



Easy Oar

Newsletter of the Leichhardt Rowing Club

December 2007 / January 2008

LRC Accident Policy

LRC is a safety conscious club, and members' safety is the top of the list of importance. We also need to take care of our boats, but should you have an accident, there are certain steps to follow.

Make sure you are familiar with the LRC accident policy, for your own safety, and remember that individual financial and membership consequences may apply if you do not follow this policy.

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LRC at the Head of the Yarra 2007



This is just some of the LRC contingent of five eights who went to Melbourne for another Head of the Yarra, including the first ever LRC women's eight.

LRC Accident Policy

In summary:

Safety is of paramount importance. Boats are a key resource of the Club and Members must take care with them.

If you are involved in an accident, you must follow the steps outlined below.

Individual financial and membership consequences may apply if you do not follow this policy.

Safety

Rower and boat safety is very important to LRC and its members.

All members must be aware of their safety obligations. A description of 'safety on the water' is in *Easy Oar* (November 2007 edition) and on the noticeboard in the shed. It includes concepts such as:

- keeping to the correct side of the river (i.e. your bow-side should be closest to the land)
- the cox or the bow seat in a non-coxed boat being responsible for keeping a lookout for other crews and navigation hazards on the water
- always watching out for other crews and boats, and calling out to other boats to avoid collision
- turning only when safe to do so
- turning by taking the shortest path across the river (i.e. cross at a right angle)
- always displaying both bow and stern lights when rowing in darkness
- sweep oar boats that do not have foot steering connected must carry a cox, and
- social rowers must demonstrate to the Club Captain that they have adequate knowledge of the safety and navigation rules before they will be given allocation of a non-coxed boat.

What do I do if I am in an accident?

At the time:

- render assistance to anyone who needs it
- remain calm
- don't admit fault

- exchange names, rowing club, and boat details, and
- identify landmarks so you can be clear on your positions in the harbour.

Once you're back at the club:

- Fill in the NSW Maritime Vessel Incident Form which is in the office in the shed.
- Give the form to Richard Stanistreet, and explain what happened to Tim Tindale (Property Master). They will inform the relevant people within the club.
- Note any boat damage in the book on the white table near the entrance to the club.

What are the consequences of my accident?

LRC will require a member to contribute to repair costs when damage is caused irresponsibly and / or through lack of reasonable care.

Why?

- Boat and rower safety is very important.
- This policy will encourage a compliant, accident-free club.
- LRC cannot afford to cover people who do not act within the scope of this policy. Further, it is not fair on those members of the club who are responsible and do the right thing, to indirectly pay for avoidable repair expenses.
- It is a NSW Rowing Association requirement that all incidents / collisions are reported on the NSW Maritime Vessel Incident Form and forwarded to the NSWRA Safety Officer.

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LRC Accident Policy (ctd)

Who?

- All those in the boat may be held responsible.
- Coaches who are in the immediate vicinity of the accident and do nothing to prevent an accident, will also be held responsible.

When?

- A penalty will apply when:
 - you are at fault (see description below)
 - there is personal injury
 - you are in a boat which is not allocated to your training squad
 - you are not a LRC financial member, or
 - you are rowing a coxed boat without a cox.

'Fault' will be determined having regard to the NSW Maritime and LRC rules and, ultimately, discretion will reside with the President, Captain and Treasurer.

For example: an accident will be deemed to be your fault if you are on the wrong side of the river, if you do not have lights on your boat when rowing in darkness, if you are in a boat which is not allocated to your training squad.

Fault will not be determined by whether an insurance claim is made or, if made, whether the insurer deems the LRC boat to be at fault. LRC reserves the right to claim on insurance or not. Often it is in LRC's best interests not to make an insurance claim.

What?

- A penalty may be:
 - payment of the insurance excess (up to \$1,000 per person)
 - contribution towards fixing damage caused to all property LRC's and other damaged boats (up to \$1,000 per person)
 - restricted boat access
 - restricted use of facilities, and/or membership restrictions or cancellation.

- The President, Captain and Treasurer will determine the applicable penalty and who will be penalised.
- The NSWRA Safety Officer, in conjunction with NSW Maritime, may also impose fines on rowers deemed to have breached navigation safety rules. Any such fines imposed will be the responsibility of the crew for payment.
- A club member will have an opportunity to make their case by written submission to the Committee if they dispute the way in which this policy is implemented.

Boat allocation

You can only take out boats which are within your allocation. The boat allocation list is in on the blue cupboard at the shed and is in *Easy Oar*.

Boats are allocated to members based on factors including their training squad and experience. This is for a variety of reasons:

- LRC's boats are one of its biggest assets, and we need to ensure we protect them, and our rowers, as best we can. This is ultimately for the benefit of all LRC members.
- Crews and coaches often spend considerable time rigging and tuning boats for competition for particular crews. These boats used by less experienced crews will adversely affect the rigging, meaning crews then compete in boats which are not ideally prepared and requiring unnecessary re-rigging and tuning.

Contributions to EasyOar

Send your contributions to aparbury@gmail.com or call me on 0415 580 187, or speak to me at the shed.

Anne

Look out for the next edition of *Easy Oar* in February 2008.

