



MONMOUTH COMPREHENSIVE SCHOOL BOAT CLUB

Monmouth Comprehensive School
Old Dixton Road
MONMOUTH
Monmouthshire NP25 3YT
United Kingdom

MCSBC Staying safe and Heathy 2021-2022

Safety

All athletes are required to pass a swim test and a capsize drill before water activity without a buoyancy aid. All members (including the Junior Club) as at the end of the past season have met this requirement. Key safety issues for individual sessions are highlighted in the start of session briefing, along with reminders where deemed appropriate to maintain the highest safety standards. We are very proud of strong safety record and determined to keep it.

Covid

We have in place a set of covid-19 protocols to keep both members and those supporting our members safe. Any changes regarding our protocols will be communicated to members. These protocols can be found on a website on the main page. In addition to these changes, we have adopted a duty of care form policy. This is to help our members to take into consideration their health before a session. We want to members healthy and full engaged with the session and this form is part of the process to safeguard everyone at the session.

Duty of care link – [click here](#)

Covid-19 Protocols ink – [Click here](#)

Nutrition for Training

Rowing is a physically intense sport (indeed this is often much of its attraction). In the past year, there have again been several occasions when athletes have come to training having eaten very little during the day. This has left them feeling faint and much below their usual levels of awareness and competence, causing the coaches safety concerns in our water based environment.

I am happy to provide nutritional advice where I am able to do so. However, I am not specifically qualified in such matters and some parents may need to seek more individual guidance for specific needs. In very simple terms, nutritional guidance means “eat plenty and avoid too many sugary snacks”. Rowing burns a **lot of energy** and a carbohydrate based diet enables the best performance. It is an inescapable fact that it is often girls who do not eat enough for training, although on occasion it also applies to boys.

☎: 07712 709023

E-mail: mcsbc.monmouth@gmail.com

Website – mcsbc.co.uk



MONMOUTH COMPREHENSIVE SCHOOL BOAT CLUB

Monmouth Comprehensive School
Old Dixton Road
MONMOUTH
Monmouthshire NP25 3YT
United Kingdom

Hydration

Regular water intake is essential for effective, successful and safe exercise. Many athletes underestimate how much is needed and we seek to support better knowledge. However, in recent years, it has been inappropriate to see so much water purchased (at typically inflated prices), when drinking water is readily available from the taps at the rowing club. In addition, the litter left around from the “one time usage” bottles has been of great concern. These bottles can be recycled but not very cost effectively, even if they are disposed of in the correct way.

The club will provide FREE to all new athletes a club branded sports water bottle (750ml) that will be labelled. The cost of this initiative is being met by a valued supporter of the club. Only reusable bottles (other designs are fine) will be used at training please. More club branded bottles can be purchased for £3 each from MR from a small stock of bottles. This should be much cheaper for parents and more friendly to our beautiful riverside environment.

Valuables at Training and Races

Many athletes have expensive mobile phones and the like. In the past, we have had thefts from the changing rooms at the rowing club. The school’s policy on such items is that they are brought to school (and hence training sessions and races) totally at the owner’s risk. Communication with home after training or events is readily available via the coaching staff.

Parental Support at Races

It has been wonderful to see the growth of support for the club at events in recent years. I very much encourage this. Details of event locations are available on the link I give with event details on www.mcsbc.co.uk. However, please do contact me with any problems, questions over parking, etc..

To avoid awkwardness for athletes, coaches and parents during the season, I would ask parents to appreciate the following:

- Athletes are expected to travel to and from race events as a group, by minibus or coach. This typically means a long day of some 12 hours away from Monmouth. It is an important part of being an athlete that appropriate care is taken to transport and reassemble equipment with respect and to a safe standard. Exceptions to this rule are requested from time to time and refusal can offend.
- Parents are asked to respect the time and space necessary for crews to be prepared for racing and de-briefed after racing (prior to the hoped for family celebrations following a great race!).

Trips away from Monmouth

☎: 07712 709023
E-mail: mcsbc.monmouth@gmail.com
Website – mcsbc.co.uk



MONMOUTH COMPREHENSIVE SCHOOL BOAT CLUB

Monmouth Comprehensive School
Old Dixton Road
MONMOUTH
Monmouthshire NP25 3YT
United Kingdom

The 2022 Easter Training Camp (see the dates on the calendar) will be held in Monmouth again next year, keeping costs down to a minimum.

The National Schools Regatta, National Championships and Henley Royal Regatta typically require nights spent away from Monmouth as more experienced athletes will know. I try hard to keep these costs to a minimum, with accommodation typically booked at the local Travelodge/Premier Inn. Details of selection for such trips and accompanying cost details are usually publicised about a month in advance. Please contact me as soon as possible thereafter if costs are likely to cause any difficulty.

☎: 07712 709023

E-mail: mcsbc.monmouth@gmail.com

Website – mcsbc.co.uk