



BRITISHROWING

Regional Chair's Report Eastern Region

August 2019

TEAMWORK | OPEN TO ALL | COMMITMENT



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Please note that all information in this report is in the public domain and can be freely shared with clubs, events, members and volunteers

1. Governing body update

Sport Committee Chair – nominations

Nominations are now open for Sport Committee Chair. This role, which is ex officio a member of the Board of British Rowing, is elected by the Regional Representatives that are appointed to represent the ten British Rowing Regions. The closing date for nominations is the 12 September. The election (if required) will take place at a General Meeting. To find out more, including a full role description, go to <https://www.britishrowing.org/job/british-rowing-sport-committee-chair-nominations/>

British Rowing AGM – please save the date

British Rowing's AGM will be held on Saturday, 12 October in the Hilda Clark Suite at Friends House, 173-177 Euston Road, London NW1 2BJ. Timings will be confirmed when the official announcement is sent out. The AGM will have a presentation from the CEO, Andy Parkinson beforehand.

British Rowing Membership Survey 2019

We want to hear your views about your British Rowing membership. It doesn't matter how long you've been a member, or what type of member you are, your response is important to us and will help us understand where we are and what we need to focus on to continue to make improvements in the future. The survey is open from Monday, 2 September to Monday, 21 October and it only takes around ten minutes to complete. Please share the survey with your club and rowing network. All responses will be anonymous and the findings will be published later in the year.

<https://www.britishrowing.org/2019/09/membership-survey/>



British Rowing ClubHub Portal

It is now ten months since the launch of the British Rowing ClubHub Portal, and a lot has changed to the system in response to the feedback of clubs that are using it. There will be major update to the system in the next few weeks that will continue to improve and enhance the existing features and introduce some new ones.

One major change will be “Strong Customer Authentication” (SCA). SCA is a new European regulatory requirement aimed at reducing fraud and making online payments more secure. Failure to carry out this authentication will result in a payment being declined by the cardholder’s bank. Within the UK this is being phased in over the next 18 months, so customers are unlikely to see any initial impact of these new regulations until next year.

We now have a ClubHub Portal User Forum for clubs that have signed the user agreement. This forum allows clubs to exchange ideas on how to set up their memberships, feedback to British Rowing on how the system could be improved, and for British Rowing to post guides on how to use the various features of the system.

England Teams - National School Games - selection policy

The National School Games Finals are a unique multi-sport event for the UK’s talented young athletes of school age, where teams from across the United Kingdom compete. The event creates an inspirational and motivational setting that not only provides our talented young sports people with the opportunity to thrive and perform at the highest levels but encourages more young people to take part and succeed in sport. Young people from across the country encouraged to support their teammates across all sports. Please see the website for more details and selection policy <https://www.britishrowing.org/gb-rowing-team/rowing-for-gb/performance-talent/england-teams-national-school-games/>

Rower development guide - update

The development guide has been recently updated with more information for coaches and athletes. Visit the British Rowing website to download the latest version: <https://www.britishrowing.org/knowledge/rower-development/>



Love Rowing, British Rowing's Charitable Foundation

Love Rowing, British Rowing's Charitable Foundation will be formally launched on Thursday, 21 November. To find out more about the charity and how you can support it, visit the website: www.loverowing.org

Environmental survey

To help better understand the effect of nature conservation on rowing clubs and how we can foster formal working relationships with external partners to support our mutual aims, Jon Neale, Chairman and joint founder member of Hillingdon Rowing Club, is conducting a survey. This is supported by both British Rowing and the Sport and Recreation Alliance. Please encourage your clubs to complete the survey and share with your rowing networks: <http://surveys.britishrowing.org/s3/Environment-Survey>

Rowing & Regatta Themes

Here are the future themes for next three issues of Rowing & Regatta Magazine, the official magazine of British Rowing. If you can help with any ideas for articles please contact the editor Wendy Kewley at wendy.kewley@britishrowing.org:

