

THE OTRC SPIRIT

OFFICAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

**TAKE
A
LOOK**



December 2021 Edition

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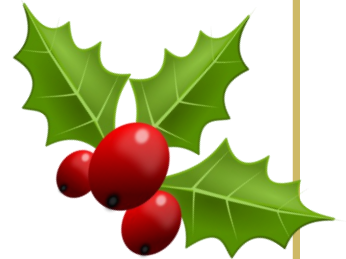
Live stock in the wrong place.

In the past it has been known to spot livestock from the fields surrounding the part of the river we row 'in the wrong place' or look as though they need some help!

I believe a Bull got stuck in the river a while back, and Daisy et al rescued a sheep in the river tangled in a tree branch?

I was chatting to a farmer the other day who said that these were his fields and was surprised at what his livestock got up to when his back was turned and asked if we did spot anything amiss to contact him [John Gent] on 07850 085413.

These contact deals will be put on the OTRC boat house notice board.



Signing Off.....

Dear OTRC

What a joy and privilege to have been in amongst the family that is Oundle Town Rowing Club for the last 20 something years.

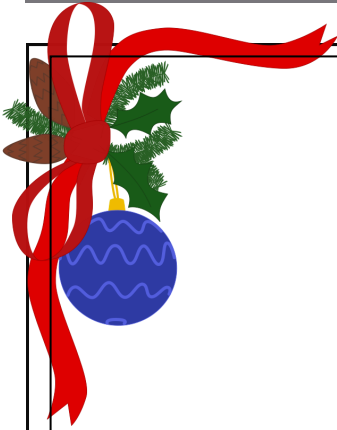
Due to family moves we have reluctantly decided that all good things have to change with the times. The re- location of daughters, grand-children etc to Sheffield and Stockport has transformed journeys of around an hour to around 3 and time of course is money....at least it used to be before retirement. Now time is even more precious....time is time.

And don't even mention our carbon footprint....so...in order to help the planet we are putting on extra thermals and moving to the beautiful Peak District. There's plenty of water....though most of it seems to be succumbing to gravity and either falling from the sky or rushing down hillsides so alas there's not much rowing going on...perhaps I'll take up fell running...

Here's wishing you all bon voyage through Christmas, Covid, 2022 and of course your rowing 'career' whatever that may look like....With love and best wishes...**Alan**

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Chairman's Report—By Simon Murray



It's been great to see more club activity over the past few months. The Saturday coaching sessions have now settled into a regular pattern and additional sessions are taking place on Wednesday and Sunday mornings. Thank you to our team of coaches and helpers who make this happen, with a special mention for Daisy who organised the recent trip to the Downing College rowing tank.

More help with these sessions is welcome, if you are getting a regular coached session please consider how you can help others; especially with the junior squad session (Saturdays 12.00-2.00).

Also, there are a number of club job vacancies that need to be filled. Please see the note below. Not all positions are committee posts; for those that are, the committee meets only 4 times a year. Please can you think about how you could help with the running of the club.

Congratulations to all those who have taken part in recent competitions at Huntingdon and Bedford (Star Club). Although we failed to trouble the engravers, performances in general were quite competitive which bodes well for events next year.

Off the water, we have made some more progress with the boathouse development. The structural survey was completed we also had a fire safety survey and quotation for implementing the building control requirements. These will now be submitted for approval.

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Club Vacancies

There are a number of vacancies on the main club committee and for other non-committee jobs that are essential for the club to be effective. This is a particularly exciting time to be involved; as a result of this summer's learn to row courses new members (juniors and adults) have joined us, and we are at last starting to plan a way forward with the development of the upper floor of the boathouse.

The vacancies are as follows:-

Main committee positions

- Club Captain (Emma is acting captain); responsible for all rowing activities, crews, events etc.
- Club Welfare Officer; promotes the welfare of all club members, particularly young people
- Club Safety Adviser; responsible for setting out guidance on safety matters for all club members, to actively promote a 'Safety First' culture throughout the Club, and to perform a few regular safety related activities.

Other positions

- Entries Secretary - To enter crews into competitions using the British Rowing on-line Entry System (BROE), collecting seat fees from members, in conjunction with the club captain and coaches.
- Grounds maintenance - to organise the various gardening and maintenance jobs around the OTRC site, grass cutting, drain clearing etc.
- Clubhouse Building Fire Safety Officer. This is a new position needed as we move towards developing the clubroom.

The jobs listed above are the key roles that are needed. Job descriptions for each position are available; not all of them require rowing experience, so even if you are new to the club, or a parent of a junior member and feel that you can give some time we would be keen to hear from you. **Pls contact Simon on simonmurray36@gmail.com**



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Winter Rowing At the Club



A reminder that during winter we need to take extra care while at the club. Things to look out for include:-

- Making sure the boats stored outside are tied securely to the racks after use
- Checking that the water tap in Cambridge House is turned off at the end of each session
- Taking care when the slipway and jetty is icy; grit is provided so please use as necessary
- Be aware that the car park can get muddy and slippery, especially toward the lower end beyond the boathouse.

Every year we lose several rowing days because of the weather and/or river conditions and when necessary the coaches/safety advisor will cancel sessions. We try to do this well in advance based on weather forecasts but be prepared for last minute changes especially when the conditions would be hazardous for less experienced rowers.

Staying Warm

Rowing at OTRC becomes a bit more of an 'Endurance Sport' in winter, with a drop in temperature, even more rain, darker days, icy winds, etc. all making it a little more difficult and, if truth be told a little more dangerous. Added to that is the fact that it's always about 3 degrees colder on the river than it is anywhere else.

