



GUILDFORD ROWING CLUB

Welcome to Guildford Rowing Club

We have compiled this document to welcome you to the club, answering any questions that you may have and a chance for us to discuss the expectations of our members.

We can then ensure that you have a safe and fun time rowing with us.

Additional information can be found on our website

www.guildfordrowingclub.org.uk

[Section 1 – Key information](#)

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Key information

We want to ensure that everyone is safe when they come and enjoy our facilities. In order for us to do this please read on and follow our ground rules and policies.

Spond/communication

Our main method of communicating with members is on Spond. This can be downloaded as an app on your phone, or as a web page. Invitations to events, signing up for training sessions and requesting boats all happens on Spond. Contact membership@guildfordrowingclub.org.uk or chairman@guildfordrowingclub.org.uk if you need any assistance, or your squad captain.

Club Access

A key is hanging within the canoe store on a rigger gate (black plastic). Please speak to your squad captain about the current padlock code to access the canoe store.

Safeguarding

Guildford Rowing Club acknowledges the duty of care to safeguard and promote the welfare of children and is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and requirements of British Rowing. [Please read our full safeguarding policy here.](#)

Changing rooms

Our changing rooms are separated by gender. An inclusive/ accessible standalone toilet/area is next to the bar if you feel more comfortable using that facility. An adult (over 18) must not go into the changing room if junior members (U18) are using it. Likewise junior members must not enter the changing rooms if adults are in there. Session training times are designed to avoid overlap. No photography is allowed in changing rooms. Please read our [changing room policy in full here.](#)

Clothing

There is a lot of river traffic that will not be able to see you. Please wear high vis or bright coloured clothing. There are spare high vis vests above the trestles in the boathouse. Training Kit is available here [Shop guildford-rowing](#), and racing kit will be announced on Spond.

Be vigilant

Be aware of obstacles that could cause damage to the boat. When taking a boat off the rack use chocks from the grey chock box located in the corner of the boat house to chock up the boat above. Remember to return them afterwards. When moving a boat, please ensure that people around you know about it. And keep items off the floor and away from the landing stage.

River Conditions/Red Boards

Red boards are controlled by the National Trust. They monitor the river conditions and update us on the status of the river. A red board is displayed on the outside of the boathouse when non-motorised traffic should not use the river. We welcome you to come for an indoor session at this time. Usually, we announce changes to the status of the river on Spond. Only certain experienced individuals are authorised to conduct a risk assessment of the river conditions and row at these times.

Good housekeeping

Use the anti-bacterial spray and wipe located on the bar to clean the gym equipment after use. If you are the last person in the club, please check that the windows and doors are closed and the lights and taps are turned off. The main entrance locks if you push the main door shut when you leave.

Incident reporting

If you are involved in an incident or if you notice a problem with a boat, report it. You can scan the QR codes on the reporting poster in the club, or [click here](#). This includes any damages or repairs needed to the boat. More information is provided on the safety section.

Timetable

The timetable is announced on Spond and on the main entrance notice board. Use the timetable to avoid clashing with our members' slots. If in doubt, please confirm with your squad captain.

Club Policies & Procedures

Take the time to familiarize yourself with our policies including Safeguarding and Code of Conduct. They are available to read on the [welfare page](#) of our website. Hard copies of all of our policies are located in a yellow file next to the bar hatch.

Safety information

River Wey

Guildford Rowing Club is situated on the River Wey.

This part of the river is managed by the National Trust (NT).
Navigating on the river when it is dark is banned.

We use a circa 800m stretch of water upstream heading south of the club house.

Watch out for (particularly in summer):

- Narrowboats

Often there are inexperienced drivers who don't know the rules of the river. They often moor on the Clubhouse side of the straighter sections of river, making this stretch quite narrow for boats passing in opposite directions. Please take extra care when boats are moored and look ahead frequently when travelling in both directions.