- October / November Theme - Technique deadline for ideas Friday, 27 September
- December / January Theme Head - Racing Deadline for Ideas Friday, 26 October
- February / March Theme - Volunteers deadline for ideas Friday, 8 November

British Rowing, Women's Training Days – lead coaches

British Rowing is looking to expand our commitment to supporting female rowers by increasing the number of Women's Training Days across England. We are looking to work with experienced, dynamic, and motivated coaches to run Women's Training Days on behalf of the Performance Talent Team. The job description can be found here: <https://www.britishrowing.org/job/british-rowing-womens-training-days-lead-coaches/> . Closing date for applications is Thursday, 12 September.

Wanted: unused rowing equipment

If your club has any old or unused boats or blades, let British Rowing know and we'll help find them a new home. We receive regular requests for equipment from charitable projects both home and abroad who will take anything you can spare, and put it to good use. One such project is the



Zambia Rowing Project, set up by former GB international and OUBC rower James Stephenson. This project is seeking blades and boats, in particular eights, that do not need too much work to make them rowable. See attached document for more details and how to contact James. You can also email Paul Lorenzato at British Rowing (paul.lorenzato@britishrowing.org) if you have any other old equipment to 'freecycle'. Contact Paul before you throw any rowing stuff away, and he'll let you know if it can be re-homed!

British Rowing Junior Coaching Conference

This year's British Rowing Junior Coaching Conference will be held on Sunday, 20 October at the University of Bedfordshire, Luton Campus. The theme of the conference is "creating and sustaining positive developmental environments for young rowers". See poster for details.

Staff from Education & Training and Community support will be attending the conference, they will be there to answer any questions about courses or ClubHub.

New club insurance scheme – your help requested

British Rowing is currently working with Howden insurance to explore the creation of a new insurance product for affiliated rowing clubs. The aim is to give clubs the confidence that they have the right level of cover for their assets, activities and risks, and at a competitive price, as we know this is an area of ongoing concern. Howden have arranged British Rowing's specialist member insurance for many years, which also creates an opportunity for a club product to take into account that many of a club's members have existing liability and personal accident cover from Howden.

To help Howden and British Rowing create the best bespoke product for the rowing community, we are looking to work with clubs to help us understand more about their existing activities, cover and insurance schedules. If you and your club can help, please email Phil Hornsey, British Rowing's Director of Membership & Community, at phil.hornsey@britishrowing.org.

Sport England Clubmark review outcome

British Rowing has received notification from Sport England that their Clubmark scheme will be coming to end at the end of November 2019. Although British Rowing is not actively using the scheme or currently accrediting clubs, we are aware that some clubs have accessed the scheme in the past and some may be currently working through the accreditation with their local Active Partnership.



For those clubs that already have Clubmark, your accreditation will remain until it expires. It will continue to be acknowledged, and a toolkit is being prepared by Sport England to help you maintain the standards that Clubmark has promoted.

In order to continue to promote club development, a new 'Health Check' tool on Sport England's Club Matters platform that will take clubs through stages of development; designed to support you depending on your size and need. This will be launched in December 2019.

British Rowing update - Safeguarding and Protecting Children Training

Everyone who participates in rowing is entitled to do so in a safe and enjoyable environment. British Rowing is committed to helping everyone in rowing accept their responsibility to safeguard children and vulnerable adults from harm and abuse.

All British Rowing clubs, competitions and associated individuals must follow the policies defined in our policy documents. Procedures are in place showing the steps to be followed to ensure that children and vulnerable adults are protected, that concerns are reported, listened to and acted on appropriately. If you have any queries, please get in touch with the British Rowing Lead Safeguarding Officer: lso@britishrowing.org. British Rowing provides training and awareness for adults working with children and vulnerable adults, delivered by highly skilled tutors. To ensure the quality of our training provision, British Rowing will continue its training provision in early 2020 to undertake a refresh of its policy, resources and guidance documents.