Hypothermia is a serious danger to everyone who participates in outdoor sports in the winter, including rowers. A simple combination of rain and low temperatures can be dangerous and this is, obviously, much more likely in wintertime. You don't have to capsize to suffer from the cold and wet but capsizing is more likely in windy weather. In any of these circumstances it takes just minutes to become very cold. Please take every precaution to minimise the risk.

THERE ARE NO PRIZES FOR BEING COLD.

Some useful tips to prevent it happening to you:

Wear layers not bulk

Numerous thin layers are better for warmth, manoeuvrability and adaptability than thick layers. You can take layers off and put them back on again to maintain a reasonable body temperature – particularly useful when waiting for other boats at the island. If you do capsize it will be easier to swim and stay safe. Try soaking a thick, fleecy hoodie in a bowl/bath of water and then weighing it. Could you swim with that dragging you down? Could you even row with it on?

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Similarly in the winter wear light, tight fitting trousers (even 2 pairs), not shorts.

Protect your extremities

Wear proper, warm socks (NOT TRAINER liners). If you can afford them, buy waterproof socks to wear over the top of ordinary socks. They are a godsend, as they stop your feet getting wet and therefore cold, as you get on/off the jetty.

Wear a cap/hat – fleecy for warmth, and/or with a peak to keep rain off your face (somehow, you don't feel as wet if your face is dry). Again, you can always take it off, if you get hot.

Gloves are difficult, as you can't row properly in most gloves. "Pogies" are special (but expensive) rowing gloves, like mittens, that fit over the oars and your hands or you could wear fingerless cycling gloves to help a bit. Gloves to keep warm when you are boating/de-rigging etc. are sensible.

Spare kit

ALWAYS bring spare kit. If you fall in, or even if it just rains heavily, you will need to change as soon as possible to prevent hypothermia. If you come to the club wearing 4 layers, bring 4 spare layers, if not 5 or 6. The spare kit can be any ropey, old, tatty clothing as long as it will warm you up. Pack a bag and leave it in the bag - just bring it with you every week. If you get wet, we WILL make you change and you may end up looking daft in an 'old' lady's oversized, pink kit if you don't have any of your own. And we will take photographs!

Where can I get good kit? The Godfrey website <http://godfrey.co.uk/rowing> stocks OTRC Kit. Talk to Vicky Birchall about 'Godfrey' and club Kit. Or <http://www.rock-the-boat.co.uk/> specialises in rowing kit (including pogies). The 'Functional Rowing Kit' pages are particularly useful.

The club colours are navy and white, so even if you don't buy customised club kit from Godfrey you can still choose kit to look the part.

Cycling kit or running kit is also very suitable for rowing (fitting, stretchy, quick-drying) so cycling or running websites or even Amazon are a good source. TKMaxx can stock good, cheap kit. Lidl periodically sell waterproof socks at a knock-down price. It's often just a case of keeping an eye out for bargains. It doesn't have to be labelled as 'rowing kit' as long as it is fit for purpose.

Any coach will give advice on kit. Everyone in the club wants members to be as safe as possible and to enjoy your rowing as much as possible. Neither of these will happen if you are cold. Take responsibility for yourself and come dressed and ready to row. Adults – please set a good example!



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Life Buoy

Emma has organised a brand new life buoy for the club. It is now on the jetty (replacing the old version that had come to the end of its career!)

So, a timely reminder for everyone to familiarise themselves with its position and how to use it swiftly in the event of a rower falling in.

Thanks Emma!!



Christmas at OTRC:

26th Dec - traditional Mulled Wine Cup - contact Daisy for details



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The following is an extract from a British Rowing Safety Alert about Head Races, but most of the advice can also be applied to winter training sessions...

Safety Alert - Not Getting Cold at Heads

'Tis the season for head races, but this need not mean that it is the season to wait on the water for the start getting colder and colder. There is a lot that you and others can do to avoid this.

Rowers can help themselves by:

Getting to the start in time for their division, not too early and not too late

Wearing the right clothes at the right time



Remember the

acronym C O L D...

C - Keep clothing Clean; clean clothing functions as intended

O - Avoid Overheating (if you sweat, you will make your base layers damp)

L - Wear clothes Loose and in Layers

D - Keep clothing Dry (damp base layers conduct heat away from your body)

If it is wet then wear a waterproof (preferably breathable) outer layer

Carry a waterproof bag for the kit that you are not wearing to keep it dry for when you need it

Do not wear all your clothing as you paddle to the start, (avoid overheating) keep some for the time when you will be waiting

Wear a hat and gloves while you are waiting

Put your extra kit back on at the end of the race, especially if you have to wait again to get off the water

Don't forget your legs get cold too; there are no medals awarded for wearing shorts when it's snowing

Rowers can help themselves and each other by:

Being aware of the symptoms of mild hypothermia

Behavioural Symptoms - complains of feeling cold and tired, poor comprehension, and concentration, disorientation, irrational behaviour, violent outbursts, and confusion

Physical symptoms - shivering, pale, blue lips and nails, rapid breathing, wheezing and coughing, fast pulse and slurred speech

Checking for these symptoms in yourself and your crew -mates

Start some mild exercise and offer spare clothing, if you notice these symptoms in others

Remember - rowing is supposed to be enjoyable - look after yourself and your friends!

[An archive of British Rowing's past Safety Alerts can be found on the BR website]



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WISHING ALL OTRC MEMBERS



*& A Successful
2022*