

FIRTH OF CLYDE COASTAL ROWING CLUB



WELCOME AND INFORMATION BOOKLET

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1. Welcome to the Club

Dear new member,

I would like to take this opportunity to welcome you to YOUR new club! It makes no difference if you are an experienced sailor or a complete novice or anywhere in-between. You may want to race the skiff and take part in the many regattas we attend, or you may just want to enjoy a social row with good company or you may want to participate in both! Whatever you prefer there is a place for everyone in this club.

You will also find that safety is our top priority but that doesn't mean we don't have fun! Coastal rowing is a great way to get out on the water, enjoy the fresh air, make new friends and stay fit! Enjoy!

Lucie Aitkenhead Chair, 2022-2023



2. About Us

The Firth of Clyde Coastal Rowing Club was established in 2012. We are based in Largs and row our two self-built St. Ayles skiffs, Saltire and Thistle, out of Largs Yacht Haven. The club follows the St. Ayles coastal rowing ethos and participation and community spirit are at the heart of everything we do. We have regular rowing sessions and members have the opportunity to participate in competitive race training, long distance endurance rows, expedition rows or social rows.

We are a well-established and popular club in the coastal rowing community of over other 90+ clubs based all-round the Scottish Coast and large freshwater lochs. We pride ourselves on being an extremely competitive and sociable club and attend regular regatta competitions and other rowing events in Scotland and overseas throughout the year. At the last Skiffie World Championships held in Holland in 2022, after 7 days of intense and competitive racing, the club placed 12th out of the 70 competing clubs and performed well in the non-rowing fun events.

In addition to providing rowing facilities for all the members we are committed to managing, developing, and promoting coastal rowing for all members of the club.

Useful Links:

- Scottish Coastal Rowing Association - Website: scottishcoastalrowing.org
- Facebook  Scottish Coastal Rowing Association – SCRA
- Facebook  South West Coastal Rowing - SCRA – South West

3. Why We Row

Challenging & Active

Rowing is an effective full body workout, with endurance, strength, and non-impact cardio elements plus lots of fresh sea air. It also offers other challenges such as training and racing in competitive regattas and World Championship events, the exhilaration of long-distance outings, or a comfortable row with friends to Little Cumbrae for a picnic on a sunny day.

Fun & Social

Being in the crew of a skiff is extremely rewarding and enjoyable. We get to meet and get to know like-minded people of all ages and backgrounds from our own and other coastal rowing clubs.

New Skills

Coastal rowing inspires club members to learn new skills. Practical skills such as sea reading sea conditions, weather forecasting, navigation, and skiff maintenance are supported by courses such as Maritime First Aid and VHF radio use.

Nature & Wildlife

We are incredibly lucky to have such amazing scenery and wildlife on the West Coast of Scotland. Being out in a rowing boat in the Firth of Clyde provides the opportunity to see many species of birds and sea life at close quarters, including seals, porpoises, and Kylie the resident dolphin.



Coastal
Rowing

4. How to join the club

Before deciding to join the club, we offer sessions where potential members can go out in a boat with experienced rowers and see how they get on and if they like it. Before anyone gets in a boat for the first time, they are given a lifejacket, safety briefing and an introduction to rowing technique, the skiff, and the commonly used commands.

On completion of the Membership Form, Emergency Information Form and payment of the annual membership fee, you will be provided with the access password for the members' page on the FOCCR Website and added to the FOCCR Facebook page and WhatsApp group.

5. First rows

Rowing sessions are booked through the booking system in the Members Area of the website (Users Guide in Section 6 below).

