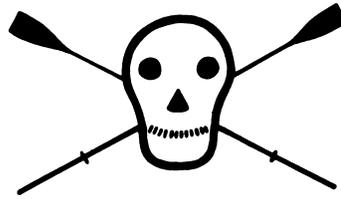


LAGAN

SCULLERS' CLUB

8 LOCKVIEW ROAD, BELFAST BT9 5FH

**NOTES
FOR MEMBERS**



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NOTES FOR MEMBERS

1. BOAT-HOUSE AND GROUNDS

The Club was set up in 1978 to encourage sculling and to provide boats for general use at a low subscription. Most of the money for the boats and Clubhouse has been raised by voluntary subscription and by club functions, and most construction and landscaping work on our premises has been done by successive committees and friends.

As a member, you are asked to play your part by looking after the boats properly, by promptly reporting damage or misuse, by tidying up the Clubhouse and grounds when necessary, and by supporting the social functions whose financial success is vital to the club's future.

Please note that the club function room, which provides comfortable space for a party of about 30, is available for hire by members.

2. BOATHOUSE KEYS

No sculler may use the club premises unless and until he/she has signed the indemnity form. Parents/guardians are held to be responsible for members under 18.

Club keys are loaned to members, and must be surrendered if membership lapses; key deposit is charged for replacement keys. No member may lend their key to anyone else, whether or not a member.

The metal gate in the outer fence is not self locking, and must be kept closed at all times. It can be unlocked by using the key. The padlock should not be left open or unattached. It is not advisable to leave valuables or keys in the boat-house as there have been a number of serious thefts in the area.

3. BOATS

There are two sets of steps in front of the club and more between the club and the Methody premises. All these steps can be used by LSC members. They must be used with caution, and, in particular, must be brushed clean of mud and growth before using. Cleaning should be recorded in the book on the notice board.

There are various categories of boat -for general use, for restricted use, and privately owned boats. Boats for general use are detailed on the club notice board. Permission to use a fine boat must be sought from the committee. Private boats must not, of course, be touched by members. Oars are specifically allotted for each boat. All boats and oars must be stored correctly.

Boats must be signed out clearly in the log book before and after each outing; this rule applies to all scullers, including private owners. All club boats must be washed inside and out after outings, and should be stored with bungs open.

Bow and stern lights must be carried after dusk or in poor visibility by all scullers using the club including private owners, and anyone not complying with this rule may be banned from using the club. For users of club boats, lights and batteries are not supplied by the club, and must be brought by the member.

Ergometers are kept and used in the clubroom. Use should be recorded in the log book.

4. **NEW MEMBERS**

No sculler may use any boat, who cannot swim 50 metres in rowing kit; it is the responsibility of each user to conform with this requirement. Members under 18 may use the club only at the sole responsibility of their parents/ guardians.

Every new member using the club must satisfy the committee as to his/her competence in sculling. Learner scullers are encouraged to join, but may use the boats only when a committee member, or delegated member, is present until they have achieved competence. No new member may use any boat until they have signed the indemnity form and received their keys, and no non-member may use a boat except at the discretion of a committee member.

The boats are closely packed on the racks, and no attempt must be made to use a boat until and unless the user is able to remove and replace the boat with ease; consequently smaller junior scullers must ensure that they have help before and after their outing.

5. **DAMAGE**

Any damage to boats, however slight, must be reported by telephone to the Captain or to a committee member. In particular any parts of boats, oars etc. must be retrieved and saved. Members responsible for damage will be expected to make a contribution to the cost of repairs.

If you see any carelessness to equipment, please speak to the member concerned and/or make a report to the committee; it is in your own interests to ensure that all members use the boats responsibly.

From time to time boats need to be removed from circulation for repairs. They will be marked as Quarantined and must not be used. Please do not swap seats and oars between boats.

6. **CHANGING FACILITIES**

There are two showers / changing areas in the clubhouse, and unisex toilet cubicles.

7. **RACK SPACE**

Private owners are encouraged to keep their boats in the club but must apply each year. Rackage allocation and cost is decided annually by the committee; owners must organise their own insurance. There are a limited number of racks and continued space cannot be guaranteed.

8. **REGATTAS AND HEADS**

If a member wishes to enter a competitive event or to borrow a club boat, application must be made in writing to the Event Secretary by the date indicated on the entry form, which is usually 2 weeks before the event. Boat allocation will be at the discretion of the Captain. Anyone removing a boat for an event must make a note in the log book to this effect -this includes private owners.

9. **COMMITTEE**

The names and telephone numbers of key committee members are posted in the club and listed in the Newsletter sent out periodically.

10. **QUERIES, SUGGESTIONS AND CHANGES OF ADDRESS**

These should be addressed to the Captain, Honorary Treasurer or Honorary Secretary.

BOATS AVAILABLE AT LSC, 2019

Boats are the tools of your trade for sculling- look after them and they will look after you. The club has a range of boats as listed below, of various standards. There are two main categories- boats for general use and boats restricted to approved scullers. The list of general boats is in order of progress from beginner level, with a guide as to how long each boat might be used before moving to the next boat. These are only a guide- some people will take longer in some boats, stop at any level, or even progress quicker, for example, if they have rowed before. Most people should progress through each level before applying for a fine boat. In all cases, use the right blades for each boat, take care of the boat and wash it after use.

Weights given are maximum per person in boat.

Rigging adjustments other than to the foot stretcher should be not be carried out without talking to a committee member. The clubhouse also houses a number of private boats, which of course are not for general use.

These boats are for **TRAINING (YELLOW)**, and users should check before moving up a boat.

EVA , AND NEW SWIFT (SAME) **3-5 outings**
A short wide tub scull. Although wide, this boat is stable, has a normal rig, and is excellent as a safe boat for first solo outings and learning to steer. Floats are available. **(90kg)**

RHEA/ BARBARA A/DUSTY A. (Burgashell) **1 month**
These could be launched by stronger people, but will not survive heavy knocks or hitting things. They are not as stable as they look! **(90kg)**

TOM TERENCE COXED DOUBLE (2X+) **2-3 outings**
A wide heavy coxed double, but not stable, suitable for those who can balance a single and want to learn to scull in a crew. **(90kg)** The cox must wear a suitable lifejacket.

These boats are for **GENERAL USE (GREEN)**.

DIVA/IRIS/ELVIRA (Burgashell) **3+ months**
Three similar boats suitable for lightweights **(70kg)**. The best boats available for general use, these are lighter and more fragile than training boats, and suitable for racing. Users must be able to handle boats safely, both on and off the water. Beware the fins are easily knocked off on the steps!

BRENDAN (Burgashell) **3+months**
As Diva, etc., but **QUITE FINE AND FRAGILE**, for heavyweights **(90kg)**

IAGO DOUBLE (Burgashell) **2-3 outings**
This **DOUBLE** can be used, with an experienced sculler steering, as an introduction to proper (fine boat) sculling. **(90kg)**

FORTE COXED QUAD **2-3 outings**
This **QUAD** can be used as an introduction to **CREW** sculling. **(90kg)** The cox must wear a suitable lifejacket.

FINE BOATS (BLUE) are restricted to approved experienced scullers.

THEY MUST NOT BE USED WITHOUT AUTHORISATION.

OPHELIA/SHULA/THEA (Janousek)
Fine racing boats, suitable for lightweights (**Ophelia/Shula 70kg, Thea 60kg**)

AIDA (Janousek)
As Ophelia etc., but for middle weights (**Aida 75kg**)

DUA DOUBLE (Janousek 2X)
Fine racing double sculls. **BOTH** scullers must be authorised for this boat. **(90kg)**

ALLEGRA QUAD (4X-)
Fine racing coxless quad scull. **ALL** scullers must be authorised. **The steerer must be named on a list of those approved by the committee for this purpose. (90kg)**

FINE BOATS (BLACK) are restricted to approved experienced scullers who plan to race.

THEY MUST NOT BE USED WITHOUT AUTHORISATION.

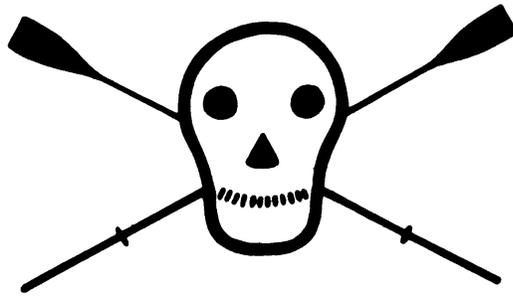
NEIL DARBY (Janousek)
Fine racing boat, suitable for lightweights **(55 kg)**

LUCIA/VITA (Janousek)
As Ophelia etc., but for heavier weights (**Lucia 80kg, Vita 90kg**)

LUNA/LUKA (Wintech)
Fine racing boats, suitable for middleweights. **(75-85 kg)**

AURORA/VIOLETTA DOUBLES (Janousek 2X)
Fine racing double sculls. **BOTH** scullers must be authorised. (Aurora 70kg Violetta 80kg)

GORDON REID QUAD (Janousek 4X-)
Fine racing coxless quad scull. **ALL** scullers must be authorised. **The steerer must be named on a list of those approved by the committee for this purpose. (75kg)**



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CLUB CONSTITUTION

AND

**CODE OF CONDUCT
FOR MEMBERS**

LAGAN SCULLERS' CLUB

CONSTITUTION

1. The name of the Club shall be The Lagan Scullers' Club.
2. The objects of the Club shall be:
 - i. To provide a safe environment for participation in sculling.
 - ii. To promote the sport of sculling, particularly on the River Lagan, by all means open to the club, including by:
 - a) providing equal opportunities for successful participation by all sections of the community and
 - b) providing facilities for sculling
 - iii. To organise the Lagan Sculling Ladder and other competitive sculling events, and to be responsible for trophies held.
 - iv. To improve the standard and quality of equipment available for sculling on the River Lagan.
 - v. To advance the efficient conduct of sculling races.
 - vi. To raise funds for the furtherance of the sport of sculling, and to hold any property the Club may own.
3. The Annual General Meeting of the Club shall be held in September of each year. 14 days' notice of the Annual General Meeting shall be given to members, and the General Committee shall in addition cause an Agenda of Business and a Statement of Accounts to be published not less than 14 days before the Annual General Meeting.
4. Membership of the Club is open to all persons irrespective of ethnicity, nationality, sexual orientation, religion or beliefs; or of age, sex or disability except as a necessary consequence of the requirements of sculling as a particular sport. Election shall be by simple majority of General Committee members present at the next Committee Meeting. Membership subscriptions and categories of membership shall be as determined from time to time by the General Committee.

All members will receive a copy of the relevant Code of Conduct and a copy of the Constitution. Each member will be obliged to sign and return an acknowledgement that they have read and agree to abide by the Code of Conduct and the Constitution.

The General Committee will have the power to reject applications for membership, deal with, expel or suspend any member, only for good and sufficient cause, such as infringing the Constitution, or Governing Body regulations, or whose conduct is likely to bring the Club or sport into disrepute, in accordance with the Complaints and Disciplinary Procedures. Appeal against such a decision may be made in accordance with the Appeals Procedure.

5. The Officers of the Club shall be the President, Captain, Honorary Secretary and Honorary Treasurer. The administration of the Club shall be conducted by the General Committee, consisting of the Captain, the Honorary Secretary, the Honorary Treasurer and no fewer than three other members. The General Committee shall have power to co-opt, and to appoint sub-committees when necessary, and to delegate to any such sub-committee any powers except the election or rejection of members. The Captain shall be empowered to arrange for the day to day running of the Club, but shall be responsible to the General Committee and the Membership. The General Committee shall meet monthly; a quorum of five shall be acceptable, of who two should be Officers of the Club.
6. The Officers of the Club and the members of the General Committee shall be elected annually at the Annual General Meeting by a simple majority of all members present and voting. The Officers of the Club and members of the General Committee shall hold office until the next following Annual General Meeting, and retiring members of the General Committee shall be eligible for re-election.
7. The Honorary Secretary and Honorary Treasurer respectively shall be responsible for keeping proper minutes of the meetings of the General Committee and proper Books of Accounts, which must be presented each year to the Annual General Meeting.

8. Honorary Auditors shall be appointed each year at the Annual General Meeting and shall be required to certify that the Accounts of the Club, published each year, are an accurate and true account of the club's finances.
9. Honorary Solicitors may be appointed each year at the Annual General Meeting.
10. The General Committee shall operate, and keep under regular review, a Child Protection Policy. In keeping with this, the General Committee shall appoint at least one person who will have a remit for Child Protection. This will include attending relevant training courses, liaising with relevant agencies when necessary and bringing to the attention of the General Committee any incidents or information deemed appropriate.
11. The General Committee shall operate, and keep under regular review, a Complaints and Investigation Procedure.
12. The General Committee shall operate, and keep under regular review, a Disciplinary Procedure. Notice of the disciplinary action taken and the outcome of any appeal will be forwarded to the Irish Governing Body.
13. Appeals Procedure: A member may appeal a decision of the General Committee in respect of a disciplinary matter or a complaint. The appeal must be made in writing to the Honorary Secretary within fourteen days of the member being notified about the outcome of the complaint procedure or disciplinary procedure. The appeal will be heard by the Irish Governing Body in accordance with their procedures. Notification of the outcome of an appeal will be forwarded to the Irish Governing Body.
14. At least four Trustees shall be nominated by the General Committee from the membership of the Club and shall be confirmed in office by the members of the Club in General Meeting to hold office until death or resignation or removal from office by a resolution of the General Committee, and in such circumstances the General Committee shall appoint a successor whose appointment shall be ratified by the members of the Club in General Meeting.

All lands, buildings, hereditaments and premises acquired by the Club shall be vested in the Trustees for the time being for the benefit of the Club and its members, to be dealt with as the General Committee shall from time to time direct, and the Trustees shall have power to purchase, take on lease or otherwise acquire and hold real and leasehold property, and to sell, mortgage, charge or otherwise dispose of the same.

15. The Club's assets and finances shall be used solely to further the objects of the Club. At no time or under no circumstances shall assets of the Club be distributed among members either on an interim or on a winding-up basis.
16. A resolution to dissolve the Club shall be passed only at a General Meeting specially summoned for the purpose of such resolution, if supported by not less than 70% of those present and entitled to vote.

In the event of the dissolution of the Club, any assets remaining after the satisfaction of all debts and liabilities shall not be paid to or distributed among the members of the Club, but shall be given or transferred to one or more of the following approved sporting or charitable bodies:

- a) A registered charitable organisation(s).
- b) Another Club which is a registered Community Amateur Sports Club.
- c) The sport's national governing body for use by them for related community sports.

17. This Constitution shall be subject to alteration only on the proposal of a member, seconded by a member, and signed by five other members; 14 days notice of the proposal must be given, all members must be circularised, and the proposal must be passed at a Special General Meeting by a two thirds majority of those present and entitled to vote.

CODE OF CONDUCT AND FAIR PLAY FOR LAGAN SCULLERS' CLUB MEMBERS

The Lagan Scullers' Club wants to look after all its members. The committee believes it is important that members, coaches, organisers and parents associated with the club must always take care of the safety and welfare of everybody. Members are encouraged to be open and share any concerns that they may have about any aspect of the club with:

John McGibbon, Captain tel. 07763145714, or Tom Fennessey, Rowing Ireland c/o tel. 00 35321 743 4044. Nearest phone to clubhouse: MCB boathouse or Cutters Wharf.

All members must abide by the following:

- 1 All members are to be kept safe from harm while they are at, or representing the club
- 2 No member can ask anyone to keep secrets of any kind, as it is sometimes necessary to involve others outside the club.
- 3 Members under 18 are not allowed to drink alcohol, smoke or take drugs of any kind while on club premises and members must not join in sculling activity while under the influence of alcohol or drugs. Members shall not promote, give or sell drugs to another member while at or representing the club.
- 4 Members will respect coaches and organisers in the club and remember that they are giving their time and expertise.
- 5 Scullers must try to be on time for sessions to avoid disruption to the running of the club
- 6 Members must pay any fees for membership or activities on time unless by arrangement with the treasurer.
- 7 Members shall take care of all property of the club or members, including club facilities and equipment. Equipment should be checked before use, and cleaned after use.
- 8 Members are responsible for their own clothing and property and must make sure that it does not cause danger to others.
- 9 Jewellery, unsuitable clothing or footwear must not be worn during training.
- 10 Members must wear enough suitable clothing during training considering the weather, and should bring a change of clothes and a towel.
- 11 Members must follow the Fair Play policy below at all times.

FAIR PLAY BY LAGAN SCULLERS' CLUB MEMBERS

- 1 Members scull to have fun, to improve, and to feel good, not just to please parents or a coach.
- 2 Where rules apply, we should try to understand them and stick to them.
- 3 Scullers accept the decisions of coaches and officials, and follow the procedures.
- 4 Members will control their tempers at all times.
- 5 Scullers will be "good sports". We will applaud good performance by this or any club.
- 6 Members will work equally hard for themselves and for the crew or club.
- 7 We will treat all others as we would like to be treated ourselves. We will not bully or take unfair advantage of anybody.
- 8 Members will co-operate with coaches, fellow crew and club members, and any opponents.