



Rowing as a Walbrook Junior 2018/2019

Walbrook Juniors

Walbrook Juniors is the Junior Section of Walbrook Rowing Club and accepts juniors from year 7 upwards.

The Junior Squad season runs from the start of September to mid July with new joiners usually accepted during the Autumn term. Beginners are encouraged to try the sport through one of our summer “learn to scull courses”

(Note: Juniors are usually 12 years of age on or before the 1st Sept in the year of joining i.e. year 8 and above although we may accept Year 7 if there are spaces).

Section Objectives

We aim to provide a supportive and friendly environment in which Juniors can meet new friends and develop both their personal and rowing potential.

The squad is a racing squad and aims for all juniors to train for and compete at appropriate Head Races or Regatta Races with crews being selected to ensure all targets are realistic and achievable.

All will be encouraged to enter local events as long as they have achieved a level of competence as decided by the Chief Junior Coach. In addition high performance athletes will aim to attend:

- Schools Head of the River (J16 and above)
- National Schools Regatta
- National Championships

- Henley Royal Regatta (J17/18 boys and girls)
- Henley Women's Regatta (J16/17/18 girls)

The Chief Junior Coach will encourage any junior who may be of the standard to participate in selection trials for the Thames Region South Interregional Team, and British Junior International teams selected each year from J16-18 year groups. This identification will be made from the J15 year onwards. International teams included are the Great Britain Junior team, the Coupe De Jeunesse and the GB France match

Training Commitment

Training commitment is dependent on age and experience. In general juniors should expect to attend regularly in order to be select for crews. We are sorry but we are not able to accept juniors who want to attend on an ad hoc basis. As a guide to progress in line with juniors at other clubs

J12 – 2 times a week

J13 – 3 times a week

J14 – 4 times a week

J15 - 6 times a week

J16 and above – will require up to 15 hours a week for high performance juniors and will require 2 sessions on Saturday and Sundays. Those wishing to train on a regular basis but not at high performance level will be offered a programme based on around 5 sessions per week.

When do we row?

Day	Group	Time	Comments
Monday	J15/16+	4.30 – 6.15	
Tuesday	J15/16+	7am	One session out of the 3 mornings
	J12/13/14	4.30 – 6.15	
	New starters – all ages	4.30 – 6.15	
Wednesday	J15/16+	7am	One session out of the 3 mornings
	J15/16+	4.30 – 6.15	
Thursday	J15/16+	7am	One session out of the 3 mornings
Friday ergo session	J15/16+	4.30 – 6.15 – initially by invitation and will be water session. When land session	

		will be for approx. 1 hour.	
Saturday	J16+	7.45– 9.45	By invitation and only if attending the second session. This is not an alternative to the second session.
	J15/16+	10.45 – 12.45	
	J12/13/14	1.15 – 3.15	
	New starters – all ages	1.30 – 3.30	
Sunday	J15/16+	10.45 – 12.45	
	J12/13/14	1.15 – 3.15	
	New starters	1.30 – 3.30	

What Will It Cost?

Fees include all sessions which will be held at the club plus a small contribution to running costs e.g. boat maintenance , insurance and repairs.. The only additional fees which will be charged will be due to boat transport to another venue, entrance charges and entry fees to events or training camps off site.

Please register using the link:-

<https://paysubsonline.com/Registration/371D0B39F6FC4AD64BCF34A94C4B4BE8.htm>

If your son/daughter is already a member please log on and check that details are up to date and then tick the box to confirm this for 2018/19 Thank you

a) a Walbrook annual membership fee for the period September to mid July which includes October and February half terms plus Easter training but not Easter training camp if away from the club. Membership fees are payable by BACS to HSBC 40-44-46, Walbrook Rowing Club 51446967. Please put your child's name followed by MF (short for Membership Fee) in the reference box or via our online Paysubsonline account (which has a small additional admin charge).

