



# Member's Handbook 2025



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# 1. Welcome

Welcome to the Pendeen Pilot Gig Club!

Our club is rooted in the tradition of Cornish Pilot Gig rowing, a sport that has thrived in Cornwall for centuries. Whether you're here to compete, improve your fitness, or enjoy the camaraderie of rowing with friends, we are delighted to have you aboard.

At Pendeen, we celebrate teamwork, respect for the sea, and the joy of rowing. Our club is made up of individuals of all skill levels, from seasoned rowers to those just starting out. We encourage everyone to get involved, learn, and have fun. Your safety and enjoyment are our priority, so we have established guidelines to ensure you have the best experience on and off the water.

We hope you find this handbook useful as it provides key information to help you navigate your journey with us. Welcome aboard!

Chairperson, Pendeen Pilot Gig Club

# 2. About Us

Founded in 1998, Pendeen Pilot Gig Club has been committed to keeping the Cornish gig rowing tradition alive. Our club provides a welcoming and inclusive environment for rowers of all abilities.

Our racing boats are kept and maintained at the old blacksmith's shed at the Geevor Tin Mine Site in Pendeen and our rowing activities take place from the pontoons in Newlyn Harbour. Although our rowing takes place along the scenic coastline of Mount's Bay, we are proud to represent the vibrant community of Pendeen.

We regularly compete in both regional and national regattas and participate in community events, sharing our passion for the sport.

Our mission is to foster a love for rowing, encourage healthy competition, and support our members' fitness goals, all while maintaining strong connections with our local community.

## Club History

Pendeen Pilot Gig Club was founded in 1998, inspired by the rich maritime history of the Cornish coast. Cornish Pilot Gigs have been used for centuries, originally designed to ferry pilots out to ships. Over time, these boats became part of Cornwall's culture and are now used for competitive rowing.

The club's first gig boat, **Avarack**, was built by Andrew Nancarrow at Bissoe (near Truro) and was launched in October 2000. Since then, our fleet has grown with a second wooden gig boat, **Geevor**, which launched in February 2014 along with three Glass-Reinforced Plastic (GRP) training gigs (**Portheras** – launched in 2007, **Pendeen Watch** – launched in 2010 and **Silent Mountain** – donated to the club in November 2019 in memory of Pendeen Men's A rower Chris Cox, who tragically died aged 29 from Sudden Adult Death Syndrome (SADS) in 2015)

The club has established itself as a competitive force in local regattas. We are proud to represent Pendeen in races throughout Cornwall and beyond, while also staying true to our roots of community and tradition.

## 3. Club Membership

### Becoming a Member

We offer several types of memberships to cater to a variety of needs. As a member of Pendeen Pilot Gig Club, you gain access to club training sessions, social events, and opportunities to compete in local and national regattas.

- **Junior Membership:** For rowers between the school years of Year 7 and Year 13. Includes access to junior training sessions and regattas. Junior members must be accompanied to training sessions / events by a parent or responsible guardian agreed by the parent.
- **Young Adult / University Membership:** Open to rowers aged 18 years to 21 years and / or attending University. Offers full participation in all club activities, training sessions, and races.
- **Adult Full Membership:** For rowers aged 18 years and over. Offers full participation in all club activities, training sessions, and races.
- **Adult Social Membership:** For those who wish to support the club and row in social sessions (i.e. excluding races and regattas). Includes invitations to social events, maintenance sessions and fundraisers.

**There is an expectation for all members to regularly contribute to maintenance sessions** (see the Equipment Care and Maintenance section for more information). Without attending such sessions, our boats will not be in a safe and seaworthy condition and all rowing would be forced to cease.

## Membership Fees

- Junior Membership: £45 per year
- Young Adult / University Students Membership: £60 per year
- Adult Full Membership: £135 per year
- Adult Social Membership: £75 per year

With all membership categories, prospective new members are entitled to 5 free trial rows prior to committing to join the club.

To join, please contact the Membership Secretary, or visit our website at [www.pendeengigclub.co.uk](http://www.pendeengigclub.co.uk) for further details.

In the event of any discrepancies, the fees quoted on the membership forms or by the Membership Secretary will override those quoted above.

