

A close-up photograph of a rowing blade, which is a long, flat, triangular piece of wood or composite material. The blade is painted in three distinct colors: a light blue section on the left, a bright yellow section in the middle, and a dark blue section on the right. The blade is positioned diagonally across the frame, with its tip pointing towards the bottom right. The background is a body of water with a blue tint, showing some ripples and reflections. The overall lighting is bright, suggesting an outdoor setting.

Nottingham Rowing Club

Induction Pack

May 2026

Welcome

Welcome to Nottingham Rowing Club (NRC), the largest club in the East Midlands and one of the most successful clubs in the country. It was founded in 2006 following the merger of Nottingham Boat Club (est1892) with the Britannia Boat Club (est1869).

We are fortunate to have a superb c.10km stretch of wide and uninterrupted River Trent at our disposal. The National Water Sports Centre at Holme Pierrepont is close by and is used by many of our rowers, especially when river conditions are unfavourable.

There is a very active social side to the club, aided by a convivial clubhouse with a large balcony overlooking the river and a well stocked bar.

Whether you are a high-performance athlete or a recreational rower (and everything in-between!) we very much hope you have an enjoyable and rewarding time as a member of NRC.

Club Structure

The club is run by a committee of volunteers drawn from the membership of the club. The Senior Officers are the President, Club Captain, Chair, Secretary and Treasurer.

If you have anything you would like raised at the monthly committee meetings, please speak to a committee member or your squad representative. Details of the current committee can be found on noticeboards and on the club website.

<https://nottingham-rowing-club.co.uk/about/committee/>

The club has a large team of professional and voluntary coaches to support each squad and to facilitate rower development.

The club's AGM is usually held in July.

General Information

The main clubhouse contains changing/shower facilities, a small kitchen and a well stocked bar, in addition to a lounge area and large function room.

Members have access at all times, except when there is a private function. Those last to leave are asked to turn off all lights/appliances and to secure the building. Members can request a key for the clubhouse, gym and boat houses.

Other than for boat storage on the ground floor, the Britannia building is out of use pending re-development plans with NFFC.

Parking is usually available on Trentside except when there are football matches or other events. Spaces can be limited at peak times coinciding with the other water-based clubs on Trentside. Look out for club communications for details of any restrictions. Free parking on Victoria Embankment is normally available in the evenings and at weekends.

What the club expects from its members

- **Behavioural Standards:** The club has a Code of Conduct and bye-laws which everyone is expected to adhere to. These, together with the club's Grievance and Disciplinary Process, can be found on the club website.
- **Volunteering:** The club is run by volunteers, so everyone is expected to help keep the club clean and tidy and to offer help with major events.
- **Squad Commitment:** This will vary greatly according to the squad and coach expectations, but members should agree to their commitment in advance.
- **Financial Responsibility:** Paying subscriptions, entry fees and other accountable charges in a timely manner. If finance is a problem, then the club tries to help whenever possible.
- **Care of Property:** Looking after boats and blades, using equipment correctly, adhering to gym protocols and securing the buildings.
- **Safety and Navigation Rules:** Adherence at all times.

Safety

The club has a Safety Policy and Safety Plan that it expects its members to respect and abide by; these documents can be found on the club website and on the club safety noticeboards.

<https://nottingham-rowing-club.co.uk/about/safety-and-welfare/>

The Safety Plan itemises the rules and procedures for keeping us all safe. It also contains the Emergency Response Plan and Water Hazards Map. Please take time to read them – it is a condition of membership to do so.

The club learns from the incidents and accidents it becomes aware of and shares this information with others in the sport to learn too. We are committed to make use of British Rowing's Incident Reporting System and all members must submit a report after any incident or near miss (on and off the water).

Members are invited to refer any questions and concerns, relating to safety, to the Club's Rowing Safety Advisor (CRSA) or any committee member. Details of the CRSA are available on club noticeboards and the club website.

Safety Summary

This Safety Summary is a handy reference guide to the club's most important safety protocols and navigation rules to which all members must comply.

A copy is on the club website, and large poster copies are displayed at the entrances to the boathouses and in the gym at Sims.

Please take time to read it.

