



UoM Rowing Induction Pack

August 2025

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MEET THE COMMITTEE

President

Matt Mace

president@mubc.org.uk

The President is the public face of the Club. Matt is responsible for ensuring that the Committee manage their roles successfully, as well as working towards the long-term success of the Club.



Secretary

Sarah Sharkey

secretary@mubc.org.uk

The Secretary handles the Club's admin, including race entries, transport, and accommodation.



Treasurer

Neerav Patel

treasurer@mubc.org.uk

The Treasurer oversees the Club's income and spending. If you have any concerns or questions about money or membership, please speak to Neerav.



Club Captain

Cajsa Jönsson

captain@mubc.org.uk

The Club Captain is responsible for the day-to-day running of the Club, including overseeing the squads, boats, and equipment. The Club Captain also helps the Novice Captains to organise and run the Learn to Row programme.



Senior Men's Captain

Seán Flynn

seniormen@mubc.org.uk

The Senior Men's Captain is responsible for recruiting, training, and organising the Club's male senior rowers.



Senior Women's Captain

Amaris Bhasin

seniorwomen@mubc.org.uk

The Senior Women's Captain is responsible for recruiting, training, and organising the Club's female senior rowers.



Novice Men's Captain

Sam Shailer

novicemen@mubc.org.uk

The Novice Men's Captain is responsible for recruiting, training, and organising the Club's male novice rowers. They also help the Club Captain and Novice Women's Captain to run the Club's Learn to Row programme.



Novice Women's Captain

Lucy Cleminson

novicewomen@mubc.org.uk

The Novice Women's Captain is responsible for recruiting, training, and organising the Club's female novice rowers. They also help the Club Captain and Novice Men's Captain to run the Club's Learn to Row programme.



Coxes' Captain

Jessie Punn

coxing@mubc.org.uk

The Coxes' Captain is responsible for recruiting, training, and organising the Club's coxes.



Recreational Rowing Officer

Eoghan Dunne

recreational@mubc.org.uk

The Recreational Rowing Officer manages the participation of everyone who wants to row without competing for the University.



Safety & Equipment Officer

George Coxshall

safety@mubc.org.uk

The Safety and Equipment Officer is responsible for ensuring the Club complies with British Rowing's safety guidance, maintaining equipment, and working with all members to ensure they understand how to handle themselves and equipment safely.



PR & Fundraising Secretaries

Taras Mandziuk and Sofia Sawday

pr@mubc.org.uk & fundraising@mubc.org.uk

The Press Relations Secretary manages the Club's brand and helps to communicate its core values to the University and external organisations.

The Fundraising Secretary is responsible for generating funds for the Club through fundraising events and sponsorships.



Wellbeing & Inclusion Officer

Clara Sayers

wellbeing-inclusion@mubc.org.uk

The Wellbeing and Inclusion Officer is responsible for ensuring the Club follows the University's and British Rowing's guidance on welfare, safeguarding, and inclusion. Clara is a point of contact for any member with a wellbeing, safeguarding, or inclusion concern.



Social Secretary

Katie Hodge

social_sec@mubc.org.uk

The Social Secretary is responsible for organising all social events, including the Wednesday Sports Socials, the Club's Christmas Dinner, and the annual Summer Ball.



Kit Secretary

Kat Gauci

kit@mubc.org.uk

The Kit Secretary is responsible for organising the Club's order of kit, and handles any ideas or requests for new kit.



If you have any questions or concerns, please contact the relevant committee member. You can do this by speaking to them in person, messaging them on Facebook Messenger, or by emailing them using the email address provided. If you do not know who to direct your question to, ask your captain and they will direct you to the relevant person if they cannot answer your question themselves.

