

HEREFORD ROWING CLUB



WELCOME PACK

A copy of this Handbook can be downloaded at
<http://www.herefordrc.co.uk/page/membership>

Updated November 2011

WELCOME TO HEREFORD ROWING CLUB

This booklet is aimed at newcomers to rowing. We hope it is informative and answers many of your questions about the sport and our club. However, if you have any further questions, please do not hesitate to ask anyone at the club.

Hereford Rowing Club was established in 1872. At the present time it is home to over 100 active rowers and has an impressive fleet of boats. There are four boathouses and, in addition to housing club craft, they are used to rack boats from Hereford Cathedral School, Hereford Kayak Club and privately owned single sculls and pairs. We have a fully equipped gym with multigym equipment and freestanding weights, more than 10 ergometers and an indoor tank which can accommodate eight oarsmen at a time. The Club obtained funding for two new training boats which are specifically used for induction courses and novice crews. Management of the rowing club is the responsibility of a committee of volunteers elected at the club's Annual General Meeting which is typically held in October. They meet on a fortnightly basis. The current members can be viewed on the HRC website.

SOCIAL

We are fortunate enough to have a bar that is open every night of the week – use it to congratulate yourself on a surviving a 10k ergo! Members benefit from reduced prices in the bar. The Sports and Social Committee will arrange various activities throughout the year (generally one a month) so please look out for information on posters, the web site and email alerts.

Rowing at Hereford is a **TEAM** sport. All coaches and coxes volunteer their time to the club and members are expected to help at the annual regatta and other events such as the fun Regatta, Fireworks night, Xmas pudding head race etc.

Members, friends and family can join the "Friends of the Wye '150' Club" for only £25 per year. Draws take place monthly with prizes of £20, £15 and £10 and twice a year in June and December a £250 jackpot prize is won. All profits from the 150 Club are channelled back into the Rowing Club, and over the years thousands of pounds have been raised.

COMMUNICATION

The club relies heavily on the use of email, mobile phones and notices for communicating news amongst its members. Our new website is now up and running and is regularly updated with information. The address is: www.herefordrc.co.uk. The HRC club notice board is located in the entrance lobby. Safety notices are located in the eights boathouse. If you are not receiving information via email or mobile please check that we have your up-to-date contact details.

FACILITIES

We probably have the best facilities of any rowing club in our region. The primary function of the building is to support rowing and its associated activities. We want members to treat the club like their second home. Swipe cards are available to gain entry to the club. Lockers and car parking spaces are also available to rent. Current membership subscription rates are shown on the website.

It is important to recognise that the clubhouse also functions as a commercial venue for events which generate important income to support rowing at the club. Therefore:

- Please do not wear training kit in the main bar area.
- If you spot something that is damaged or in need of cleaning, please report it.
- Before using the function room check that it has not been booked out for a private function.

THE RACING SEASONS

The main aim of crew training is to represent Hereford rowing club at racing events all over our region as well as national events such as Henley, The National Championships and heads of the river on the Tideway. Some of our members even compete internationally for the GB squad.

To compete in rowing events you need to purchase a British Rowing Membership. This gives you a racing licence and other benefits including insurance and a regular magazine. You will also need to purchase kit in club colours to wear when competing and pay an entry fee and trailer fee for every race you enter. (Members with outstanding fees cannot be entered in future races).

Rowing at Hereford is a **TEAM** sport and to be included in crews you need to be as flexible as possible on training times and be prepared to row with any other member of the club.

All members attending a race event must help de-rig their boat and load it on to the trailer, (usually on the Friday evening), and help unload the boat on the trailer's return from the head or regatta, (usually a Saturday or Sunday evening). The crew must then ensure that the boat is re-rigged by the Monday evening.

The racing season lasts effectively all year and is divided into two parts:

The Regatta Season is the traditional season, and takes place between April and September. Spectators watch crews race side-by-side and over distances typically ranging between 500m and 2000m. There are often several heats in what can be a long day's racing. A heat might be first thing in the morning and if successful the final may not be until late afternoon. Regattas taking place on rivers will probably only have two or three racing lanes. The river course is unlikely to be straight and there will be other challenges to negotiate such as the bank. The larger regattas are often held on purpose built courses on lakes and allow for six lane racing.