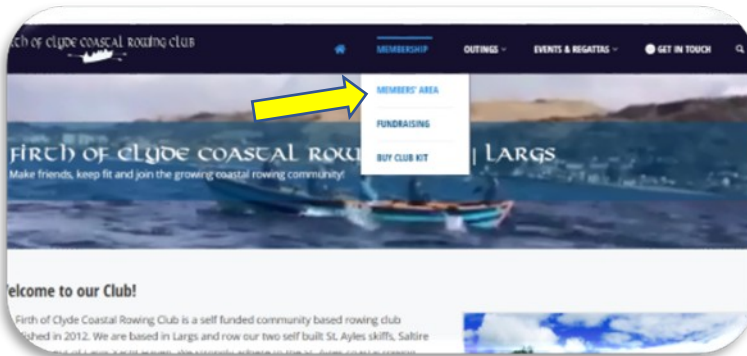
- **Weather** – On the day of the row, the Cox will have checked the weather forecasts and if favourable, the crew meet at Largs Yacht Haven/Marina 15 minutes before the booked time.
- **What to wear/equipment** – flat sports shoes or sports sandals, sportswear type clothing, waterproof jacket, gloves, hat, water bottle and sunglasses and sunscreen if appropriate.
- **Parking** – Cars can be parked in the car park in front of Largs Sailing Club at the Marina and we will meet new members at the main entrance to the Sailing Club (see map on page 10).
- **Life Jackets** – Life jackets are provided by the club for taster sessions and the first few rows, but members are expected to buy their own life jacket after a few weeks (available on-line or with a discount from the chandlery in the Marina)
- **Where is the skiff?** – The skiff will either be at the back slip of the marina if it needs to be launched, or if it has already been out will normally be berthed on our pontoon (Marina berths A56 and A57)

6. The Booking System and how to use.

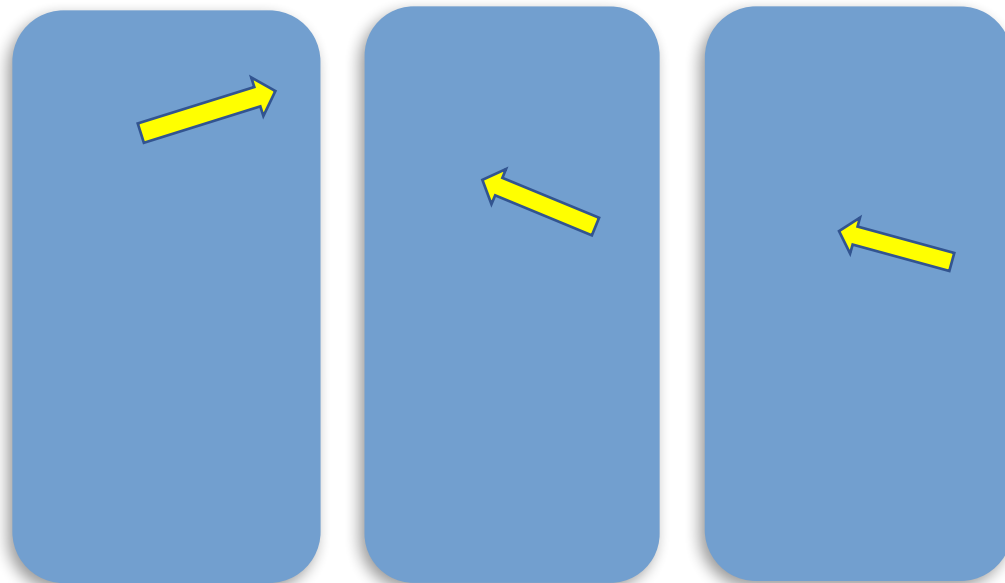
The booking system can be found in the members section of the FOCCR website (www.firthofclydecoastalrowingclub.com). It might seem a bit complicated at first, but we will take you through the process and help with any queries. You can book as many rows as you wish, but if it's a busy day ask that you only book once that day. Cox's and trainee cox's may be booked on more than one session per day.

How to book a row:

1. Open the FOCCR Website.
2. If using a PC or Laptop, select/click on the **Membership** drop down at the top of the website then click on the **Members Area**.