## 4. Roles and Responsibilities

Pendeen Pilot Gig Club is run by dedicated volunteers. Below are the key roles within the club and their responsibilities.

- **Chairperson:** Leads the club and oversees all operations. Acts as the main spokesperson for the club.
- **Secretary:** Manages club administration, including meeting minutes, communication, and event coordination.
- **Treasurer:** Oversees the club's finances, ensuring transparency and budget management.
- **Coxswain:** Responsible for the safety and direction of the crew during rowing sessions. Please see the 'Coxing' section for further information.
- **Captains:** The Captains play a crucial role in the smooth running of the club and the success of each crew. There are typically two sets of captains – one for the men's crew and one for the ladies crew. They oversee training sessions and coordinate racing teams.

If you would like to get involved in a leadership or volunteer role, please contact the Chairperson. Please also see the 'Volunteer and Fundraising Opportunities' section for further information.

## 5. Volunteer and Fundraising Opportunities

Pendeen Pilot Gig Club thrives on the support of our members and the local community. We welcome volunteers and fundraising initiatives to help the club grow and succeed.

Here's how you can get involved:

### Volunteer Roles

- **Event Organising:** Help plan regattas, social events, or community outreach programs.
- **Boat Maintenance:** Assist with maintaining our gig boats and equipment.
- **Coaching:** Experienced rowers can help coach new members and juniors.
- **Fundraising Coordination:** Organise events such as bake sales, raffles, or sponsored rows to raise funds for the club.

### Fundraising Events

- **Annual Plastic Gig (PIG) Event:** This is our biggest fundraising event of the year. Members row a challenging course to raise money for the club.

If you would like to volunteer or have fundraising ideas, please contact a representative of the Fundraising Committee.

## 6. Coxing

Coxing is a vital part of gig rowing, requiring leadership, decision-making, and an in-depth understanding of rowing techniques and safety. The coxswain (or cox) not only steers the gig but is responsible for ensuring the crew works as a cohesive unit and that the boat follows a safe and efficient course. Whether you're new to the role or an experienced cox, understanding the core responsibilities is essential.

### What is a Coxswain?

The coxswain is the individual who steers the gig, commands the crew, and makes strategic decisions during training sessions, races, and general rowing activities.

Although the rowers provide the power, the cox's role is to ensure that power is used effectively by calling out commands, setting the rhythm, and making tactical decisions.

## Key Responsibilities of a Cox

Being a cox requires sharp focus, clear communication, and a good understanding of the crew and the rowing environment. Here are the primary responsibilities of a cox:

- **Steering the Boat:** The cox is responsible for steering the gig along the correct course using the rudder. This is especially important in races, where a well-steered boat can make a huge difference.
- **Maintaining Safety:** The cox is ultimately responsible for the safety of the crew, the boat, and other water users. This includes being aware of weather conditions, tides, and potential hazards, as well as ensuring the crew follows proper safety protocols.
- **Giving Commands:** The cox must communicate clearly with the crew, calling out instructions for start sequences, strokes, and pace changes. They need to ensure that the crew rows together as a single unit.
- **Motivating the Crew:** Coxes play a key role in maintaining morale and motivation, especially during tough parts of training or races. A good cox can inspire a crew to push beyond their limits with encouragement and energy.
- **Tactical Decisions:** In races, the cox must make quick decisions about tactics, such as when to make a sprint finish or when to adjust the course to avoid other boats or take advantage of the wind and tide.
- **Managing Pace:** The cox helps the crew maintain an efficient pace by setting a rhythm that is sustainable but powerful. They may need to increase or decrease the rate of strokes depending on the situation.
- **Communicating with Other Coxes:** In races, the cox may also need to communicate with other boats or officials to avoid collisions and navigate shared water spaces.

## Coxing Techniques

To be an effective coxswain, you need to master certain techniques. Here are some essential coxing skills:

- **Voice Control:** Use a loud, clear voice that can be heard over the noise of the water and wind. Vary your tone to motivate, calm, or energise the crew as needed.
- **Course Awareness:** Always be aware of your position in relation to the course, other boats, and hazards. You should know how to make small adjustments to the rudder without disrupting the crew's rhythm.
- **Counting Strokes:** In training and races, counting strokes is a useful way to measure progress, particularly when instructing the crew to maintain a certain rate.
- **Anticipating Conditions:** Always be thinking ahead about how wind, tide, and other boats will impact your course. Make early adjustments to avoid sudden, sharp movements.