At regattas rowers are awarded points when they win a qualifying race. The event organisers inform British Rowing who update members' records on receipt of the information. Rowing and sculling are classified separately and every competitor has a separate status in each of the two disciplines, based on points won. 0 points is Novice status; 1-2 points Intermediate 3 status; 3-4 points IM2; 5-6 IM1; 7 – 9 Senior; 10-12 Elite. The maximum number of points is 12 in both rowing and sculling. You cannot compete in races below your status but you can compete in races above your status. In crew boats the racing status is determined by adding together the points of all crew members (except the cox):

<u>Status Level</u>	<u>8o/x</u>	<u>4o/x</u>	<u>2o/x</u>	<u>1x</u>
Elite	no limit	no limit	no limit	no limit
Senior	72	36	18	9
Intermediate 1	48	24	12	6
Intermediate 2	32	16	8	4
Intermediate 3	16	8	4	2
Novice	0	0	0	0

Categories for masters (veteran) racing are based on age rather than points.

The Head Season was introduced in the early 20th Century as a means of providing competition between crews that were still training over the winter. Treated just as competitively as Regattas, they take place between October and March. Heads are time trials over longer distances typically ranging between 2500m and 7000m. Competitors will be divided into racing categories determined by age or points status. Each boat is sent down the course, one after another, and timed between the start and the finish line. As a spectator you are unlikely to know who has won until the results are published on the race organiser's website. Competitors are not awarded points for head races.

MAINTENANCE AND CARE OF OF EQUIPMENT

BOATS

Racing boats are expensive. Please treat them with respect! Most damage occurs when boats are taken in and out of the boathouse, or when in collision with other boats!

- Clean mud off the steps before boating. Mud accumulates on the steps when the river rises and falls. Mud scrapers and brooms can be found in the workshop.
- Always sign out in the log book located in the eights shed
- Take care taking the boat to and from the boat shed
- Check the boat before and after training. Checks should include the hull, bowball, heel restraints, hatches, steering, riggers, gates, seats and slides. Log any defects in the signing out book and inform the Captain or make a note of the damage on the white board in the Ergo room. Bolts should not be overtightened – finger tight plus a quarter turn only, with an appropriate rigger jigger spanner.
- Do not adjust any blade or rigger settings without the captain's advice
- **NEVER STEP INTO THE BOTTOM OF THE BOAT WHEN GETTING IN**
- Before adjusting the position of the footplate loosen wing nuts sufficiently and remove feet from shoes
- Clean the inside (including the slides) and outside of the boat after each trip. Hot water is available in the workshop.
- Wash blades and scrub the handles after each trip
- If you are the last person leaving the boathouse ensure the lights are turned off and all the shed doors are locked
- Club rules state that members are liable for all damage done to boats, sculls, oars or other Club property. According to the circumstances the Committee may require you to pay the whole or part of any cost of making good such damage.

ERGOMETERS

- Return the ergo after use ensuring that handles are returned to the neutral position (not to the cage).
- Wipe clean slide and handles and remove mud from footplate
- Report any defects
- Do not take ergos outside if it is raining

TANK ROOM

- The code for entry to the tank room is c2489z
- Turn on fan at back of room before commencing training
- Report any defects
- Turn off lights and Fan and shut door after use

GYM

- Do not use the equipment unless you have received instruction on it's use
- Do not train alone
- Do not train bare-chested and wipe down equipment after use
- Report any defects or damage
- Leave room tidy after each session

HEALTH & SAFETY

- Safety Rules and notices are displayed in the eights boathouse
- Act in a manner that will not compromise your safety or that of fellow club members or other water users
- Inform coaches and crew members of any relevant medical conditions
- Report Incidents, Accidents and near misses, on and off the water to the club water safety officer
- In addition report incidents of stone throwing from the banks and bridges directly to the police tel 0300 33 33 0000
- Keep steps clear of equipment
- Take care when lifting, especially launches and boats from high racks
- Cover cuts and blisters when training on or off the water, to minimize the risk of leptospirosis
- Immediately inform the club welfare officer of any concerns regarding the possible abuse or bad practice towards children
- Familiarise yourself with Basic Life support and the recovery position, as illustrated on posters on the safety noticeboard.
- In the event of an emergency go to the telephone in the cox box cabinet in the lobby. Press the button on the front of the phone to get straight through to the 999 emergency services. Quote the location details shown on the front of the phone. The key to the cabinet is in the red box on the wall next to the cabinet.
- A first aid kit is located just inside the workshop door. Rescue throw lines are located inside the workshop and a life-ring is located outside the sculls shed