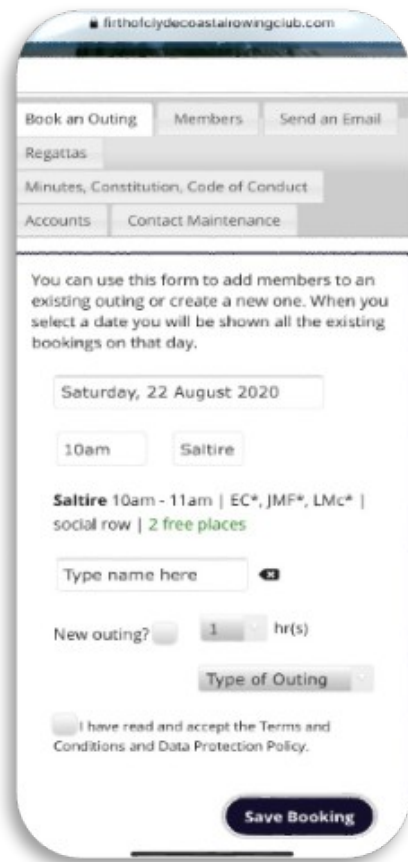


3. On a Tablet or Mobile Phone select the three small horizontal blue lines to the right of FOCCR banner on the Home Page which will show drop-down choices, one of which will be **Membership**. Select Membership and then **Members Area**.



4. The Members Area requires a PIN to enter – please ask about this. If you have previously been in the Members Area and have not closed your browser, you will be taken straight to booking page.
5. Once you have access, select the '**BOOK AN OUTING**' tab.
6. Click on *Date of Outing* box and a calendar box will drop down - select a date from this. Once selected the outings of whichever boat is showing to the right will be displayed. The boat can be changed by clicking on this box. If there are no bookings for selected skiff, no outings will be displayed.
7. To add yourself to a row, go back to the *Time Box* and change time to start time of row you want to join.

8. Proceed to *Rower Box* and enter your first initial name and a drop down should appear with a section of names - double click your own name.



The screenshot shows a mobile-optimized web page for the Firth of Clyde Coastal Rowing Club. At the top, the URL 'firthofclydecoastalrowingclub.com' is visible. Below the header are navigation links: 'Book an Outing', 'Members', and 'Send an Email'. A secondary menu includes 'Regattas', 'Minutes, Constitution, Code of Conduct', 'Accounts', and 'Contact Maintenance'. The main content area features a text block explaining the booking form's purpose. Below this is a date selector set to 'Saturday, 22 August 2020', and a time selector set to '10am'. A specific outing is highlighted: 'Saltire 10am - 11am | EC*, JMF*, LMc* | social row | 2 free places'. There is a text input field labeled 'Type name here' with a red error indicator. Below that is a 'New outing?' checkbox, a numeric input set to '1', and a 'hr(s)' label. A 'Type of Outing' dropdown menu is also present. At the bottom, there is a checkbox for 'I have read and accept the Terms and Conditions and Data Protection Policy.' and a prominent 'Save Booking' button.

9. Ticking the 'New Outing box' creates a new row out with the normal weekly rowing sessions.
10. Check the box to accept the Terms and Conditions and click '**Save Booking**'.
11. Any incorrect entries or selections will be highlighted in red and you be able to complete the booking but if everything is ok your initials will be included as part of the crew at the time and boat of your choice.
12. Any changes or issues can be emailed to: booking@firthofclydecoastalrowingclub.com