The annual Walbrook junior membership fees is as follows and reflects the number of coached sessions:

J12/13/14: £590 - £13.70 a week for the 43 week rowing year plus TWC fee

J15: £625 - £14.50 a week for the 43 week rowing year plus TWC fee

J16+: £670 - £15.50 a week for the 43 week rowing year plus TWC fee

New Starter course – Tuesday, Saturday and Sunday commences Tuesday 11th September – Tuesday 16th October - £200. Participants may then join the junior section – fees will be pro rata to the age group.

b) In addition to paying the Walbrook RC membership fee we are also required to pay an annual membership fee directly to Teddington Watersports Centre (“TWC”) who are the Management Company for the site. TWC are responsible for the upkeep of the premises; paying general maintenance, utilities, insurance, cleaning and many other expenses that occur from time to time. This is payable for 12 months from the date of joining. Please see TWC membership form at the back of this document. If you are registering for the learn to row course then this fee is not payable at this point.

c) Costs associated with entering Heads or Regatta races. Each Head and Regatta race charges an entry fee per athlete per event. The actual fee charged varies according to the Head or Regatta in question but is currently around £12 per event plus a charge made for transport of the boats usually about £8 - £10. Once the regatta closing date has passed race fees are payable. If a junior then withdraws from the crew and a substitute cannot be found then payment of the full entry fee for the whole crew will be paid by that junior unless the other members of the crew agree to pay their share.

Please note that all Head and Regatta entry costs are payable via our online Paysubsonline account (which has a small additional admin charge) with Juniors requested to ‘top up’ their account in relation to the number of races they compete in. This year there will be an online payment system which will automatically email you to remind you to pay fees.

d) Club kit (a minimum of “all in one”, black under top, black tracksuit bottoms). We hope that all juniors will also buy the Junior T shirt and sweat top to wear to attend club training and at regattas. Other kit is also available e.g. gilets, splash tops etc. Club “All in Ones” are £40 each, T shirts £10 and sweat tops £20

e) British Rowing Racing Licence. This is required in order to race. We cannot make an entry unless BR membership is up to date.

Welfare See Appendix 1 for our full policy

We take the welfare of our juniors very seriously. If you have concerns then please contact the Club Welfare Officer – Jude Bowen. Email: jude_bowen@hotmail.com Her role is to:-

To advise the club on compliance with British Rowing procedures on, and good practice in, Child Protection & Participant Welfare

To advise the club on compliance with its own Child Protection policies

To act as a focal point for reporting any concerns from parents/carers, coaches and members (both Junior and Adult) etc

To maintain records of those volunteers who have been checked and also to ensure these checks are renewed when required.

To have primary responsibility for checking that everyone who has significant access to young people within the club is suitable for the role and vetted.

To administer the DBS checking procedure (e.g. inspecting documents)

To be clearly identifiable to Junior Members and their parents

To comply with relevant British Rowing Guidelines

Junior Code of Conduct

Our Code of Conduct is based on the British Rowing Guidelines and those of Sport England's ClubMark and applies to all Junior Squad Members, Parents/Carers and Coaches. As a member of our Junior Squad you are expected to:

enjoy the sport of rowing

perform to the highest ability at every opportunity

row / scull within the rules and respect officials and their decisions

respect your opponents.

be punctual and keep to agreed timings for training and competitions or inform your Coach if you are going to be late

wear suitable kit for training and racing

pay any fees for training or events promptly

take great care of equipment and facilities and report any damage promptly to your Coach .

not smoke (Smoking is not permitted anywhere on Club premises nor whilst representing the Club at competitions)

not consume alcohol or drugs of any kind on Club premises or whilst representing the Club.

not leave Squad training sessions before speaking to your Coach or the Coach in charge of the session.

not run, play on the landing stage

not jump in the river from the island or mainland site

not use free weights without supervision by a Coach

only use boats/blades specified for use by Juniors and as allocated by the Coaches

not boat without a Coach and actively contribute to the club as a whole

Code of Conduct for Parents

As a Parent or Carer of a member you are expected to:

Encourage your child to learn the rules and play within them

Discourage unfair play and arguing with officials and publicly accept officials' judgements

Help your child to recognise good performance, not just results

Never force your child to take part in sport

Set a good example by recognising fair play and applauding the good performances of all

Never punish or belittle a child for losing or making mistakes

Support your child's involvement and help them to enjoy their sport

Use correct and proper language at all times

Support the Senior Coach by making efforts to speak to him/her regularly before/after training sessions

Ensure your child wears appropriate clothing for racing and training and brings spare clothing, food, towel and water bottle to each session

Assist in crew selection by notifying the Senior Coach in advance when your child is not available

Encourage your child to comply with the club rules

Ensure that your child arrives on time

Code of Conduct for Junior Coaches

Consider the well-being and safety of participants before the development of performance.

