

Cotswold Rowing Club  
Waterland Outdoor Pursuits, Lake 32,  
Spratsgate Lane, Cirencester, GL7 6DF

## COTSWOLD ROWING CLUB – NEW MEMBERSHIP FREQUENTLY ASKED QUESTIONS

### What types of Membership do you offer?

#### ➤ **One-hour “Guest” Session**

**No** prior rowing **experience** is **needed**. The only requirements are that you are able to swim 50 metres unaided, and do not have any medical/health condition(s) that may affect your ability to undertake exercise. The aim is for you to get a good "feel/idea" of what rowing is like and if you wish to progress to Trial membership.

#### ➤ **Trial Membership**

This is the same as the one-hour “Guest” Session but extended to 4 time-bound sessions (all to be taken within 3 months of the first session). The aim is to provide you a better understanding of whether you wish to join as a Full Member.

#### ➤ **Student Membership**

Annual Membership for Students.

#### ➤ **Full Membership**

Annual Membership for adults.

### When do you row?

Club sessions are Saturday morning 10am-12noon and Monday evenings 6pm-8pm. Monday evenings are during British Summer Time only.

Additional sessions are held throughout the week by **prior arrangement with the Captain or Vice-Captain**. Typically, these are Sunday morning, Wednesday morning, Wednesday evening (*British Summer Time only*), and Friday evening finishing by 5:15pm (*British Summer Time only*). These sessions are aimed at competent rowers who are either training for an event or for those who do not require coaching or training.

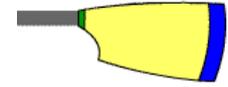
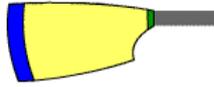
For all sessions please arrive 15 mins prior to the start to allow for equipment/ boat allocation.

### Where is the Club?

We are located on the beautiful Lake 32, adjacent to the Cotswold Country Park & Beach. The address' postcode above is suitable for SATNAVs. The site is private so the gate may be locked or staffed. If you are questioned/challenged by anyone when you arrive, just let them know that you're "arriving for a rowing session with either Rod, Darrel, or Tony from the Rowing Club" – they are very helpful and will point you in the right direction. Parking is free. The lake is a great place to row, there are very little hazards with little other water traffic to hinder your way. It is possible to complete endless 1500m laps. Changing facilities and ablutions are available at Waterland Outdoor Pursuits.

Café 32 is open (British summer Time only) for post session refreshments and chat on your session highlights. We are a friendly club and do encourage a post session cup of tea and cake, or bacon sandwich...





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### What are the demographics of the Club?

There are currently slightly more male rowing members than female, and a growing junior section. Our oldest member is over 70 and rows on a regular basis. We enjoy recreational rowing, with a few members regularly competing in events.

### What clothing should I wear?

Sports kit is ideal to start with. Think along the lines of what you'd wear if you were going for a jog. So typically; shorts, T-Shirt and trainers are ideal, perfect for the summer. Leggings, base layers, close-fitting fleece and a hat are more suitable for colder weather, sometimes a light waterproof is needed for the rain. Baggy clothes (sports hoodies) are not advisable as they can catch on parts of the boat.

Always bring a change of clothes. Don't panic, this is standard practice and prevents the onset of cold weather injuries for those who may get a little wetter than expected.

### What boats do you have?

We have 4 single training boats for beginners. These are fitted with stabilizer floats that can be removed as your proficiency improves.

We also have two stable doubles for beginners. These are two-person boats with a cox/ coaching seat, they are often referred to as "*tub* boats". Whilst these "tubs" are not as sleek or as fast as the "fine" boats, they would certainly allow you to safely develop your rowing skills using the same technique as used in a "fine" boat.

Our club fine boats range from single sculls, two-person boats (doubles and pairs) to four-person boats (quad & four). Although we are predominantly a sculling club we do offer sweep oar rowing too. They are "good club boats", some have won at local regattas and achieved veritable results at major events.

### What instruction/ coaching could I receive?

We have two British Rowing Level 2 coaches who support rower's development. Experienced members also offer support and guidance where needed. This can range from beginner rowing to event/ competition training.

Unfortunately, we do not have the resources to run Learn to Row courses under British Rowing's Explore Rowing programme. British Rowing's website gives guidance under the Explore Rowing section where these courses are held.

### I am new to rowing, can I join the club?

Yes of course! We do like to have novices join and take great pleasure in seeing you develop as a rower. Your rowing progression will be a balance between initial instruction (to get the basics) and a larger proportion of self-learning. Don't worry, we won't leave you out on your own, we look to support your development by regular coaching.