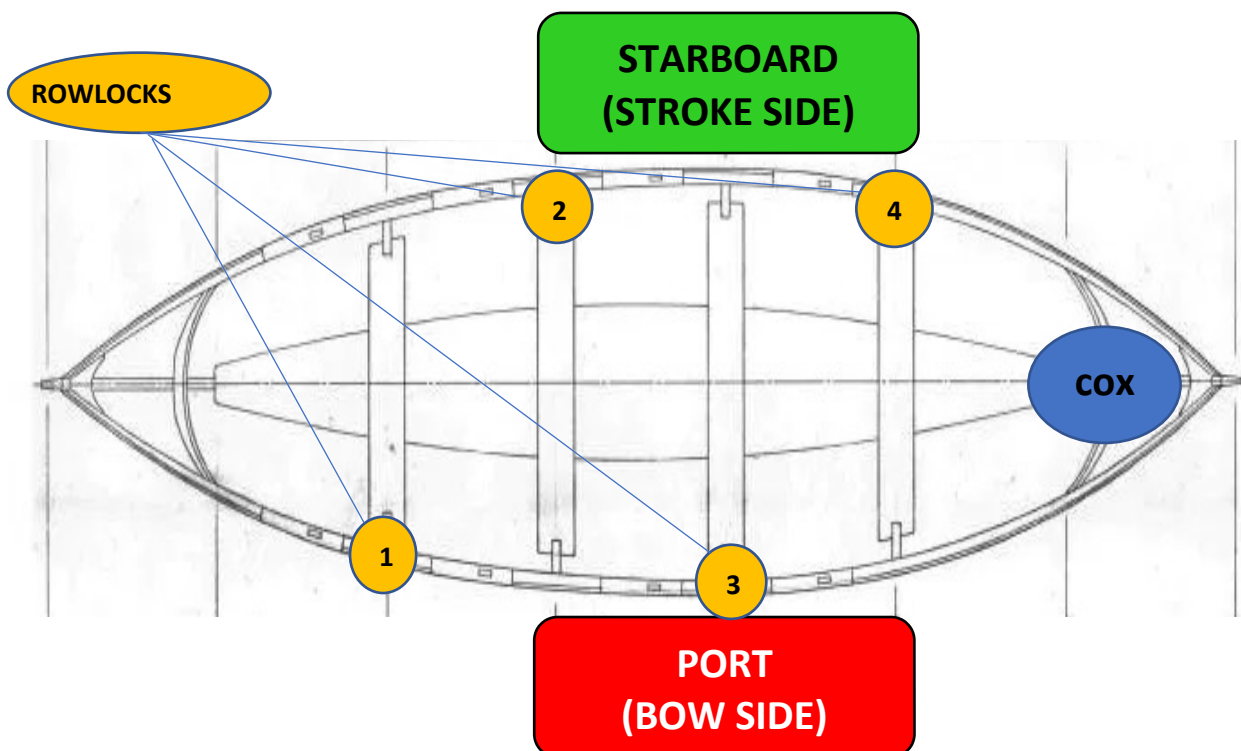
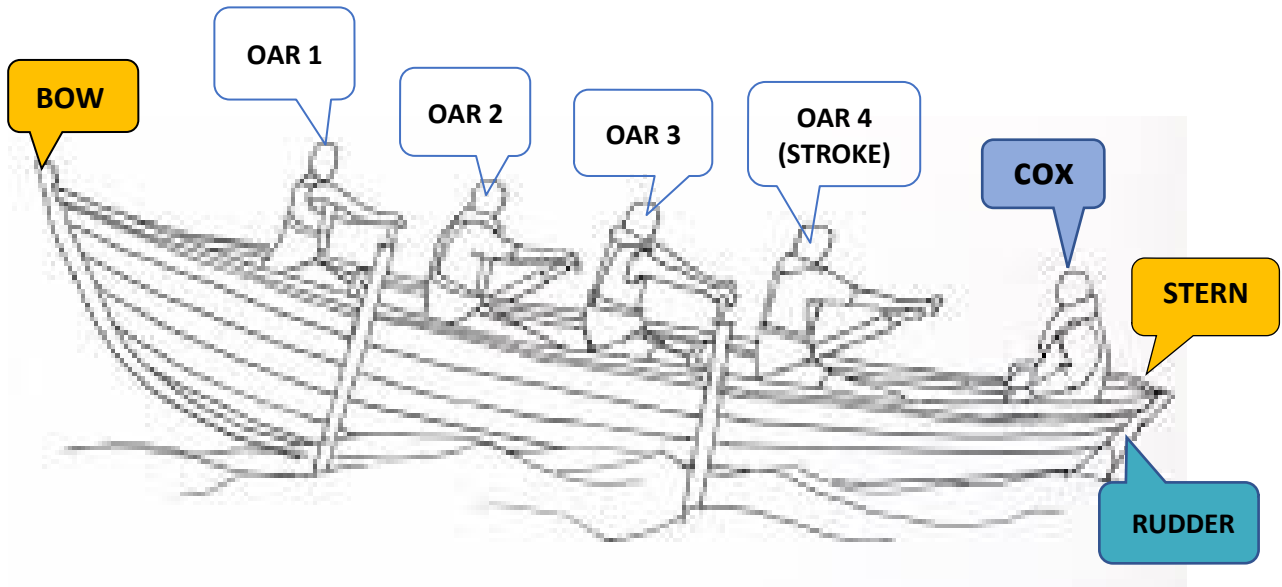
This might include:

- Cancelling an outing or removing a rower from a booked outing (Please remember that if you drop out of an outing at short notice you are responsible for informing the rest of the crew and sending an email round to try to get a replacement)
- Making a booking for a guest/non-member
- Create a regular outing over a number of weeks/months
- Book an outing for more than 4 hours
- Any other outings or booking query.

7. The St. Ayles Skiff

- Length: 22ft (6.5m)
- Beam: 5ft 8in (1.7m)
- Weight: 150 - 180kg
- Crew: 5 (4 Rowers & a Cox)

When seated in the boat rowers face the Coxswain (**COX**) and all rowing commands are given by the **COX**. When seated facing the **COX** then **PORT** (left) and **STARBOARD** (right) are the Cox left and right not the rower. The oars are numbered 4 or **STROKE** oar, 3, 2 and 1 or **BOW**. The closest oar to the **COX** is number 4 or **STROKE** oar.



8. Rowing equipment:

In the skiff:

- **OARS** - 4
- **ROWLOCKS** – Hold the oars and fit over the THOLE PINS



- **THOLE PINS** – 4 (one for each ROWLOCK) secured with metal split pin. We use plastic pins for normal rowing and wooden pins for Regattas. They are secured with a metal split pin.



- **ELASTIC BUNGEEES** – To secure oar in ROWLOCK
- **ADJUSTABLE FOOTRESTS** – One for each rower
- **SEAT CUSHIONS AND VELCRO STRAPS** – 5 per boat and stored in bag in the BOX TRAILER
- **VHF RADIO** - Carried on every outing and used by COX



- **FENDER** - normally 2 put over the side of the boat for protection when coming alongside a Pontoon or Jetty



- **ROPES** – One at the bow and one at the stern to tie the boat up
- **TOW ROPE** – For regattas (14mm diameter and at least 8 meters in length)
- **SAFETY BUCKET** and **ANCHOR**

- **BAILER & SPONGE** - regatta requires 2 means of bailing
- **FIRST AID KIT**
- **WATERPROOF STORAGE BAG or STORAGE NET**
- **PADDLES** – for shallow waters/beaches

On the Jetty/Slip:

- **CLEATS** – To secure the bow and stern ROPES
- **FENDERS** – attached to the pontoons or used to prop up the boat on a beach
- **MOORING ROPES** – short ropes with a loop to fit over the CLEATS in the skiff
- **SPRING LINE** - Runs diagonally from the boat to a cleat on the jetty to limit the forward and backward motion of the skiff when tied up. Ideally it should prevent the skiff hitting the FENDERS.
- **LAUNCH TROLLEY** – One per skiff with rope to secure skiff
- **ROAD TRAILERS** – One per skiff with ratchet straps, protective pads and elastic bungees to secure oars in transit
- **BOAT COVERS** – One per skiff
- **BOW RESTS** – One per skiff
- **WHEEL CHOCKS** – for Launch Trolleys and Road Trailers

9. Rowing Commands

“**Oars in the water**” – all oars in the water in preparation to row.

“**Forward to row**” - rowers move into the rowing position and prepare to row when instructed.

