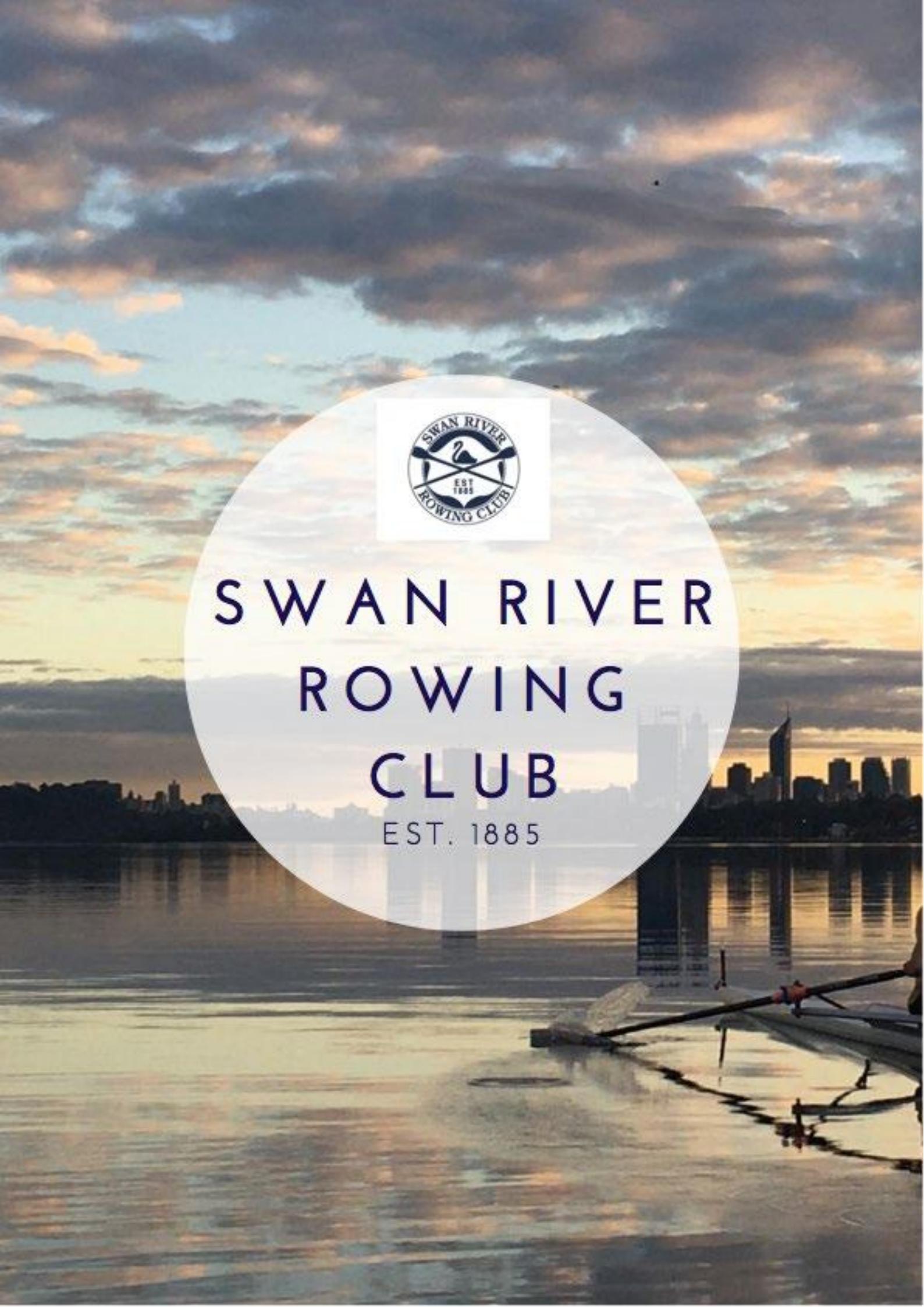




SWAN RIVER ROWING CLUB

EST. 1885



WELCOME TO SWANS

Welcome to the Swans community! We are high performance rowing club, committed to helping all members achieve their goals and achieve excellence in the sport of rowing. We have a wide community of volunteers, coaches and athletes from 13 years and above.

We are a community rowing club, focused on growing our local community and helping our members achieve become the best version of themselves, all while having fun and making lifelong friends. SRRC was founded in 1885, on the bank of the Canning River.

This handbook highlights some key aspects of how our club works and details of rowing competitively in WA. If you should have any questions, please get in touch with headcoach@srrc.org.au or secretary@srrc.org.au.

Welcome to Swans!!



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USEFUL CONTACTS

For queries about membership and joining the club, please contact secretary@srrc.org.au

For any questions about racing, entering competitions or training, get in touch with your coach or relevant vice captain.

