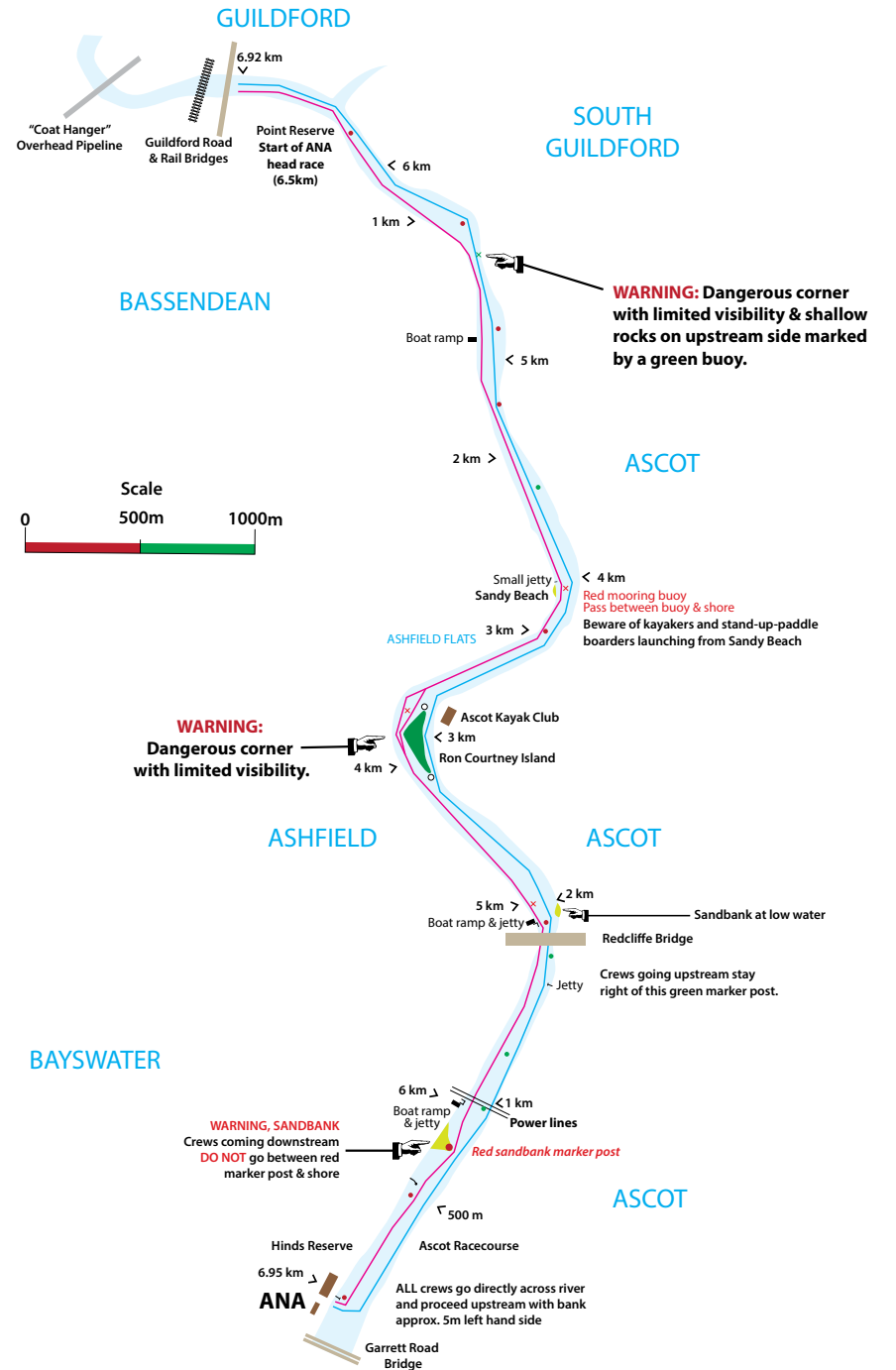
Rowing/Coxing Vocabulary

- **Number off from bow** - when you are in the boat and ready to row, each person shouts their number from Bow to Stroke.
- **Square blades** - keep the blade at right angles to the water throughout the whole stroke.
- **Feathered blades** - after the blade comes out of the water, turn it parallel to the water.
- **Finish** - a position with legs extended and arms pulled up to the chest, blades square and buried in the water.
- **Catch** - a position with legs compressed and arms out in front, blades in the water ready to take a stroke.
- **Easy oar... rest** - Everyone finishes the current stroke and sits at the finish with arms extended, oars feathered, then drop the blades onto the water.
- **Check the boat!** - Everyone squares the blades in the water to stop the boat as quickly as possible.
- **Sit the boat** - when not rowing, sit in the boat with blades feathered on the water. Keep hold of the blade and change the height of your hands to keep the boat balanced.
- **Bow four** - bow, 2, 3 and 4. **Stern four** - 5, 6, 7 and stroke.

