



AUSTRALIAN NATIONAL UNIVERSITY BOAT CLUB

The Australian National University Boat Club (ANUBC) is affiliated with ANU Sport.

ANUBC caters to rowers and coxswains at all levels, from learner to novice to high performance.

The objects of the club are:

- a. To encourage, foster, develop, extend and control the sport of rowing and sculling for the benefit of the University community;
- b. To participate in interclub regattas and such other activities, including the Australian Universities Rowing Championships and Disher Cup Regatta.

CLUB VALUES

ANUBC is a club based on the philosophy of all members contributing to the running of the club. Everyone is expected to contribute in some way whether that is serving on the Committee, participating in fund raising activities, coaching, coxing the novice squad, participation at working bees, organising club regattas and events or taking part in many other activities that go towards ensuring the success of the ANUBC.

All members are expected to treat others with respect, to abide by both the spirit and the letter of the rules of the ANUBC and the sport of rowing and accept both victory and defeat with dignity and grace.

MEMBERSHIP

The membership year runs from 1 March to end Feb the following year. Members joining after 1 September will pay part year fee.

Fees collected from members who are not ANU Students are inclusive of the ANU Sport [Club Affiliation Fee](#) (\$120)

KEY DATES

The ANUBC is involved in a variety of regattas and competitions in addition to a number of social events through the year. A [calendar of events](#) can be found on the club's website www.anubootclub.org. All members will be notified of upcoming events by email and on ANU Members Info Facebook page.

ANU BOAT CLUB SHED AND SECURITY

Keys are allocated to coaches, committee members and members with private boats. Keys must be returned to the club if no longer coaching, keeping equipment in the shed or when membership lapses, whichever comes first. A fee of \$50 is payable for replacement of lost keys.

When you are heading out onto the water, the shed must be closed (roller doors down and rear access door shut) for security reasons.

If you are the last person leaving the shed at the end of training it is essential that the shed is locked. All three roller doors must be locked, and the rear access door shut firmly.

USE OF ANU BOAT CLUB FACILITY



- The only people who are authorised to access ANU Boat Club facilities and equipment are ANU Boat Club members
- Visitors, including those coming to row in private boats, can use club facilities on a maximum of two occasions in any one year.

SQUADS

As of Monday 24th February 2020, the times will be:

- Intermediate/Senior Women's squad – 5.45am on Tuesday, Thursday and 6am on Saturday
- Intermediate/Senior Men's squad – 5.45 am on Monday and Wednesday and 6am on Saturday
- Novice squad – 5.55am on Monday and Thursday, 8.15am on Saturday
- High Performance Squad for rowers aiming to progress on the Rowing Australia high-performance pathway including competing at National Championships and selection to national crews. Participation in the High-Performance squad is by invitation and is dependent on commitment and performance. Training times for the HP squad are by arrangement with the coach.

Changes to training times are announced via the ANUBC email mailing list and club Facebook groups.

Minimum requirements are set for each squad:

The **Novice/Bridging** squad is for rowers who don't meet the requirements for the Senior Squads but:

- have done a minimum of 30 hours on-water rowing in the last 12 months
- have completed a beginner program at another club in the last 12 months
- have rowing experience however haven't been in a boat for more than a couple of years
- have rowing experience but are looking to regain your confidence
- have rowing experience but are feeling unfit and want to slowly ease back in to the sport

The **Intermediate/Senior** Men's and Women's Squads are for rowers who:

- are experienced,
- are confident about rowing in a crew, or
- are a competent single sculler
- are interested in competitive and/or social rowing
- want to improve technique and fitness
- want to progress to the high-performance squad

FACEBOOK GROUPS

The club manages four closed Facebook groups for members.