For questions about your safety and wellbeing at the club, please contact our Safety Officer

Club President	James Arnott	<u>president@srrc.org.au</u>
Head Coach	Mark Beer	<u>headcoach@srrc.org.au</u>
Secretary	Adriana Marulli	<u>secretary@srrc.org.au</u>
Club Captain	Sam Marsh	<u>captain@srrc.org.au</u>
Women's Vice Captain	Izzy Edinger	<u>vice-captain-men@srrc.org.au</u>
Men's Vice Captain	Ryan Povey	<u>vice-captain-women@srrc.org.au</u>
Master's Vice Captain	Anthony Battaglia	<u>vice-captain-masters@srrc.org.au</u>
Boat Captain	Lachlan Van De Ven	<u>vice-captain-boats@srrc.org.au</u>
Safety Officer	Colin Beckett	<u>safety@srrc.org.au</u>
Member Protection Information Officer	Nick Flavel	<u>mpio@srrc.org.au</u>
Accounts	Simone Burge	<u>accounts@srrc.org.au</u>

SOCIAL MEDIA

If you have any information or images for our Social Media, please contact Rohan James and Patrick Boere at communications@srrc.org.au.

Keep up with the Swans community - follow us on Instagram! @swanriverrc



Alternatively, send us a Direct Message on our Instagram

TRAINING

At Swans, we run programs for all skill levels, from learn to row to helping our athletes achieve Australian team aspirations. Training programs are provided by our Head Coach and distributed each week.

How much or how little you decide to be involved in training, is up to the individual. Programs are provided as a starting point and our coaches are always happy to discuss other ways your performance can be optimised or programs can be tailored to suit personal needs.



TRAINING SCHEDULE

THE BELOW SCHEDULE IS INDICATIVE ONLY AND SUBJECT TO WEEKLY CHANGE.
IT IS PROVIDED AS A ROUGH GUIDE.

TRAINING SCHEDULES AND PROGRAMS WILL BE TAILORED DEPENDING ON SKILL AND AGE GROUP

	MON	TUES	WED	THURS	FRI	SAT	SUN
SENIOR PROGRAM							
AM: 0515 - 0730/0800	ROW	ROW	ROW	OFF (Seniors)	ROW	ROW OR REGATTA	OFF
AM 0900 - 1030	SECOND ROW		SECOND ROW				
PM: ~15:30 ONWARDS	GYM	ERGO	GYM	ERGO	GYM	OFF	OFF
JUNIOR PROGRAM							
JUNIOR PROGRAM AM 0515-0730	JUNIOR ROW			JUNIOR/M ASTERS ROW	**Junior row on Regatta weeks	JUNIOR ROW/REG ATTA	LTR SESSIONS

PM: ~15:30 ONWARDS	GYM	ERGO	GYM	ERGO	GYM	OFF	OFF
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**On water session for junior members when regattas are on.

TRAINING STANDARDS & EXPECTATIONS

Regardless of age or experience, at Swans we try and help athletes to achieve their personal goals. To do this, we believe that it is important that when we commit to and attend a session, we are also committing to putting 100% effort and concentration into every session.

ATTENDANCE:

If you are unwell, please let your coach know ASAP and stay home.

The expectation is to attend all sessions you have committed to regardless of weather. If there is inclement or extreme weather, the coach will arrange for alternative land training. Most sessions will go ahead regardless of rain or wind.

Junior Squad:

- Attendance to at least 2 rowing sessions per week
- Attendance to at least 2 gym or ergo sessions per week
- Commitment to racing in the pennant season
- Being entered in crews for racing is dependant on performance and attendance at training
- Having fun and enjoying rowing
- Working towards best and technique speed possible

Senior Squad (inc U21 & U23)

- Attendance at all water sessions
- At least 2 second rows per week
- Attendance at all afternoon gym and ergo sessions
- Race in pennant and at nationals
- If you have committed to rowing at a regatta, you will be invoiced the seat fee and are expected to show up.
- Commitment to volunteering at regattas and events
- Clear communication when you are unable to attend (to head coach, captain or vice captains)
- Having fun and continuing to build a great culture around the sheds.

Social squads:

- Attendance to sessions to which you have indicated availability
- Fostering a great social culture and enjoying the sport

FACILITIES

BOAT SHED

Our sheds are located at 2 The Esplanade, Mount Pleasant

We are lucky to be situated right next door to Rowing WA and on Canning Beach.

Please see below a rough map of the shed:

Parking is available out the front the shed. This is free from until 9am, please note, paid parking begins after 9am and is patrolled by the City of Melville. Please do not park on the grass outside the shed or on the median strip on the Esplanade. You will be fined by parking officers if you park here.

There are change rooms with shower and toilet facilities to the rear of the shed. We ask that you please close and lock doors when out on the water to prevent theft and ensure privacy. Please contact your relevant captain or coach for the access code to these.

ACCESS:

The main door to the shed is located on the left hand side, closest door to the carpark. Please contact your Vice Captain or captain for the access code if you do not have it. The main 3 roller doors at the front are access to the boat bays and are locked from the inside when crews are out on the water or no training is on.

