

TALKIN TARN AMATEUR ROWING CLUB



INDUCTION PACK

Introduction to TTARC

History of the club

Talkin Tarn Amateur Rowing Club was founded on 13th December 1859. There was rowing at the Tarn prior to this date; recently a tankard found in an attic in Australia in 2005 has the inscription 'Talkin Tarn Regatta 1854 – Corby Castle Prize – won by Fred Myers'.

TTARC was responsible for the formation of Talkin Tarn Golf Club in 1920, which was later renamed Brampton Golf Club. In the 1960's TTARC set up a sailing section with the club. This section later broke away and became Brampton Sailing Club.

For many years the club leased the Tarn from Boothby Estates, employing a boatman and responsible for administering the lake and woods. With the sale of these areas to Cumbria County Council in 1975 the club relinquished its lease and began to operate purely as a user of the Tarn.

TTARC has produced many notable rowers and coaches. Tarn rowers have successfully competed in International regattas, World Masters Rowing Championships, World Rowing Championships and Olympic Games. Our coaches have been recognised with awards from Carlisle Sports Awards, Cumbria Sports Awards, ARA Junior Coach and BR Achievement Award.

Club Opening Times

Training times are posted on the Club notice board and web-site (<http://www.talkintarnarc.co.uk/>). There are priority training times for different ages/competences of rowing. Rowers can request to row at a training time that is not their priority time. The Captain's decision is final.

A key to gain access to the gym and/or boathouse outside of these times can be obtained. Please contact the Captain.

Rowers must notify the Captain if they intend to boat outside of training times (L2 qualified coaches expected).

Changing facilities

Members use the City Council changing rooms. The combination for the key pad entry is available from any coach. You should leave your kit bag in the changing rooms during training sessions. Lockers are available for a returnable deposit of £1.

Car Parking

Between 10am and 6pm there is a charge for using the City Council car park. Tickets are obtainable via the pay and display machines located in the car park. Annual parking permits can be obtained from Carlisle City Council (<http://www.carlisle.gov.uk/talkintarn/Find-Us>).

Officers

Our Safety E-mail tarnsafety@gmail.com

Our Welfare Officer (WO) is Dudley Smith. E-mail welfare@talkintarnarc.co.uk

Our Club Captain is Linda Watson. E-mail ttarc.captain@gmail.com

The other club officials are documented in Appendix 1.

Club Procedures

Procedure for reporting an incident or near miss

An incident is any event that causes injury or damage to equipment.

An incident also includes **all** capsizes, slips, trips and falls.

A near miss is any occasion where a threatened incident was avoided or an unsafe situation existed, for example, a boat has to 'hold-it' to avoid a collision or two boats pass closely in opposite directions.

Everyone has a responsibility to report incidents, including near misses, in which they are involved or that they witness.

As soon as practical after the incident or near miss it must be logged in the Incident Book. The Incident Book is held on the Club Notice board adjacent to the boathouse entrance. Junior coaches are responsible for ensuring reporting of incidents involving junior crews.

The Club SO will report incidents monthly via BR Incident Reporting System. Details will be removed from the Incident Book by Club SO and securely filed.

The Club SO will report on incidents monthly to the Committee and collectively action will be taken to address the incident and prevent a re-occurrence.

Procedure for reporting and quarantining damaged equipment

Damage of equipment whether on or off the water needs to be recorded in the book in the workbench. The damage must also be reported by e-mail to the Captain.

Any boat that cannot be used or is dangerous must have an 'Out of Use' notice placed on the hull. These are stored at the work bench.

Disciplinary and Grievance Procedure

This is available on the website and Club Notice board (<http://www.talkintarnarc.co.uk/policy>)

Safety Information

Responsibilities and expectations for everyone.

Everyone is expected to read, understand and abide by the Club Safety Policy and Rules (available on Club Notice board and club website <http://www.talkintarnarc.co.uk/policy>)

Everyone is expected to ask a coach or officer about any aspects of safety they are concerned or unsure about.

Appropriate Dress

All rowers on the water to dress appropriate to the conditions and must wear bright, hi-viz clothing whilst on the water.

All coxswains must wear life jackets while on the water. Coxes of bow loader boats must use only a manually operated life jacket. Life jackets that inflate on contact with water or bulky foam-filled buoyancy aids must NOT be used.