[ANUBC Members Info](#)

[ANUBC Senior Women](#)

[ANUBC Senior Men](#)

[ANUBC Novice](#)

COACHES

All ANU Boat Club coaches give their time on a voluntary basis. All members are expected to be respectful of this contribution and be punctual in attendance at training. There are a range of incentives including support to gain qualifications, training, a modest honorarium and reduction in membership fees to all volunteer coaches. If you are interested in coaching at the club contact the [Club President](#).



EQUIPMENT AND MAINTENANCE

Boats

Allocation of boats to crews is at the discretion of the coaches in consultation with the Club Captain.

A small number of Private Boats are stored in the boat shed. Private Boats must not be used by any member of the club other than the owner and members given express permission by the owner.

Boat Storage

Boats must be stored in the place allocated by the club. They are not to be moved to a different location without prior permission from the Club Captain.

Private boats and equipment must not be brought into the club without prior notice to and written permission from the Club Committee

Coaching boats

The ANUBC owns 3 coaching boats. These are only to be used by coaches and committee members who are holders of current boat licences. Each coaching boat contains a safety box with essential contents listed on the lid. Safety equipment is not to be removed from the coaching boats for any reason. If any safety items are missing or need replacement, please notify the Captain.

Oars

There are 2 categories of oars/blades

- Captains permission sculls and sweep oars (red tape on oar shafts)
These can only be used with the permission of the Captain or Vice-Captain.
- General use sculls and sweep oars (blue or black tape on oar shafts)
Can be used by all members

Boat Lights

Boat lights must be used in conditions of low visibility. It is also a legal requirement that all rowing boats carry a 360° white light fixed to the boat (not the rower's body or hat) when on the lake before first light in the morning. If in doubt, use a light. Squad coaches have lights for boats going out as part of squad training. Private boat owners are responsible for providing their own lights.

ANU Mountaineering Club Equipment

In addition to the ANUBC boats and equipment the shed houses boats (kayaks and canoes) and equipment belonging to the ANU Mountaineering Club. Equipment belonging to the ANUMC must not be used by any member of the ANUBC. It is essential that ANUBC equipment is stored so it does not prevent the kayakers from accessing their equipment.

Use of Equipment

- All boats must be cleaned outside AND inside before being returned to where they came from
- Cleaning of boats is essential to ensure they remain in the best condition possible. Detergent, Jif (for harder to remove stains) and cleaning cloths are provided near the sink at the front of the shed.
- Make sure you allow enough time after your rowing session to clean and check the boat
- Oars are to be rinsed of debris before being put back on the rack they came from
- When returning equipment to racks make sure it is placed back in the correct way
- If you are unsure of what the cleaning should entail please see the Captain of Boats
- If any repairs or replacements are required please note it on the white board AND email the Club Captain (captain@anubootclub.org)



Lake Traffic Rules

All crew members and single scullers have a responsibility to know and follow the established lake traffic rules and to take care when on the lake. The traffic rules for rowing are displayed at the ANU boat shed on posters inside the front roller doors and in the club room. When rowing in areas of the lake where traffic needs to cross paths, proceed with caution and always look for crews/scullers and any other obstacles that may present a risk.

No area on the lake should be considered safe from risk of collision. All club members are asked to be vigilant while training, regardless of the location.

Members cannot row on the lake unaccompanied.

Accidents, Damage and Loss

Rowing boats and associated equipment are expensive. Take care when moving and using equipment and please do not move a boat without being sure of how it is done. Ask for help if you are unsure and always follow the instructions of your coach. Accidents can happen. If they do please note: All accidents involving collision with another boat MUST be reported to the Club President and an incident report completed via the Rowing ACT website. All damage to equipment MUST be noted on the equipment whiteboard as it occurs, AND, as soon as possible, reported to the Captain of Boats via email (captain@anubootclub.org).

Any equipment taken away from the shed, for example to a regatta, becomes the responsibility of the members taking it. Those members will be liable for the replacement of any equipment lost while under their care.

General Cleaning

The club does not employ cleaners for the boat shed. It is important that all members take responsibility for keeping the shed and pontoon clean and free of rubbish.