1 Before going on the water

- Be familiar with the Safety Plan, Emergency Action Plan, Circulation Pattern and Water Hazards Map. All available on the NRC club website.
- Boats that are 'quarantined' with a red tag must not be used.
- Conduct a 'bow to stern' safety check of the boat to include the efficacy of heel restraints.
- Coxes must wear a buoyancy aid or, preferably, a lifejacket.
- Each boat must have access to a phone in a watertight pouch.
- Check the river conditions and weather forecast. Do not row in conditions inappropriate to your level of expertise/experience.
- No boating is allowed when the height of the river is over 2.00m at Clifton Bridge.

2 Boating and Landing

- Boat and land with the bow upstream. Be vigilant for boats partly hidden by Trent Bridge.
- Wait on the north (City) side to cross before landing and give way to all traffic on crossing.
- Light pressure between Trent Bridge and Lady Bay Bridge.

3 Steering and Navigation

- Keep close to the north (City) bank when travelling upstream and to the south (County) bank when travelling downstream. Keep out of the middle of the river. Do not spin within 100m upstream of any bridge.
- Toll Bridge – Take the City arch going upstream and the County arch going downstream.
- Trent Bridge – Take the City arch going upstream and the middle arch going downstream.
- Lady Bay Bridge – Take the middle arch going upstream and the County arch going downstream.
- Clifton Bridge – Do not stop or spin underneath the bridge. Progress 250m upstream to avoid kayakers who may turn at speed under the bridge.
- Steers should look around at least every five strokes. Increase the frequency of looking when passing the Suspension Bridge.
- Downstream outings must terminate before the white-water course entrance. At times of high flow turn earlier at the ¼ mile lock warning sign.
- Downstream pieces above Trent Bridge must terminate at the Princess pier opposite the County Hall flagpoles.

4 Night and Twilight Outings

- No inexperienced rowers/coxes are to be on the water in the dark (before sunrise and after sunset), in twilight (30 minutes before sunset) or in poor visibility.
- Lights must be fitted on the canvas using raised mounts to enable clear sighting as follows:
 - White flashing light facing forward (bow).
 - White steady light facing aft (stern).
 - All lights must be bright and seen from a 120° arc. Do not use red lights or head torches.
- Reflective/white/lightly coloured clothing must be worn.
- No side-by-side racing. Slower boats must move close to the bank when being overtaken.

5 Single Sculling

- Single scullers must be assessed by a Level 3 Coach and have done a capsize drill before going on solo outings.
- Non-assessed single scullers must keep with other boats or be supervised from the bank or a launch.

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Safety Summary



6 Adverse Weather

- No river outings during thunderstorms and lightning or when such conditions are predicted. Observe the 30/30 rule (Safety Plan Section 1.6).
- No boats should go afloat in very poor visibility (<100m).
- Do not boat in very high winds.

7 Other River Traffic

- Motorboats and sailing dinghies have priority. Rowing/sculling boats must give way to avoid collision.
- Be especially vigilant for kayakers, swimmers and paddle boarders.
- Overtake on the outside of slower boats.
- Motorboats may use the central arches of Trent and Lady Bay Bridges in both directions. Be aware of boats exiting the lock.
- Treat all river users respectfully and report any abuse.

8 And afterwards

- Clean the boat thoroughly.
- Use a red tag to quarantine the boat if it has been damaged or needs repair. Use the QR-code to report what is required.
- Notify your coach, Captain or CRSA of any incident, near miss or damage. Complete an online BR Incident Form.
- Wash your hands (especially before eating) and be aware of the risk and symptoms of Weil's Disease.

Safety Essentials

- No boating is allowed when the height of the river at Clifton Bridge is 2.00 meters or more. See: <https://check-for-flooding.service.gov.uk/station/2217>
- All boats not under the direct supervision of a coach must have access to a mobile phone in a watertight pouch.
- Single scullers wishing to go on solo outings must be assessed by an experienced club coach and have completed a capsized drill.
- Boat and land with the bow facing upstream and row with light pressure only between Trent Bridge and Lady Bay Bridge.
- Non-swimmers are not allowed on the water in club boats. Membership is conditional on confirmation of swimming ability when joining NRC.
- In the event of an incident, accident, or near miss, a BR Incident Report must be submitted. See: <https://incidentreporting.britishrowing.org>.