Each crew should carry a whistle to attract attention in case of capsize or other emergency. Crews out on the water alone are advised to carry a phone.

All launch drivers and launch crew members/passengers must wear life jackets and use kill cords while on the water.

Capsize and Recovery

Every rowing member must be able to swim 50m in light clothing; tread water for 2 mins and swim 5m underwater. This will be tested at a capsize drill. Junior rowers in a single scull must wear a life jacket until they have successfully completed a capsize drill.

If capsized everyone should understand the key steps of a capsize that is, to get free from the boat, get out of the water onto the boat and get off the water using the boat as a raft. Everyone is expected to understand the need to stay with the boat and use it as a life raft, unless doing so results in greater danger.

Everyone is expected to understand the risk from hypothermia and cold water immersion and have completed the BR online module https://www.rowhow.org/free/cold_water_course_latest_version/ . Everyone should be prepared for those effects if immersed in cold water.

Waterborne diseases.

There is blue-green algae at the Tarn.

Everyone should wash open wounds, cuts and blisters at the end of a session. Hands should be washed before eating or drinking.

Anyone who capsizes should shower on return to land.

Everyone should see their own doctor if, after contact with Tarn water, they think that they may have any symptoms. Inform the club if you have contracted a disease

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associated with a waterborne cause so that others can be encouraged to take greater precautions

Declaration of Medical Conditions

Members must inform the club of any reason that they may be at risk due to current or previous illness or injury.

Members with asthma must ensure that an inhaler is carried and used when appropriate

Members with diabetes must ensure that appropriate food and medicines (if necessary) are available.

First Aiders and First Aid provision.

There are two First Aid boxes available in the kitchen area of the gym.

First Aid can be obtained by calling 999 if an ambulance is required. Else call 111.

Alternatively contact our club First Aider, Jo Lewis. Contact number on Club Safety notice board.

All these contact details are held on the Club Safety notice board.

Safety Aids

The club provides safety equipment:

- Hi-viz gilets are located on a rack just inside the right-hand roller door
- Throw lines are located on the right-hand side of the boathouse by the fire alarm
- Lifejackets are located on a rack just inside the right-hand roller door.
- Launch must be placed on the water before any training session.

All safety equipment must be returned.

Any damaged equipment must be reported to the Club SO and removed from use.

Emergency Plans

These are located on the Safety notice board and on the web-site (<http://www.talkintarnarc.co.uk/policy>)

Clubhouse Fire Evacuation Plan.

The plan is in the clubhouse by each fire exit door.

Emergency Contacts.

Any emergency involving risk to life or property call 999 and ask for Ambulance, Police or Fire Service.

Contact the Chair, Jon Britton for any other emergency. This number is held on the Club Safety notice board.

Club Risk Assessments

These are located on the Club Notice board and on the web-site (<http://www.talkintarnarc.co.uk/policy>)

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Further safety information

Talkin Tarn ARC conducts its activities according to British Rowing's guidance document RowSafe. <https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

Navigation

Circulation plan and navigation rules

The basic circulation pattern on the Tarn is anti clockwise. It is on the Club noticeboard and in Appendix 2. Different circulation patterns may be specified for special events or weather conditions and apply only to the day of the event for which they are designed.

If crews have reason not to follow the standard circulation pattern, that is, in an emergency or to get off the water safely, then that crew not following the normal circulation pattern has primary responsibility for avoiding the path of crews following the normal pattern.

Always boat with the bow ball pointing towards Alex Boathouse. Look both ways when leaving the landing.

Return to the landing stern first, that is, row past the landing and back the boat onto the landing.

If a boat is on a collision course with you or another boat, shout – “Ahead sculler”

Outing rules.

Rowing is not permitted at night or in poor light or poor visibility.

Hazards whilst afloat and on land.

Everyone is expected to respect the needs of the other Tarn water users. Care must be taken as there may be others using the Tarn, for example, anglers in the water or in stationary boats, sailing club boats, other pleasure rowing boats or canoes, open water swimmers. Other users will not follow our circulation pattern.

The route from the landing to the boathouse can be busy with other users of the Tarn. Take care when carrying equipment to and from the boathouse.

