

# WHAT HAPPENS AFTER LEARN 2 ROW? FAQ

Well done for completing the Learn 2 Row course and welcome to Hexham Rowing Club!

All the information you need about membership should be on our website: [www.hexhamrc.co.uk](http://www.hexhamrc.co.uk) Make sure you are familiar with the clubs **Policies and Procedures** and the **Safety information** (most are to do with your safety or the safety of others). You will also find a range of information about how the club is run, training, news and events. The club is run entirely by volunteers who also want to rows so be willing to lend a hand and be patient if there is something that isn't going quite right! If everyone does a little bit then it doesn't fall on a few people to do a lot.

To get the most out of the website you need to **register on the member's page** and you will be sent a password so that you can access all of the members pages. We keep these password protected as they have details of our committee members and how to contact them plus other confidential information.

*What if I want to continue rowing but don't want to race?*

Join our recreational rowers. They have sessions on Monday's, Thursdays and Saturdays. You would be part of our Explore Rowing Squad. You can do this with a Silver British Rowing license.

*I want to race eventually but don't want to go straight into it, is this possible?*

Yes, join the Explore Series. This is racing over short distances in stable boats either sweep or sculling and sometimes skills events. You would be part of the Explore Rowing Squad. When you are ready you will move onto the Novice Squad.

*Can I go straight into racing in regattas?*

Not immediately (for yours and others safety). You would join the Novice Squad. This squad will be working in fine boats and go to local regattas. You would need to be able to manoeuvre the boat well and be able to attach yourself to a stake boat before being allowed to race (all this will be explained). You must have a Gold British Rowing License to race in this squad. If you win your race you will gain sweep or sculling points (depending upon what you have entered) you will no longer be a Novice and then you will move onto the Seniors Racing Squad.

*Can I just turn up to a session?*

Technically, yes! But you will have a much better experience if you let your Squad Coordinator know if you are coming. This allows them to put crews together and organise equipment which makes things run much more smoothly.

*How do I get my views or ideas to the Club committee?*

You have a range of options to put your views to the committee if you have ideas of how things can be done better or you want to raise an issue. You can either:

- Ask you squad coordinator to speak on your behalf
- Fill in the contact form on the website (this goes to the club secretary)
- Come to the meetings! – All information can be found on the members' pages of the next meetings, minutes and agenda's. All members are welcome.