- **Effective Communication:** Always use clear and concise commands. Avoid over-talking, as this can confuse or tire the crew. Make sure your instructions are actionable and easy to follow.

## Cox Safety

The safety of the crew and boat rests with the coxswain. Here's how to ensure you're fulfilling this responsibility:

- **Pre-Rowing Check:** Before each outing, check the boat for any damage, ensure the oars are secured, and that the crew is briefed on safety measures and the rowing plan.
- **Life jacket:** These should be worn at all times by coxes and junior members of the club, making sure you use the crotch straps to ensure the life jacket is effective when used. Other rowers may wish to wear a life jacket based on their own personal preference.
- **Use of VHF Radio:** Make sure you're familiar with using a handheld VHF radio to communicate with the shore or other boats in case of an emergency (see the Safety Guidelines section for more details on radio usage).
- **Awareness of Local Hazards:** Whether you're rowing in familiar waters like Newlyn Harbour or in a regatta, be aware of local hazards. In Mount's Bay, this could include other water users, tides, and rocks.
- **First Aid and Emergency Procedures:** Ensure you know the basics of first aid and the club's emergency procedures in the event of an incident on the water.

## Becoming a Coxswain

If you're interested in becoming a cox, please contact one of the coxes. Pendeen Pilot Gig Club provides training and guidance. You'll start by learning the basics of coxing in training sessions, then work your way up to race coxing as you gain experience.

- **Cox Training:** The club offers regular cox training sessions. These sessions are designed to build confidence and ensure that you have the skills required to safely and effectively lead a crew.
- **Shadowing Experienced Coxes:** One of the best ways to learn is by shadowing experienced coxes during both training sessions and races. Pay attention to how they steer, communicate, and motivate the crew.

Coxing is a vital part of the sport of gig rowing. By developing your skills as a cox, you not only help the crew perform at its best but also ensure the safety and success of every row. Whether you're racing in competitive events or guiding a training session, the role of the cox is one of leadership, responsibility, and teamwork.

## 7. Gig Rowing Techniques and Terminology

To be successful in Cornish pilot gig rowing, it's essential to understand both the terminology and the techniques that are unique to this sport. Here's a guide to help you master the basics.

### Rowing Techniques

1. **The Catch:** The stroke begins with the oar blade entering the water. At this point, your legs should be fully compressed, and your arms extended, ready to pull.
2. **The Drive:** Once the blade is in the water, use your legs to push off, followed by your back and arms. Keep your core engaged and pull the oar towards your body.
3. **The Finish:** As the oar reaches your torso, lean back slightly and pull the handle to your chest. Keep your elbows close to your body.
4. **The Recovery:** After completing the stroke, lift the oar out of the water, and allow your body to move forward into the starting position again. Your hands should move smoothly and fluidly for the next stroke.
5. **Feathering:** This is the act of rotating the oar blade as it leaves the water so that the flat side faces upwards. This reduces wind resistance and allows for a smoother recovery.

Please see the 'Fixed Seat Rowing Technique' poster, a few pages from here.

Understanding and practicing these techniques will help you become a more efficient rower and a stronger team member on the water.

### Common Rowing Commands

- **"Ready to row":** This means the crew should prepare to start rowing, sitting up straight with hands on the oars.
- **"Row!" or "Away with your 6":** The command to begin rowing, taking timing from the rower in seat number 6.
- **"Easy Oars":** This is the command to stop rowing and let the boat glide.
- **"Hold Water":** A command to stop the boat by placing the blades vertically in the water to create resistance.
- **"Back row":** Rowing backwards to help reposition the boat.