- Paddleboarders

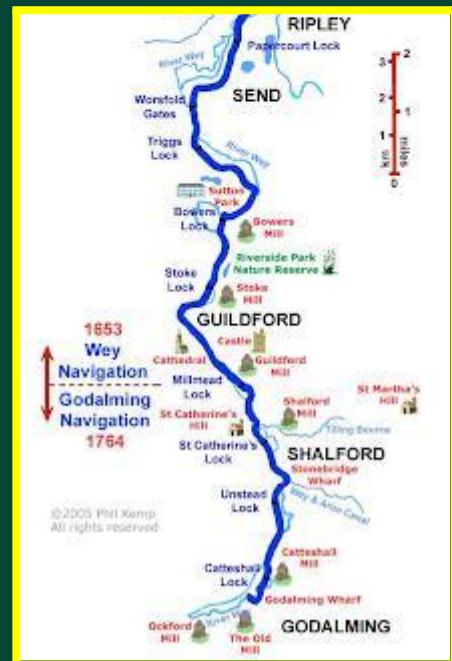
Some recreational paddle boarders do not know the rules of the river. They are typically very quiet, slow and come in groups, so look ahead frequently when travelling in both directions.

- Kayakers

There is a Kayak Club down river from GRC and large groups of paddlers train along the same stretch of water all year round. This can cause a lot of disturbance to the water and can pass very close to your boat and blades. These groups usually use sprint kayaks that are not particularly manoeuvrable. Throughout the summer recreational paddlers also use this stretch of water.

- Other river users

Swimmers, dogs and people jumping off the bridge generally on the stretch between the chicane and the turning point but occasionally swimmers head further down river towards the Club.



River in Flood - Red and Yellow Board system

The Wey suffers from fast flow and flooding during and after periods of heavy rain. The NT bans navigation when the river is in flood and dangerous conditions prevail. Check the [River Wey navigation website](#) for updates on the river. For reference, Guildford Rowing club is situated between St Catherine's lock and Millmead Lock.

When these conditions are imposed by the NT, their personnel will place a "Red Board" in the frame attached to the front of the Boathouse.

GRC has been granted special permission by the NT to row on the Wey in certain conditions when the river is in flood. A specific procedure has been developed by the Committee, and approved by the NT, which allows experienced rowers on the water providing certain criteria are met when a risk assessment is completed by an "Authorised Rower". In this instance GRC will display a yellow board.

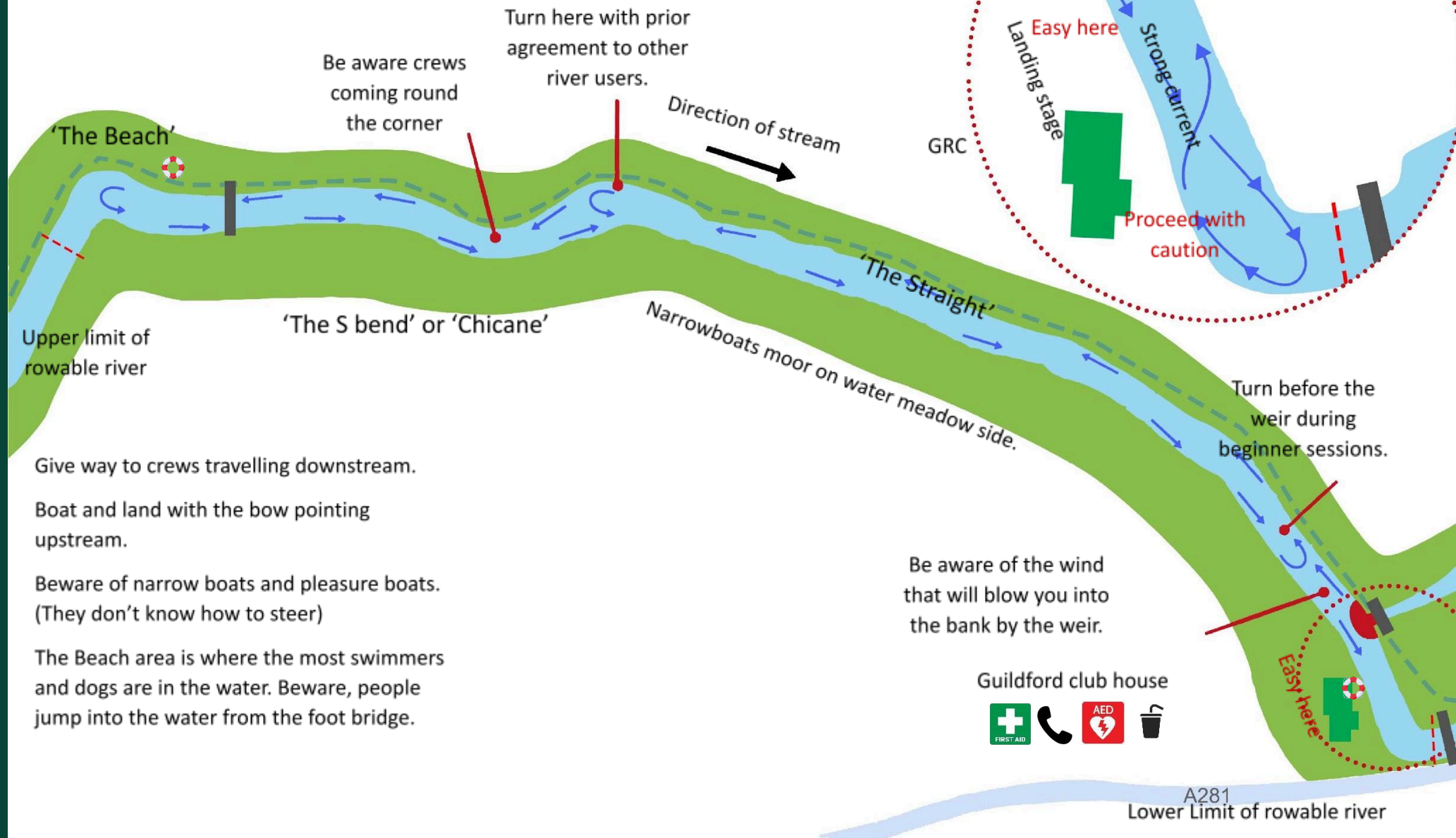
Further details of the Red Board Procedure and Risk Assessment is available on the Club Website or from the Club Safety Officer. If you are an experienced rower and wish to be considered by the Committee as an "Authorised Rower" to complete a risk assessment on the river, please send a request to the [safety officer](#).



