

POOLE GIG ROWING CLUB

Hello and welcome to Poole Gig Rowing Club new rower's starter pack. If you are thinking about coming to try out rowing, we hope this section answers some of your questions. Members come from all walks of life, all ages, and you don't have to be able to row beforehand. There are plenty of members who row for the social aspect, or to make the most of seeing our coastline and harbour from a different angle. These are our social and general rowers who can row as often or as rarely as they like. Other members like the competitive aspects and attend regatta's etc with other clubs.

Getting Started

Beginner sessions are the ideal way to try your hand at rowing a pilot gig with other novices and first time rowers. These are short and have straightforward instruction to get you started. You will need to complete a disclaimer prior to your first row. Rowing is not just about being in the boat on the water - it is also about getting the gigs ready before and afterwards, so be prepared to get a little wet if a gig needs to be launched or recovered.

How much does it cost

Rowers are asked to pay £2.50 per row to help towards the maintenance of the gigs, seats and oars etc. We have found this a fair way as members who use them most will therefore contribute the most. You can row three times at £2.50 per session before deciding if you'd like to join the club at a continued cost of £2.50 per row. If you decide not to join after 3 rows, all rows from here on in will be at a cost of £5 per row for subsequent sessions.

An invoice is sent at the start of every month for your rows throughout the previous month.

Parking

Our parking is at Frank Greenslades Ltd (fishmongers) on New Quay road.

Parking is in the gravel area to the right of the shop, as you look *at* the frontage. See the photo below:



From here we then walk down to the Port of Poole Marina.

You must display your PGRC parking sticker in your car windscreen.

This will be emailed to you.



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Clothing

Wear layers of clothing, rather than bulky jackets which will inhibit movement. You will get quite warm and may like to take a layer or two off. Loose tracksuit bottoms or sports leggings/shorts are good + T-shirts and sweatshirts, waterproof or fleece jacket and hat if you want. A carrier bag to put layers in under the seat is a good idea as things can get a bit wet! Trainers that have sturdy soles are good - but not work boots or heels, as they can damage the boats. Above all - wear **old** clothing! Rowing is not kind to expensive clothing or shiny new trainers! Your feet may get wet launching the boats, please be prepared for this. If you have cycling gloves which are not too bulky, you may find them comfortable to row in and save you getting blisters.

Drinks

Remember to bring something to drink. We will stop several times to drink and rest.

The Coxswain

The coxswain is in charge of the gig and all the crew; they will give you clear instructions of what to do. On the first session you will be put in the boat with some experienced rowers so that you can copy them and they can be there if the coxswain needs them to take over. You will probably find that 30-45 minutes will be enough rowing time the first row you go on. You will be using muscles you didn't know existed!

The Gig

Each gig typically costs £10,000 for a fibreglass gig and £25,000 for a wooden gig. They are made by hand, with each of the 6 oars costing £400 each, so you can see that they are very precious to the club, and we work hard to take care of our valuable assets. One of the first thing you will be doing during the first session is to look at the boats and learn the rules of handling the equipment safely and carefully, without damage to either you or the equipment.

Note - Please do not stand on the seats.

Please do not smoke in the gig.

Please no music / earphones in the gig.

Safety

The gig and equipment are insured, but all members are expected to be alert and look out for dangers at all times for themselves and others in the crew. Anything noted should be brought to the attention of the cox. The cox will carry a VHF radio in the gig should difficulties arise. The cox will also wear a life jacket as they will not have oars to hold onto should the water become rough.

Etiquette

You will be taught about rowing 'etiquette', so that you understand why the cox or members may ask you to do certain things if you forget.



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Membership Rates:

	Yearly
ADULT	£80.00
JUNIOR (Under 18)	£40.00

Membership fees are excellent value to have access to all that Poole Gig Rowing Club has to offer and are significantly less than many comparable activities.

There is a small charge for all crews attending regattas to cover the costs of transporting the Gig(s) to the event.

How do I join

To join Poole Gig Rowing Club, you will need to complete the membership form which can be found on our Facebook Bookings and Information page under the 'Files' section and pay the non-refundable membership fee.

What does membership money pay for?

- Insurance
- Cornish Pilot Gig Association Membership
- Maintenance Cost
- Communications
- Administration & website Costs
- Supervision/Training by the cox and team

Membership secretary details:

E-mail - poolegimembership@gmail.com

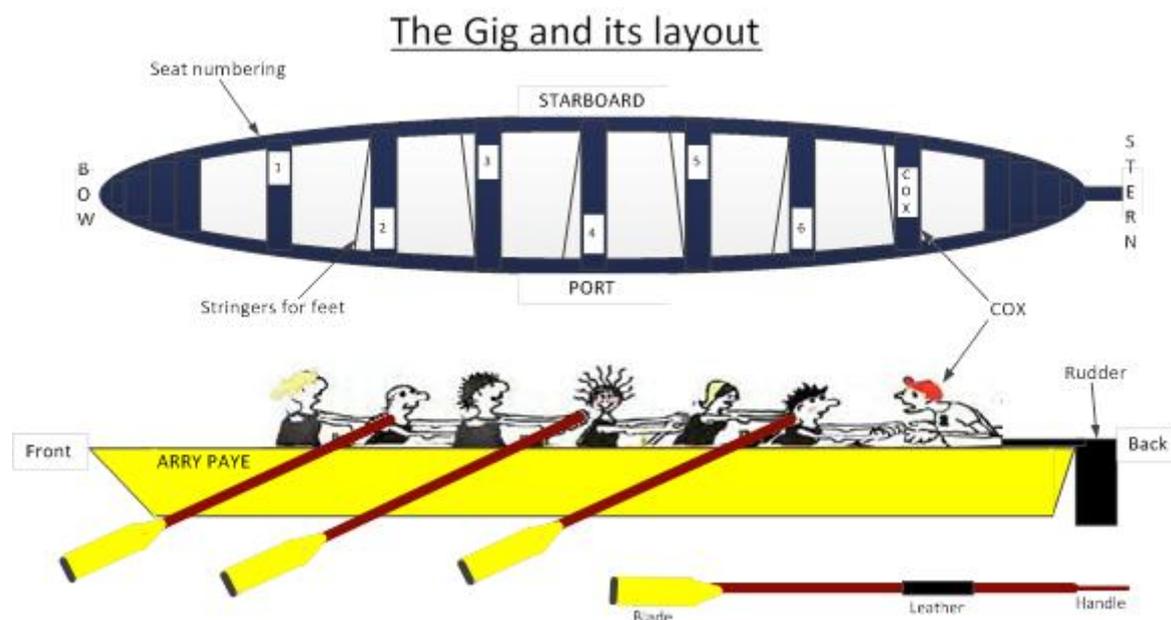
Club Clothing:

PGRC merchandise is available to members and non – members alike.

Please contact merchandise@poolegigrowingclub.co.uk for details.



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Arry Paye – our 1st gig

A traditional Cornish pilot gig is a 6 man rowing boat, 32 feet in length and a 4 ft. 9in. beam. They are Clinker built with Elm on Oak. Their specification is based on the "Trefry", a gig built in 1838 and still in regular use by Newquay rowing club. Their original use was to take pilots out to incoming ships in the Atlantic Approaches. The fastest gig would have the best chance of securing the pilotage fees. Originally a commercial venture, now the sport of gig racing has become established in the West Country and is spreading to the rest of the world.

Arry Paye is a fibreglass gig and was built in St.Austell early in 2010; she was named after the infamous pirate of Poole. She was built in preparation for the charity row from Penzance to Poole with a mixed crew from the Pirates of Poole and Swanage Sea Rowing Club. Fibreglass gigs are used by most clubs for training sessions as they can be left in the water, whereas wooden gigs are usually removed from the water after each row.

Arry Paye was jointly paid for by the Pirates of Poole and Swanage Sea Rowing Club. In early 2012 the Pirates of Poole decided to take over Arry Paye and bought the SSRC share. In May 2012 Arry Paye was rowed the 8 miles from Swanage to Poole Quay in perfect conditions of flat calm and little wind in the evening. In June 2012 Arry Paye (crewed by the Pirates of Poole) took part in the Royal Jubilee Pageant on the Thames along with three gigs from Swanage to celebrate the queen's golden jubilee.

She is now owned by Poole Gig Rowing Club and is used every week for social and training rows in Poole Harbour. We have since bought our second gig Robbie Paye (Who was Arry Paye's brother) to boost our fleet.

Robbie Paye was built locally in 2015 with the help of funding from Sport England and other local sponsors 'Spectrum Housing' and 'Radian'.

Isabelle is our wooden racing gig and was bought in 2016 from the 'Help 4 Heroes' charity. She is used for race training and regatta's around the country.



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PREPARE TO ROW

Remember - the Cox is in charge, so it is important that you do as the Cox commands as quickly as possible!

Getting into the gig

- The Cox should get into the gig first.
- The rowers should get into the gig one at a time.
- It is advisable to walk along the centre line of the gig to your rowing position. Never step onto a seat, step into the centre of the boat.

Preparation

- Sit down in your rowing position facing (towards the Cox) as quickly as possible.
- Check that the stretcher (footrest) is in the right position for you before you start rowing.
- If you are asked to fend off (push away from the side), you should use the shaft of the oar **(never the blade)!**

The Stretcher

- The stretcher (or footrest) is a wooden bar on which you rest your feet and is used to push against during rowing.
- When sitting in your rowing position, your feet should be on the stretcher with your legs slightly bent.
- If the stretcher is not in the right position for you, remove the metal pin at the end of the stretcher by pulling it towards the bow of the gig. Lift the stretcher up at the pin side and slide it out of its fixing. Reposition the stretcher and replace the pin, making sure that it is secured properly.
- After a few rowing sessions, you should become aware of your preferred stretcher position.

Your Oar

- The oars are long and heavy.
- Each oar is individual and has a number on the shaft close to the handle. You must make sure you have the correct oar for your rowing position.
- As soon as you are in the gig, locate your oar which should be positioned on your left if you are a stroke rower and right if you are a bow rower.
- As soon as the Cox commands, put your oar between the thole pins with the blade in the water.

Holding the Oar

- Hold the handle of the oar with two hands.
- The hand nearer the end of the oar should be under the oar with the palm facing upwards.
- Your other hand should be paced on top of the oar.
- Your hands should be approximately one hand width apart.