WATER SAFETY

The Club follows, in full, the current British Rowing Water Safety Code of Practice as displayed at the Club and on the British Rowing website. In addition, without specific permission from the captain to the contrary, the following local rules apply:

- No junior U16 members on the river without adult supervision
- No crew or sculler above the 2000m mark when the river is below the level of the bottom step
- No boat below Wye Bridge or above Warham Steps
- No novice sculler on the river, in either single or double scull, when the level is above 3ft ie not in the green zone
- No crew or sculler on the river when the level is above 3ft and rising quickly, or in extreme weather conditions (eg fog, strong winds, ice), or after sunset
- No crew or sculler on the river when the level is above 6ft (ie in the red)
- Crews must not race past the club steps
- On the river boats must keep to the right (ie the rowers bowside). (Exceptions to this apply above Warham Steps.) If you have a collision then you are at fault because you didn't keep a good lookout!
- Ensure that the cox and anyone travelling in the launch wears a lifejacket
- Familiarise yourself with the plan in the lobby which shows the navigation rules, distance markers and landmark names for the stretch of river we use

SWIMMING

Ideally you should feel confident around water and although we rarely capsize, it does occasionally happen. You should be able to swim 100 metres in light clothing. Buoyancy aids are not normally worn by rowers as they interfere with the action of rowing.

CAPSIZE

As a beginner you will be closely supervised at all times. In the event of a capsize - **STAY WITH YOUR BOAT** - it is your buoyancy aid and will keep you afloat. The oars will stay attached to the boat and will stick out from the sides, giving you more to hold onto. You will need to get as much of your body out of the water as possible to reduce heat loss. This is done by pulling yourself onto the hull of the boat, and if possible climb onto the hull and await assistance. The boats are designed to stay afloat when full of water.

WHAT TO WEAR

Winter Training

As a beginner you will only be learning the technique of rowing, and will not be doing very much work to keep you warm. This may mean that you are sitting for quite long periods being instructed, but not moving around very much. In the winter it can get very cold, and you will need to wear layers of light clothing rather than a big padded jacket as this will get in the way. Ideally a long sleeved thermal base layer (as worn by climbers and walkers) under 1 or 2 t-shirts with a sweatshirt and light waterproof on top will give you the protection you need from the weather. Stretchy leggings, of the type used by runners or cyclists are ideal. **NO JEANS** - you will not be allowed on the water in jeans. We **DO** go out when it is raining, snowing and freezing, the only weather conditions that keep us off the water are fog and strong winds. A hat is also desirable as your ears can get cold but **NO HOODS**.

Summer Training

In the summer leggings, shorts and t-shirts designed for running, cycling or rowing are suitable. Sun cream and baseball caps are required on most days as the sunlight is reflected off the water even when it's cloudy. No bare-chested rowing.

Old trainers are suitable as the boats have shoes attached in them, you won't be wearing your own. You should bring a change of clothes and towel in case of a capsize or heavy downpour of rain. We have good changing and shower facilities and lockers for hire to keep valuables in, but ideally **don't bring or wear anything good** as most things end up torn, dirty or lost.

Indoor Training

Normal gym clothes of shorts, t-shirts and trainers are suitable for land training in the gym. Also you may find that you want a bottle of water with you and a towel to wipe down equipment after use.

