



BRITISHROWING

# Regional Chair's Report Eastern Region

September 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

### **British Rowing School Age Rowing Strategy**

British Rowing's School Age Rowing Strategy has been created to support the continued development and growth of school-age rowing over the next four years. The strategy has been informed by a comprehensive review of school-aged rowing undertaken in 2017 with the support of the Youth Sport Trust. The review explored the current landscape of school-age rowing, why young people and schools row, as well as key challenges and opportunities. There was extensive research and consultation to inform the development of the strategy, including input from state schools, private schools, rowing clubs, school age rowing organisations, high-performance coaches and parents. You can download a copy of the Strategy [here](#) and if you are interested in keeping up-to-date on the implementation of the School Age Rowing Strategy, sign up to the newsletter [here](#).

### **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](http://www.loverowing.org)

### **British Rowing Indoor Championships now open for entries**

The Mizuno British Rowing Indoor Championships (BRIC) returns to the Lee Valley VeloPark on Saturday, 7 December, and entries are now open. Additional adaptive events have been introduced this year, with both four and one minute events for each adaptive category and the addition of IR1 and IR3 (Invictus Rowing) categories. BRIC is open to all ages and abilities, from school year 7 upwards. Sign up [here](#).

### **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 attached to the email that was sent with this update for details. Staff from British Rowing's Education & Training and Community Support teams will be attending the conference to answer any questions about British Rowing coaching courses or the ClubHub Portal.



### **British Rowing Annual Safety Audit**

The 2019/2020 annual Club Safety Audit is now live and club Rowing Safety Advisers have been emailed with details. Once clubs have completed and submitted their audit online, a copy will be sent to them and your Regional Rowing Safety Adviser (RRSA). RRSA's will then review the submissions and will contact clubs directly to confirm they have been accepted, or with any follow-up information. We're encouraging clubs to give this their earliest possible attention, as any club whose audit is not submitted by Friday 29 November 2019 will be temporarily suspended from racing on Monday 2 December 2019, until their audit has been completed and accepted. British Rowing will be reminding clubs as often as possible about the audit to ensure that everyone successfully completes them on time.

### **British Rowing membership update for schools**

British Rowing recently sent an update to all school rowing administrators with an update for the year ahead. This was sent via email on Friday 27<sup>th</sup> September and included step-by-step instructions on how to bulk upload new members via the British Rowing ClubHub Portal. Also included was information on the ClubHub Portal site speed, how to order replacement membership cards, transferring members from schools or clubs and the British Rowing Safety Audit. If any school clubs in your Region has not received this email, please contact the British Rowing Membership Services team at [membership@britishrowing.org](mailto:membership@britishrowing.org)

### **Information in the event of a 'no-deal' Brexit**

The DCMS sport team has compiled a list of links to some of the most relevant guidance for sports organisations ahead of a potential 'No Deal' EU exit, based on discussions with the sector. This is attached to the email that was sent with this update, and we recommend that any community club, schools or university planning on a rowing trip abroad familiarise themselves with this guidance, as appropriate.

### **Row the Distance launched**

British Rowing and virtual medal company Race The Distance have created 'Row The Distance', an online platform centred around indoor rowing challenges and medals. It's a great way to get active and challenge yourself and your members, it's also a fun way to boost training! Read more [here](#). The Row the Distance website can also be accessed directly at <https://rowthedistance.com/>



### **Ex-GB Rowing Team equipment for sale**

The GB Rowing Team are selling off used sweep and sculling blades along with some gym equipment. Further information is attached to the email that was sent with this update.

### **Removals from the list of affiliated clubs**

The following clubs have unpaid subscriptions from 1<sup>st</sup> April 2019, and in line with Regulation 13.5.3 have been contacted to advise them of their removal from the list of Affiliated Members: Black Prince Boat Club; Hereward Rowing Club; The Infidel Boat Club; Oundelian Boat Club; The University of Northampton Rowing Club; Berkhamsted School Boat Club; St Johns College School Boat Club; Craster Coastal Rowing Club; Aldworthian Boat Club; Roehampton University Rowing Club; James Allen's Girls School Boat Club; Fuzzy Duck Boat Club; Canford Crocodiles Boat Club; Icena Club; Scarborough ARC; South Woodham Ferrers Yacht Club.