Emergency Access Points



- 1 The landing platform at **Holme Pierrepont** can be accessed at: National Water Sports Centre, Adbolton Lane, Holm Pierrepont, Nottingham, NG12 2LU (GR: SK 6091 3892).
- 2 **Nottingham Rowing Club** is located at: Middle of Three, Trentside North, West Bridgford, Nottingham NG2 5FA (GR: SK 5824 3834).
- 3 The **Toll Bridge** can be accessed at: Victoria Embankment, NG2 2JY (GR: SK 5696 3816), on the north (City) bank.
- 4/5 At **Clifton Bridge** the river can be accessed at: Clifton Lane on the south (County) bank (GR: SK 5620 3671) and from Lenton Lane on the north (City) bank close to Grove Farm (GR: SK 5570 3643).

Toll Bridge
Going upstream use the narrow north (City) arch. Coming downstream use the right (County) arch. Do not allow the stream to carry you wide otherwise you may encounter the central bridge buttress. Do not spin within 100m upstream of the bridge.

Embankment
Going upstream the current can push you out. Keep close to the north (City) bank when going upstream around the tight bend. Don't cut the corner going downstream.

River Lodge and TS Orion
Jetties, buoys and large cruise boats on north (City) bank.

River Leen 'Black Gate'
After heavy rain there can be a strong cross-current from water entering the river.

Lady Bay Bridge
Take care in the fast stream. Use the middle arch going upstream and the south (County) arch downstream.

Colwick Marina
Take care of motorboats exiting from the marina.

Nottingham Sailing Club
Give way to sailing boats at all times. Do not row through a flotilla when a race is taking place.

Suspension Bridge
Buttress on the south (County) bank protrudes into the river. Going downstream be aware of the effects of helicoidal flow.

Trent Bridge
Going upstream use the north (City) arch. Going downstream use the middle arch. All downstream pieces to terminate at the Princess pier/County Hall flagpoles. Paddle at light pressure through the middle arch of the bridge. Do not spin within 100m upstream of the bridge.

Trentside
Heavy river traffic in addition to boats launching/landing at the rowing/canoe clubs. Take special care for motorboats exiting the lock on the Beeston Canal (north/City bank). Paddle at light pressure between Trent and Lady Bay Bridges. Obey the circulation pattern for boating and landing. When boating look out for boats moving downstream and hidden in 'blind spots' under Trent Bridge.


Holme Lock and Sluices
Outings to terminate and turn before the White Water Slalom course entrance (150m sign). Turn earlier at times of high flow at the 1/4 mile sign opposite the entrance to Colwick Marina. If going down through the lock (permission is needed from C&RT) keep to the right to avoid the intake of HEP station (check if operational beforehand and have someone on the bank holding a bow rope) and ensure all crew are wearing PFDs. Watch out for motorboats exiting the lock.

Clifton 'Island'
The river is shallow and fast flowing. River bed is increasingly stony. Do not row further upstream from this point.

The Pipe
Shallow and fast flowing water on the approach from Clifton Bridge. Bigger boats might not wish to go beyond here.

Clifton Bridge
Going upstream the current can push you out. Keep a careful lookout when travelling in both directions. Shallow water near south (County) bank.

Wilford, B&Q and 'Bee Bank'
Shallow water close to both banks. Weeds may be prolific in summer. The channel can be narrowed so take care of boats straying into the middle.



Nottingham Rowing Club
Significant Water Hazards and Emergency Access Points

First Aid

The club has nominated first aiders who have a certificated Level 3 Emergency First Aid at Work qualification. Lists of first aiders are displayed on noticeboards throughout the club. Coaches are also trained in first aid.

First aid boxes are available at the entrance to the boathouses, in the gym, and behind the bar in the clubhouse. However, please provide your own micro-pore tape and plasters for your own blisters!

The club has two defibrillators (AEDs), both of which are open access:

- **Clubhouse** – Located outside and attached to the wall below the balcony.
- **Gym** – Located on the inside immediately to the right of the entrance.

Members are encouraged to know how to respond to someone who has collapsed – both on and off the water. This is covered in the Safety Plan and the Emergency Response Plan. Please take time to find out what to do.