“**..and row**” start rowing

“**Forward row**” – row forward by pulling oar towards you

“**Back row**” - row backward by pushing oar away from you

“**Hold water**” – oars in the water to stop boat moving.

“**Easy Oars**” – relax and stop rowing, maintaining a light grip on the oars

“**Fold Oars**” – fold oars against hull of skiff

“**Ship Oars**” – bring oars into the skiff (can be Port/Starboard/1&2/3&4)

“**Stop**” – emergency stop by putting oars in the water and bracing arms

“**Timing**” - the cox will say this when the oars are out of sync with each other

“**Port turn**” – a turn to the port side

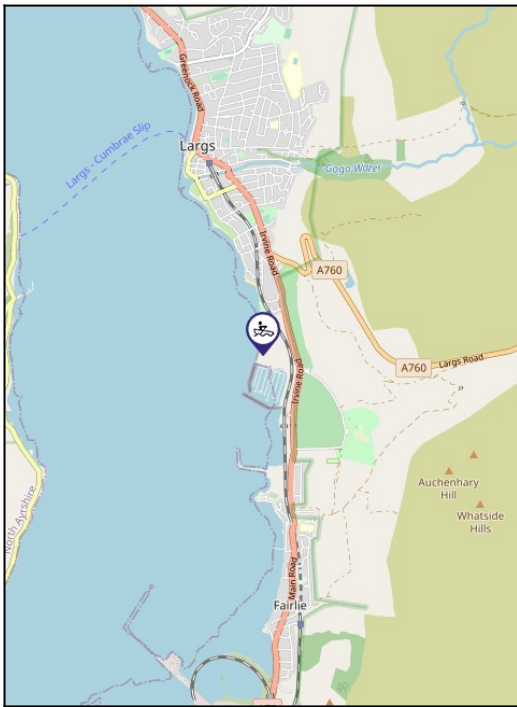
“**Starboard turn**” – a turn to the starboard side

“**Bow pair**” – Oars 1 & 2

“**Mid-ships pair**” – Oars 2 & 3

“**Stern pair**” - Oars 3 & 4

10. Largs Yacht Haven - Location Map and Plan



The Marina



11. FOCCR Club Kit

As you may have noticed, the club has a range of clothing in club colours with our logo. Although by no means mandatory, many club members purchase and wear these when rowing or training. We notify members, take orders and place bulk orders several times a year and all items are sold at low-cost.

12. Get Involved

We would love all members, rowing and non-rowing, to join in as many club activities as they fancy:

Rowing

▪ Scheduled Club Rowing

Weather permitting, adult rows are scheduled on Saturday morning all year round, to row socially, practice rowing technique and train for regattas. These sessions are generally 60/90 minutes and running from 8.30am to early afternoon. In the summer months and again weather permitting we also have regular scheduled sessions on Tuesday and Thursday evenings.

▪ Scheduled Youth Rowing

Under 19 youth rowers (aged 12 to 18) row for 90 minutes at 4pm every Friday afternoon from April to October and at various times on Saturday or Sunday mornings.

▪ Non-scheduled rows

Members can arrange to row at other times either by booking a skiff and emailing all members to see who would like to make up a crew, or by arranging a crew amongst themselves. All crews must have a qualified cox. These ad hoc rows can be made on the Website booking system.

▪ Club Regattas & Rowing Events

The club holds its own regatta once a year, organising races and entertainment for our own members and other invited clubs. This is a wonderful opportunity for every single member to get involved and is the highlight of our calendar.

The club also attends other regattas throughout Scotland, though primarily in the South West of Scotland. As the club can't go to every regatta and rowing event, at the start of each year the committee agrees which regattas/events the club is going to attend (i.e. are added to the Club Calendar) and all members are invited to attend. These are a wonderful way of seeing more of Scotland, getting to know rowers from other clubs and each other. The format of the regattas can vary but they can be short sprints or longer 2k rows for classes based on age, gender or a permutation of these or a long row. Training is expected for competitive races, but everyone is welcome to attend events and most have a novice race for new rowers.

