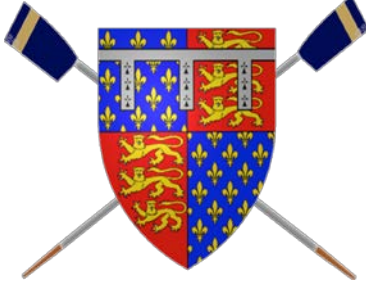


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Lancaster John O'Gaunt Rowing Club

Induction Pack – 2026 Edition

Welcome to Lancaster John O'Gaunt Rowing Club

Welcome to Lancaster John O'Gaunt Rowing Club, founded in 1842 and based on the picturesque 2.75km stretch of the River Lune.

We share our water with Lancaster University, the Grammar School, and our resident swans. In Summer paddle boarders and swimmers often share the water, as do kayakers, mainly boating from the Sea Scout steps and army camp. The only motorised traffic you will meet is coaching launches.

The club is a Community Amateur Sports Club (CASC) run entirely by volunteers. Membership fees, grants, and fundraising sustain the club, and every member plays a part in keeping it safe, friendly, and inclusive.

We welcome juniors, adults, beginners, and experienced rowers, whether your goal is racing, recreation, or fitness.

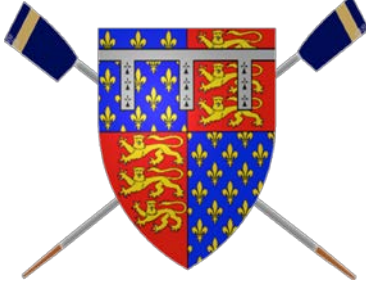
Club Sessions (arranged on Spond App)

- Junior session: Sunday 09:30
- Development squad: Saturday 10:00 and (Summer only) Wednesday 18:00
- Advanced squad: Saturday 08:00 and (Summer) Wednesday 18:00, and by arrangement with crew once agreed with coaches and after steering assessment complete
- U3A: Monday 14:00
- Veterans: Tuesday 10:00
- Winter Training: Most weekday winter evenings – indoor session

Your First Steps

When joining the club, please complete the following steps:

1. **Read and confirm you have reviewed:**
 - o **Club Safety Plan**
To be inserted
 - o **Club Emergency Response Plan**
 - o **Club Navigation/Circulation Pattern Document**

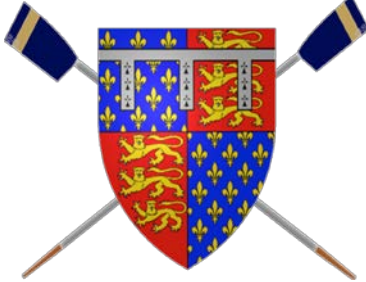
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- o **Club Before Boating Document**
 - o **Club Flood Emergency Response Plan**
 - o **British Rowing RowSafe**
<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>
 - o **BR Welfare and Safeguarding**
<https://www.britishrowing.org/knowledge/safeguarding/>
 - o **Club Welfare Document**
2. **Update your details on ClubHub:**
 Include emergency contact info, swimming ability, medical notes, and any relevant conditions.
 3. **Complete a capsized drill** and confirm that you can swim **50m in light clothing** before rowing without a lifejacket.
 4. **Book your induction and steering assessment** with a coach before rowing independently or steering a boat – see Steering Guidance on website.
 5. **Complete Single Scull Assessment** before rowing independently in a single
 6. **If racing**, purchase club kit:
 - o <https://hugga.com/collections/lancaster-john-ogaunt-rowing-club>
 - o <https://godfrey.co.uk/club/lancsjohnogauntrc>

Communication

We keep members informed through:

- **Website:** <https://www.lancasterrowing.co.uk>
- **Spond App:** for session sign-ups
- **WhatsApp:** squad and social groups
- **Noticeboards:** gym, boathouse corridor, and clubroom

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- **Social Media:**

- o Instagram: [@johnogauntrowing](#)
- o X (Twitter): [@LancasterRowing](#)
- o Facebook: [Club Group](#)

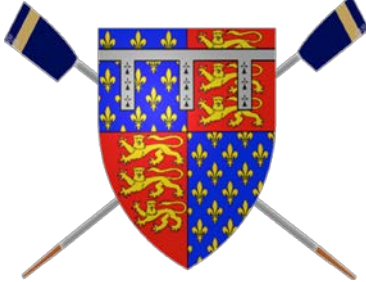
Club Contacts

Role	Name	Phone	Email
Club Chairman	Alex Meades	07920 825 277	TBC
Club Captain	Kieren Bell	07956 068 360	TBC
Vice Captain	Martin Casson Grave	07779 531 302	TBC
Safety Officer	Adam Green	07884 042 990	TBC
Welfare Officer	Lucy Whittaker	07943 566 994	
First Aid Leads	See noticeboard	—	—

Safety First

Emergency Procedures – See Emergency Response Plan

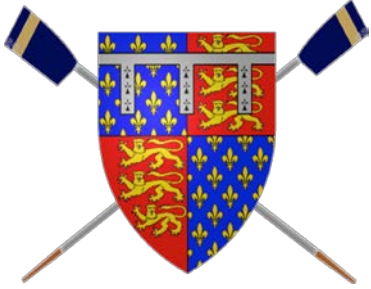
- **Defibrillator (AED):** Located in the **clubhouse kitchen area**.
- **First Aid Kits:**
 - o Kitchen cupboard under the boiler
 - o Each coaching launch
- **Emergency Grab Bag:** Green backpack in the double boat bay doors.