### **Tell us about your environmental initiatives**

British Rowing is keen to hear and share details of any environmental initiatives that clubs or rowers are involved in. We would particularly like to know about any cross-community or sport projects. Great examples of these include Nottingham's water bottle scheme, Shrewsbury's reusable cups, Rowers Against Rubbish, National Schools' Regattas reusable water bottles scheme, etc. We would love to hear about more great initiatives that rowers are doing to help protect the planet! Please contact our Rowing & Regatta Magazine editor Wendy Kewley at [wendy.kewley@britishrowing.org](mailto:wendy.kewley@britishrowing.org)

### **Rowing & Regatta themes**

Here are the future themes for next two 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](mailto:wendy.kewley@britishrowing.org):

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



### **British Rowing Membership Survey 2019**

The annual British Rowing Membership Survey is still open and we're keen to hear from you. 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 until Monday, 21st October so please share the survey with your club and rowing network: <https://www.britishrowing.org/2019/09/membership-survey/>

### **ClubHub Portal updates**

It's now 10 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. If you want to know more about ClubHub, please email our Community Support Team at [clubsupport@britishrowing.org](mailto:clubsupport@britishrowing.org)

### **Selection policy for England teams - National School Games**

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 our 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**

British Rowing's Rower 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/>

### **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>

### **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](mailto: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!

### **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](mailto:phil.hornsey@britishrowing.org).

### **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](mailto: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/>

### **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 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-YtcSc4CH7ll4jmBRgulObU/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](mailto:indoor@britishrowing.org)

### **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](#).

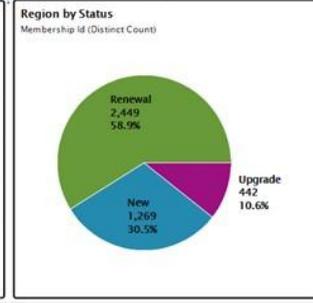
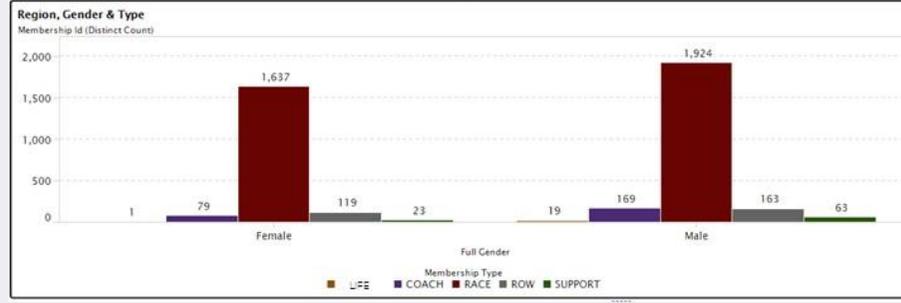
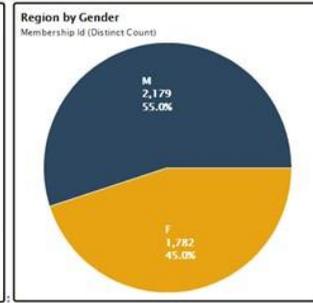
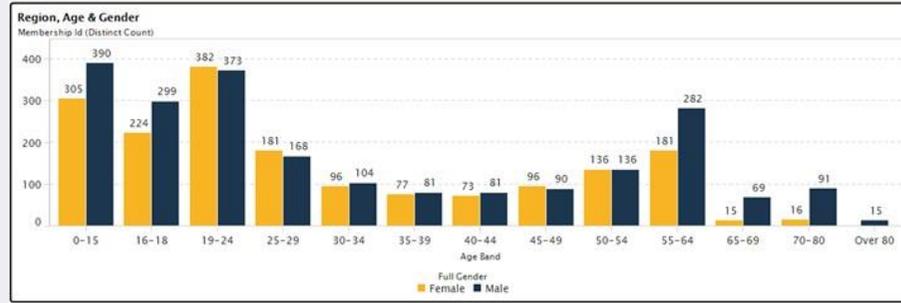