GYM

Our gym and ergo facility is located on Ogilvie road. There is a lockbox with a key for access. Please contact your relevant captain or coach for access code.

We are lucky to have this space and ask that all members respect local businesses and residents and please do not drop weights. We also require that members keep music and noise to a low volume.

If you are under the age of 18, you will require supervision by coaching staff. The gym is usually staffed from 3:30pm onwards and if you have a scheduled session, your coach will be in attendance.

Please ensure you clean all equipment after use with the provided anti-bacterial wipes.

BOAT USAGE

Each boat has a specified weight class. It is important to abide by the listed weight class in order to prevent damage to boats.

Please refer to sheets at the back of the shed for allowances for each boat and boats assigned to each training group.



WHAT TO BRING TO TRAINING

We have a large fleet of boats and some club oars available for usage by athletes.

Ensure before use that oars are not named, if they are, they belong to another athlete and this athlete will be left without oars for the session.

It is important to ensure the longevity of equipment for other users, be mindful of taking care, carrying equipment safely and asking for help if you need it.

You will need to bring to each training session:

- Drink bottle
- Socks
- Hat
- Sunglasses - the sun reflects off the water and can get bright in summer!
- Wear tight fitted clothing, without pockets. Oars can get caught in clothing while rowing and you could end up having an unexpected swim.



BOAT & OAR CARE

BEFORE SESSION:

Before each session, take oars out and place close to the landing beach so that they are in close proximity to your boat. The wind is quick especially in summer, so make sure you do not leave your boat unattended or else you will be swimming after it!

- Carry boats by the tougher edges rather than by the rigger or fragile inner shell
- Ensure you always have someone helping you if you do not feel comfortable carrying your boat, someone is always happy to help.
- If you are in a quad or four or eight, make sure there are 4 or 8 people carrying the boat.
- Do not carry boats at the extreme ends, make sure to stand in the middle of the hull. Holding boats by the bow ball or stern can lead to bending of the shell and eventually snap the boat.
- Please ensure you walk boats out to at least knee deep water depth. This ensures that the fin on the underside of the boat does not get stuck in the sand and bent when pushing off. The fin is what allows you to go straight and is expensive to fix.

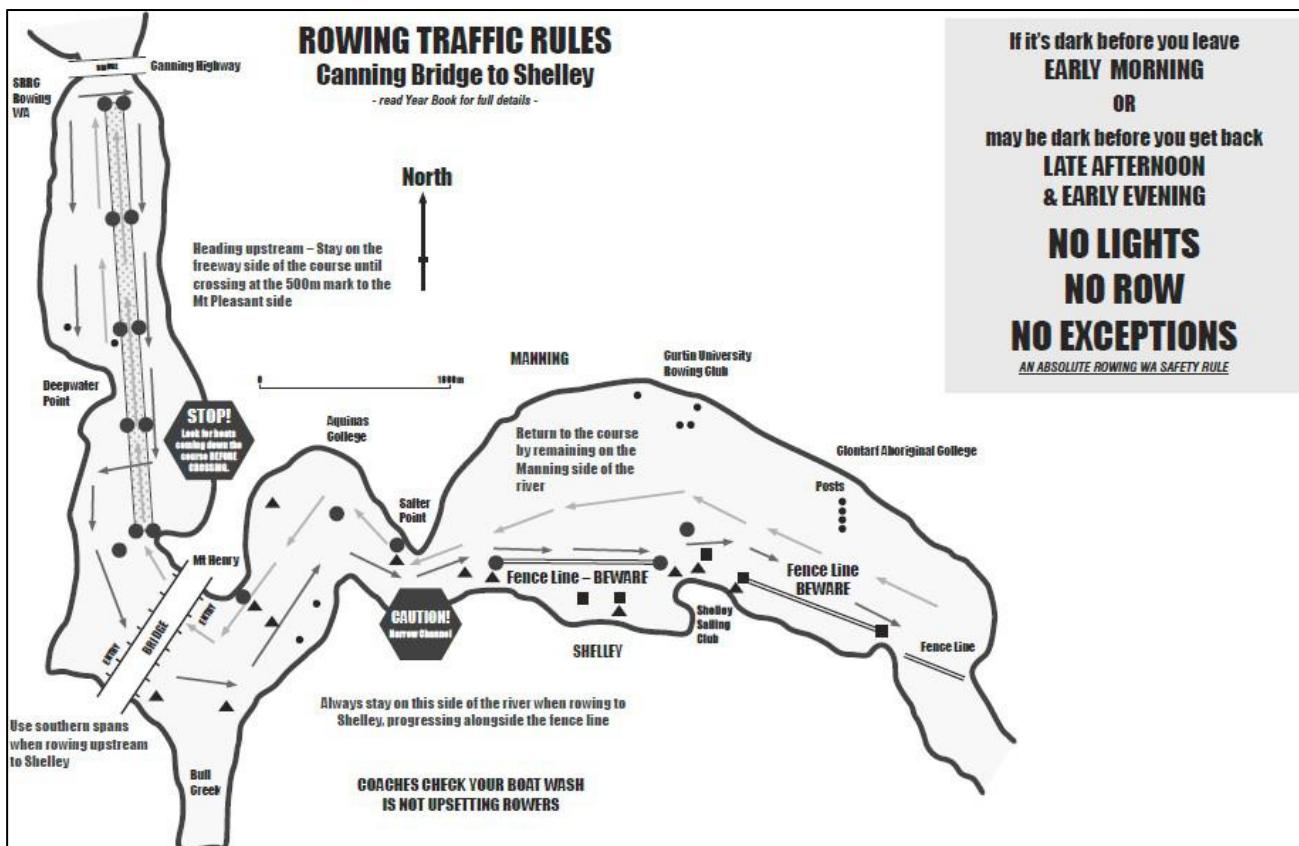
AFTER SESSION:

- Carry boat up from sand and place on 2 trestles
- Clean boats inside and out with soap and rinse with fresh water (hoses are provided)
- The Canning River is SALT WATER. This can corrode and ruin equipment if not properly washed after each session
- Dry down with towels provided, this prevent staining of boats
- Carry into shed and place on rack where the boat was taken from.
- Place oars on racks provided
- Rinse down with fresh water
- Return oars to rack where you got them from

RIVER RULES

Think about the river like a road, respecting the rules is important to ensure safety of all users and prevent collisions.

1. Push off with your bow pointing towards Canning bridge
2. Try not to row alone if you are a novice or new to the sport
3. After you push off, row to the far side of the course and stay to the right of the course markers (always keep the markers to your left)
4. Call out if you feel someone has not seen you
5. Move out of the way of faster boats. Faster boats have right of way



WEATHER:

- Rowing sessions will run in all weather unless extreme
- NEVER ROW when there is lightning
- If there is extreme wind, the decision to row is at coaches discretion. There is still an expectation to show up to training. An alternative session will be planned on land if needed.

UNIFORM AND TRAINING ATTIRE

Swan River uniforms can be purchased through 776BC at the following link:

You will need a zootie and a white visor to race.

When racing in crews, all crew members are required to have matching zooties and hats as per FISA rowing rules.

We also run a merchandise round every year, email secretary@srrc.org.au with any questions about uniform or any ideas you may have for designs.

Training attire is at athletes' discretion. A range of companies sell training zooties, contact us if you would like some options. We recommend tight fitting clothing as oars can get stuck in pockets and loose clothing and can lead to capsizing.



REGATTA CALENDAR

*Please visit <https://wa.rowingmanager.com> for dates and details about each regatta. The below is a general structure of the season

We aim to enter crews into every regatta and each event so there is plenty of racing to be a part of! We encourage every member to get involved, it is a great day out and fosters great friendships and fitness. It is also an opportunity to see where your training is leading you.

Pennant season is the WA racing season held at Champion Lakes in Armadale. This runs from June until State Championships (2 day event) in September.

We send a group of athletes to National Championships every year.