Safeguarding and Protecting Children training is accessible throughout the year and delivered by Active Partnerships. To find your nearest training provider go to <https://www.ukcoaching.org/courses/workshops/safeguarding-protecting-children>

Further safeguarding and protecting children resources can be found at: <https://www.britishrowing.org/about-us/safeguarding/>

In addition, the Child Protection in Sport Unit resource library has a number of videos, publications, online tool kits and examples of best practice to help sports clubs safeguard their junior members and vulnerable adult: <https://thecpsu.org.uk/resource-library/>



Applications open for Diploma in Sporting Excellence (DiSE)

The new Diploma in Sporting Excellence (DiSE) programme provides an education programme aimed at supporting young athletes to develop and achieve their full potential as well as gaining an additional qualification. It covers subjects such as career planning and sports ethics, to technique and psychology. The learning programme supports the key messages that all potential GB team athletes are required to understand. It is also aligned to other areas of education such as Clean Sport and Safety – with athletes having access to all online education resources. British Rowing's new Rower Development Guide is also aligned to the DiSE learning programme through its key pillars.

The programme is designed to be delivered alongside the athletes' chosen higher education studies, such as A levels or BTEch, which from September 2020 must be completed at a state-funded school. Athletes must be aged 16 – 18 years or aged 19 – 24 years for those who have an Education, Health and Care (EHC) plan.

If you are interested in applying you should contact Loretta Williams (loretta.williams@britishrowing.org), British Rowing's Programme Manager for DiSE in the first instance, and see the attached advert for more details.

Go Row Indoor Club Initiative - Has your club signed up yet?

If planning for the 2019/2020 season is underway at your club, don't forget British Rowing's [Go Row Indoor Club initiative](#). There are a range of key benefits to signing up to become a Go Row Indoor club and deliver Go Row Indoor class activity, including:

- **Increased footfall to your club facility.** Bristol Ariel Rowing Club has grown so much interest through Go Row Indoor class delivery that they now run 7 x Go Row Indoor classes a week with 6-7 participants attending per class at £5 per head.
- **Generating income.** Both Kingston and Bristol Ariel Rowing Club have generated income from delivering class activity which has included funding new indoor rowing machines, gym equipment, new boats, re-investment into the Go Row Indoor offer as well as gaining a paid-for coach for a development squad.
- **Opening up the club.** All clubs signed up to the program have been able to utilise club facilities at times when they are usually not busy.



- **Reducing learn to row waiting lists.** The Go Row Indoor Classes have provided an opportunity for people to join a club straight away, rather than sitting on a waiting list to go through a learn to row course. These participants start by paying regularly to take part in class activity, building up their rowing skills and thanks to a good experience, continued their rowing journey by paying to go onto the water.
- **Creating a new membership offer.** Providing an alternative offer for those that may not ever want to go on the water, but are interested in health and fitness and regularly accessing classes locally to them.
- **Building local partnerships.** Doncaster Rowing Club has created new local partnerships thanks to delivering class activity at the club. They recently worked with local council and Sports Partnership to apply for funding through the satellite club program. This will pay for the local college students (aged 18+) to come down weekly to take part and transfer to hopefully regular class members.
- **Further opportunities.** Some Go Row Indoor clubs have developed relationships with local fitness instructors who deliver the classes on their behalf, meaning less reliance on club volunteers' time and only a small cost to pay for delivery. In return, the instructors have hired club space to deliver other classes and provided income back into the club.

