



TASTER DAY PACK

WELCOME TO DERWENT ROWING CLUB!

This taster day pack introduces the club and the way we operate. It includes what to expect for the taster day, what to bring with you, and a bit about the club. Please read it, paying particular attention to the safety and welfare information provided. If you have any questions, then just ask. Please help us to keep this document up to date. If you notice any broken links or have suggestions for improvements, then let us know by e-mail to captain@derwentrowingclub.co.uk.

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1 ABOUT THE CLUB AND ROWING

The club was founded in 1857 and has been supporting rowing on the River Derwent continuously since then. We pride ourselves on being a friendly club, encouraging participation by all.

Rowing is a fantastic sport that can be purely for leisure, keeping fit, rowing competitively on a regional or national stage or pushing yourself all the way to the national team and Olympics. There is a place for everyone and Derwent is proud to provide access to the river as a blue space for physical and mental wellbeing. Please support us in upholding the club's character.

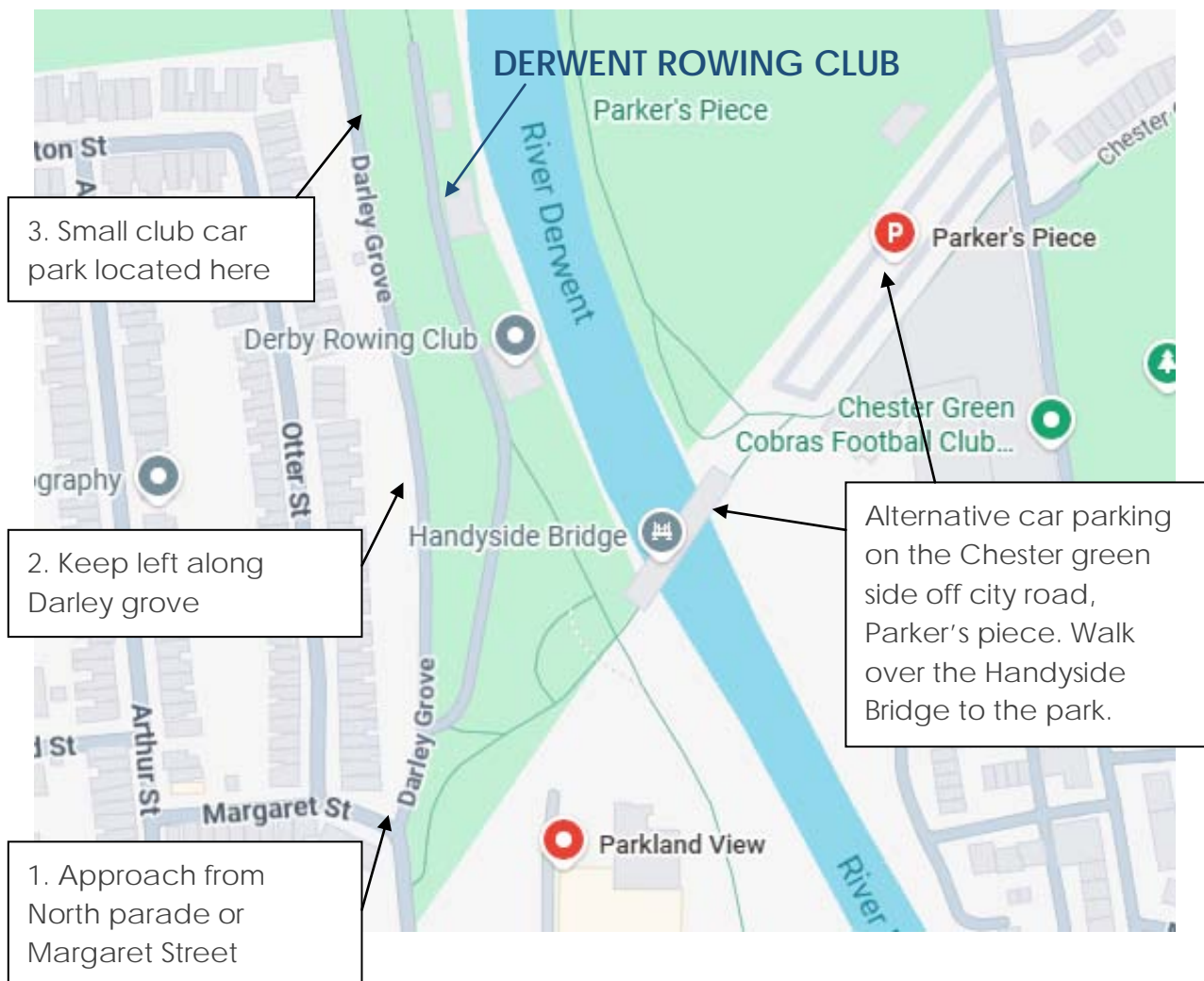
2 HOW TO FIND US AND PARKING

The club is located at the southern end of Darley park in Derby, our address is 'The White Boathouse', Darley Grove, Derby, DE1 3AY.