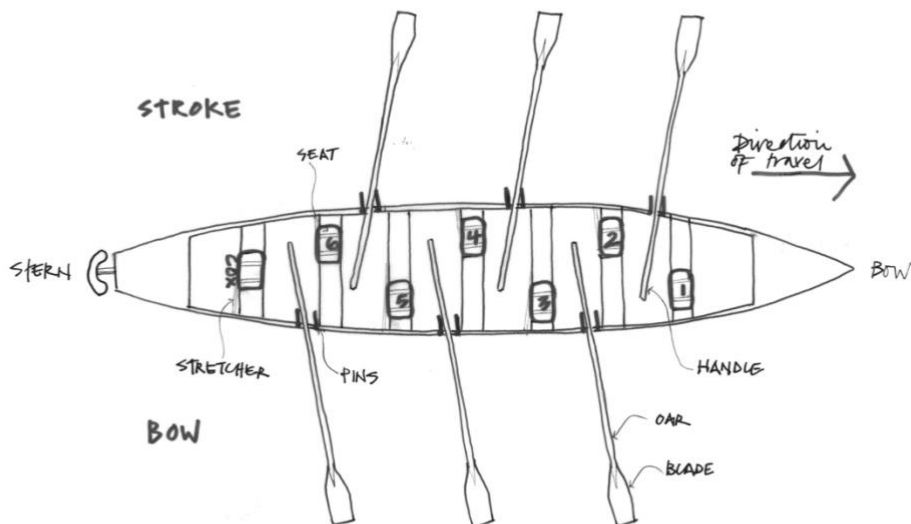
### Boat Terminology

- **Bow:** The front of the boat.
- **Stern:** The back of the boat.
- **Bow side:** If you are sat on the left with your oar out on the right-hand side when looking at the Cox.

- **Stroke side:** If you are sat on the right with your oar out on the left-hand side when looking at the Cox.
- **Thwarts:** The seats inside the gig boat where rowers sit.
- **Stretchers:** The bars across the boat where you position your feet.
- **Coxswain (Cox):** The person who steers the boat and gives commands.

## Parts of the Oar

- **Blade:** The broad end of the oar that goes into the water.
- **Shaft:** The long part of the oar between the handle and the blade.
- **Handle:** The part of the oar held by the rower.



## What to do when getting in the gig boat

When preparing to get into a gig boat, follow these steps to ensure a safe and efficient process:

1. **Help Take the Kit to and from the Pontoon:** Before getting into the boat, assist with transporting the kit (such as life jackets, oars, seat cushions and any other necessary equipment) to the pontoon. This ensures everything is in place and ready for the row. Remember to stay to help take the equipment back to the storage container at the end of the row.
2. **Await Instruction from the Cox to Enter the Boat:** The coxswain (cox) is in charge of managing the crew and ensuring the boat's safety. Wait for their instruction before getting into the boat. The cox will direct each rower in turn, which ensures the boat stays balanced and stable while people are entering.
3. **Only One Person Standing in the Boat at a Time:** Once in the boat, make sure that only one person stands at a time to maintain balance. Standing all at once can cause instability, so follow the cox's instructions and sit down as soon as possible.
4. **Identify Your Oar in Readiness:** As soon as you are seated, locate your assigned oar. Make sure it is ready and in the correct position for you to lift up and begin rowing as soon as instructed.
5. **Adjust Your Stretcher:** The stretcher (the footplate that helps with rowing stability) should be adjusted to suit your leg length. Adjust it immediately after entering the boat. If it's not quite right, it can be altered later on, but ensure you do this as early as possible for comfort and efficient rowing.

By following these steps, you help maintain a smooth and safe launch, ensuring the gig boat is ready for action.

# Fixed Seat Rowing Technique

This poster outlines fixed seat rowing technique.



## The Catch

- Sit symmetrically on the seat in a comfortable and strong position
- Keep the head facing forwards, looking towards the stern
- Pelvis rocking over from the finish



- Back should be set at the catch
- Body in a pre-stretched position
- Hands over feet



- Lock the face of blade square in the water
- The catch is taken with one smooth continuous movement of the hands (no pause)

## The Drive



- Push off equally with both legs, then open the body using arms as linkage



- Maintain a strong body posture



- The legs, upper body, shoulders and arms accelerate the handle throughout the drive



- Equal pressure through feet during the drive
- Keep the blade square for as long as possible

## The Finish



- Maintain acceleration until the hands reach the body
- Tap the blade out square with outside hand, feather with inside hand
- Hands down and away at the same speed they come in

## The Recovery



- The body movement forward should be smooth and controlled
- Hands, body, legs
- Retain good posture



- Hands lead the body forward, keep the arms straight
- Maintain balance through the feet



- Body prepared and ready for the catch on the last part of the recovery
- Prepare the blade for the catch by starting to square as the handle passes the knees

## 8. Safety Guidelines

Safety is our top priority at Pendeen Pilot Gig Club. Please familiarise yourself with the following guidelines to ensure that all rowing activities are conducted safely and efficiently.