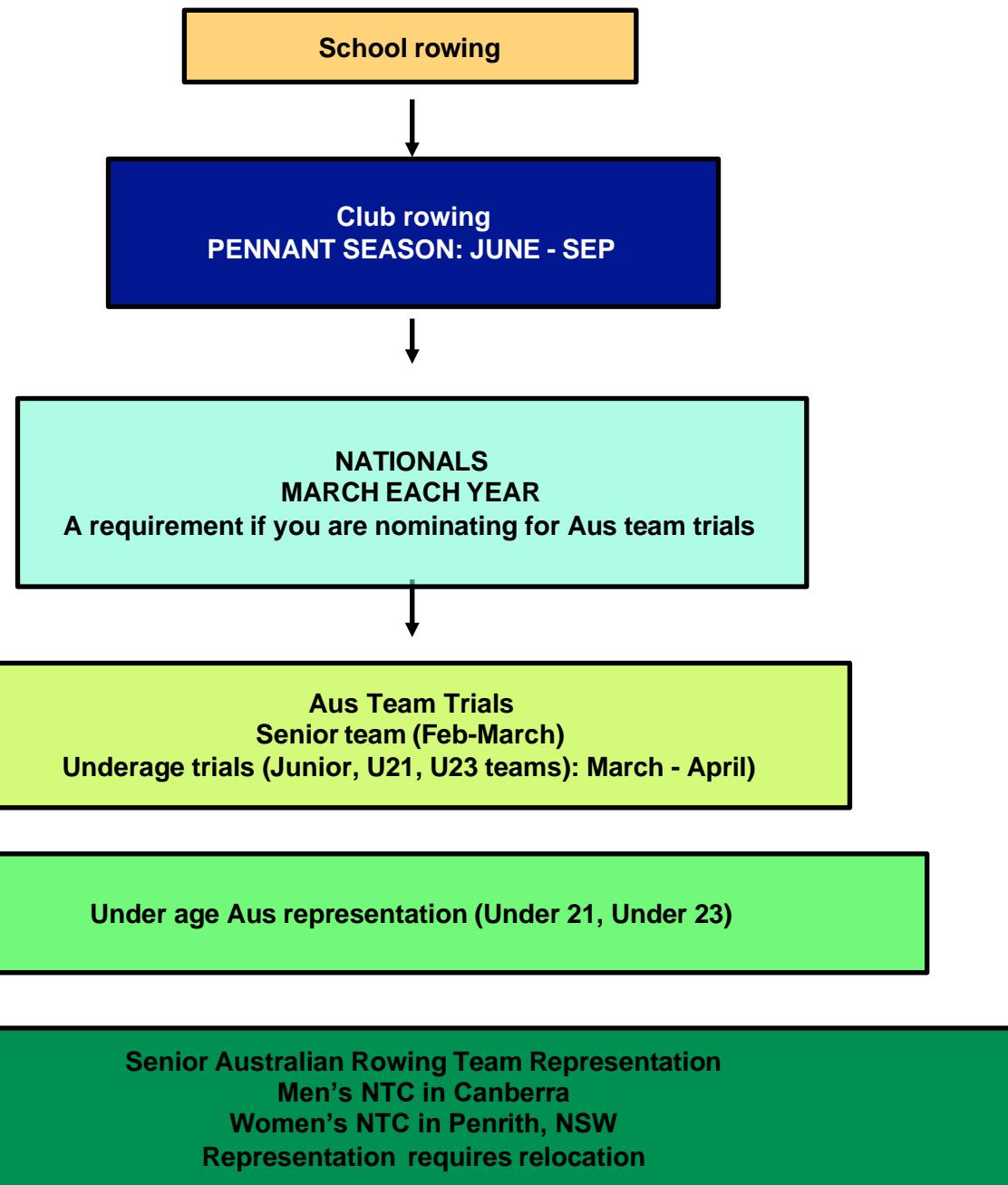
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
				HEAD RACING long distance	PENNANT SEASON						
NATIONALS TRAINING	AUS NATIONALS								NATIONAL TIME TRIALS 1/month		
				ALL SCHOOLS							
		MASTERS RACING		Masters State Champs							
		PSA Head of River		Aus masters champs	IGGSA Head of the river						

COMPETITIVE ROWING

SRRC offers athletes opportunities to race in both the WA Pennant (local) season and the National season. WA Pennant season runs from ~April - September each year and National season runs from September - March. To achieve your best at national level, a year round training schedule is recommended. We also offer opportunities to be involved in the local competitions, with membership options to facilitate competition in the WA pennant season.

ROWING PROGRESSION

Our coaches and athletes are always happy to answer any questions. About the process of selection and trialing for Australian teams. At Swans we aim to facilitate each and every member's goals, whatever these may be. Many athletes have competed for Australia and gone through this process and would be happy to guide and answer any questions you may have.



GOVERNING ORGANISATIONS

Rowing WA is the governing body for competitive rowing in WA. They liaise with Rowing Australia and Clubs to create pathways for athletes and organise local and national competitions.

All regattas and regatta fees are set and managed by Rowing WA. The club passes these fees onto athletes depending on what races they have competed in.

Seat fees differ from regatta to regatta and can be checked at: <https://wa.rowingmanager.com/> by clicking on the relevant regatta



REGATTA DAYS AND HOW TO ENTER

The pennant season runs from April - September each year, culminating in a 2 day State Championships. At Swans, we aim to encourage every member to race as much as possible and achieve their personal best.

Regattas are held at: Champion Lakes Regatta Centre, Henley Drive, Armadale:

Each schedule is determined by Rowing WA and released the Wednesday before the regatta.

You are required to be there at least 90 minutes before your race.

Entries are completed by your relevant Vice-Captain. They should get in contact with you to confirm availability. If you would like to race a particular event, please let them know and they will try and make that possible.

Selection for big boats is based on performance and commitment/attendance to training.

You are required to attend boat loading the day before racing if you are entered in a regatta. If you do not load your own equipment, there will be no equipment to row for you.

WHAT TO BRING TO REGATTAS

- Uniform
- Change of clothes
- Shoes (slides or thongs can be left on the landing).
There is gravel on paths, which makes barefoot painful!
- Water bottle
- Food for the day
- Hat
- Socks
- Sunscreen
- Jumper
- Sunglasses



RACE DAY NUTRITION

1. Hydration: Begin the day well-hydrated. Drink water consistently in the days leading up to the race.
2. Pre-Race Meal (3-4 hours before): Carbohydrates: Focus on a meal high in complex carbohydrates to fuel the muscles. Good options include porridge, whole grain toast, rice, or pasta. Protein: Include a moderate amount of protein to sustain muscle function. Options are eggs, Greek yogurt, or lean meats. Avoid High Fat and Fiber: These can cause gastrointestinal discomfort during the race.
3. Pre-Race Snack (1-2 hours before): Simple Carbs: Opt for easily digestible carbs like a banana, white bread and honey, or a small energy bar. Low Fiber and Fat: Keep it light to avoid any digestive issues.

