

Induction for Rowing

Some of the basics a rowing club should cover with a new member

1. **Welcome and Surroundings** – A little bit of an intro, who are the key people they will deal with, history about your club, tour the boathouse/clubrooms - show the notice boards and important information to members, first aid and telephone location, emergency exits etc
2. **Hazard List** – show them your register of hazards (should be prominent on the wall) or perhaps involve them and ask them to think about what some of the obvious ones are, Emphasise details about:
 - Your waterway – traffic plan (show them the local flow pattern map), stream/current/flow affects, other users and how you should interact, water conditions both usual and unusual, obstacles in the waterway, what conditions you do not go out in
 - Weather conditions – prevailing winds, cold water, what to do/where to go should conditions deteriorate, what to wear
 - Do a tour of the boathouse and ramps etc and discuss the indoor hazards (e.g. riggers sticking out, slippery floors etc)
3. **Emergency Procedures** – capsize (getting back in or can't get back in), collision procedures - do they know what they should do in these situations?
4. **Personal Ability** – swimming ability advised to club, medical/health issues
5. **Understanding the Boat** – names of parts, how to take off and on the rack, how to carry it, and what it will be like out on water, importance of the bow ball, buoyancy compartments and heel ties – all should be checked every time.
6. **Stroke basics** – sequence of the stroke, posture, grip of handles, sculling vs sweep
7. **Going Rowing** – supported/unsupported – Does your club sign them off to be going out without a coach boat? What procedures they need to follow to do that? e.g. carry floatation belt. Show where they log their intentions for each row and reporting any issues, incident/accident reporting
8. **Basic Manoeuvring** – how to back and touch, check and turn the boat, squaring/feathering, approach dock into wind so they have more control etc
9. **Opportunities** – to attend regattas - calendar of options that your club attends, what happens at regattas, where you stay etc, - to progress through the clubs grades, novice to senior
10. **Time commitments** – what is the training schedule, regattas, volunteering around club etc
11. **Costs** – Subscription, licence to race, entry fees etc

This provides a starting point for an induction only; your club may need to cover other areas or certain things more in depth depending on your unique situation.