COACHING

Coaching and bank support are important aspects of training at the Boat Club, allowing athletes to improve technique and ultimately make boats go faster. The Club presently has no permanent paid coaches since the death of Head Coach Simon Tanner in December 2023. We are currently in the process of hiring a new Head Coach, but while this is underway we have several ways to provide coaching to our squads:

- **Senior rowers** – many of our more experienced rowers kindly give up their time to coach both senior and novice squads. Several of them have coaching qualifications and we are also in the process of gaining qualifications for our vice-captains. As a novice rower, the majority of your coaching will be provided by your captains, Lucy Cleminson and Sam Shailer, with support from senior rowers.
- **External coaches** – we also have links to external coaches (not paid/employed by the University) who come for sessions throughout the year. We also aim to have these coaches with us during our Easter training camp to provide a solid block of coaching in the lead up to BUCS Regatta in May.
- **John Impey** – we are very lucky to have John Impey regularly around the boathouse. Often John will be there to fix and restore boats, however he frequently takes novice boats out for sessions.
- **Bank support** – this is a great way for everyone to improve their rowing – you don't need to coach the session, just look out for incoming hazards to help the cox/steersperson. It is incredibly valuable to see other people rowing and think about their technique in order to apply it to your own. If you would like to help coach or bank support a session please ask your captain or any of the committee and they will do their best to help you. The Club will always welcome people who want to help coach or bank support.
- **Video analysis** – this involves watching videos both of your own rowing and of exemplar crews' rowing, in order to see how exactly you can improve. You may have in-person video analysis sessions with your captain or a coach, or your captain might send you videos they have taken of your crew with some comments for how to improve. This is an invaluable way to improve your technique.
- **Coxswains** – Senior Coxes, particularly those who have rowed lots prior to becoming a cox, will have a lot of knowledge about the boat and how to fix any problems that arise. Listening to and acting on their feedback helps athletes to row better – both as individuals and as a whole crew.

If you are new to rowing, have a look at the Club's handbook (on the website), which is designed to help you learn more about the Club and the sport of rowing.

GETTING TO THE BOATHOUSE

Address: Manchester University Boat Club, Dane Road, Sale, M33 7BP

What3Words: ///commented.acute.gained

Bike

Cycling is the quickest and easiest way to get to the boathouse from the University and Fallowfield. Search for Manchester University Boat Club in Google Maps, and follow the directions set out there.

If you didn't bring a bike to university with you, the Students' Union runs a project called Biko Bikes that takes abandoned bikes and refurbishes them. Through this program you can either rent a bike for £1 a week with a £50 deposit, or you can buy a bike from the project for around £50. See their Instagram ([@bikobikes](#)) for more details.

Bus

You can take the 41 bus to Sale, which runs along Oxford Road. Take the bus to the end of its run and it will drop you off near the Metrolink stop in Sale (Stop H). From here, walk about 15 minutes along the canal to the boathouse. If you are coming from campus, you can also take the 263 bus, which will drop you off a 10-minute walk away from the boathouse.

If you take the bus, please leave **plenty** of time to get to the boathouse on time.

Tram

You can also take the tram from the city centre. You will need to take the tram that goes towards Altrincham (either the green or the purple line). Get off the tram at Dane Road and walk to the boathouse (about 5 minutes) from here.

Car

Follow your satnav's instructions to the boathouse. There is limited parking, so we encourage members to cycle or take public transport, or to share lifts with each other (helps to save on petrol too!). There is a barrier on entry to the carpark, so if you need access please message the President or the Club Captain.

If you are coming from the direction of Dane Road, you will also see the spoon of a blade (shown below) pointing you in the direction of the boathouse (the first road on the left).



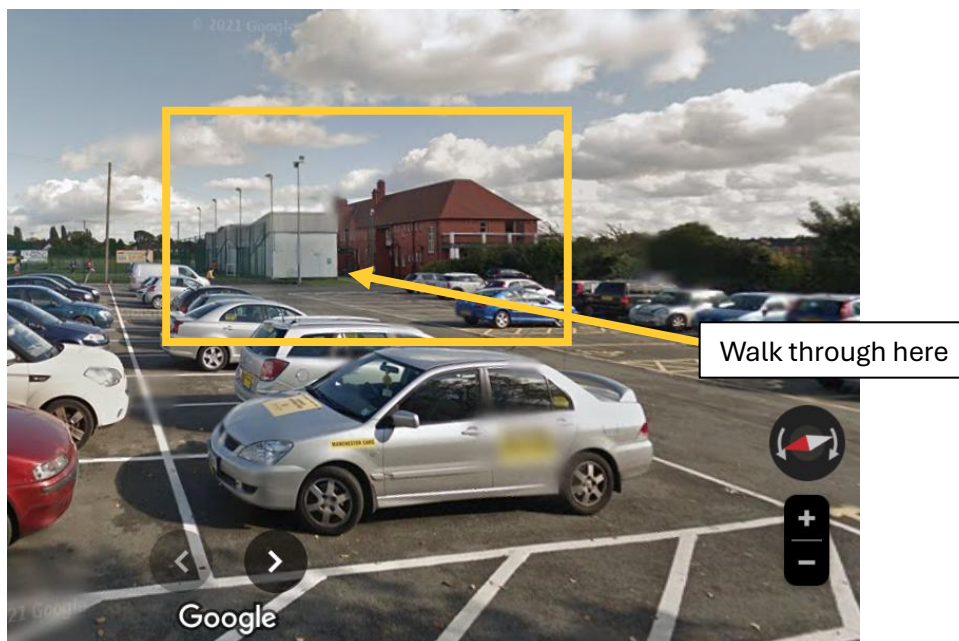
GETTING TO THE ERG ROOM

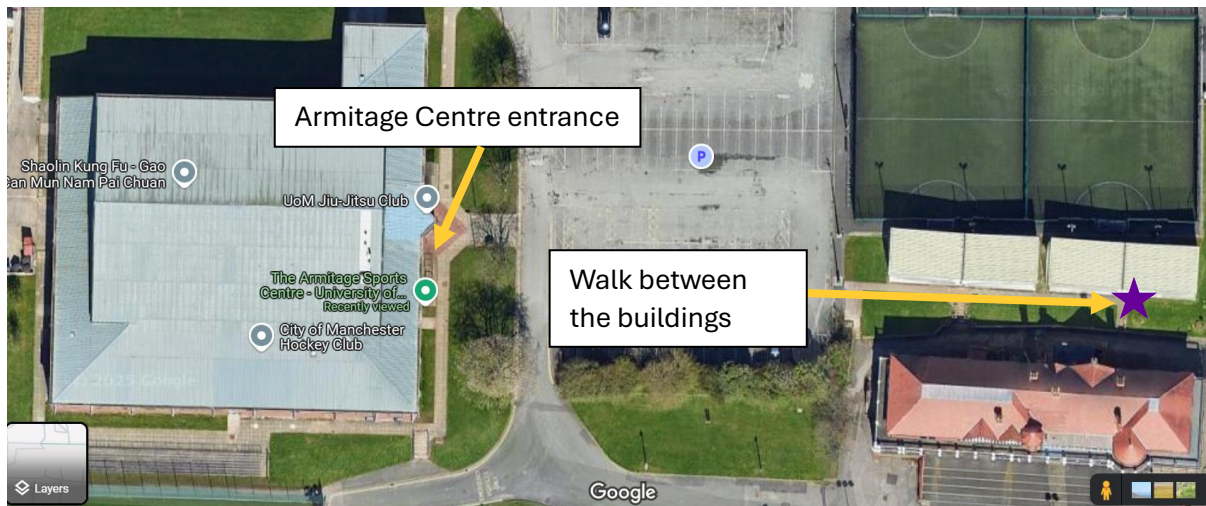
Address: Squash Court 4, The Armitage Sports Centre, Moseley Rd., Fallowfield, Manchester M14 6PA

What3Words: ///remark.leave.dusty



We hold our erg sessions in Squash Court 4 at the Armitage Centre. Once you are at the Armitage Centre, opposite the front door you will be able to see a brick building on the right (the Pavillion) and a white building on the left (the squash courts), as shown in the photo below. Walk down the path in between these buildings until you reach the final white door on your left. You have arrived!





The door will usually be open and music playing, but if this is not the case don't panic – try the door, and if it doesn't open it might be that people are a bit late. If a member of staff from the Armitage does not come to open the door after a few minutes, ask at reception.

You can leave your bike in the entrance of the erg room, but it can get quite crowded, so you might want to lock it on the bike locks outside the Armitage Centre. Please remember to bring a lock for your bike.

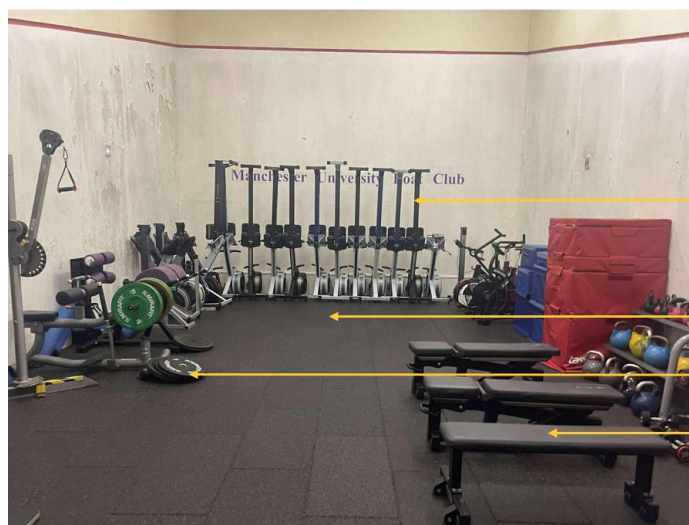
There are a few rules that we must follow when using the erg room. They are set out on the next page, and your captain will go through them in more detail at your first session. The most important thing to remember is: **please do not enter the erg room building without a senior present.**

ERG ROOM RULES & ETIQUETTE

Please ensure you are following these guidelines for the smooth running of open erg slots:

- 1) **There must be at least 2 people in a session, one of them a senior.**
- 2) **The responsible senior must take a photo of the erg room before and after the session and send them to the Club Captain.** This is to prove the condition that we found/left the room in. The photo shows how we should be leaving the erg room, even if that is not the state it was found in. See example below.
- 3) **Arrive on time.** You must arrive at, or just before, 07:00/08:00, not at any other point.
- 4) **Leave on time.** At 07:55/08:55, *you must stop erging*, even if you are not finished. It is important that everyone is out of the door before 08:00/09:00. If you see other people who have not finished, please remind them to stop. At 09:00 everyone needs to be out of the building, having taken a picture of the whole room, with the lights off and door shut.
- 5) **Do not touch any other equipment** except for the ergs - we do not have permission to be using any other equipment in the erg room. Our access to the erg room could be permanently revoked.
- 6) **Do not enter the room opposite the erg room.** Again, we do not have permission to use this room or the equipment in it. Our access to the erg room could be permanently revoked if this rule is not respected.
- 7) **Keep the room clean and tidy.** Ergs must be stacked at the far end of the room at the end of each session. They must be overlapped to all fit against the wall. This packing up must be completed *before* 09:00. Any rubbish must be picked up, even if it is not your own, and put in the bin outside the building.
- 8) **Take your name off the signup sheet if you cannot attend** well in advance of the session. If you only realise last-minute that you cannot attend, message the Club's group chat to say that there is a space available. We have high demand but limited access to the ergs. Those who are regularly not attending sessions they have signed up for will be noted and attendance for them may be limited.
- 9) **Know what session you are doing before you arrive** at the erg room, and aim to minimise how much you disrupt other athletes.

We have a lot of athletes this year but not a huge amount of time in the facilities, so we all need to do our bit to make things run smoothly.



Ergs stacked neatly

Room is tidy and free of litter

Other equipment left alone

Benches put back to original position

An example of a clean and tidy erg room

PROCEDURES

Safeguarding/wellbeing concerns

If you have any safeguarding, wellbeing, or inclusion concerns please contact the Wellbeing & Inclusion Officer or the President (contact details above). If you prefer, you can contact the Wellbeing & Inclusion Officer using the contact form (linked below), in which you have the option to remain anonymous. However, please be aware that if you choose to remain anonymous, the Wellbeing & Inclusion Officer will not be able to contact you about your concern.

Wellbeing concern form:

https://docs.google.com/forms/d/e/1FAIpQLScfKCsnhGMDARMUKLMYCHFvF43eXLXcLVgoUskIS9S9Na64nQ/viewform?fbclid=IwY2xjawNGXupleHRuA2FlbQIxMQABHp_wjcDN4OVwKDeCasTNftBDtZfZd2FSyoW4V0TXuu7Rv-83qtk_StZfoymT_aem_zresWs2XeXXUFksL6k-Mw

Broken equipment

If you damage any equipment, please inform your captain or the Safety & Equipment Officer. Damage and accidents inevitably do happen, and you won't be punished or held liable. However, it is very important that you report the damage immediately so that it can get fixed and other people are not affected.

General questions

If you have a question and you're not sure who to go to, ask your captain and if they can't answer it themselves, they will point you in the direction of someone who can.

SAFETY

Responsibilities & expectations –

- Do not conduct yourself in a way that could put yourself, others, or equipment at risk of harm
- Tie long hair up in a bun or a plait
- No baggy clothing or hoodies that could get caught if you capsize
- Sign the safety waiver before going on the water
- Familiarise yourself with British Rowing's and the Club's safety guidance and procedures before training on the water

Risk assessments

The Club's risk assessment can be sourced from the Safety and Equipment Officer upon request.

Safety aids

Throw lines can be found to the right of the door to the boat bays, opposite the female changing room.

Coxes must wear a lifejacket at all times when on the water. Lifejackets can be found hanging up at the back of the boat bays.

First aiders and first aid provision

The first aid kit is kept on the wall in between the two changing rooms. A list of first aiders is displayed on the noticeboard.

All accidents, injuries, and near misses must be reported to your captain, who will report it to UoM Sport within 24 hours of the incident occurring. Please inform your captain of the event as soon as possible.

Emergency response plans

The Club has response plans which can be found on the noticeboard in the entryway of the boathouse. Please familiarise yourself with these in case of emergency.

Capsizes and 'man overboard' events

British Rowing has a lot of information about what to do in the event of a capsize or a 'man overboard' event, including three online modules that you will have access to with your British Rowing membership. It is your responsibility to make sure that you are familiar with these procedures.

If you capsize, the key steps are:

- Get free from the boat
- Get out of the water
- Get off the water

If you do enter the water and there is no easy way out, remember to ‘float to live’ by keeping your head above the water, keeping calm, and getting your breathing under control.

3.7. Capsize and Recovery

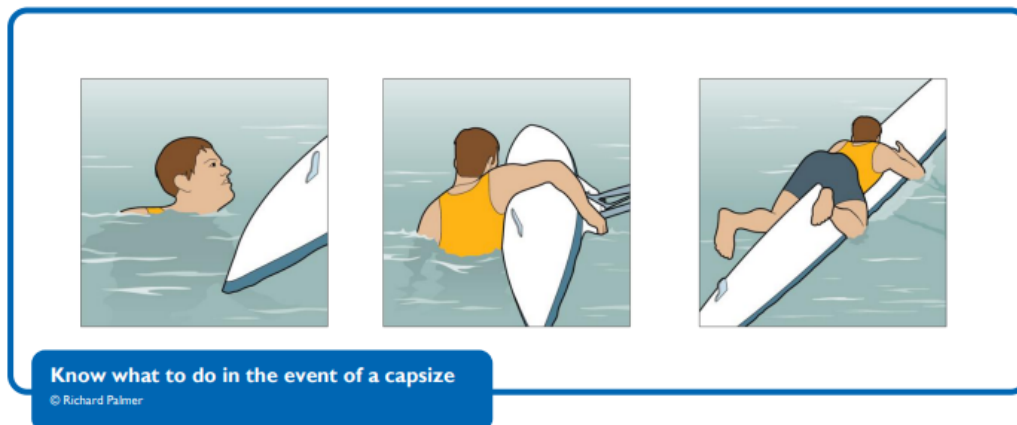
Capsize and Recovery training is important because it prepares rowers so that they will know what to do in the event of a capsize.

Expectations

Everyone

Everyone is expected to:

- Know what to do in the event of capsize or swamping.
- Understand the need to stay with the boat and use it as a life raft, unless doing so results in greater danger.
- Take precautions before going afloat to reduce the risk of capsize or swamping.
- Understand that the key steps are to:
 - Get free from the boat,
 - Get out of the water, and
 - Get off the water.
- Attend any Capsize and Recovery training offered by the club or complete the [Capsize Training for Rowers](#) online learning module.
- Be aware of the effects of cold water shock and hypothermia, described in the [Cold Water and Hypothermia online module](#) and the [Safety Alert - Cold Water Kills](#).



[RowSafe](#) – see 3.7 Capsize and Recovery, and 3.8 Man Overboard

[Safety Alert – cold water kills](#)

[Safety Alert – stay with the boat](#)

To complete the following online modules on RowHow:

- Capsize Drill
- Safety Basics
- Cold Water & Hypothermia

Navigate to British Rowing’s RowHow page, click ‘self-guided learning’, and then click on the course you want to complete and click ‘enrol me’.

Waterborne diseases

Unfortunately the water we row on, both in Manchester and out and about at races/training days, is not completely clean. While waterborne diseases are rare, they can be serious, and caution should be exercised to avoid becoming ill. There are easy ways to do this, such as:

- Wash your hands after rowing, and before eating
- Wash or shower after rowing, and change into clean, dry clothes afterwards
- Cover minor cuts and scratches with waterproof plasters before getting in a boat
- Clean open wounds, such as blisters or calf abrasions with an anti-bacterial substance
- Wear proper footwear to avoid cutting your feet before getting in a boat

If you think you could be ill with a waterborne disease, please see your GP as soon as possible.

If you are contagious with any illness, or have vomited within the last 48 hours, please do not come to training, and let your captain know that you are ill.

For more information, see British Rowing's guidance here:

<https://www.britishrowing.org/athlete-health/rowing-and-water-borne-disease/>

Where to find further safety information

If you have any questions about safety at the Club, the Safety and Equipment Officer will be more than happy to help. Additionally your squad captain, the Club Captain, or the President will also be able to help if you cannot get hold of the Safety & Equipment Officer.

British Rowing update their rowing safety guidance, RowSafe, (linked above and at the end of this document) every year with essential safety information. It is important to familiarise yourself with the guidance in this document in order to keep yourself, others, and the equipment safe.

As British Rowing say: rowing safety is not rocket science. There is nothing clever or difficult about any of this, it is just a matter of taking care to get the simple things right.

NAVIGATION

Map of the Bridgewater Canal



Club rules

All members should read these rules before going on the water.
Failure to comply with the following rules may result in suspension from training.

Navigation rules

Between Barton Swing Aqueduct and Oldfield Brow, rowing craft travelling southwards (i.e. from the Club to Trafford RC) must pull in for those travelling northwards.

This is an agreement between the Club and Trafford RC; it does not apply to any other water craft. Outside this agreement, boats pass left-side-to-left-side, which is the opposite way to on the roads in the UK.

In the event of a collision between a Manchester boat and a Trafford RC boat, both crews share responsibility, no matter which crew had right of way. STOP if you are unsure if an oncoming crew has seen you.

Be aware of fishing along the canal. Anglers should have plenty of time to see you and pull in their lines. Where possible, steer to the other side of the canal and do not stop within 50m.

Be courteous and polite to other canal users even if they are rude to you. In case of abuse or attack, try and stay out of trouble. Gather information for an incident report, which may be passed to the police. Do not engage in conversation or direct action. Say little to nothing and get away quickly.

Speed restrictions

As a club, we have a special dispensation to exceed the canal speed limit of 4MPH except in the two places where Sale Cruising Club have boats moored: by Timperley Bridge, and between Brooklands Bridge and Sale. In these areas, crews will drop to light pressure, and 8+ will drop to four oars.

Cruisers will occasionally emerge from the turning point at Timperley Bridge. You cannot assume that they will see you. All crews must keep a sharp lookout at that point.

On early morning outings, do not stop for coaching alongside moored boats and keep use of loudspeaker systems to a minimum.

Avoid any stopping on the Brooklands-Sale stretch.

Narrowboats/cruisers

Narrowboats/cruisers will prefer to pass on the towpath side of the canal, as it tends to be deeper. This is particularly true for visiting craft who are not familiar with our local rules.

When taking avoiding action in favour of an oncoming narrowboat/cruiser, make it obvious in good time that you are doing so, either by heading clearly towards the bank or by raising a hand (or both). Take great care not to stop in the middle of the canal within a narrowboat's large forward blind spot.

A narrowboat may sound its horn as a helpful gesture, to make sure it has been seen. Do not interpret this as aggression.

If the crew of a narrowboat is abusive, take its number (usually displayed in a window or on the side of the boat) and ask an officer of the Club to report it to Sale Cruising Club officials; they will take the report seriously.

Pulling in

When pulling in with oars on the towpath, keep a sharp lookout for passers-by, both on foot or bike, and make sure to call a warning about the blades clearly and in good time.

Outing rules

- Long hair tied up
- No metal water bottles in the boat
- No baggy clothing or hoodies
- You must stay and help until your captain dismisses you
- Remember you are in public and representing the University and the Club – please keep language and conduct respectful and appropriate. This is particularly important if you are coxing and your microphone is on.

Hazards while afloat

We are fortunate to row on a canal, which means that poor weather and strong currents do not affect our ability to row as much as they would do if we rowed on a river. That being said, if it is particularly windy or icy, sessions might need to be cancelled. Your captain will let you know in advance if this is the case.

The main hazards to be cautious of while on the water are:

- Other boats
- Debris floating in the water
- Anglers and their fishing lines
- Narrow sections of the canal (watch out for other rowing boats pulled in, canal boats, kayaks, and the bank)
- Wildlife, in particular ducks and their ducklings in the spring months – please slow down/stop if you think you might hit any wildlife

Hazards on land

- Pedestrians and cyclists on the towpath
- Cars
- Club members when moving the boat around at the boathouse
- Objects like trees, gateposts, and the boathouse shutters

Responsibilities and expectations of cox and steersperson

- Stay alert to hazards at all times
- Listen to your bank support
- Do not put your crew in any dangerous or unsafe situations

EQUIPMENT

Types of boats & parts of boats and blades

Class	Code	Name	Privilege	Authority
8+	MAU801	MacMahon	Open	SW/SM
8+	MAU802	Longbottom	Open	
8+	MAU803	Queen of Hearts	Open	
8+	MAU804	Simon Tanner II	Performance	
8+	MAU805	Artemis	Open	
8+	MAU806	Darioush Jalili	Intermediate	
8+	MAU808	Riley Lambert	Performance	
8+	MAU809	Persephone	Open	
4x/-	MAU401	Star Sailor	Intermediate	SW
4+	MAU403	Nemesis	Open	
4+	MAU404	New Order	Open	
4+	MAU405	Wyvern	Open	
4+	MAU406	Usain Boat	Performance	
4+	MAU407	Katie Smalls	Performance	
4x/-	MAU408	Lethe	Performance	
4+	MAU409	Rose Rage	Open	
2x/-	MAU201	Granby Row	Open	
2x/-	MAU202	Oracle	Open	
2x	MAU203	Oasis	Open	
1x	MAU101	Harmonia	Open	
1x	MAU102	Eris	Open	
1x	MAU103	Coracle	Open	
1x	MAU104	Narcissus	Open	
1x	MAU105	Nymph	Open	
1x	MAU106	Jacqui Close	Open	
Stable 1x	MAU107	N/A	Open	
Stable 1x	MAU108	N/A	Open	

Performance - Can only be used by senior squads and senior coxes

Intermediate - Can be used by novices if approval is obtained from either the Club Captain or from the captain of the relevant squad listed in the 'Authority' column. All coxed intermediate boats must go out with senior coxes

Open - Can be used by any squad and any cox

Care of equipment

- Check heel restraints are securely attached and no longer than 8cm
- Check bow ball is securely attached
- Check hatch covers are all present and securely attached
- Report all damages to your captain, the Club Captain, or the Safety & Equipment Officer
- Bring blades in from the towpath at the end of every session, unless your captain says otherwise
- Wash boats after every session, taking care to conserve as much water as possible by not using the hose unless absolutely necessary.