The club car park overlooks the club and is accessed via a tarmac road from Darley Grove. Please use this car park in the first instance. Further parking is available outside Derby Rowing Club and on the verge of the access driveway.

The Darley park side can get congested and the surrounding streets are not suited to street parking. There is a car park on the Chester green side of the river and a footpath on the old railway bridge over the river to the clubs.

Please ensure the route down to the club is clear for emergency vehicle access to the club and to the park.



3.1 SIGNING UP AS A TEMPORARY MEMBER

You will be asked to complete a temporary membership form and medical declaration on arrival. This enables us to bring you under the club's insurance for the day. Please make the person leading the day aware of any medical needs, eg if you have Asthma it would be advisable to take an inhaler in the boat with you in a ziplock bag, which we can provide.

You will also be asked about your swimming ability. Please answer honestly and we have life jackets for those who are not strong swimmers or prefer to wear one.

The club has a data protection policy and DOES NOT share any personal data with any third parties.

3.2 Photo/video consent

You will be asked on the temporary membership form whether you consent to photos and/or videos of you being used for training or publicity purposes, such as instagram.

4.1 WHAT TO EXPECT FROM THE DAY

The objective of the day is to give you a fun all-round introduction to rowing.

After signing up and a safety induction we will teach the basic rowing stroke on the rowing machines and then introduce you to on-water equipment. We have learner boats for individuals and crew boats.

After having a first go on the water we will break for lunch in the clubhouse, or if it is really sunny, on the lawn by the river.

After lunch we will get back out on the water, rotating everyone around a few times so everyone gets a go in crew or individual boats.

At the end of the day we will have a de-brief over tea or coffee!

4.2 What to Wear and What to Bring

You do not need any special clothing or equipment for your first sessions. However, for safety, we recommend:

- Close fitting sports clothing (to reduce the risk of items catching in the moving parts of the boat or getting tangled with your blade handles).
- Clothes that you can swim in, in the event of a capsized (please, no hoodies).
- Dress for the conditions, with layers that you can add or remove as appropriate.
- Footwear suitable for walking on a metal grate landing stage (please, no flip-flops).
- Something to tie back long hair.

And consider whether you may need:

- Sunscreen cream.
- A hat (either for sun protection or for warmth).
- A drinks bottle.
- Any medication.

You're very unlikely to capsize when using the training boat or a racing shell with floats, however, we ask that you always bring a dry set of clothes to change into just in case.

5 CLUB FACILITIES AND ACCESSABILITY

The club layout is almost 170 years old and, regrettably, is not wheelchair accessible. There are numerous small flights of steps and some uneven surfaces around the site and the main landing stage is a series of steps down the riverbank to the water.

Our changing rooms are also very small. We operate a 'knock and wait' protocol to avoid juniors and adults mixing in the changing rooms. The protocol is shown on the poster on the changing room doors. Please respect others privacy and wait if necessary.

6.1 SAFETY AND WELFARE

The club operates under British Rowing guidelines for safety and welfare and has its own safety plan and welfare policy. We have on-site first aid, firefighting equipment and a defibrillator.

6.2 What to do in an emergency

Please listen to instructions by the leaders and coaches in case of emergency. If you are asked to get it, our emergency action plan is in a red folder in the sign in desk and contains all the details, phone numbers and procedures needed.

6.3 Welfare officer

The Club Welfare Officer is Emily Plastow. Emily can be contacted on welfare@derwentrowingclub.co.uk.

We value the welfare of ALL members and participants at Derwent and if you have any concerns of any kind, from the conduct of members to bullying and discrimination, please report them to us.

6.4 Code of conduct

We are a British Rowing affiliated club and expect members to abide by the [Code of Conduct](#). A copy is displayed within the club and on the British Rowing website. Please be kind and considerate to other club members, other water users and the environment.

7 SUPPORT AND KEY CONTACTS

Captain	Chris Plastow	captain@derwentrowingclub.co.uk
Secretary	Gillian Lockhart	secretary@derwentrowingclub.co.uk
Vice captain/Club safety officer	Robert Thornton	

8 FURTHER STEPS IF YOU WISH TO CONTINUE ROWING

If you enjoyed your day and would like to become a member please email the captain or secretary for a membership form! If you came to Derby for the experience day but are not local and wish to continue rowing, there are lots of friendly rowing clubs around the country and we would happily provide details of a club closer to your home, the more people on the water, the better!