Develop an appropriate working relationship with athletes based on mutual trust and respect.

Make sure all activities are appropriate to the age, ability and experience of those taking part

Promote the positive aspects of the sport (e.g. fair play)

Display consistently high standards of behaviour and appearance

Follow all guidelines laid down by British Rowing and the club

Hold the appropriate, valid qualifications and insurance cover

Never exert undue influence over athletes to obtain personal benefit or reward

Never condone rule violations, rough play or the use of prohibited substance

Abide by the Club Social Media Policy.

Be aware and abide by RowSafe

Keep records so that selection procedures are open and fair

Arrive on time and be ready to start the session on time

Photography

During racing and training coaches may take video recording of land and water sessions to aid training and feedback. Footage will be kept for comparison and in certain circumstances may be uploaded onto the web site e.g. to celebrate success etc. Similarly still photographs may be uploaded onto the web site or used for publicity.

Crew selection procedure

Criteria for selection for racing crews for major events will take the following into consideration

Attendance

Ergo scores

Technical ability

Time trials/seat racing

The coaches unbiased view of the fastest crew

Crews will only be entered in high performance events if the coaches feel that they are able to perform at the level of that competition. Percentage gold medal times may be used to determine this.

Important Dates

We expect to enter some of the following events (actual events that we will be entering will be confirmed closer to the time, at least 2 weeks beforehand).

Term 1

Weybridge Silver Sculls

20th October

Kingston Small Boats

10th November – River Closure no rowing unless racing. Help please from parents to sell food as a fund raiser.

Teddington Head 17th November - River Closure no rowing unless racing. We need lots of help from parents on this day as it's a big fund raising event for us.

Hampton Head 24th November

Burway Small Boats Head 1st December

Term 2

Weybridge Head 19th January

Hampton Head 2nd February

National Sculling Head 14th March – Thursday time needed off school

Kingston Head 23rd March- River Closure no rowing unless racing. Help please from parents to sell food as a fund raiser.

Term 3 – these dates have not been confirmed yet by the organisers

Ball Cup – usually mid May

National Sculling Regatta mid May

National Schools Regatta 24th May (J14), 25th and 26th May – J14s will require time off from school

Weybridge Regatta - May

Henley Womens - June

Thames Valley Park – mid June

Blenheim Regatta mid June

Kingston Regatta – July

British Junior Championships - July

Staines Regatta mid July

Kit and Clothing

Juniors are also encouraged to purchase a club sweatshirt, which will be available for £15, to wear to keep warm at regattas and head races.

IT IS NOT POSSIBLE TO ROW IN GLOVES OF ANY KIND.

Training kit on the land should consist of t-shirts and shorts, with a good pair of trainers (Sports Direct is generally best for these)! Trainers are vital for all weights, ergs, circuits and any running sessions that may occur. Please note some land sessions carried out in colder environments will need stretchy track suit bottoms.

On water kit varies with the season. Rowers may row in a t-shirt and a pair of shorts. During the winter months for some races and training sessions when it is cold with a wind chill, we will strictly enforce a 'no skin' rule – meaning that no bare skin may be visible. For these events and sessions rowers should wear either club or BLACK leggings (available cheaply at Sports Direct) and a BLACK base layer long sleeve top under their all-in-one (again – Sports Direct has proven the cheapest). BRITISH ROWING RACING RULES STRICTLY REQUIRE ALL CREW MEMBERS TO RACE IN CLUB KIT AND BE UNIFORMLY DRESSED.

When boating in cold or wet weather on any occasion, rowers must wear extra layers, such as tracksuits, additional long sleeve t-shirts, and a light pocket-less waterproof, which can be removed during the session as needed. Winter races in particular will be preceded by a significant time queuing in the boat sitting still, so it is vital rowers remain warm during this time. It is better to overheat than be unprepared!!! We will refuse to let our juniors take part with insufficient or improper kit.

