

Joining Crail Rowing Club - Information for New and Prospective Members

Crail Rowing Club is a small but competitive club. We welcome new members of all ages (18+) resident in Crail and the surrounding area. No rowing experience is necessary, though a basic level of fitness is required. Above all we look to welcome members with enthusiasm to learn and improve!

If you are interested in joining the club, please contact the Recruitment Officer (dawn.hollis3212@gmail.com). You will then be invited to come out in the boat with a crew of experienced rowers. This will be a short outing to introduce you to the basics of safety and moving the oar in the right direction!

Kit

You don't need any fancy kit to come rowing! For your first row, you will need -

- Clothes which are comfortable for sporting activity, including layers that you can add or remove (you can get warm very quickly when rowing, and cold very quickly when paused!).
- Shoes that you do not mind getting wet. It is often necessary when launching and coming back in for those in the boat to get their feet in the water. Some club members wear wellies and bring trainers to change into in the boat, whilst others wear Crocs or old shoes they do not mind getting wet for both launching and rowing.
- If you have long hair, a hairband or similar to keep it out of your face.

The Boat

Our boat, Partan, was built by members of the community and is maintained entirely by volunteer efforts on the part of club members. She is a labour of love and as such an important part of early training is learning how to look after the boat and all other equipment.

A typical outing

A typical rowing outing lasts around an hour on the water, although you can expect to spend around an hour and a half with the boat all in all. Outings are organised using our Training Spreadsheet, and have to fit around the tides - the boat can generally leave and enter the harbour around two hours to either side of high tide. During the course of a typical outing, you will -

- Meet at the boat, which stays on dry land above the harbour between outings, around 15 minutes before the start of the outing, for 'prep'. This includes removing the cover from the boat, fitting the oar-pins, putting the bung in (this is crucial!), and manually lowering the boat into the water.
- A short warm-up row after exiting the harbour.
- 40 minutes or so of training exercises: these can focus on technique, fitness, or a mixture of the two. There are usually pauses in this time for water and feedback from the cox!

- A warm-down row back to the harbour.
- Lifting the boat back onto the trailer, and putting her 'back to bed'.

Some of these aspects may vary, especially if another crew is going out immediately before or after yours.

Regattas and other club activities

Once you have decided you would like to join the club, it is time to start training in earnest. The club participates in several regattas - all in beautiful locations around Scotland - throughout the season, and we hope that new members will work towards being able to compete. Races vary from around 1km to 3km, often in challenging waters. We therefore ask that members be able to sustain 15 minutes of hard rowing before signing up to compete - this is for both the safety and the enjoyment of everyone in the boat!

In addition to attending events, club members also contribute to the smooth running of the club in a number of ways. These include helping with boat maintenance in the winter, or helping to organise and run fundraising events throughout the year.

The Training Spreadsheet

The Training Spreadsheet is intended to enable club members to quickly and easily organise outings, and for everyone to see when Partan is or isn't available. We very much encourage new members to be proactive about checking the spreadsheet, adding their names to outings, or even suggesting outing times for themselves! However, there are a few caveats to this. For safety reasons, CRC policy is for there to be at least 2 experienced rowers and 1 experienced cox per outing (so four brand new members cannot make up a single crew). Moreover, not all outings will be suitable for new rowers - for example, if three experienced rowers are looking to have a 'tough and gnarly' (T&G) training session, this would mean they wanted to row at a high level of intensity and ability. Please look in the relevant column of the spreadsheet for whether the person organising the outing thinks it is appropriate for a newer rower!

Coxing

A full rowing crew consists of four rowers and one cox, or coxswain. The cox steers the boat, coaches the rowers, and makes safety decisions. Coxing the boat is therefore a big responsibility, and our coxes put in a lot of time ensuring that boats can go out. Once enough experience is gained (for example in your second season with the club) members are encouraged to learn the basics of coxing under supervision.

Safety

We will provide all rowers with lifejackets (which are tested annually) and with essential safety training. The sea state and weather off Crail Harbour can be unpredictable, and outings may be cancelled, even at the last minute, if the cox does not feel the conditions are appropriate for the experience and strength of a given crew. However, every individual who

goes out in the boat is ultimately responsible for their own safety. Rowing on the sea is never without risks and the club will not accept liability for personal injury or loss arising from participation in the sport (please see the rules of membership for more details).

Under 18s

Unfortunately we cannot take under 18s out in the boat unless they are accompanied by a parent or guardian who is also a member of Crail Rowing Club.

Membership fees

The fee for annual membership of CRC is £45. We appreciate that it might take a couple of outings for you to decide whether you want to join. Newcomers can take advantage of one free 'go', followed by two more outings with a payment of £10. When you become a full member this will be subtracted from your membership fee.