Welfare

NRC takes the welfare of its members very seriously and the club is guided by British Rowing's welfare and safeguarding policies. Details of NRC's Welfare Officer and specific club policies for Welfare and Safeguarding are available on the club website.

<https://nottingham-rowing-club.co.uk/about/safety-and-welfare/>

The club has mental health first-aiders and a counsellor who are available to support members on a confidential basis.

It is the responsibility of everyone to ensure the club remains a safe place, free from discrimination, harassment, fear and, as far as possible, risk. All members of the club should expect to be treated with courtesy and respect.

If you have concerns about any negative or unsafe behaviour at the club, please contact the Welfare Officer, your coach, your squad representative, or any member of the committee.

NRC Code of Conduct

The club's Code of Conduct makes clear our expected standards of behaviour.

Broadly, this requires everyone to behave appropriately at all times and never in a way which might bring the club into disrepute. This includes the requirement to act equitably towards others and to not allow any form of discrimination or victimisation to go unchallenged.

If any member of the club feels that a breach of the Code of Conduct has occurred, they can raise a verbal or written complaint with the Welfare Officer, their coach, squad representative, or a member of the committee.

The NRC Code of Conduct and the NRC Grievance and Disciplinary Process are available on the club website.

<https://nottingham-rowing-club.co.uk/documents/>

Gym

We have one of the best rowing gyms in the country.

To help keep the gym a safe and pleasant training environment, please observe the gym protocols which are displayed on these posters in the gym.

If you are the last person to leave the gym, then you must secure the premises by locking the door/shutter and turning off the lights, fans, sound system etc.

A key is available to members on request.

NRC Gym Protocols

Please help us to keep the gym a safe and pleasant training environment by observing these common-sense rules.

Thank you - from the Committee.



Health

Those with asthma are advised to always have their medication/inhaler with them.

Athletes with a pre-existing medical condition (including illness/injury) should notify their coach prior to a supervised session.

Be aware of the location of the club's AEDs and take responsibility for some basic CPR training. A list of nominated first aiders is on the notice board. The first-aid box contains basic supplies for minor issues.

Safety

All members are responsible for their own safety whilst using the Club's gym equipment.

Bags and other personal items should not be left on the gym floor.

Should any member have doubt concerning how to use the equipment, or of the correct technique, they should seek guidance from a coach.

Always use a spotter when lifting heavy weights.

Junior members are not permitted to use any of the gym equipment unless accompanied by a qualified coach or supervised by a someone approved by the Committee.

To reduce the risk of accidental slips, wipe and clean the floor around the equipment after use to remove excessive sweat.

Hygiene and Equipment

All members are responsible for keeping the gym clean and tidy. Put all rubbish in the bins provided and remember to take away all personal items.

Do not bring food into the gym. Only water and sports drinks are allowed.

Every member is responsible for returning weights and other equipment they have used to its proper location.

After each use, clean all items of equipment using the supplies provided. This especially applies to seats, handles and other surfaces that have been touched.

The floor around the equipment should be wiped and cleaned after use to remove excessive sweat.

Security

The gym is for the use of NRC members and those enrolled on L2R courses and other official events. Anyone else must have permission from the Captain.

If you are the last person to leave the gym, then it is imperative that you secure the premises by locking the door/shutter and turning off the lights/fans/sound system etc. This applies at all times of the day as well as in the evening.

Squads

Most members join a squad – Intermediates, Seniors, Masters, PDA, and Recreational. A description of each one can be found on the NRC website.

<https://nottingham-rowing-club.co.uk/squads/>

Those graduating from a Learn to Row Course generally join the Intermediates. This allows you to develop your rowing skills whilst gaining confidence and experience. You will also learn how to sweep row as well as scull.

Thereafter, which squad you join will be largely dependent on your aspiration to race and your age. Rowers become Masters in the year of their 27th birthday.

Anyone competing for the club must do so wearing NRC race kit and they must also have BR Race membership. A one-day race licence (Day Ticket) can be purchased for some events for those without BR Race membership.

Some join the Recreational Squad directly after a Learn to Row Course.

Events

The club helps to organise four events a year: Nottingham Autumn Head, Nottingham Head of the Trent, Nottingham City Regatta and Nottingham Masters & Club Regatta.