RACING DISTANCES

Pennant regattas:

Grade	Distance
A & B	2000m
C & D	1000m

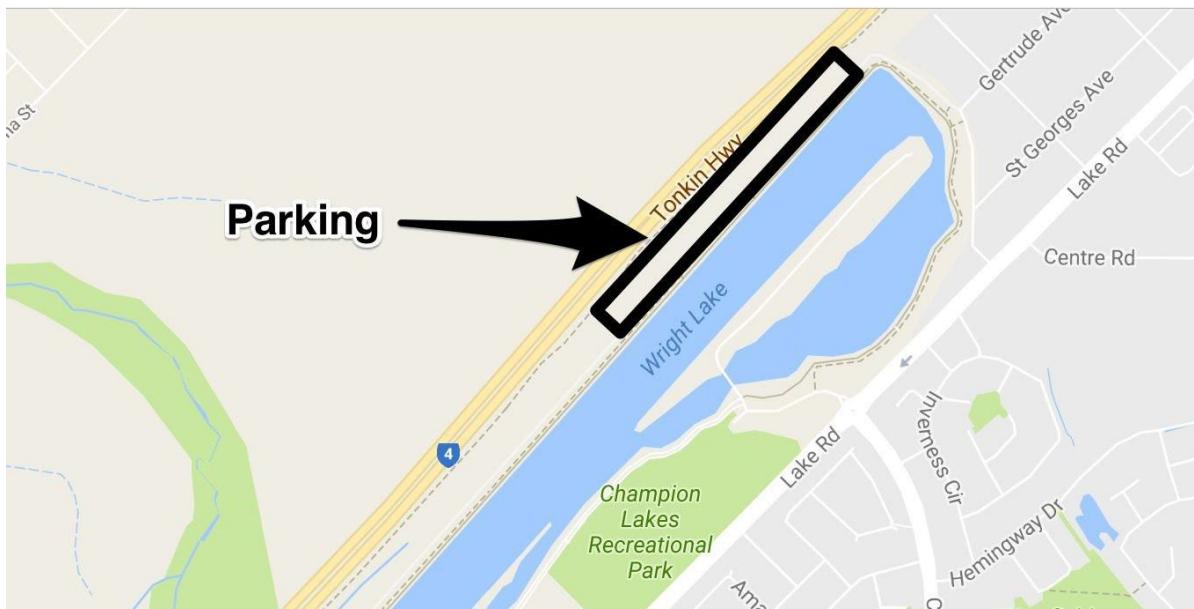
All Schools:

	Sculls (1x), Doubles (2x), Quads (4x+)	Eights (8+)

Under 15s	500m	-
All other	1000m	1000m



CHAMPION LAKES COURSE MAP



SWAN RIVER POLICIES

PRIVACY POLICY

Collection and use of information

SRRC collects personal information about you when you complete your Nomination for Membership Application Form and Rowing WA Membership Form that is required to process your application and administer your participation in activities organised by the Club and Rowing WA. The information collected will generally include your name and contact details. It may also include information about your age and medical history.

SRRC takes reasonable steps to ensure that your personal information is accurate, complete and current whenever collected or used. If the personal information held about you is inaccurate, incomplete or out of date please contact SRRC to update the records.

Disclosure of information to third parties

SRRC will only disclose information about you when it is necessary for functions or activities or when you have otherwise consented to the disclosure. The Rowing WA Membership Form will be passed on to Rowing WA.

Other than the above, SRRC will not disclose your personal information without your consent unless disclosure is either necessary to prevent a threat to life or health, authorised or required by law, reasonably necessary to enforce the law or necessary to investigate a suspected unlawful activity.

Access

SRRC will take all reasonable steps to ensure that the information you have given is protected from unauthorised access, modification or disclosure. SRRC will consent to any reasonable request by you to access the personal information we hold about you.

To access personal information about you or to obtain more information about the SRRC privacy statement, please contact the Secretary at Swan River Rowing Club, 2 The Esplanade, Canning Bridge, W.A. 6153 or email: secretary@srrc.org.au

BULLYING

Our policy is to maintain professional standards of conduct so as to ensure that bullying and harassment does not occur at the Club or at Club activities.

All members are responsible for maintaining our rowing club free of bullying and harassment.

Harassment is unwelcome, unacceptable and uninvited behaviour based on personal characteristics or status

Should a Club member fail to support or breach this Policy he or she will be subject to disciplinary action and his or her membership may be terminated.