The essential kit list for every session:

1. Base layer top
2. Leggings (Black is best so they can be used for training and racing)
3. All-In-One (required for racing)
4. Cap/Hat/Visor
5. Extra layers:
 - Long sleeve top(s)
 - Thermal base layers
 - Thick Socks
 - Gilet/Turtle Shell (club kit available for order)
6. Trainers/Running Shoes (both land and water)
7. Sports Bras are essential for girls (tops or all-in ones MUST be worn on top)
8. Inhalers as required (rowers requiring an inhaler will NOT be allowed to take part in a session without one)
9. A 10mm Spanner
10. A change of kit and a towel

11. Water bottle – sharing not allowed!

Types of Activities Carried Out in Sessions

On water rowing - capsizes are possible and likely, but sufficiently prepared for through drills and training. Coxes will be wear life jackets at all times and are trained to use them correctly.

Capsize and swim test;

For those who have not completed a capsize drill and/or cannot provide an approximate swim distance >50 metres, the necessary capsize drill and/or swim test will be completed as standard procedure. This involves a controlled and monitored capsize of the boat followed by a short swim to ensure that the participant is safe in the event of an accidental capsize. This is usually carried out at a local pool in September.

On-land rowing - ergos

Land training - Only featherweights are used for beginners and those not sufficiently developed to safely use weighted equipment. Circuit Training involves body weights.

Running – juniors will always be accompanied by at least 2 coaches – one at the front and one at the back who will be in contact via a phone with each other.

Cycling; on occasion we may offer optional cycling sessions. These will require a safe bike and a helmet for all who choose to join. The coaches will ride at the front and back of the group, but if a rower chooses to attend this session, it is the responsibility of themselves and/or their parent/guardian to ensure they are sufficiently competent to ride safely. Any routes used shall be published in advance to help you make your decision.

Stretching

Capsize Drill

To ensure that all know exactly what to do in the event of a capsize we require all to take part in a stage managed capsize drill in early September.

When do we boat? – Health and Safety

We have a strict system of assessing conditions to allow all groups in the club to row. There are different rules for each category of member and depends on their ability. The assessment looks at river speed, air temperature, wind speed, water temperature, etc. The river is allocated a colour of green, yellow, red and black. The status of the river can be found on the EA web site. Juniors will not boat on “red boards” or in hours of darkness. Often they will not boat on yellow boards. Sessions will still take place on land and everyone should assume that each session will take place unless otherwise notified.

Parents may like to look at

<https://thecpsu.org.uk/resource-library/>

<https://thecpsu.org.uk/resource-library/2016/parents-in-sport-videos-for-parents-of-talented-athletes/>

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Walbrook Rowing Club

Child Protection Policy

Walbrook Rowing Club has a duty of care to safeguard all children involved in rowing at the club from harm. All children have a right to protection, and the needs of disabled children and others who may be particularly vulnerable must be taken into account. Walbrook Rowing Club will ensure the safety and protection of all children involved in *rowing* through adherence to the Child Protection guidelines produced by the BR, as displayed on the BR web site and adopted by *Walbrook Rowing Club*

The following additional points are specific to Walbrook Rowing Club.

This policy shall be distributed to the parents of all children joining the Walbrook Junior Scheme, coaches and any other relevant parties. This shall include a copy of the leaflet "Stay Safe"

The Club Welfare Officer is Jude Bowen. This is notified on the Boathouse notice board and she can be identified from her picture.

All regular coaches of juniors at Walbrook have been fully CRB checked to the enhanced level and are registered members of the ARA and hold a coaching qualification. Any other person who may from time to time help out at sessions will not be left alone with children and will be directly supervised by a qualified coach at all times. These persons will be personally known to the coaches they are working with.

All junior coaches will be offered the opportunity to regularly update their knowledge by the club paying for attendance at appropriate conferences.

Coaches will at all times abide by the Code of Conduct of the British Rowing. If at any time a coach is concerned that another coach has breached this code of practice then he/she will report the incident to the Club Welfare Officer who will investigate and act accordingly.