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- Primary Emergency Access Point:**
 John O'Gaunt Rowing Club, Halton Road, Skerton, Lancaster LA1 2EA
 What3Words: ///quiet.deny.event
- Nearest Hospital:**
 Royal Lancaster Infirmary, Ashton Road, Lancaster LA1 4RP
- Emergency Call:** Dial **999** or **112**, then notify the **Club Captain** or **Safety Officer**.
- Incident Reporting:**
 Report every significant incident to British Rowing
<https://www.britishrowing.org/incident-reporting>

Boating Rules

- See Before Boating and Navigation/Circulation Pattern Documents for full advice**
- No rowing in darkness, fog, or thunder/lightning. Aqueduct should be visible from boathouse.
- Before boating check **river level (below roughly 0.85 m – no rowing if water completely covering middle landing stage or lower landing stage for singles, pairs and doubles unaccompanied by launch)** and **wind speed (sustained wind speed below 20 mph or 15 mph for singles)**. Do risk assessment based on conditions prior to outing.
- Report relevant injuries or illness to coach
- Check boat for damage and safety before boating
- Follow the **Navigation and Circulation Plan** (posted in the boathouse and on website).
- The bow and cox person must wear bright or high-visibility clothing.
- Coxes and launch personnel, as well as poor swimmers and those who haven't done capsized test must wear lifejackets – no self-inflating lifejackets for coxes in front-loaders.
- Dress appropriately for weather and safety – see Before Boating document.
- Take care to avoid injuries when handling boats on land.

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- Damaged boats must be marked with **red tape cross** and **logged via the club website**.

Launch Operations

Only RYA Level 2 qualified drivers with Captain's approval may operate launches.

Drivers must:

- Wear a **life jacket** and attach the **kill cord**.
- Carry a complete **Launch Safety Bag** - check before launching.
- Check fuel level prior to launching. Ensure correct fuel type is used.
- Avoid excessive wash and drive courteously.

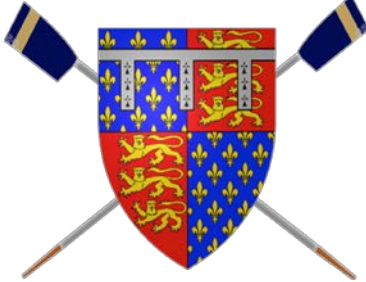
Gym and Land Training

- Gym sessions must be booked in the boat booking spreadsheet or by invitation in Spond App.
- **Wipe down ergs and mats** after every session.
- Juniors must always be **supervised by a coach**.
- Adults must complete a **gym induction** before unsupervised training.
- Always train with a buddy if possible.
- Store weights safely and **never drop** them.

River Hazards

Be alert to hazards at all times:

- **Skerton Weir** – 80m away from the landing stage – the most dangerous area is around the fish pass (where the water flow is fastest) roughly 150m from the club

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- **Aqueduct, overhanging trees, debris, and floating objects.** There tend to be more in the way of floating hazards after heavy rain and new fixed obstructions can also appear then, so more care is required at such times.
- **Swimmers, kayakers and paddleboarders** in summer – they can be difficult to spot.
- **Other rowers** – from JOG, the grammar school and university.
- **Hygiene** – after rowing wash hands to reduce the risk of water borne diseases and thoroughly clean all cuts and blisters.
- **Flooding** – when the river is high, water may overtop the flood doors and enter the building. No one should remain in the boat bays when water is entering the boathouse.
See **Flood Action Plan**

Always maintain a good lookout, steer safely, and communicate clearly.

Behaviour and Welfare

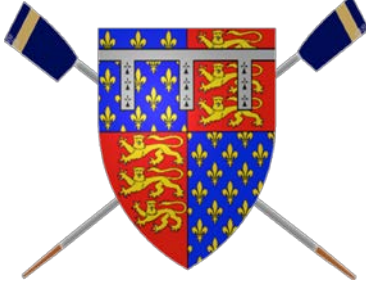
- Treat everyone with respect.
- In order to assist local residents, please park on the side of the road nearest to the boathouse
- Juniors and adults must follow **British Rowing's Code of Conduct**.
- Report concerns or incidents to the **Welfare Officer** or **Safety Officer**.
- Represent the club positively at all times, on and off the water.
- Any significant incidents including collisions, capsizes and near misses must be reported to British Rowing

Volunteering and Club Life

We rely on volunteers! Every member can help!

You can get involved by supporting:

- Regattas and Head races
- Club clean-up days

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- Coaching and coxing support
- Fundraising and socials
- Equipment maintenance

The more you give, the stronger our club becomes.

Confirmation

By signing below, you confirm that you have read and understood:

- The **Induction Pack**
- Club **Safety Plan**
- Club **Emergency Response Plan**
- **Club Flood Emergency Response Plan**
- The **British Rowing RowSafe and Welfare** policies
- Club **Before Boating** document
- Club **Navigation/Circulation Plan** document
- Club **Welfare** document

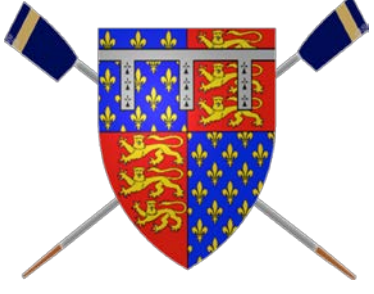
You agree to follow all club safety rules and respect fellow members. Members not complying with the guidance will be informed of the issue and may be subject to further action as laid out in the club Welfare document.

Name Signature Date

Lancaster John O'Gaunt Rowing Club

Halton Road, Skerton, Lancaster LA1 2EA

Website: www.lancasterrowing.co.uk

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Summary of Key Safety Points

- AED in kitchen area
- River level under 0.85 m (less for small boats)
- Wind under 20 mph (LESS FOR SINGLES)
- No rowing in fog, lightning, or darkness
- Report all incidents online
- “If in doubt, don’t go out.”