Regattas and Heads

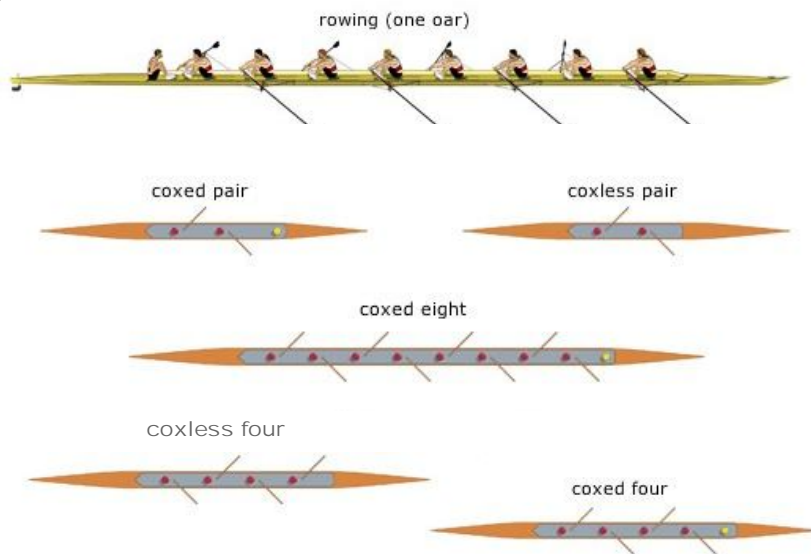
When representing the club at regattas and heads you will need to wear club colours (see diagram). Kit is available via Godfrey Sports. If there are a few people requiring kit, get together and order it as it will be cheaper. Please note that it can take several weeks for delivery so please place your order in plenty of time. Other club kit including hoodies and sweatshirts are available locally.



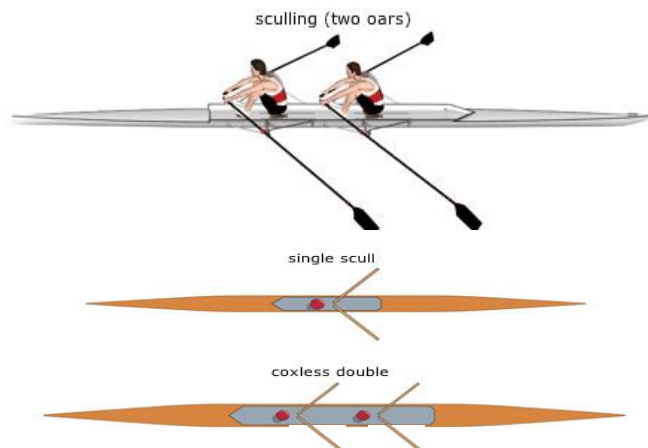
TYPES OF BOAT

There are two types of boat - rowing and sculling. Rowers (sometimes called sweep) have one oar each, while scullers have two oars each.

Rowing Boats



Sculling Boats



A GUIDE TO THE BOAT

The boats (or shells) are basically of two types and reflect the two forms of rowing - sweep rowing and sculling. In sweep rowing each rower handles a single oar (about 12.5 ft or 3.9 m long). In sculling a rower uses two oars, or sculls, (each about 9.5 ft or 3 m long). The word shell is often used in reference to the boats used because the hull is only about 1/8" to 1/4" thick to make it as light as possible. These shells are also rather long and as narrow as possible.

Each rower has his back to the direction the boat is moving and power is generated using a blended sequence of the rower's legs, back and arms. The rower sits on a sliding seat with wheels on a track called the slide.

Boat - the boat itself. Sometimes referred to as the shell.

Bow Side - the right side of the boat - when sitting in the cox's seat, looking forward; sometimes referred to as starboard. Oars for this side of the boat often have a green marking. At race events it will be referred to as starboard side

Stroke Side - the left side of the boat - when sitting in the cox's seat, looking forward; sometimes referred to as port. Oars for this side of the boat often have a red marking. At race events it will be referred to as port side

Stern - the back end of the shell, where the cox usually sits; also the end of the boat with the rudder and/or fin.

Bow - the front end of the shell, covered by a bowball.

The **Bowball** is a small rubber ball that covers the end of the bow; intended to prevent/reduce damage upon collision. The **Fin** is located under the stern of the boat which helps to keep the boat on course.