Go Row Indoor Workshop for Club Coaches

The next Go Row Indoor Club workshops, where coaches can undergo all necessary training to begin delivering classes, are available at

- Tyne Rowing Club on Sunday, 15 September 2019
- British Rowing Head Office, Hammersmith on Sunday, 29 September 2019
- Bristol Ariel Rowing Club, Bristol on Sunday, 27 October 2019

Go Row Indoor Club Webinar

A few months ago, British Rowing delivered a Go Row Indoor Club webinar to help clubs understand more about the club package and what it has to offer. As part of the webinar we were joined by Geoff Lester from Bristol Ariel Rowing Club and Rick Rolt from Doncaster Rowing Club. Both clubs shared some fantastic insight about how they have set up their Go Row Indoor class activity and how they are getting on. If you fancy listening, you can access a recording of the webinar here: <https://drive.google.com/file/d/1ATw5rh2WI-YtcSc4CH7I14jmBRgulObU/view>



To sign a new club up today, clubs must simply first register as a Go Row Indoor Club via the British Rowing [ClubHub Portal](#). Any questions, please email indoor@britishrowing.org

Regatta London - entries closing soon

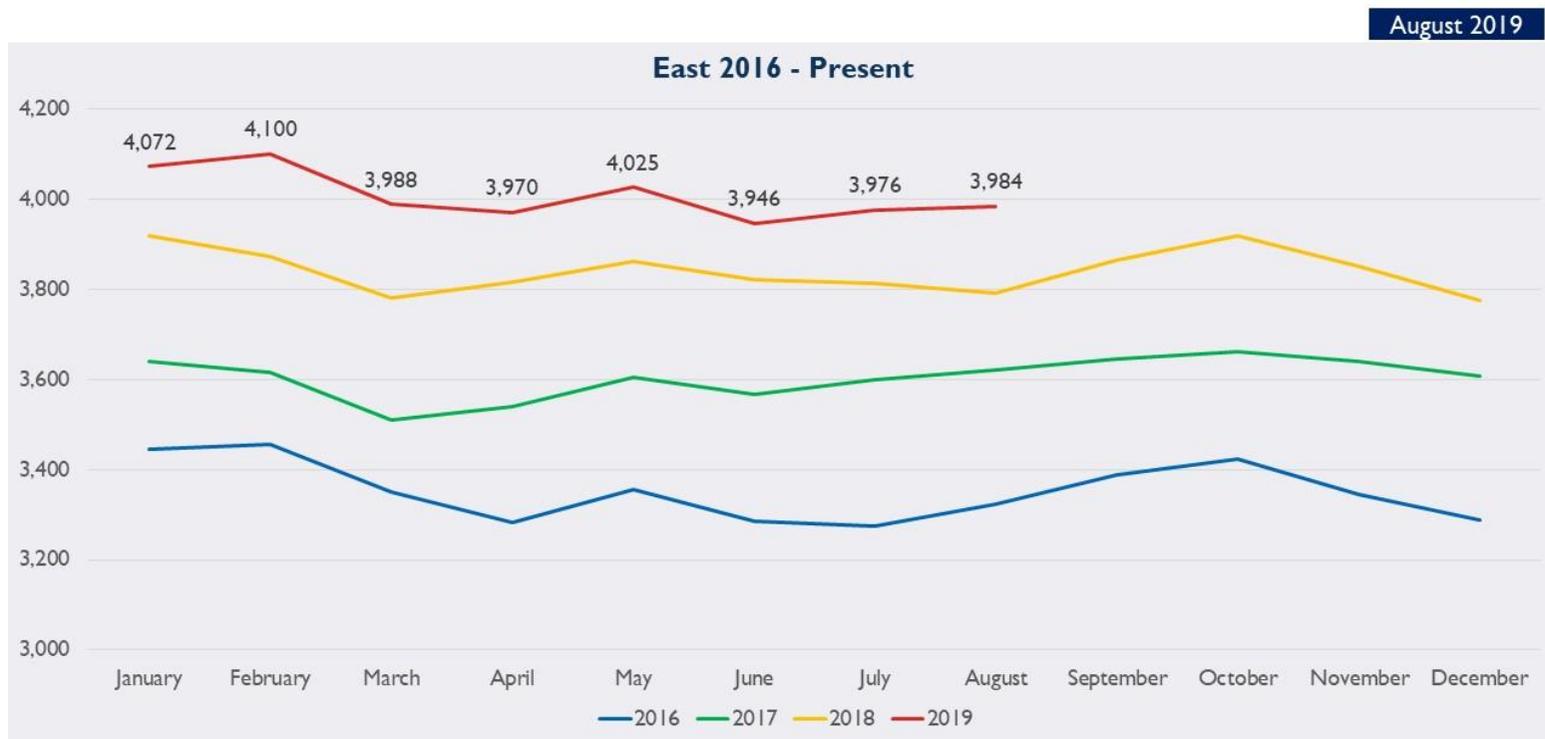
If you are interested in entering [Regatta London](#) on Sunday, 29 September get your entry in soon as places and time is running out. Do not forget that due to popular demand, two new boat types have been added to the event, these are coxed fours and coxed quads (in fine and stable/explorer shells).