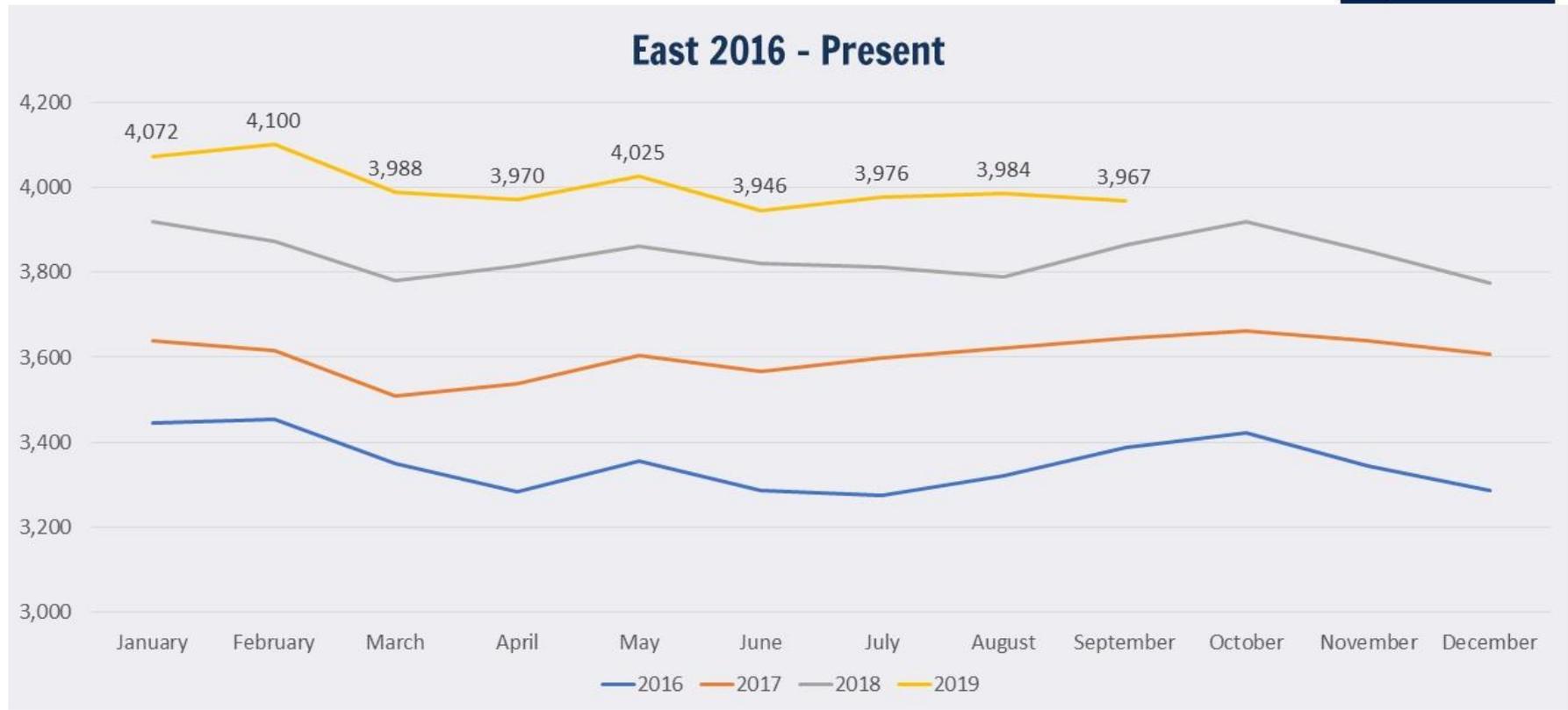
## Regional Membership Stats

September 2019

### East

Sep-19	Sep-18	% change y-o-y	Net change y-o-y
3,967	3,847	3.1%	120





## National Membership Stats

September 2019

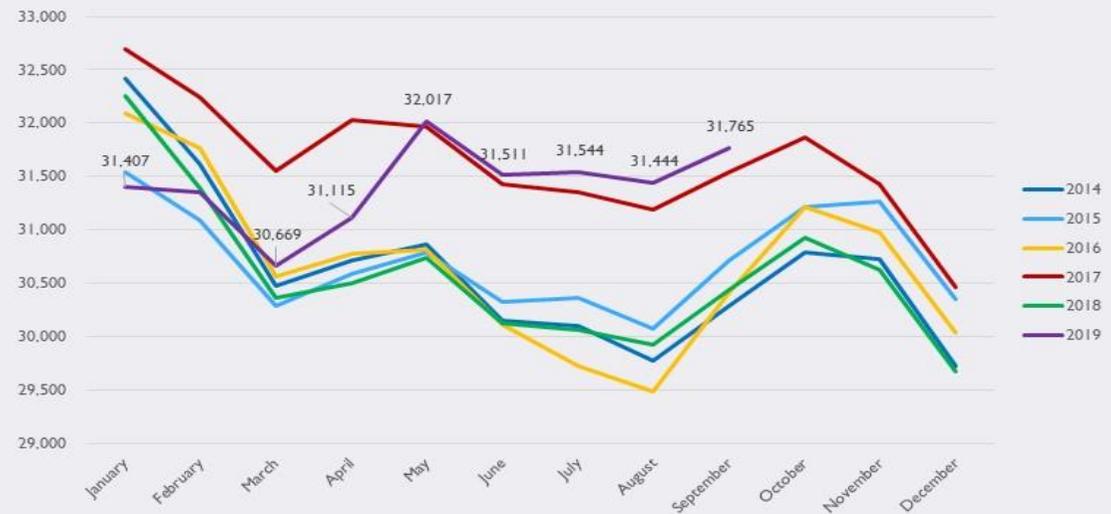
### Total members 2014 to present

In September 2019 we had 31,765 members. This means we are ahead of the 2017 trend line for the 5<sup>th</sup> consecutive month.

We should expect to reach over 32,000 members in October as this is the second highest month of the year behind January.

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 line, getting closer to the 2017 record.