When weather conditions make it doubtful whether it is safe to row, the coach(es) or the Captain will make a decision as to the extent to which rowing is permissible. If boating outside of normal training times the rower must conduct an assessment of the conditions before boating. If so, you should be familiar with

<https://www.rowhow.org/free/riskassessment/basiclatestversion/>

If the time from seeing lightning to hearing thunder is 30 seconds or less (approx. 10 km away), get off the Tarn and seek ‘proper shelter’, that is, in a building. Wait at least 30 minutes after the last lightning or thunder before leaving shelter (30/30 rule).

Equipment:

Use of equipment

All rowers must always check equipment before boating including:

- The boat has a securely fixed bow ball
- The heel restraints are correctly positioned and secure
- The riggers and gates are tightly fitted to the boat
- All hatches are closed and/or sufficient buoyancy in the boat
- The steering is working properly
- The stretcher(s) is/are securely fixed

Care of equipment

The hull of all boats (except stable quads/Beginners Luck) must be dried after use. If required, the hull must also be washed before drying. The inside of the stable quads and Beginners Luck must be cleaned and dried after use.

Blade handles must be cleaned if hands bleed during a rowing outing.

Any fault must be recorded in the book on the workbench. Do not put away boats that cannot be used by the next crew (see Club Procedures - Procedure for reporting and quarantining damaged equipment.)

Limitations on the equipment to be used by members

There are sets of sculling blades for juniors - all are numbered – and sets for adults – all are lettered. Also rowing blades for juniors and adults have a colour code. Please use the appropriate blades.

Each boat has a weight limit recorded on the gunwales. Crews should only use boats that are appropriate for the crew's average weight. There are some private boats. These must not be used. They have no weight limit on the gunwales.

Coxless boats are primarily for the use of experienced crews. Novices may only use coxless boats with the permission of the Captain.

Responsibilities and expectations when training in the gym

All equipment must be wiped with cleaning wipe after use.

No weights to be left on any equipment when not in use.

Members under 18 must be supervised when using the free weights or machines (except ergos, cross trainer and bikes) and follow a training programme from a coach.

Responsibilities and expectations when using trailers.

The trailer must only be pushed with persons standing behind the trailer axles. There must be one person at the jockey wheel controlling movement of the trailer.

Expectations

Rowers.

All rowers are expected to take responsibility for their own safety both on and off the water and to ensure that their actions both on and off the water do not put others at risk.

Everyone is expected to act according to British Rowing code of conduct
<https://www.britishrowing.org/code-of-conduct/>

Cox and steersperson.

All coxes and steerspersons are expected to take responsibility for their own safety both on and off the water and to ensure that their actions both on and off the water do not put others at risk.

Everyone is expected to act according to British Rowing code of conduct
<https://www.britishrowing.org/code-of-conduct/>

All coxes and steers (including scullers) are expected to have completed the British Rowing Introduction to Coxing / Steering online learning module
<https://www.rowhow.org/mod/scorm/player.php>

Helpers and other volunteers

Everyone is expected to take responsibility for their own safety both on and off the water and to ensure that their actions both on and off the water do not put others at risk.

TTARC is a volunteer run club and as such members are asked to give some of their time to help the club function effectively.

Parents

All parents are expected to act according to British Rowing code of conduct
<https://www.britishrowing.org/code-of-conduct/>

Introduction to Rowing

Rowing terminology

Information about rowing terminology can be found at:

<https://www.britishrowing.org/knowledge/online-learning/techniques-and-training/glossary/>

Equipment

Information about equipment can be found at:

<https://www.britishrowing.org/knowledge/online-learning/equipment/>

Techniques and Training

Information about techniques and training can be found at:

<https://www.britishrowing.org/knowledge/online-learning/techniques-and-training>