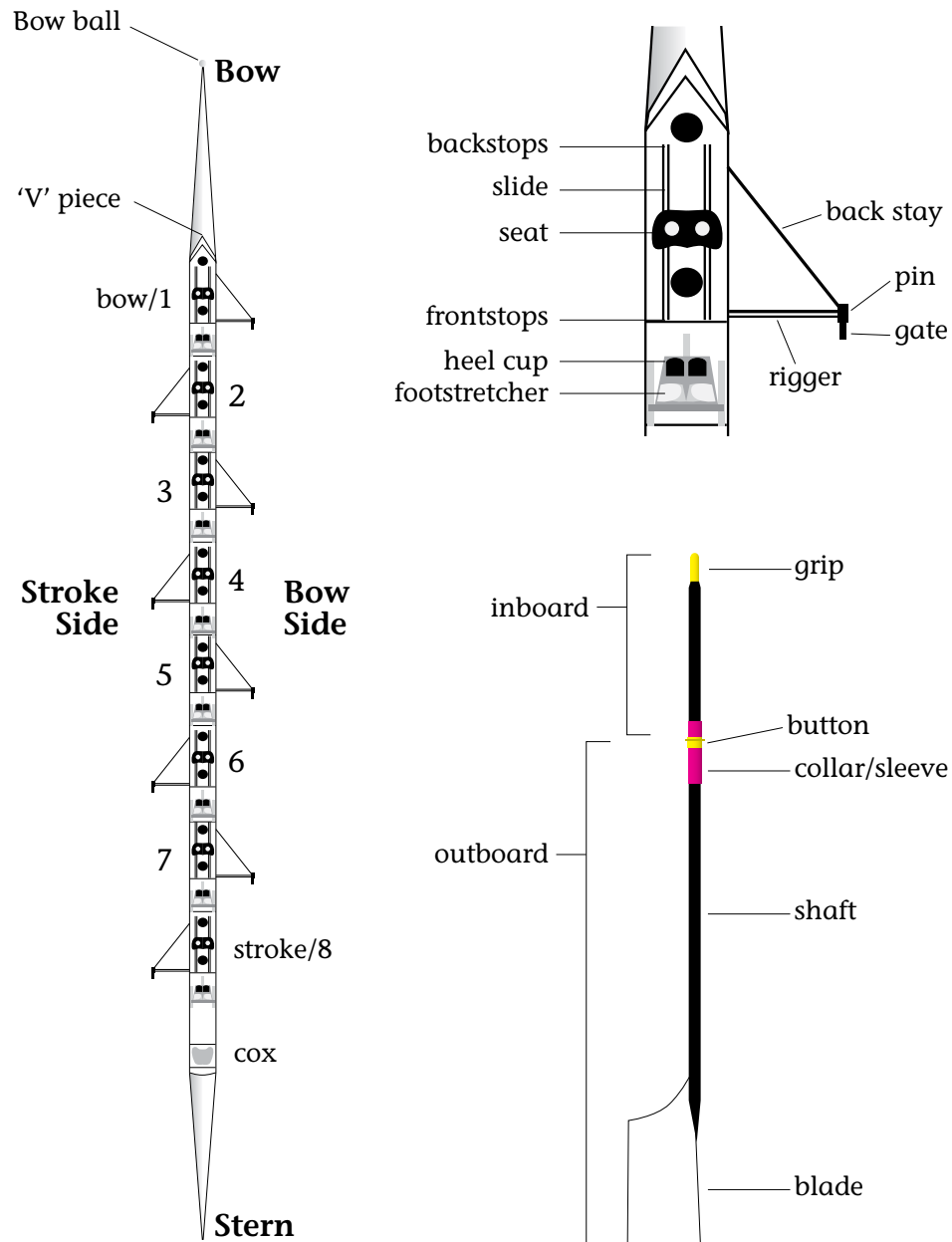
River Map - Downstream



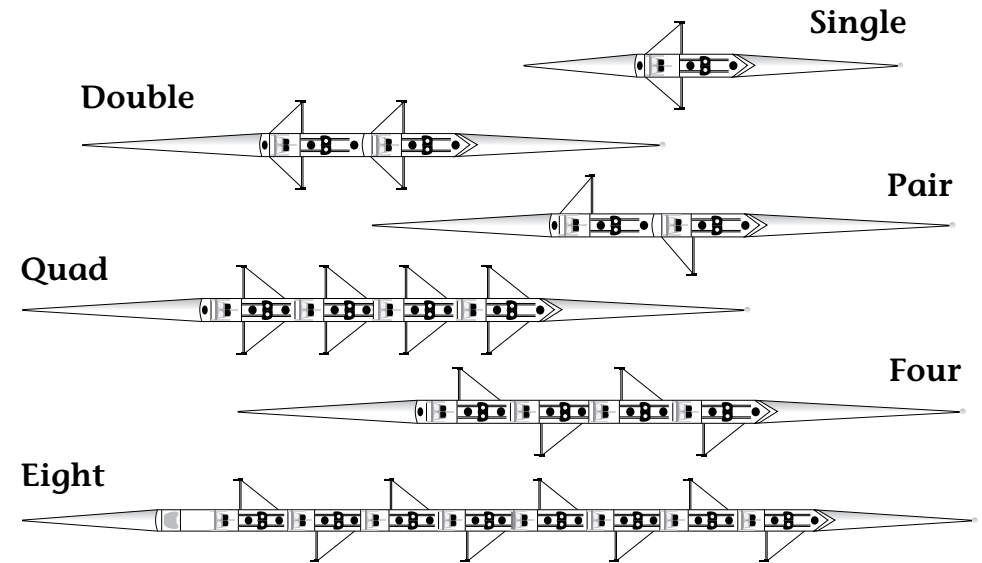
River Map - Upstream River



Boat & Equipment Terminology



Boat & Equipment Terminology



Rowing Technique (see diagram on back page)

The rowing stroke should be a relaxed and continuous movement combining a power and recovery phase. The back should be in a neutral sitting position, neither straight up nor slouching. There is usually a 2:1 ratio of recovery to power phase.

Power Phase

1. With legs compressed and arms straight out in front, blade in the water, pressure is put down by the legs. The back is held firm with shoulders and arms relaxed, connecting the legs and the water.
2. The leg drive commences with the rower 'suspended' off the handle of the blade. At the end of the leg drive the back is opened up to about 15 degrees past the vertical.
3. At the back end of the slide the arm draw commences pulling the handle with the elbows and triceps.

Recovery Phase

1. At the finish the blade is released from the water by pushing down with the arms. The blade is feathered by turning it using the inside hand (sweep) or both hands (scull), keeping the wrist(s) flat. The handle is then moved away from the body.
2. When the blade handle is past the knees the body is then rocked over, pivoting at the hips and keeping shoulders relaxed.
3. The slide then commences, matching the boat speed and letting the boat travel under you. The oar is squared when the hands pass the ankles and placed in the water at the catch.

GUIDE TO GOOD TECHNIQUE