Total Members, 2014 to present



## Comparing like for like

Before we changed systems in November 2018 we didn't include Scotland and Wales in the total figures. The graph below tracks monthly membership excluding Scotland and Wales from 2016 - present.

Monthly Memberships excl. Scotland and Wales



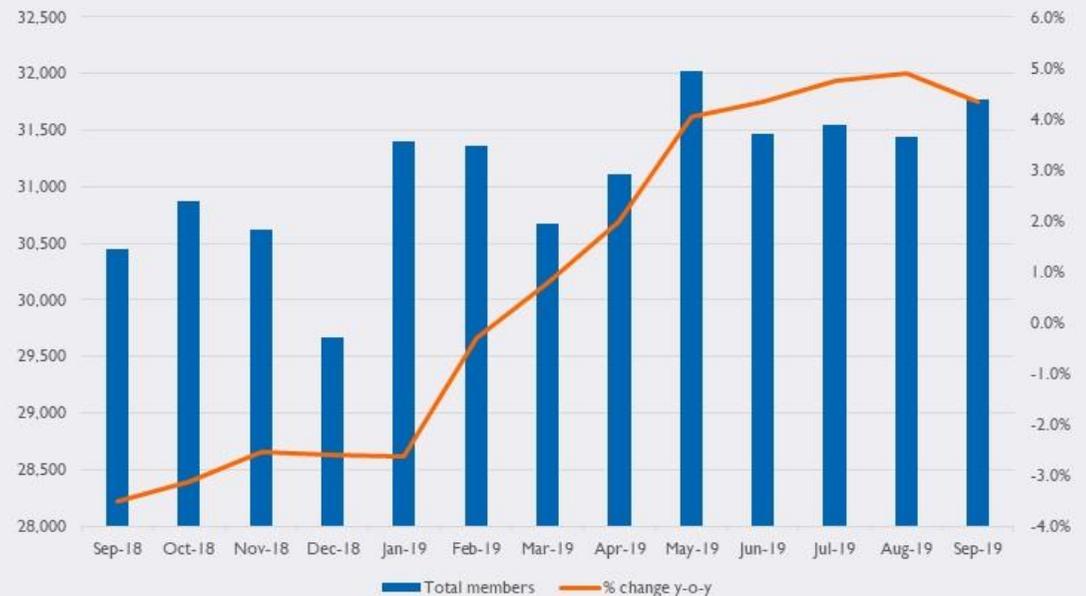
## Total Members

September 2019	31,765
September 2018	30,444
% change y-o-y	4.3%
Actual change	+1,321

In September 2019 we are still recording a minimal 4% increase when comparing members year-on-year.