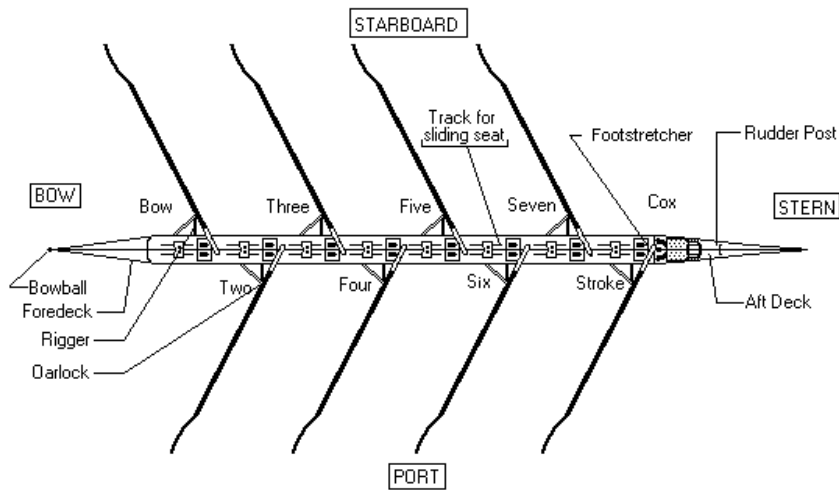
The **Rudder** is a small, movable part, usually metal, that sits under the stern of the boat; allows the coxswain to steer the boat.

The boats are steered either by the coxswain, or by the bow seat (in boats without a coxswain - called "coxless" boats). Cox's use a rudder to steer the boat, which they control using cables that are connected to it. To help keep the boat on course, all boats have a small fin in the stern.

As previously mentioned, there are two types of boat - rowing and sculling. There are also boats which can be used for either rowing or sculling, depending on how they're rigged (i.e. the boat comes with two sets of riggers - see the next section for information about riggers). Rowers (sometimes called sweep) have one oar each, while scullers have two oars each.

INSIDE THE BOAT

Originally made of wood (some still are) rowing shells are now usually made with layers of carbon fibre, fibreglass and plastic. These boats are extremely lightweight and narrow, allowing the rowers to slice through the water. Each bow is covered by a bow ball - a small round piece of rubber that not only helps to judge photo finishes, but also helps to protect people from serious injury if the boat collides with another shell.



Each rower sits on a sliding seat that rolls on wheels along a fixed track called the **slide**.

Feet are tied into shoes which are bolted onto **footplates** in the boat. Each oar is held in place by **riggers**, which extend from the **saxboard**. The rigger holds the gate in which the oar sits.

The gate is carefully set up so that the oar is held in the water with a specific amount of **pitch** or tilt. This is usually about 5 degrees at the midpoint of the stroke although it does not change through the stroke.

Footplate or **Stretcher** - fixture in boat that contains shoes screwed into a piece of wood. This contraption holds the rower's feet into the boat and is the only part of the boat where the rower is firmly attached. The shoes have quick release velcro straps, but should not be over tightened as you may need to release your feet in the event of a capsize. The position of the feet is adjustable to accommodate different height rowers. This is achieved by taking feet out of the shoes, loosening the three wing nuts securing the stretcher to the tracks and then lifting and sliding the footplate to the required position. If you are rowing in the same boat regularly, it is a good idea to remember the position of the shoes so that you can adjust the boat before you get in.

The **Saxboard** is the top side of the boat - the edges onto which the riggers are bolted.

The **Gate** is the small plastic part at the end of the rigger that opens at the top. The rower opens the gate, places the oar into it, then shuts the top metal bar, screwing it tightly shut. The gate holds the oar in place during the rowing stroke.

The **Rigger** is the metal support attached to the saxboard that holds the gate.

The **Slide** is the tracks underneath each seat which the wheels of the seat slide on, allowing the rower to move back and forth in the boat, utilising their full leg power.

The **Cox Box** is the device used by the cox, consisting of a microphone and speakers that amplifies the cox's voice throughout the boat.

GLOSSARY OF ROWING TERMS

Back down. Term used to describe using a reverse rowing action to manoeuvre the boat backwards or for turning.

Backstay. The back brace of a *rigger* that locks the pin in position to maintain *pitch*. Not found on *wing rigger* boats.

Backstops. The end of the slide nearest the *bow*. Prevents the seat from running off the *slide*. Also used to describe the position at which the athlete sits with their legs straight and *blade* to their chest.

Blade. An *oar*.

Button. The plastic circular section of the oar that is pressed against the *swivel* when rowing.

Bow. End of the boat that travels through the water first and is sharpest. Athlete that sits in the seat position nearest this end of the boat.

Bow Ball. Ball shaped safety cap that sits over the bow end of the boat. Compulsory on all rowing boats for safety of other water users.

Bow Side. The right hand (starboard) side of the boat as the cox sits or the left hand side of the boat for a rower. Often marked by a green stripe on the oar.