INCIDENT REPORTING

If you should have an incident while rowing, an incident report will need to be completed by the rowers involved for safety compliance and insurance purposes. Please contact your coach or contact our safety officer at safety@srrc.org.au for a form.

SAFETY

Safety of coaches and athletes is our main priority at Swans. Any rower or coxswain is responsible for abiding by local river rules and regulations while out on the water.

All athletes need to be able to competently swim 50m and be aware of how to get back into a boat in the event of falling out. Falling out is rare, but a possible occurrence.

In most cases, a coach in a safety boat is required to accompany athletes while out on the water.

A first aid kit and defibrillator is available at the club. The defibrillator is located on the exterior of the club on the carpark side and is brightly coloured.

We endeavour to maintain a high standard of boat maintenance to ensure the safety of all equipment. It is mandatory under FISA rules to have heel ties in each boat and hatch covers attached.

If you should have any concerns about the safety of individuals or equipment, please contact our safety officer: safety@srrc.org.au or have a chat to your coach or vice captain.

NATIONAL INTEGRITY FRAMEWORK (NIF)

In line with Rowing Australia, Swan River Rowing club has adopted the National Integrity Framework to best protect its members' safety and wellbeing. As a result, a Sub-Committee has been established under the Safety Officer. This will look at how the club can keep members safe on and off the water, and how it can implement the requirements of the National Integrity Framework which has been adopted by Rowing Australia.

Rowing Australia adopted a number of rules and policies of the NIF effective from 30 June 2022 to manage unacceptable behaviour and change the way complaints about breaches of these rules are managed. Adoption means that the policies apply to all sports organisations and people affiliated and involved in rowing in Australia.

Australia now has a consistent set of policies across all sport and national standards regardless of which sport an athlete participates in to tackle behaviours that have no place in sport, to keep sport safe and fair. What is sports integrity? Sports integrity means the manifestation of the ethics and values that promote community confidence in sport.

Threats to the integrity of sport includes the:

1. (i) manipulation of sporting competitions;
2. (ii) improper use of drugs and medicine in sport;
3. (iii) abuse of children and other persons in a sporting environment; and
4. (iv) failure to protect Members and other persons in a sporting environment, from bullying, intimidation, discrimination, or harassment.

The key function of SIA is to focus on countering Prohibited Conduct.

NIF policies and Prohibited Conduct (Eligible Policy) The six policies which make up the NIF are:

- National Integrity Framework Policy
- Child Safeguarding Policy
- Competition Manipulation and Sports Wagering Policy
- Member Protection Policy
- Improper Use of Drugs & Medicines Policy
- Complaints, Disputes and Disciplines

These Policies outline what types of behaviours are unacceptable in a sport – these behaviours are called Prohibited Conduct. Prohibited Conduct is an action that is a breach of a Policy – for example, bullying is Prohibited Conduct under the Member Protection Policy.

Any person or organisation who breaches a policy may be Sanctioned. A Sanction could range from mandatory education all the way up to a ban from participating. The range of Prohibited Conduct includes but not limited to:

- Bullying
- Sexual Misconduct
- Harassment
- Grooming
- Victimisation
- Misconduct with a child
- Providing drugs to a child
- Match fixing
- Unlawful use of over the counter prescriptions
- Doping

As a member of a sport that has signed up and adopted the NIF, if someone behaves poorly by breaching one of the Policies, you can make a Complaint about the breach to SIA or Relevant Organisation. It also means that if you breach a NIF policy, you could be Sanctioned.