Of the 1,321 increase 61% are from the British Rowing regions (802) whereas 39% of the increase took place in the other, non-BR, overseas, Scottish and Welsh regions (519).

Total Members, rolling year



September 2019

## Membership by type

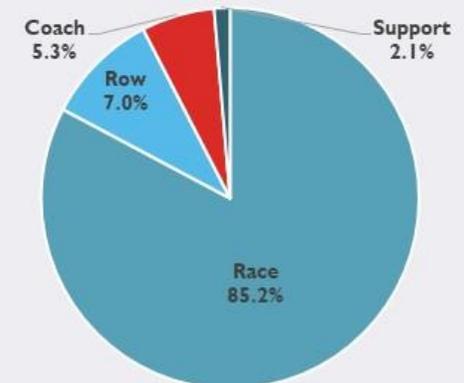
Race memberships still make out the majority of memberships with a strong 5% increase compared to Gold members in September 2018. Support membership is still increasing as well from 476 in January, 662 in August to 697 in September. We can expect Support to reach >1000 by the end of the year.

Coaching membership increased slightly in September compared to August but this remains something that should be investigated further (2125 Jan, 1773 August, 1797 September).

	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
September	28457	27038	5.25%	1419

Membership type	Number of memberships <i>*people can have more than one</i>	
	September	%
Race	28457	85.2%
Row	2328	7.0%
Coach	1767	5.3%
Support	696	2.1%
Life members	171	0.5%
<b>TOTAL</b>	<b>33419</b>	<b>100%</b>

## Membership by type



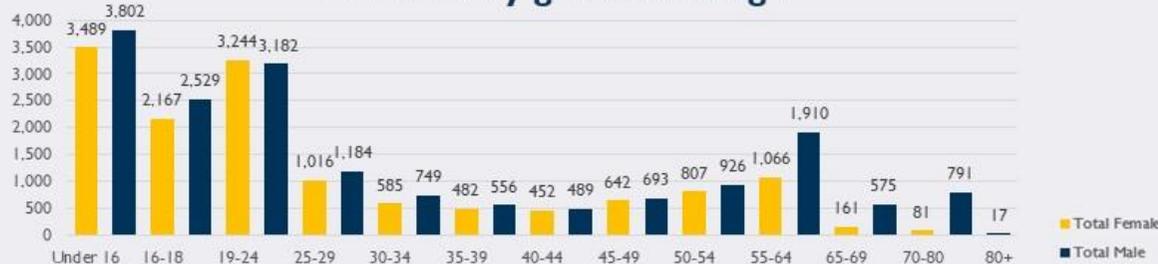
## Membership by gender

In September 2019 the gender split moved closer to 50/50 with 44.7% female and 55.3% male members.

In terms of age and gender we saw the largest net increase in members 16-18 year old, followed by 55-64 year old females. A decrease compared to the same month last year were 0-15 year old males and 30-34 year old females.

Looking at percentages, females 55-64 (20.3%) and 65-69 (16.7%) saw the biggest increases (mainly in the Eastern region) followed by 70-80 year old females (14.1%) and 25-29 year old males (11.2%) mainly in WAGS and the West Midlands.

Members by gender and age



Age	Gender	Sep-19	Sep-18	% change y-o-y	Net change y-o-y
0-15	Female	3,489	3,372	3.5%	117
	Male	3,802	3,894	-2.4%	-92
16-18	Female	2,167	1,967	10.2%	200
	Male	2,529	2,381	6.2%	148
19-24	Female	3,244	3,061	6.0%	183
	Male	3,182	3,037	4.8%	145
25-29	Female	1,016	1,011	0.5%	5
	Male	1,184	1,065	11.2%	119
30-34	Female	585	624	-6.3%	-39
	Male	749	741	1.1%	8
35-39	Female	482	496	-2.8%	-14
	Male	556	517	7.5%	39
40-44	Female	452	423	6.9%	29
	Male	489	455	7.5%	34
45-49	Female	642	606	5.9%	36
	Male	693	684	1.3%	9
50-54	Female	807	732	10.2%	75
	Male	926	925	0.1%	1
55-64	Female	1,066	886	20.3%	180
	Male	1,910	1,798	6.2%	112
65-69	Female	161	138	16.7%	23
	Male	575	576	-0.2%	-1
70-80	Female	81	71	14.1%	10
	Male	791	802	-1.4%	-11
Over 80	Female	17	18	-5.6%	-1
	Male	170	164	3.7%	6