Training advice

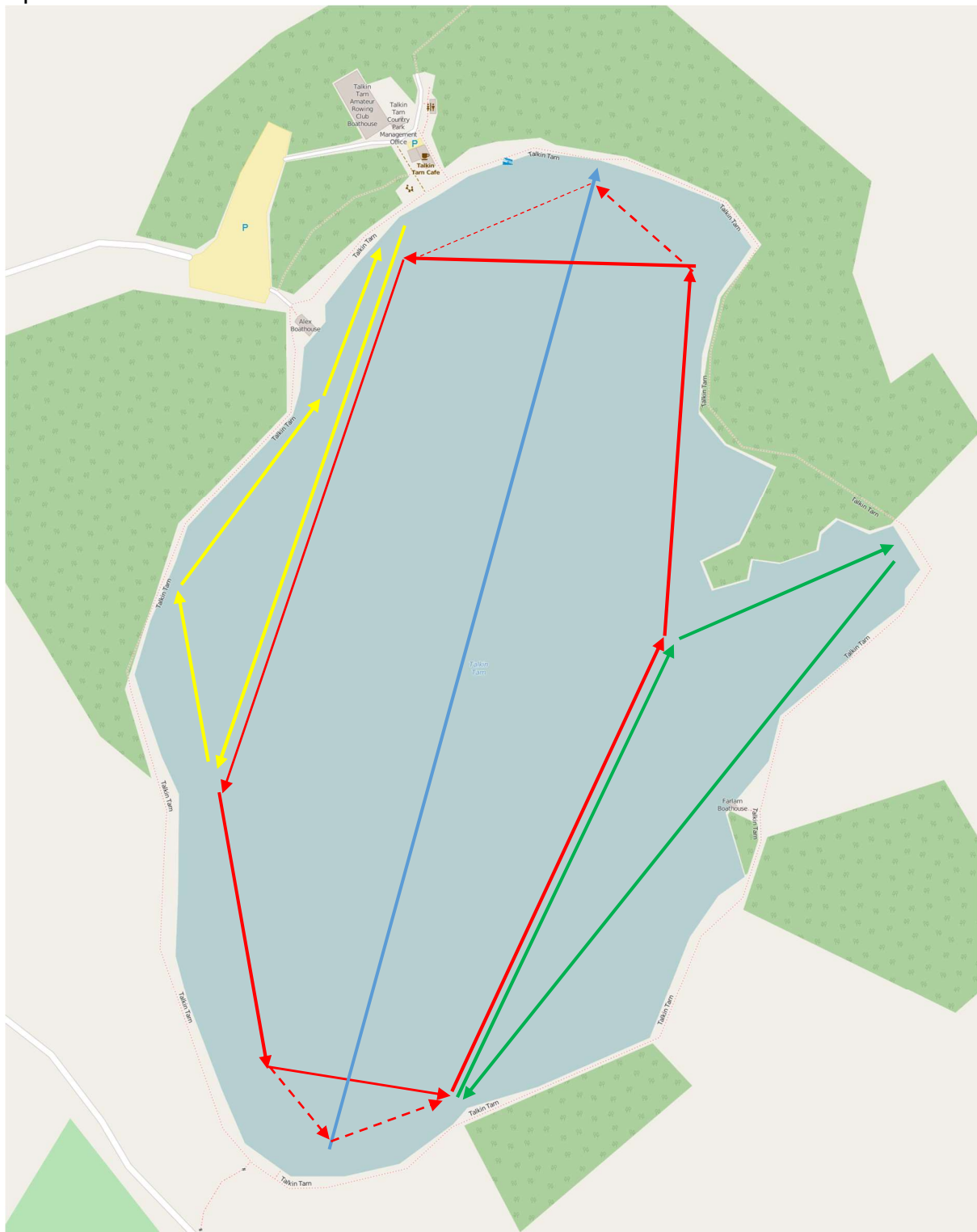
Information about training advice can be found at:






<https://www.britishrowing.org/knowledge/online-learning/training-advice>

Appendix 1.Club Officers til 1st September 2021

	Name	Role
	Jon Britton	Chair
	Sam Britton	Junior Rep
	Denis Burke	Vice Chair
	Julius Deane	
	Mike Dodd	President
	Harold Hodgson	
	Gill Houston	Treasurer & Membership
	Melany Kleinjan	
	Graeme Mark	
	Hannah Rigby	Secretary
	Katie Robinson	Vice Captain
	Esther Rowntree	Junior Rep
	Dudley Smith	Welfare Officer
	Rick Walker	
	Linda Watson	Captain
Elect ed Offic		
	Ian Machin	Web Administrator
	Louise Smith	Explore Rowing Coordinator

Appendix 2. TALKIN TARN AMATUER ROWING CLUB CIRCULATION PATTERN



Normal circulation pattern	
Normal circulation when stopping	
Race line	
Beginners circulation pattern	
Stable boats circulation pattern when faster boats on the Tarn	

Members should at all times be aware of, and exercise courtesy towards, other water users and observe the circulation routes as shown, unless instructed by a coach or the Safety Adviser. Other routes may be used at the discretion of the Captain or coach to accommodate prevailing weather conditions.