Training and regattas

Regatta achievements so far this season

Now that the regatta season is well underway and the NSWRA new grading system is easing into place, there has been a lot of recent activity in entries and results.

All racing squads and the social rowers who have started racing are bringing well-earned points to the annual overall point score.

The Premiership point score (as at 30 November) has the following top five placings:

Club	points	most points from
St George	385	Masters
Nepean	360	U19 & 21
Sydney	269	Masters
Sydney University	255	U19 & 21
Leichhardt	175	U1x

This listing does not include the NSWIS/NSWRA regatta on 1 December which was very successful for LRC, with the club taking out 11 first, 14 second and 8 third placings.

LRC has also placed fourth in the Bohemia Crystal pointscore, behind Sydney, Sydney University and Drummoyne, and ahead of Balmain.

A fantastic effort by all – let's keep those Premiership points rolling in!

January training camp - 2-18 January

LRC is running an intensive rowing camp for the first three weeks of January at the shed. The camp is non-residential and all rowers are welcome, but anyone who joins up for the camp is expected to commit to all of it. The program consists of 5 x 3-day cycles and there are two sessions a day (with each third afternoon off).

The camp offers two options for you to attend, depending on your availability. As a general guide you can expect the following programs, although there may be some variation depending on coaches.

1 Athletes who are restricted by work commitments will train one water session in the morning (5 am) and one weights/cross training/ rowing session in the evening.

Where are we in the rowing program?

The final week of the sixth preparation began on 3 December and this completes the endurance training for the season which we have been following for the last 30 weeks. Leichhardt has had many squads training seriously for the long distance races that compete for the Bohemia trophy, and finished with the Head of the Parramatta. Five eights then travelled to Melbourne to compete in the Head of the Yarra the following week.

On Monday 10 December, the seventh preparation begins – sprint development.

Following the sprint regatta on 15 December, LRC squads go into active rest, a period to refresh, enjoy the festive season, but still to maintain fitness and strength.

Christmas arrangements

There will be no squad training between 17 December, after the sprint regatta, and 1 January 2008.

It is a period of active rest for all committed athletes to do your weights and cross-training but also to take the opportunity to get plenty of sleep so that you are refreshed and ready to begin the rowing camp on 2 January.

All training information will be on the white board.

If you plan to attend the camp, confirm your attendance with Frank Thorn: 0417 168438.

2 If your time is flexible and for those lucky enough to be on school holidays, training will be two sessions in the morning, one water session (7 am), a one-hour rest for breakfast followed by another session of either weights/cross training/ rowing.

We have arranged for a number of guest coaches to be there at the camp because we want to ensure that there is a high standard of technical work and coaching available to maximise opportunities for the three weeks.

Frank Thorn is also running a residential camp based at Taree.



Proposed timetable for the LRC camp:

Juniors

- Every morning at 7 am except Sundays (your day of rest)
- First session on the water: 1 hour 30 minutes - 2 hours
- Breakfast – relax
- Second session: weights or super circuit or cycle or run or swim, (when there is a swim or run or cycle it is not just fooling around, well, not a lot!)
- Training should finish by about 12 noon.

Seniors

- Every morning at 5am for those who work (if you do not work you can start at 7 am)
- Water session for 1 hour 30 minutes – 1 hour 45 minutes (those who need to can be away from shed by 7 am)
- Second session at 6 pm on water (if the water is good) or weights, super circuit and run.

The plan is to do a two and a half day cycle, so for those doing the plan every third day you will have the afternoon off. If you have any queries see Rod Richardson.

2 January

LRC Rowing Camp -

Parents needed!

The camp will run for three weeks, so we are calling for help from any parents of rowers who can lend a hand over this time - even if you can only do mornings for a week, it will all add up.

If you can help, please contact Barbara Chapman who is coordinating:

LnChpmn@aol.com or

0403 791 331

Taree regatta:

All rowers and coaches

Please send your entries to Kerry Thorn, kez@kez.com.au. The Christmas / New Year holiday period quickly approaches, so get your entries in before you forget.

Accommodation for the Taree regatta

It's time to organise your accommodation – the club has traditionally stayed at the Best Western Taree Motor Inn (formerly the Jolly Swagman Motel).

Steve Duff is taking the bookings on behalf of the club, so email him your accommodation needs: which nights you want to stay (Fri, Sat and/or Sun nights) and how many people. Steve Duff: steven@cityextra.com.au, or add your name to the list at the shed.

Dates to remember:

- 2 January: Leichhardt rowing camp, Taree rowing camp
- 19-20 January: Port Macquarie and Manning River regattas, Taree
- 22 January: normal squad training resumes
- 23 February: Leichhardt fundraising event: stay tuned!

Coaches' meetings

All coaches and members interested in learning more about coaching are encouraged to attend the coaches meetings. The next meetings are:

Saturday 9 February 'The importance of tapering' with Frank Thorn.

Saturday 19 April 'Review of the season ... preparing athletes for the 2008–09 season', with a developing athlete from the season.

Santa's Sprint

Come and join LRC in the annual Christmas row - it's the one day of the year you can row under the Harbour Bridge and start a race at the Opera House. Watch the notice board for details. *Photos - Ray Moxon*



***Merry Christmas
to
everyone
at LRC***