Any parent reporting an incident or concern to a coach shall be referred to the Club Welfare Officer who shall take appropriate action to investigate the allegation.

Coaches who have reason to believe that the welfare of a child outside the activity causes concern shall report the matter to the Club Welfare Officer who shall take appropriate action.

If any child reports concerns to a coach then the coach shall report the concern to the Club Welfare officer who shall decide what action to take.

If the Welfare Officer decides to take action then she will discuss the course of action with the Captain first. In cases of physical or sexual abuse or if the child is at risk then Richmond Borough Children's Social Care Services should be contacted.

Anti- Bullying Policy

The Committee and Officers of Walbrook Rowing Club are committed to providing a caring, friendly and safe environment for all of our members so they can train in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our club. If bullying does occur, all rowers or parents should be able to tell and know that incidents will be dealt with promptly and effectively. We are a telling club. This means that anyone who knows that bullying is happening is expected to tell the Club Welfare Officer or any committee member.

What is bullying?

Bullying is the use of aggression with the intention of hurting another person.

Bullying results in pain and distress to the victim.

Bullying can be:

Emotional being unfriendly, excluding (emotionally and physically), sending hurtful text messages, tormenting, (e.g. hiding kit or equipment, threatening gestures)

Physical pushing, kicking, hitting, punching or any use of violence

Racist racial taunts, graffiti, gestures

Sexual unwanted physical contact or sexually abusive comments

Homophobic because of, or focussing on the issue of sexuality

Verbal name-calling, sarcasm, spreading rumours, teasing.

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Rowers who are bullying need to learn different ways of behaving. This club has a responsibility to respond promptly and effectively to issues of bullying.

Objectives of this policy

All committee members, coaches, rowers and parents should have an understanding of what bullying is and what they should do if bullying arises.

All committee members and coaches should know what the club policy is on bullying, and follow it when bullying is reported.

As a club we take bullying seriously. Rowers and parents should be assured that they would be supported when bullying is reported.

Bullying will not be tolerated.

Advice and support for junior rowers

What will happen if I make a complaint about my coach or another adult in my club?

It is really important you tell someone if you are being treated badly, if someone is making you unhappy, or if you are being abused or know that someone else is being abused.

You can tell your parents, your coach or your Club Welfare Officer (CWO), Jude Bowen or anyone you trust. It might be a teacher, a relative or a friend.

There are a number of telephone lines you can phone for help like Childline (0800 1111), which is free. Websites such as www.there4me.com, www.donthideit.com and www.worriedneed2talk.org.uk also offer advice.

You can find the telephone number or email address for your CWO on your club notice board. The person you tell will try to help you. They may need to tell your parents, or someone outside of the club if it is a serious matter. They will report what you say to the British Rowing Child Protection Officer. Anything you tell them will be confidential and it will only be passed on to people who really need to know to help you and other young people like you. What if I am b

What if I am being bullied?

Walbrook Rowing Club has an anti-bullying policy – it is probably like the one at your school. It encourages you to tell and to get help to stop bullies before they hurt you more or other people too.

Text and Email messaging - Text messaging and emails can help improve the success of rowing clubs, and junior programmes. This may be by helping to remind young people about the sport and activity sessions that they have signed up to, and by promoting additional activities. The significant benefit of text messaging and emails are that they are not only cheap, but they are one of the most direct forms of communication as most young people have mobile phones with them at all times and are competent at using computers.

However, for children and young people there are safeguarding risks associated with texting and emails including:

inappropriate access to, use or sharing of personal details (e.g. names, mobile phone numbers, email addresses)

unwanted contact with children/young people by adults with poor intent; text bullying by peers

being sent offensive or otherwise inappropriate materials

grooming for sexual abuse

direct contact and actual abuse. For adults involved risks include:

misinterpretation of their communication with young people

potential investigation (internal or by statutory agencies)

potential disciplinary action.

Only coaches, volunteers or staff that have been through relevant safeguarding checks (e.g. enhanced level CRB checks and references) will have access to the text messaging system.

Parents' consent is obtained prior to sending the young people text messages by agreement on our registration form. All text messages will make it clear that they are sent from Walbrook.