Tell us #YourStories

A reminder that if you have any interesting stories you'd like to share with the rowing community, remember to let British Rowing know via our page [here](#). #YourStories is designed to celebrate, inform, educate and highlight opportunities within rowing – whether it's fundraising, club development activities, key milestones you'd like celebrating or dedicated volunteers you'd like to thank. Check out two great recent stories we helped promote: [Try Coastal Rowing](#) and [Rowing challenge for disadvantaged young people in Portsmouth](#).



Regional Membership Stats



National Membership Stats

July & Aug 2019

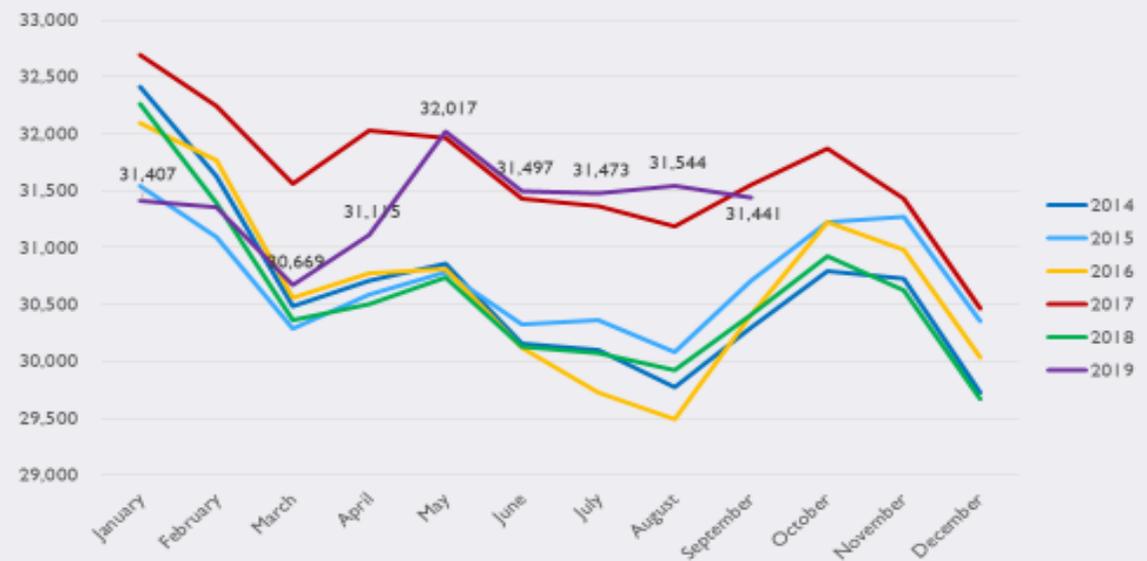
Total members 2014 to present

In July 2019 we had 31,544 members followed by 31,441 in August. This means we are still following the 2017 trend line.

Membership should reach close to 32,000 in September if we are to continue to follow trends from the previous 5 years.