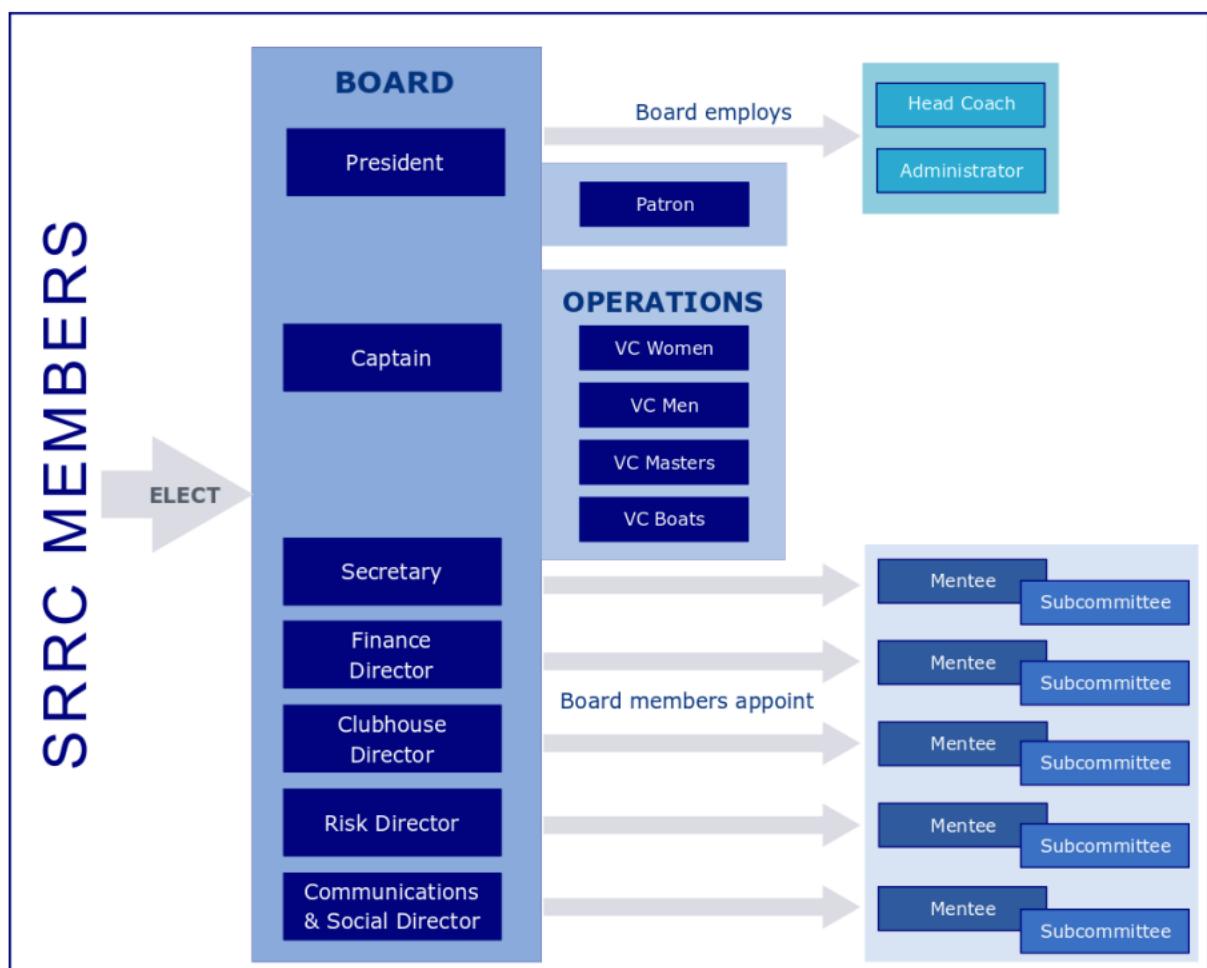
MEMBER PROTECTION INFORMATION OFFICER

An MPIO plays an important role in the sport of rowing. They are appointed to act as the first point of contact at a club for any enquiries, concerns or complaints regarding harassment, abuse and other inappropriate behaviour. As part of their role, the MPIO provides information and moral support to the person with the concern. The basic functions of an MPIO are to:

- Listen and act as a sounding board
- Clarify basic points and concerns
- Refer to the Rowing Australia Safeguarding Children Policy and explain what constitutes inappropriate behaviour
- Explain the complaint process and options available under the Rowing Australia Member Protection Policy
- Monitor and follow-up the enquiry or complaint

Our MPIO Nick Flavel can be contacted at mpio@srrc.org.au for a confidential discussion any time.

SWAN RIVER GOVERNANCE



VOLUNTEERING AT SWANS



Swan River Rowing Club is an organisation run by volunteers for its members. We rely on volunteers for the continued success and operation of our club. We are a non profit organisation that generates our own income through membership fees and fundraising.

During the season, Rowing WA assigns 2 regattas to host for each club. These regattas are an important fundraising opportunity for the club. For these regattas, we require all members to get involved and participate however possible.

Throughout the year, there are several opportunities to volunteer at events, regattas and busy bee cleaning days. If you have a special skill or are happy to volunteer your expertise or time in any way to the club, we would love to hear about it! Please contact secretary@srrc.org.au

We also have an expectation for junior parents to be involved with the club. We try and foster a great community

environment to encourage members to return each year. This is not possible without the continued participation and help of every member and their family members.

COMMUNITY EVENTS

SATURDAY BREAKFASTS

We aim to run a breakfast in between sessions on Saturdays, aimed at feeding hungry athletes and allowing an opportunity for family. Friends and fellow members to socialise. Food is kindly provided by parents and members at a cost of \$5 for members. Cash and card are accepted. We encourage all members to attend and be involved. If you would like to be a part of organising the breakfasts, get in touch with club secretary at secretary@srrc.org.au.

HALL HIRE

Swans is lucky to have a beautiful waterfront venue available for hire for events year round. We use the hall with attached kitchen and bar for a variety of functions including birthday parties, weddings and corporate meetings.

Capacity

For more information and pricing, visit our website at srrc.org.au or get in touch with our hall hire manager at hallhire@srrc.org.au



