**GREAT MARLOW SWANS**

**PARENTS GUIDE TO ROWING**

Below is a guide for all parents of rowers. Some of these things are self-explanatory and might seem obvious.

PLEASE MAKE SURE YOUR CHILD IS APPROPRIATELY DRESSED FOR THE WEATHER AT ALL TIMES OF THE YEAR.

IF YOUR CHILD IS UNWELL, **DO NOT** SEND THEM TO TRAINING AS IT IMPACTS ON OTHER PEOPLE IN THE BOAT IF THEY ARE NOT ABLE TO ROW AT FULL CAPACITY.

THEY **MUST ALWAYS** BRING A SPARE SET OF CLOTHES AND TOWEL WITH THEM WHEN ON THE WATER. See note 4.

EMERGENCY ROWING PHONE NUMBER: **07899247183**

**1. Check emails regularly:**

* For any last minute updates.
* Before taking or sending your child to land or water training
* Before a race, as sometimes plans change last minute, more so in the winter months if it has been raining or is particularly cold.

**2. Website –** [www.gmswans.co.uk](http://www.gmswans.co.uk)

THIS IS IN THE PROCESS OF BEING RELAUNCHED SO IS NOT CURRENTLY UP TO DATE

* Go to the website for information about the club – Trustees, Committee, coaches etc. Also how to get to events, future dates, results etc.

**3. Appropriate clothing at all times:**

* **GMSBC rowing kit or GMS PE kit only** – students turning up in anything else or inappropriate clothing (ie skimpy tops in summer) will be sent home. By wearing school colours, rowers are identifiable at all times. Rowing Kit (possibly second hand kit as well) can be bought through Julie Lyons – jullinpag@yahoo.com or 07771870223.
* **Hats and gloves** – a hat is handy at all times of the year, warm thermal hat in winter and a baseball cap in summer. Gloves are also needed in winter.
* **Layers of clothing** - a ‘wick away’ base layer and warm layer - ideally zipped and breathable. Thermal leggings or tracksuit bottoms (ideally black) and tops under kit, which are tight fitting or can be tucked in (to stop them snagging on the seat wheels). Nothing bagging as it gets caught.
* **Waterproof jacket -** you never know when it might rain.
* **Warm waterproof socks** - Seal skinz (available online) are recommended because they are both warm and waterproof - the children often have to walk in socked feet on the pontoons which are often wet.
* **Sunglasses** - for sunny weather, summer or winter (sometimes more important in the winter when the sun is lower in the sky).
* **Footwear** - It’s often very muddy down at Longridge in both summer and winter so wellies are advisable. Crocs are also ideal. Also keep a clean pair of trainiers for use in the Sports Centre.

**4. Capsize kit:**

* A complete change of clothes including underwear and a towel - they can fall in at any time and will need something dry to put on. Needs to be brought to EVERY water training session and race.
* Plastic bag to put wet kit in.
* Hand sanitizer.

**5. Suntan lotion:**

* A must on hot days, ideally applied at home before training/racing to save time. Also bring with you in capsize kit.

**6. Food and Drink:**

* **Breakfast -** Make sure breakfast is eaten before training sessions and racing - porridge is really good since it is warming and provides a slow release energy as do bananas. Also try to make your child have a decent night's sleep before training sessions and when competing (!). It really makes a difference.
* **Water bottles –** These should be brought to every training session whether on the water or land training. Ideally not to be shared as it spreads germs. If bottles are disposable they should be taken home or put in bins provided.
* **Snacks** - It is also good to bring something like a cereal or chocolate bar, biscuits and some fruit to training and a thermos of hot chocolate in winter.
* **At events** – Pasta salad and sandwiches are ideal plus cereal bars, fruit and plenty of fluids – no fizzy drinks. Most places sell food but there can be long queues so it’s always advisable to bring your own.

**7. Training Sessions:**

* Turn up to training at Longridge 10 to 15 minutes before the scheduled time to get ready for going out on the water. Being late wastes time and can impact on the rest of the crew.
* There is always a qualified First Aider at all land and water based sessions.
* There is always a First Aid kit at Longridge and at events.

**8. Behaviour:**

* Bad or inappropriate behaviour will not be tolerated.
* Listen to all coaches & safety boat drivers at all times, as they know best and are only safeguarding the students.

**9. Weill’s disease - Leptospirosis:**

Although this is extremely rare, some precautions are needed to be taken.

* Put plasters over cuts, grazes.
* Wash hands thoroughly after being on the water and especially before eating or drinking.
* If your child comes home having been in the river (capsized) then it is important that they have a good bath as soon as they get home ensuring any cuts or scratches are cleaned and if open dressed with antiseptic.
* Please also you keep an eye on them and should they develop sickness or a tummy upset over the following hours or days seek medical advice.

**10. Support and Fundraising:**

* Try to support the Boat Club at racing events, a huge parental presence makes all the difference to the rowers. Also support the club in any fundraising they might do.

**11. Spanners:**

* Bring your 10mm spanners to races and to boat loading to rig and de-rig the boats – more hands make light work. These can be bought through the club for £2 from the library.

**12. Events:**

* **Signing in and out at events –** A parent will be assigned to each event. Please sign your child in when you arrive and out when you leave.
* A lot of places sell hot food and drink but it is always advisable to bring something with you.
* Money for t-shirts - At some events it is possible to buy a souvenir t-shirt of the event. Nothing like getting a collection of all the places your child has raced at!
* Bring a chair as there can be a lot of hanging around.
* Bring binoculars, camera.
* The day before and after an event, students will be asked to rig and de-rig the boats down at Longridge.

rowing@gms.bucks.sch.uk should be the main point of contact for any questions or problems.

**Created by Great Marlow Swans – 2011**

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