When we look at memberships excluding Scotland and Wales on the next page we also see the purple 2019 line nicely following the red 2017 record line again.

Total Members, 2014 to present



Total Members

July 2019	31,544
July 2018	30,111
% change y-o-y	4.8%
Actual change	+1,433
August 2019	31,441
August 2018	29,971
% change y-o-y	4.9%
Actual change	+1,470

The graph shows that since January 2019 we are seeing a steady increase in members compared to the 2018 figures which is reflected with the high of +4% year on year increase which started in May.



July & Aug 2019

Membership by type

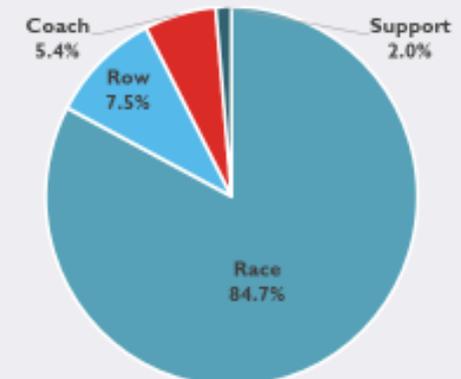
Race memberships still make out the majority of memberships with a 3.6% increase compared to August 2018. Support membership is still increasing as well from 476 in January to 662 in August (+186).

Coaching membership decreased again in August compared to previous months (2125 Jan, 2080 Feb, 2020 Mar, 2027 Apr, 1981 May, 1856 June, 1815 July, 1773 August) This is something that should be investigated further.

	Race (2019)	Gold (2018)	% change y-o-y	net change y-o-y
January	28033	27636	1.44%	397
February	28040	27601	1.59%	439
March	27356	27536	-0.65%	-180
April	28875	27450	5.19%	1425
May	29889	27348	9.29%	2541
June	28239	27272	3.55%	967
July	28212	27113	4.05%	1099
August	28101	27113	3.64%	988

Membership type	Number of memberships <i>*people can have more than one</i>			
	July	%	August	%
Race	28212	84.5%	28101	84.8%
Row	2526	7.6%	2441	7.4%
Coach	1815	5.4%	1773	5.3%
Support	652	2.0%	662	2.0%
Life members	170	0.5%	170	0.5%
TOTAL	33375	100%	33157	100.0%

Membership by type
July & August average



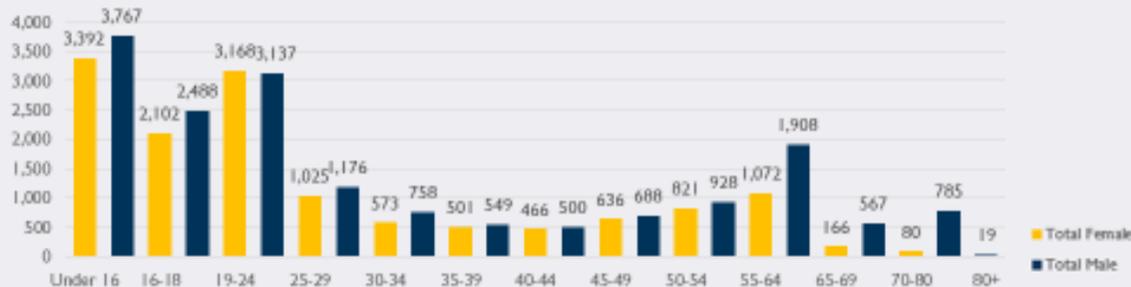
Membership by gender

In July and August 2019 the gender split remained 44.6% female and 55.4% male.

In terms of age we saw the largest net increase in members in 55-64 year old females (+206) and 16-18 year old females (+179) compared to August 2018.

Strong decreases were seen in 30-34 year old females (-61) and 0-15 year old males (-28) compared to August 2018.

