

CAPE CORNWALL

P I L O T G I G C L U B



Updated July, 2023

Hello,

Welcome to Cape Cornwall Pilot Gig Club. We are very pleased to be able to extend a warm welcome to you, and hope to get you on the water with us very soon. Our two wooden gigs, 'Brisons' and 'Cape Cornwall' are based at Sennen, and our training plastic gig 'Longships' at Penzance. We feel extremely lucky to have two venues to choose from, and we can often get out to row when others cannot.

For those new to Gig rowing, this is a traditional Cornish sport that involves working as a crew of 7 (including the coxswain), to experience the Cornish seas either as a social and leisurely activity or to compete against the many other gig clubs at regattas. One of the most popular events is the World Championships in Scilly, and there are regattas around Cornwall and Devon most weekends of the summer months. We get to row out of some amazing harbours, and along beautiful rivers.

Here at Cape, we work hard to ensure that our members have the best experience they can, both on and off the water and we are always keen to welcome new and previous rowers into our inclusive, warm and friendly club.

Established in 1989, we have continued to grow and yet retain our local feel with all of our members helping to drive the club forward.

As an organisation, we hold an annual AGM and many committee meetings through the year to ensure decisions taken are collaboratively and in the best interests of the club and rowers.

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As of June 2023 our committee members are as follows:

Key Officers:

Chairperson - Fran Pender

Vice Chair - Shaun Mulholland

Secretary - Simon and Debbie Dean

Treasurer - Sarah Rogers (acting treasurer)

Rowing Secretary - Caroline Streat

Welfare - None at present time

Safety Officer - position vacant

General committee members:

Assistant Rowing Secretary - Lucy Molleson

Youth Officer - None at present time

Fundraising & Socials - Shared by all club members

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Getting on the water!

Please find time to familiarise yourself with the club on our Facebook page.

If you haven't done so, please return your risk assessment form as soon as you can and the Rowing secretary will be in touch to get you started. Membership forms can be returned in due course.

Membership - How does it work and what do we offer?

Here at Cape Cornwall, we have various ways of supporting the sustainability of the club but many of our funds derive from membership.

Our current Annual Full membership is £80 which allows social, practice and competition rowing. This is our full membership option which means you can, should you wish, put yourself forward for election into a committee post and attend the AGM as well as competing. Our membership year runs November to October. We can support with payment options if required. For those who wish to row competitively there is now an additional requirement to subscribe to GigRower membership, administered by the Cornish Pilot Gig Association, which is currently set at £25/year.

We know that some people may not wish to row as regularly and prefer to pay per row. We call this social rowing but whilst you would be a member of the club you would not be able to compete or attend the AGM (as above). These rows are set at £5 each. If you row more frequently it can be cost effective to pay the annual fee. There is no expectation that by paying this you have to compete however it is always helpful to know if this is an area of interest so that we can accommodate your wishes and make sure you are in the right boat.

You can agree to pay the annual membership fee at any time and

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fees will be adjusted to represent where we are in the membership year.

We have a very successful learn to row offer - charged at the same rate as social rowing, which provides a ten-week introduction to rowing on the water, supporting you to feel comfortable in the boat and learning techniques. Following this, the intermediate session is a great way at stepping up and putting into practice those skills in different conditions - and with likeminded fun people alongside you.

Competing

If you have a competitive streak and are keen to be the best you can be, training and competing for Cape is the way to go!

There is nothing quite like a crew working as one. We have teams in various categories:

Ladies Open (any age)

Men's Open (any age)

Vets (over 40 years old), Super vets (over 50 years old), Masters (60+)

Where do we Compete?

As part of fundraising, many clubs hold an annual regatta - a series of races during the day accompanied by a good social. These are fun and family friendly.

We also train to compete at the IOS World Pilot Gig Championships usually held in May each year on the IOS.

We also keenly put ourselves forward for local events and have some exciting opportunities planned.

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What do I wear?

Once your risk assessment is received, the Rowing secretary and Treasurer will be informed you are ready to row.

It is always best to layer when rowing so a t shirt or vest top is ideal, with a hoodie/sports top and a jacket in cold weather as it can be chilly when waiting to get in the boat or launching. Another good investment is a pair of lycra shorts or leggings.

Many people row in trainers but everyone has their preference. For Health and Safety reasons you must wear footwear that secures your feet, with laces or Velcro ideally. Old trainers are fine. You must also be prepared to get your feet or shoes wet. Classic Wellington Boots (ie not Neoprene or laced boots) are not allowed and Crocks or Flip-Flops aren't either.

If you wish to purchase some of our Kit, Treasurer Wendy can order some for you. Our vest tops, hoodies and fleeces are very reasonably priced and are printed locally to keep costs as low as possible.

Some rowers prefer to wear gloves when rowing, others cannot bear them. It is always good to try both with and without but have a go first before purchasing expensive and unnecessary gloves. Hats can be worn if they are secure - many a rower has lost a favourite hat in the wind on the sea!

Please have a look at our Safety Leaflet, which is also laminated and available in each Gig. Safety is of the utmost importance to us. Except for the Cox, we don't routinely wear lifejackets. If you would prefer to row with a life jacket, particularly when you are new to rowing, please let one of the coxes know and they can provide one.

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If you have recently been ill with a condition such as covid, flu or gastroenteritis there is a recommendation from British Rowing that you should take care when returning to strenuous exercise for 2-3 weeks. For more information see:

<https://www.britishrowing.org/wp-content/uploads/2022/01/Safety-Alert-Returning-to-fitness-after-Covid-January-2022.pdf>

In warmer weather we sometimes pull up on the beach and enjoy a nice well deserved social BBQ when restrictions allow, so bring a sun hat!

Most importantly be comfortable.

Next steps:

Ensure the risk assessment and membership forms are returned to capecornwallsecretary@gmail.com

The secretary will inform both the treasurer and the Rowing secretary that you are ready to go. They will be in touch with you to talk about rowing and payment options. We launch from Penzance or Sennen so depending on where we are, we meet either at the top of the slipway by PZ sailing club or in the Sennen Cove car park by the Gig Shed. It is clearly named.

Don't worry or be nervous. It is always weird trying something new but it's great to do it and there's nothing like being on the water.

TeamReach

When a member you need to download the TeamReach app. Up and coming training opportunities and regattas are advertised

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here, and very simply you add your name depending on the session and your availability.

We will also add you to the Cape Facebook chat which is a helpful way to share photos of our time on the water.

To view the rowing sessions on TeamReach you will need to already be on Messenger.

Get the code number from the club secretary if you don't have it already, then:

- Download the TeamReach app.
- Search for “Cape Cornwall gig club”
- Put in the code number 0963
- Add your name and any comments to the sessions as appropriate.

Your data will be held securely. The risk assessment will be electronically stored by the club secretary. The membership form will be shared with the Rowing secretary and Treasurer to ensure they are also able to make contact with you. If there are any medical concerns, these will be shared with the rowing secretary for your own safety but please also raise any relevant concerns to your coxswain when in the boat. By returning your forms you are agreeing to this sharing arrangement.

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One final note :

**WELCOME TO CAPE CORNWALL
PILOT GIG CLUB!**

It's great to have you on board 😊 See you soon !!