Safety Map

River Wey

Rowable River 1.8km



How to report an incident

This is the link to the [incident report page](#).

As a club we take your safety as a priority. By recording any accidents or incidents that you have whilst rowing with us, you will help us improve the safety for all members and help to reduce damage to the boats.

No matter how big or small the damage or accident is you must report it through the link provided, or by scanning the QR code on the poster to your phone.

Keep note:

- The time of the incident.
- What has happened in as much detail as possible including:
- Was anyone hurt?
- Any boat / blade damage.
- Any damage to third party equipment: boat, kayak, paddleboard etc.
- What the situation is now.

Early notification means we can resolve issues and repairs quickly. If you've noticed a problem with a boat, report it through our [Google form](#) which you'll be taken to when you scan the code on the poster.

In an Emergency

Everything that is needed in an emergency is located at the main entrance.

Outside the club: An AED / defibrillator is located outside the club main door on the left.

Inside the club: The Fire extinguisher is located to the left of the entrance and so is the life ring.

To the right there is the emergency telephone with all the information you will need to guide the emergency services.

Good to know

Taking a boat out

Please check the timetable for when the river is available to your squad. There are specific sessions to sign up to on Spond. Please put the time that you are going out, who's in the crew and which boat you would like to take to aid squad captains in planning sessions.

Personal items

We provide small lockers inside the boathouse to store your valuable items such as your car keys and phone. Ensure that the key to the locker is safely secured to yourself. Items left in the rowing club are done so at your own risk.

Socials

Organised by our social sec, upcoming socials / club events are announced on Spond. If you have ideas for a social, please email the social sec.

The Bar

There is a number lock on the door to the bar, please ask your squad captain for the code. The bar door *slides* open. You can pay using cash or card. The prices are listed on the cupboard by the hatch. Please remember to wash up afterwards. Under 18's aren't permitted to enter the bar.

Parking

There is a small car park at the rowing club. Alternative parking is on Chantry View Road and Millbrook Car Park.

The Gym equipment

You have access to our gym equipment when there is no timetabled indoor session. Please ask your squad captain if you are unsure on techniques or how to use the equipment safely. Work out within your limits.

For seniors, there are group erg sessions on Tuesday and Thursday from 18:45.

Kit

Racing kit is supplied to us by Powerhouse. We announce when the kit is available to buy on Spond. This is usually every quarter for a limited time.

Training Kit is available here [Shop guildford-rowing](https://shop.guildford-rowing.org.uk).

We recommend buying a [rigger jigger](#) if you are taking part in racing.

Suggestions

You can share any suggestions by emailing the club chair or by talking to your squad captain. You can email the club chair at Chairman@guildfordrowingclub.org.uk