Members by gender and age, August 2019



Age	Gender	Aug-19	Aug-18	% change y-o-y	Net change y-o-y
0-15	Female	3,392	3,313	2.4%	79
	Male	3,767	3,795	-0.7%	-28
16-18	Female	2,102	1,923	9.3%	179
	Male	2,488	2,314	7.5%	174
19-24	Female	3,168	3,025	4.7%	143
	Male	3,137	2,974	5.5%	163
25-29	Female	1,025	999	2.6%	26
	Male	1,176	1,053	11.7%	123
30-34	Female	573	634	-9.6%	-61
	Male	758	720	5.3%	38
35-39	Female	501	493	1.6%	8
	Male	549	507	8.3%	42
40-44	Female	466	423	10.2%	43
	Male	500	444	12.6%	56
45-49	Female	636	597	6.5%	39
	Male	688	688	0.0%	0
50-54	Female	821	732	12.2%	89
	Male	928	908	2.2%	20
55-64	Female	1,072	866	23.8%	206
	Male	1,908	1,798	6.1%	110
65-69	Female	166	142	16.9%	24
	Male	567	570	-0.5%	-3
70-80	Female	80	74	8.1%	6
	Male	785	794	-1.1%	-9
Over 80	Female	19	18	5.6%	1
	Male	169	167	1.2%	2

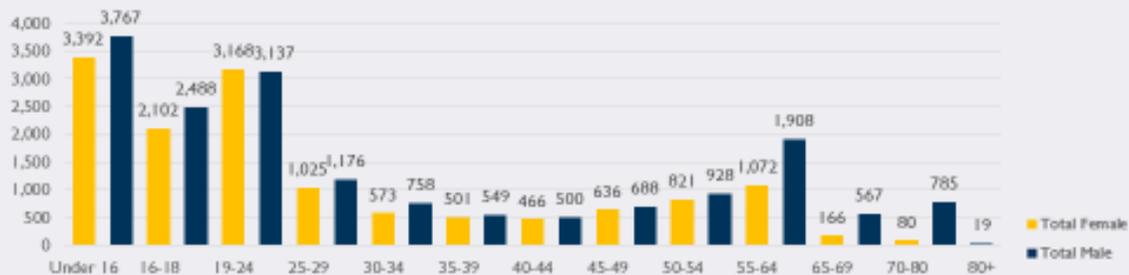
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Upcoming British Rowing Education & Training courses

Below is a list of all the courses and workshops that are still open for booking. If the course you want is not shown below you can always request a course via the British Rowing website [Requesting a Workshop](#) form.

Event Name	Event Location	Booking Dead Line	Start Date
Go Row Indoor Workshop for Fitness Professionals - Royal Holloway, University of London	Royal Holloway University of London Sports Centre,	19/09/2019	11/09/2019
Session Coach course, Manchester	Agecroft Rowing club	13/08/2019	14/09/2019
Go Row Indoor Workshop for Fitness Professionals - Manchester	Train Heald Green	10/09/2019	16/09/2019
Go Row Indoor Workshop for Fitness Professionals - University of Birmingham	University of Birmingham Sport & Fitness - Slater Hall	10/09/2019	19/09/2019
Club Coach - Sliding Seat, London	Hillingdon Outdoor Activity Centre	22/09/2019	22/09/2019
Session Coach, Isle of Wight	Ryde RC	08/09/2019	28/09/2019
Senior Club Coach - Induction Day, Durham	Durham University Sports Centre	30/09/2019	06/10/2019
Capsize and Recovery Workshop, Surrey	Imber Court Sports Club	22/09/2019	06/10/2019
Basic Rigging workshop, Cambridge	Jesus College Boat Club	22/09/2019	06/10/2019
Capsize and Recovery Workshop, Berkshire	Queen Anne's School, Caversham	13/10/2019	27/10/2019
Rowing Leader Award (16-18yrs), Northwich	Northwich RC	20/10/2019	31/10/2019
Safeguarding and Protecting Children Workshop, 0900-1200 (& Free Clean Sport workshop 1230-1330).	Cambridge	14/11/2019	30/11/2019
Safeguarding and Protecting Children Workshop, 1400-1700 (& Free Clean Sport workshop 1230-1330)	Cambridge	14/11/2019	30/11/2019