BRITISH ROWING (Formerly Amateur Rowing Association). The national governing body for rowing in England, to which all clubs should be affiliated. Offers individual membership with benefits of monthly magazine, website information, insurance and racing licence to open regattas that are run under the associations rules.

Burst. A small number of strokes (usually less than a minute) taken at full pressure in training.

Canvas. The covered section of the boat that is from the *bow* to the open area (where the athlete sits) and from the open area to the *stern*. Often used to as a description of how much a race was won or lost by.

Catch. The moment at which the *spoon* of the blade is immersed in the water and propulsive force applied. Immersion and force application should be indistinguishable actions.

Cleaver. Type of blade that has a *spoon* in the shape of a meat cleaver.

Collar. Plastic sleeve fixed to the oar that the *button* circles. Button can be moved along the collar to adjust blade gearing.

'Come forward'. Verbal instruction used by the cox or athlete to bring the crew to *frontstops* position ready to row.

Connection. Used to describe the link between the power of an athletes legs to the force applied to the *spoon* of the *blade*. Should be made as soon as the *catch* is taken and held through the trunk muscles for the length of the work section of the stroke.

Cox. Person who steers the boat by means of strings or wires attached to the *rudder*. Can be positioned in either the *stern* or *bow* of the boat.

Coxless. Boat without a cox.

Crab. When the *oar* becomes caught in the water at the moment of *extraction* and the blade handle strikes the athlete. Often causes unintentional release of the blade and significant slowing of boat speed.

Double. Boat for two *scullers*.

'Easy Oar/Off'. Verbal instruction given by cox or athlete for crew to stop rowing.

Eight. Boat for eight sweep rowers. Will always have a cox.

Ergo. Indoor rowing machine used for training.

Extraction. The removal of the blade from the water by application of downward pressure to the blade handle. In sweep this is done with the outside hand on the blade handle. Movement easiest when force is applied to the *spoon* of the blade until the last moment.

Feather. *Blade spoon* is flat to the water. This is the position of the blade spoon for the recovery section of the stroke. Athletes must be careful to fully extract the blade before feathering.

Fin. A piece of metal or plastic attached to the underside of the boat towards the stern. Provides directional stability by preventing sideways slippage.

Finish. The last part of the stroke where the blade handle is drawn in to the body. Following this (assuming clean *extraction*) the boat will be at its maximum speed. Force must be applied to the *spoon* right to the finish so that water does not catch up with the spoon.

Firm. Term used to suggest that the athlete is applying full pressure to the power phase of their rowing stroke.

Fixed Seat. Either a description used to differentiate a boat without a sliding seat mechanism or the athlete rowing arms and or body only and therefore not moving their seat.

Four. Boat for four sweep rowers. Can be coxed or coxless.

Frontstop. The end of the slide nearest the stern. Prevents the seat from running off the slide. Also used to describe the position at which the athlete sits with their legs at 90 and the blade spoon at the furthest point to the bows.

Gate. The metal bar, tightened by a screw that closes over the *swivel* to secure oar.

Gearing. Term used to describe the ratio of *inboard* to *outboard* on the blade that determines how much power the athlete can apply through the water.

Head Race. Race in which crews are timed over a set distance. Usually run as a processional race rather than side by side.

Heel Restraints. Attached to the heels of the shoes and to the foot plate. Compulsory safety feature that helps the athlete to release their feet from the shoe in the event of a capsize.

Height. Measurement of distance from seat to point of work at the centre of the bottom edge of the *swivel*.

'Hold it up'. Verbal instruction meaning to bring the boat to a stop quickly. Perform an emergency stop.

Inboard. The length of the blade from the end of the handle to the *button* at the point where it will sit against the *swivel*.

Lateral pitch. The outward angle of inclination of the *pin* to the vertical.

Length. – Length of stroke- the arc through which the blade turns when it is in the water from *catch* to *finish*.

Loom. The shaft of the blade from the *spoon* to the handle.

Macon. Type of blade that has the traditional shape spoon.

Novice. Term used to describe someone who has very little rowing experience.

Oar. Lever used to propel a rowing boat. Also known as a *blade*.

Outboard. The length of the blade from the tip of the spoon to the button at the point where it will sit against the *swivel*. (Or, the engine on the coaching launch.)