\* Cells were highlighted in green or red when a % y-o-y difference >5% was found.



### 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
Clean Sport - Lea Rowing Club	Lea Rowing Club	15/10/2019	15/10/2019
Capsize and Recovery Workshop, Berkshire	Queen Anne	13/10/2019	27/10/2019
Rowing Leader Award (16-18yrs), Northwich	Northwich RC	20/10/2019	31/10/2019
Capsize and Recovery Workshop - Cardiff	Llandaff Rowing Club	18/10/2019	03/11/2019
Clean Sport - Staff Training	British Rowing HQ	07/11/2019	07/11/2019
Session Coach - Loch Lomond	Loch Lomond Rowing Club	18/10/2019	16/11/2019
Capsize and Recovery Workshop - Nottingham	Bingham Leisure Centre	01/11/2019	17/11/2019
Session Coach - Bristol	Salford Rowing Centre	25/10/2019	23/11/2019
Senior Club Coach - Induction & Telephone Interview, Durham	Telephone Interview by arrangement	29/11/2019	29/11/2019
Session Coach - Swansea	City of Swansea Rowing Club	01/11/2019	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
Club Coach - Sliding Seat - Cardiff	Channel View Leisure Centre	03/01/2020	01/02/2020
Club Coach - Sliding Seat - Strathclyde Park	Scottish Rowing Centre	22/01/2020	22/02/2020
Man Overboard and Recovery - New Quay	New Quay Yacht Clubb	14/02/2020	29/02/2020
Club Coach - Fixed Seat, New Quay	New Quay Yacht Club	06/03/2020	04/04/2020
Club Coach - Fixed Seat, Richmond upon Thames	14th Richmond Viking Scout Boating Centre	12/03/2020	24/04/2020

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](#)
- [GB rowing team return to training](#)
- [British Rowing Partners with Eve sleep](#)
- [From beginner rower to world masters champion in two seasons](#)
- [Bedford and Star rowers enjoy success at world masters](#)

For more news from British Rowing, head to our news section on [www.Britishrowing.org](http://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](mailto:michelle@teambedsandluton.co.uk)
- Buckinghamshire: Leap - [skitson@leapwithus.org.uk](mailto:skitson@leapwithus.org.uk)
- Cambridgeshire: Living Sport - [info@livingsport.co.uk](mailto:info@livingsport.co.uk)
- Essex: Active Essex - Volunteer and Club Development: [Toby.Andrews@ActiveEssex.org](mailto:Toby.Andrews@ActiveEssex.org)
- - Coaching lead: [Lauren.Neve@ActiveEssex.org](mailto:Lauren.Neve@ActiveEssex.org)
- Hertfordshire: Herts Sport Partnership - [info@sportinherts.org.uk](mailto:info@sportinherts.org.uk)
- Norfolk: Active Norfolk - Club development: [aaron.roberts@activenorfolk.org](mailto:aaron.roberts@activenorfolk.org)
- Northamptonshire: Northamptonshire Sport – [info@northamptonshiresport.org](mailto:info@northamptonshiresport.org)
- Suffolk: Suffolk Sport -[Info@suffolksport.com](mailto:Info@suffolksport.com)

British Rowing Community Support Team: [clubsupport@britishrowing.org](mailto: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/>

### **Active Partnerships (Old CSPs)**

Active Partnerships 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 Active Partnerships have funding pages which have information on local and national funding sources. For more information on Active Partnership please visit the Active Partnership Network website - <http://www.activepartnerships.org/active-partnerships>

### **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](http://www.sportingcapital.org.uk) for more details.