Emergency Aid, 0900-1200 (& Free Clean Sport workshop 1230-1330)	Cambridge	14/11/2019	30/11/2019
Emergency Aid, 1400-1700 (& Free Clean Sport workshop, 1230-1300)	Cambridge	14/11/2019	30/11/2019
Capsize and Recovery Workshop - Glasgow	Western Baths Club	26/11/2019	07/12/2019
Club Coach - Sliding Seat, Runcorn	Runcorn Rowing Club	08/12/2019	11/01/2020
Senior Club Coach Course, Durham	Durham University Sports Centre	08/12/2019	18/01/2020

If you want to attend any of these courses please go to <https://www.britishrowing.org/rowing-activity-finder/calendar/?type=courses> and sign up.

2. Upcoming Events

Dates for your diary! Here are the dates of the British Rowing national championships being held in 2019:

- Mizuno British Rowing Indoor Championships – Saturday, 7 December, Lee Valley VeloPark. London

3. Latest News

Here is a round-up of some of the key news items from British Rowing over the past month:

- [Membership Survey 2019](#)
- [One medal and two more boats heading to the Olympics after final day of World Rowing Championships](#)
- [Host venues announced for the University Indoor Rowing Series 2019](#)



- [Diploma in Sporting Excellence programme applications open now](#)

For more news from British Rowing, head to our news section on www.Britishrowing.org or follow British Rowing on social media on [Twitter](#), [Facebook](#), [Instagram](#), [YouTube](#) and [LinkedIn](#).



4. Active Partnerships and other contacts

- Bedfordshire: Team Beds - Coach development: michelle@teambedsandluton.co.uk
- Buckinghamshire: Leap - skitson@leapwithus.org.uk
- Cambridgeshire: Living Sport - info@livingsport.co.uk
- Essex: Active Essex - Volunteer and Club Development: Toby.Andrews@ActiveEssex.org
- - Coaching lead: Lauren.Neve@ActiveEssex.org
- Hertfordshire: Herts Sport Partnership - info@sportinherts.org.uk
- Norfolk: Active Norfolk - Club development: aaron.roberts@activenorfolk.org
- Northamptonshire: Northamptonshire Sport – info@northamptonshiresport.org
- Suffolk: Suffolk Sport -Info@suffolksport.com

British Rowing Community Support Team: clubsupport@britishrowing.org



5. Funding Opportunities

Sport England

The Sport England funding page has lots of information on finding funding, so if you are looking to purchase equipment or improve facilities more information on their funds and how to apply can be found here: <https://www.sportengland.org/funding/>

County Sports Partnerships (CSPs)

CSPs are networks of local agencies committed to working together to increase the number of people taking part in sport and physical activity. Most of the CSPs have funding pages which have information on local and national funding sources. For more information on CSPs please visit the CSP Network website - <http://www.cspnetwork.org/your-csp>

Tesco Bags of Help Grant

Bags of Help is Tesco's local community grant scheme where the money raised by the carrier bag charge in Tesco stores is being used to fund thousands of community projects across the UK. The projects must meet the criteria of bringing benefits to the community.

Bags of Help is administered by Groundwork who is working with Greenspace Scotland to support successful projects in Scotland.

<https://www.groundwork.org.uk/Sites/tescocommunityscheme/pages/Category/boh-grant-for-project-tes>

Sport Capital Fund

Sporting Capital is the first social investment fund in England that focuses specifically on organisations and projects that help to develop communities through sport and physical activity. They have a £3m Fund that provides loan funding of between £50,000 and £150,000 to eligible organisations.

See their web site www.sportingcapital.org.uk for more details.