Overlap. The amount by which the *scull* handles overlap when an athlete holds them horizontally at right angles to the boat.

Pair. Boat for two sweep rowers.

Pin. The spindle on which the *swivel* rotates.

Pitch. Angle of inclination of the *spoon* to the vertical during the propulsive phase of the stroke. This is dictated by both the *stern* and *lateral pitch*.

Pressure. The amount of effort applied by the athlete to the power phase of the stroke. (usually light, $\frac{1}{2}$, $\frac{3}{4}$, firm or full)

Points. Points are awarded to athletes for winning races. Number of points determines the *status* of the athlete. See the ARA Rules of Racing for more details.

Posture. Position of back and shoulder muscles during the stroke cycle. See section on flexibility and posture.

Power phase. The part of the stroke between the *beginning* and the *extraction* when the blade is in the water and propelling the boat.

Quad. Boat for four scullers.

Rate. Or rating. Number of strokes rowed in a minute.

Ratio. The ratio of the time taken for the *power phase* to that of the *recovery phase* of the stroke. Ideally time taken for the recovery will be about three times that of the power phase. 1:3

Recovery. The part of the stroke phase between the *extraction* and the *beginning* or *catch* when the blade is out of the water.

Regatta. A competition with events for different boat types and *status* athletes usually involving heats, semi finals and finals for each event. Boats compete side by side from a *standing start*.

Rhythm. (Good) Optimum *ratio*.

Riggers. Metal outriggers attached to the boat outer shell of the boat next to each seat that support the *swivel* and the *pin*. There are currently several different designs of rigger from two or three stay metal or carbon tubing to metal or carbon wings.

Rigging. The way in which the *riggers*, *slides*, *swivel*, *pins*, *foot plate*, *oars* and *sculls* can be adjusted to optimise athlete comfort and efficiency.

Rigger jigger. A small spanner used for attaching and adjusting *riggers*.

Rudder. The device under the boat which when moved causes change of direction. Linked to the cox or a crew member by wires.

Running start. A racing start undertaken with the boat already moving.

Saxboard. The sides of the boat above the water line made to strengthen the boat where the *riggers* attach.

Scull. Smaller version of the *oar* used for *sculling*.

Sculling. Rowing with two *oars*.

Shell. The smooth hull of the boat. Sometimes made from wood but more commonly now from a synthetic material.

Slide. Two metal runners on which the seat travels.

Span. The distance between the centres of the bow and stroke side *swivel* on a sculling boat.

Spin turn. Term used to describe turning the boat on its axis.

Spoon. The end of the oar which enters the water. Usually painted in the colours of the club represented by the athlete.

Square or squaring. To turn the oar so that the *spoon* is at 90 degrees to the water. This action should be done early during the *recovery* to ensure good preparation for the *catch*.

Standing start. A racing start done from stationary.

Stakeboat. An anchored boat or pontoon from which rowing boats are held prior to a race starting.

Status. Levels of racing determined by the number of times an athlete has won a race. Athletes are awarded points for each race they win. In a crew boat status is determined by the total number of points the crew has. See the British Rowing Rules of Racing for more details.

Stern. The end of the boat that travels through the water last.

Stern pitch. Sternwards angle of inclination of the *pin* to the vertical.

Stroke. **1.** One cycle of the *oar*. **2.** The rower who sits closest to the *stern* of the boat in front of all the others and is responsible for the *rating* and *rhythm* of the boat. (other crew members can influence rating and rhythm from behind)

Stroke side. The left hand (port) side of the boat as the cox sits or the right hand side of the boat for a rower. Often marked by a red stripe on the oar.

Stretcher. A metallic or carbon plate inside the boat to which the shoes are attached. Secured with adjustable screws.

Sweep. Rowing with one oar on one side of the boat.

Swivel. The U shaped plastic rotating piece mounted on the *pin* in which the oar sits whilst rowing.

Tap down. To the lower the hands at the end of the stroke to remove the *spoon* from the water.

Trestles. Portable stands used to support a boat for *rigging*, washing, admiring etc.

AND FINALLY

The Hereford Rowing Club captain and committee would like to thank you for your attendance and hope your experience has been enjoyable. We hope to continue to welcome you as an enthusiastic member of our team, enjoying the sport of rowing, for many years to come.