▪ **Non-Club Regattas & Rowing Events**

If the club is not officially attending a regatta/event, it does not mean we cannot go. Members can book a skiff and email all members to see who would like to make up a crew, or by arranging a crew amongst themselves. A list of all Coastal Rowing events can be found on the SCRA website.

▪ **Social Events:**

Examples of the club social and fun events are:

Coffee in the Lookout Lounge in Largs Sailing Club after every scheduled club rowing session, Monthly Quiz Nights (Sept and March), Summer Regatta After Party and our Famous FOCCR Christmas Party plus other get togethers throughout the year. Suggestions and ideas for social events always welcome!

Fundraising

We have Coffee Mornings and football cards amongst others - suggestions very welcome!

Skiff Maintenance

Apart from regular maintenance, each skiff has a thorough annual renovation undertaken by a core of handy members, led by our Maintenance Officer. No expertise required just a willingness to get stuck in!

13. Training and Development

Besides induction, rowing technique and cox training, the club arranges in-house training and encourages participation in Royal Yacht Association (RYA) Courses. Over the past few years members have undertaken training in Maritime First Aid, VHF Radio, Navigation and Passage Planning, Regatta Organising and Powerboat Handling. Over the winter months and for a small fee to cover costs, the club have organised weekly gym sessions on a Thursday evening at Inverclyde Sports Centre.

14. The Website (www.firthofclydecoastalrowingclub.com)

The website content is added to and updated regularly. The Members Area has copies of the Club Constitution, Policies & Procedures plus Annual Accounts and A.G.M./Committee Meeting Minutes. There is a contact page making it easy to send an email to club members. The last tab on the members area is used to alert the Maintenance team to new skiff repair issues. The main website also has information on upcoming events and regattas.

Website Safety Information – One of the most important sections is the club safety information and we encourage all members to read this page regularly.

15. Your Committee

The Committee is made up of 7 club members elected by members at the Annual General Meeting. The current club officers are: Chair – Lucie Aitkenhead, Treasurer – Jane Grant, Members Secretary – Iain McGachie, Regatta Secretary – Doreen Mathie, Social/Fundraising/Training Officer – Louise McCarron, Maintenance Officer – Donald McLatchie, Training – Arthur Graham/Iain Burnside/Gary Watkins, Youth Officer – Lynda Graham.

Please visit the website to put faces to names.

16. Regatta Planning

1. Towing; a tower will be identified for every regatta once the committee have confirmed attendance.
2. Racing coxes; if any of the experienced coxes would like to train for racing, please advise committee.
3. Regattas to attend: The committee will agree which Regattas we are attending. Once a club has notified us of the date of their regatta and we have agreed to attend, the regatta will be posted on our web site. Go into “Sign up for an outing” click on the Regatta drop down, and then your name, and you will see the list of regattas. Click the “me” button to sign up.

For the SW region Scottish Coastal Rowing Association Regattas, the club will pay the entry fees and transport of the skiff, with attendees being asked to make a contribution of £5. For other regattas, attendees pay their share of the full costs.

If any groups of members would like to attend any other regatta and take a skiff, they can make a request to the committee.

4. Regatta preparation: in order to ensure all members taking part in regattas are aware of the challenges of racing, and to ensure safety of all crew members, all members wishing to join in racing are encouraged to attend some race training sessions. We will endeavour to ensure that there are plenty of training session in the rowing programme, once the evening rows commence.
5. Teams and crew training for SCRA regattas: Regatta Captains will be identified 4 weeks before the regatta, who will identify teams, to allow for team training.
6. For other regattas, and long distance rowing events, teams will be identified as early as possible to allow for team training.

7. Team Captains; Regatta secretary, will invite an experienced club member to be the team captain for each event. The Captain is responsible for picking the teams, arranging the transport of the skiff, arrangements on the day, and collecting the monies due.

17.Notes: