



Watchet Boat Owners' Sea Rowing Club



Information Sheet – Here's what happens when we go rowing.

For those thinking about joining us for rowing, here are some questions you may have:

Where do we meet up to go rowing?

We meet up at the Watchet Boat Owners' boat storage yard about 10-15 minutes before we plan to go out rowing, which usually coincides around high water in Watchet. The yard is off Market Street, opposite the harbour car park and down a little road that goes past the side of the Spice Merchant Indian Restaurant.

What do I need to wear?

All you need to wear are light comfortable clothes, such as leggings/trousers or shorts, but they need to be fairly flexible and loose fitting so that you can bend your knees without restriction. In the cooler weather, you'll need warm clothing (thin layers are best), but not too much, as the rowing exercise keeps you warm. Wearing a light windproof and waterproof jacket can be helpful, as you might get some splash of water from the oars. In the summer, wear loose clothing or sportswear, and remember your sun cream and hat! On your feet, try to wear non-slip shoes or trainers that you don't mind getting wet! Some of us have wet-suit type shoes and are happy to get wet while we launch and recover the boat, so not all of us end up with soggy feet!

Safety

The Watchet Boat Owner's will supply you with a life jacket, which must be worn at all times when on the water; we will show you how to put this on and adjust it to fit you. The Cox has responsibility for the boat and safety. They carry a safety VHF radio and a set of distress flares whenever we go out rowing, in case we need to call for help.

What happens when I get to the boat yard?

Firstly, we uncover the boat and attach the small foam seats that we sit on. Then we put on our life jackets and all help to move the boat (which is on the trailer) out of the yard. We walk the boat across the road and down onto the harbour slip. It is not too heavy and easy to manoeuvre. We launch the boat off the trailer into the water and bring it alongside the small wall to the right of the slip, where we can get on and off. We all work together to do this.

Tell me about the rowing.

Our boat is a Celtic long boat, built in Dale, South Wales. It takes a crew of four people at a time (who do the rowing), and the Coxswain or Cox (who does the steering and is the captain of the boat). If the weather isn't very good, or is a bit windy, we just practise rowing around the harbour. If the weather's good and the sea's calm, we can row outside of the harbour, although not very far out! If more people turn up, we take turns in going out, while the rest of us have a good chat and enjoy being down at the harbour in the fresh air and sunshine. After about an hour or so, when everyone's had a go at rowing, we bring the boat back to the slip, and take it out of the water on the trailer. We then take the boat back to the yard for a hose-down to wash off the sea water, and replace the boat cover to protect it from the elements, so we are all ready for the next rowing event!

Will I be able to do it?

Do you think you might like to join us but think that you're not fit enough? Well, this is exercise while sitting down, and can be as gentle or as hard as you want. If you are not sure, then why not come down for a look, to see what we do and just have a chat with us! If you are new to rowing, Chris Webb (who runs our rowing club), will explain to you about how to row, and you'll get to practise using our rowing machine in the yard, before going out rowing.

How often does the rowing occur?

Our rowing fixtures are usually arranged on weekends (depending on the tides) and are posted up once a month both on our Facebook website (Watchet Boat Owners' Sea Rowing) and emailed to all those in our rowing club. Our ultimate goal in the future is to get groups of four who enjoy rowing and might want to arrange to take the boat for a row (with an approved Cox) outside of our designated rowing club fixtures.

How much does it cost to attend each rowing event?

The first row is free, for you to try it out. After this, the cost is £2.50 per rowing event, which covers the cost of insurance we need to have for the rowing club. Otherwise, rowing is included in the annual Watchet Boat Owners' membership.

If you are interested in rowing, please email Chris Webb: christopher.webb1951@gmail.com for more information.