



Rowing at Goring Gap Boat Club

Goring Gap Boat Club is a recreational rowing club that aims to cater for all abilities of rower from the complete novice to the very experienced, with the objective of enabling everyone to enjoy time on the water in a wide variety of boats and crews. With that in mind we have the following rowing groups and sessions:

Main Club Sessions

Summer (BST)	Winter (GMT)
Saturday 9am to 11am	Saturday 9am to 11am
Sunday 10am to 12pm	Sunday 10am to 12pm
Thursday 6pm to 8pm *	

*No Thursday sessions from 13 October 2016 until they re-start in 2017.

These sessions are managed by a rota of volunteer Session Managers (SM's), so please ensure you make yourself known, and they will organise your outing. Please aim to arrive 10 minutes before the session start time shown above so that crews and outings can be organised efficiently.

Who are these sessions for?

Everyone is welcome at these sessions - never rowed before or experienced rowers. The SM will try to ensure that everyone has an outing they can enjoy. Depending on numbers, that might mean putting experienced rowers together in a light ('fine') boat, or putting a couple of experienced rowers in with some less experienced rowers to help balance the boat while they learn. Total beginners will be taken out in our stable tubs (also known as the touring gigs) to learn the basics (2 rowers plus a cox) before moving on to the larger but stable 'restricted' fours.

The ethos of the club is friendly and inclusive so we do ask that if you are more experienced you take your share of enabling beginners to learn the ropes. That might mean taking a seat in a boat of beginners or coxing the tub.

Explore Rowing Sessions

8am – 10am. Every 2nd and 4th Sunday of the month (see dates on the planner)

Who are these sessions for?

Club members who would like to improve and compete in friendly races between other recreational rowing sections of Clubs in the Thames Valley. Although it's competitive it is for fun.

These races are generally sculling races in touring quads (wide stable boats). There will be about 6 races a year with as many crews as we can put together on the day. At these sessions, there will ideally be a coach available to offer guidance. Rowers need to be willing to cox or learn to cox in these sessions (and in the races) as there are no dedicated coxes. Please contact captainofrowing@goringgapbc.org.uk if you would like to join these sessions.

Squad Sessions

8am – 10am. Every 1st and 3rd Sunday of the month (see dates on the planner)

The aim of these sessions is to allow experienced rowers to have a good work out and row with others at a similar level. It is sweep rowing. It is usually a mix of men and women although if there are enough rowers they may split on gender lines.

You may be asked if you would like to join the squad or you can ask the session manager to put you in touch with the organiser if you consider yourself an experienced rower able to enjoy a faster outing.

These outings are arranged during the week in advance by email. You cannot simply turn up and row.

Rowers who join the squad should be willing to take their turn at coxing during the squad session.

Importantly, the club relies on its experienced members to play their part in welcoming new rowers, and therefore there is an expectation that squad rowers will continue to contribute to the successful running of the main club sessions, either by volunteering as a Session Manager, or simply by staying on to help out with coxing, coaching, or whatever is needed.

Note: Explore Rowing/Squad Rowing have priority over the sculling/sweep blades and boats during their session times.

Rowing outside of Club Sessions

Rowing can be a dangerous sport as it involves strenuous exercise, heavy equipment and deep and often very cold water. For that reason, during the main club sessions we have a Session Manager who is trained to look out for the safety of rowers both on and off the water. However, club members have a responsibility to act in a safe manner whilst on the premises and on the water.

Very experienced rowers can row in fine boats outside of Club sessions, either sculling alone or together in a crew, in the following circumstances:

1. There must be a Session Manager present. That could be you. The responsibility of the Session Manager is to decide if conditions are suitable for the outing.
2. Outside of Main Club Sessions, the Session Manager is not responsible for organising crews. Those wishing to row out of hours must arrange to be self-sufficient, e.g. able to handle boats and with a cox, if needed.
3. You are not allowed to scull alone during the winter months (between 1st November and April 30th) under any circumstances. The rest of the year, if you want to go out alone the Captain of Rowing must agree that you are competent to do so (and a record of this agreement will be kept by the membership secretary).
4. You should complete a capsiz drill at the first available opportunity, if you have not already done one. Pass your name to the Captain of Rowing so they know you are waiting for an opportunity.
5. Anyone rowing in the twilight must have lights on their boat; all boats must be off the water before nightfall.

The stable tubs are also available for use in the same circumstances.