EXPECTATIONS

Everyone

- Treat others with courtesy and respect
- Embody the Club's core values of commitment, diligence, performance, resilience, and enjoyment
- Respect all equipment
- Report any damages, incidents, and near-misses to your captain, the Club Captain, or the Safety and Equipment Officer
- Follow the safety guidance from the Club and from British Rowing
- Pay fees within two weeks of the product going on SUMS. If you cannot make this payment on time, you must communicate with the Treasurer in order to agree a payment plan
- Be reliable and punctual – turn up to sessions on time, and if you can't make one, let your captain know as soon as possible
- Ask for help and guidance when you need it

Crews

- Only have one voice in the boat – always listen to your cox and bank support, do as they say even if you think you might know better
- Do your relevant safety checks before each outing
- Shout to the cox and/or bank support if you see a hazard and don't know if anyone has seen it yet (this is particularly important for the person sitting in bow)

Coxes and steerspeople

- Be alert to hazards as soon as the session starts and until the session ends – both on the water and on land
- Do not put your crew in any dangerous or unsafe situations
- Listen to feedback from your crew and bank support

Coaches, helpers & volunteers

- Provide positive, constructive criticism
- Be patient and enthusiastic – show people why rowing is the best sport!
- Cooperate with other coaches, volunteers, rowers, and anyone else you interact with

FINANCES

Most payments that you will need to make throughout the year will have a two-week deadline. Within this two-week deadline you must either pay the fee in full, or arrange a payment plan with the Treasurer. Non-payment will not be accepted and will result in a penalty. Payment plans available include:

- Paying at a specified later date
- Splitting the fee into four instalments over one month
- Splitting the fee into three instalments over three months (for fees >£100)

For all payment plans, a specific date(s) must be agreed upon with the Treasurer.

See the payments document, uploaded to the Club's Facebook page or available from the Treasurer upon request, for more details on payment plans and penalties.

For those who need financial support, the Students' Union has the Access to Recreation Grant. It allows students to claim up to £300 per academic year to help fund equipment, membership fees, and trips. See the website (<https://manchesterstudentsunion.com/recreation-grant#>) for more details, or email grants.su@manchester.ac.uk.

Please do not hesitate to get in touch with the Treasurer if you have any further questions.

Any information you share will be kept confidential will not be shared without your prior permission.

NEMESIS BOAT CLUB

Nemesis Boat Club is the alumni group for the Club's rowers, which supports the Club both financially, and with guidance and advice on the running of the Club. Nemesis runs off donations and is integral to the Club's long-term structure and vision, providing a committee which turns over with far less frequency than the Club's. This allows for more continuity and strategy across each year.

The Club's members donate to Nemesis so that they aren't only contributing to the Club's present, through their membership fees, but also to the Club's future.

For further information, please contact David Richardson at president@nemesisbc.org.uk.

CONTACT INFORMATION

Emergency contacts

- Always ring 999 in an emergency
- President (Matt Mace) - 07934002338
- Club Captain (Cajsa Jönsson) – 07961846755

General contacts

Anyone on committee can be contacted via Facebook Messenger, their committee emails, or by speaking to them face-to-face. Contact information for committee can be found under the relevant role title near the beginning of this document.

Address

Manchester University Boat Club
Dane Road
Sale
M33 7BP

What3Words: ///commented.acute.gained

See the '*Getting to the boathouse*' section above for details on how to get to the boathouse.

USEFUL LINKS AND DOCUMENTS

[Club website](#)

[UoM Sport website](#)

[British Rowing website](#)

[RowSafe](#)

[Map of Bridgewater Canal](#)

[Safety waiver](#)

[Wellbeing concern form](#)