These great racing opportunities for competitors help to showcase NRC and generate important income for the club. Supporting these events, as a competitor or helper, is a good way to become more involved in the club.

Other club events include an annual Good Friday Row from Nottingham to Newark (35km) and fun Pudding Races at Christmas.

The club participates in a full racing calendar which includes the Head of the River Race, WeHORR, Henley Royal Regatta, Henley Masters Regatta, World Masters and numerous other regional head races and regattas.

The Senior and Masters Squads have training camps, frequently abroad.

Boats

We have a large and diverse fleet at NRC with boats rigged for sweep oar rowing and sculling, both coxed and un-coxed.

Crew boats are generally allocated to squads, and the Club Captain and relevant coach should be asked if you want to use other equipment.

The club is increasingly making use of an electronic boat booking system. Information on how to sign-up and use the system will be given when you join a squad.

<https://www.fitclub.site/home>

Most privately owned boats start with the boat ID NRC 9xx or NRC 6xx and/or have a black tag. Such boats must not be used without the permission of the owner(s).

Please wash your boat down thoroughly (inside and out) at the end of the session and return it to the rack it came from. When putting the boat on the rack make sure it is resting on the shoulders (saxboard) of the boat, not the riggers to avoid damage.

Blades and Safety Equipment

Club blades are sorted into sets according to whether they are for sculling or for sweep rowing. Some sets are specific to a particular squad so it's very important that blades are returned to their correct location after use.

Private blades are stored separately and should not be used without permission from the owner.

Manual lifejackets and buoyancy aids (PFDs – personal flotation devices) are kept on pegs at the entrance to the boathouses. Coxes must always wear a PFD and are advised to use a lifejacket, worn over clothing, to provide adequate buoyancy. Users are responsible for checking and wearing their PFD correctly.

Please always return PFDs to their correct location. Quarantine any damaged PFDs and notify the Club Rowing Safety Advisor.

Throw lines for use in an emergency are located inside the boathouse entrances. Coaches use their own throw lines.

Reporting Damage

To help us manage the fleet and allow timely repairs please follow this process:

- Following damage to a boat, return it to its rack.
- Place a **red tag** on the boat/rigger/gate to allow identification of damaged equipment and to quarantine it from being used.
- Scan any of the QR codes posted around the club and provide details of the damage. Or use this link: <https://forms.gle/fx7z1nj3S9oVKLKW8>.
- Submitting the form notifies a number of people responsible for organising repairs and the red tag will be removed when the damage is repaired.
- Please aim to fix simple problems, such as loose bolts, yourself. Only use the reporting system if spares or parts are needed.
- Do not use any boats with **red tags** – they have been quarantined!

Useful Links

- NRC Website: For all club information, including Safety and Welfare.
<https://nottingham-rowing-club.co.uk>
- Environment Agency: For the height of the River Trent at Clifton Bridge
<https://check-for-flooding.service.gov.uk/station/2217>
- RowSafe: British Rowing's safety guidance.
<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>
- Safety Incident Reporting: BR's reporting system to use following an incident.
<https://incidentreporting.britishrowing.org>
- World Rowing Learn to Row Booklet: A comprehensive rower's manual.
https://worldrowing.com/wp-content/uploads/2023/11/Learn-to-Row-Booklet_V2.pdf

Some specific British Rowing links

- Glossary of rowing terms

<https://www.britishrowing.org/knowledge/rower-development/british-rowing-technique/glossary/>

- Equipment

<https://www.britishrowing.org/go-rowing/equipment/>

- Rowing technique

<https://www.britishrowing.org/knowledge/rower-development/british-rowing-technique/>

- Training advice for beginners

<https://www.britishrowing.org/knowledge/rower-development/training-advice/>

And finally

Thank you for taking time to read this Induction Pack and for becoming a member of Nottingham Rowing Club.

Please chat with other members, and especially your Squad Representative, who will be delighted to answer any questions you have.

All members are insured when boating from our premises but we recommend that active members join British Rowing (BR) for added security. You must have BR Race membership (or a Day Ticket) if you wish to compete.

<https://www.britishrowing.org/join/>

Please remember that a condition of NRC membership is that you have agreed to abide by the important club documents on Safety and the Code of Conduct.

See you on the water!

NRC Committee