### General Safety

- Always wear appropriate clothing for rowing. Layers and waterproofs are recommended.
- Keep hydrated and protect yourself from the sun with sun cream and a hat.
- Before entering the boat, ensure you have checked with the coxswain for any safety concerns or conditions.

### On the Water Safety

- The coxswain is responsible for the crew's safety and must be obeyed at all times.
- Ensure life jackets are worn, if required, and that crotch straps are used to ensure effectiveness. For example, for coxes and junior members or based on personal preference.
- Row only in conditions that match your experience level and the crew's capability.

### VHF Radio Usage

Each boat is equipped with a handheld VHF radio for emergency communication. Here's how to use it:

1. **Turn On the Radio:** Ensure the radio is fully charged before heading out. Turn it on by rotating the power/volume knob.
2. **Select Channel 16:** Channel 16 is the international distress frequency. Use this channel for emergencies.
3. **Calling Procedure:** Hold the radio 5-10 cm from your mouth. Press the push-to-talk (PTT) button and say "Mayday, Mayday" if in distress, or "Pan-Pan" if there is an urgent situation but no immediate danger. Then provide your location and situation clearly.
4. **Await Response:** Release the PTT button and wait for a response from the Coast Guard or another vessel.

## Hazards When Rowing in Newlyn Harbour and Mount's Bay

- **Tides and Currents:** Mount's Bay experiences strong tidal movements. Always check the tide tables before rowing, as low tides can make certain areas impassable.
- **Boat Traffic:** Newlyn Harbour is a busy working harbour. Keep clear of fishing boats, and always row defensively, staying alert to other vessels.
- **Weather Conditions:** The weather in Mount's Bay can change rapidly. Row only when conditions are safe, and always consult the forecast before launching.

## 9. Training

Our club runs weekly training sessions to help members improve their rowing skills and fitness.

### Training Schedule

Training sessions are posted on the Club's team management app, TeamReach. You should follow this for details of each session but broadly speaking, the following sessions are on offer:

- **Weekdays:**
  - Evenings during the Summer months, when light allows
  - Development training rows on a Wednesday evening, when light allows
  - Daytime social row on a Friday, usually around lunchtime
- **Saturdays:**
  - Men's and Ladies training sessions in the morning, focusing on regattas when required but an ideal opportunity for full crews to train together
  - Junior training sessions in the morning
- **Sundays:**
  - Novice / social rows in the morning
  - Men's and Ladies training rows in the morning

Please arrive 15 minutes before training sessions for a safety briefing and to help set up the boat(s).

We appreciate that there may be occasions where you need to cancel your attendance in a row that you have already put your name down for. In this instance, please contact the Cox allocated to your boat along with your Captains with as much notice as possible, so that they are aware and can arrange a replacement rower to take your place (where possible).

## 10. Regattas

We participate in several regattas throughout the year. The below provides some examples but is not an exhaustive list and does not represent a list of those we actually attended.

### Regatta Timetable (subject to change)

- **World Pilot Gig Championships**
  - **Date:** May 3-5, 2024
  - **Location:** St Mary's, Isles of Scilly
- **Falmouth Classics Regatta**
  - **Date:** June 14-16, 2024
  - **Location:** Falmouth
- **Mount's Bay Senior Summer Series Regatta**
  - **Date:** June 8, 2024
  - **Location:** Mount's Bay
- **Mevagissey Senior Summer Series Regatta**
  - **Date:** June 22, 2024
  - **Location:** Mevagissey
- **Saltash Regatta & Water Festival**
  - **Date:** July 13-14, 2024
  - **Location:** Saltash
- **Charlestown Regatta Week**
  - **Date:** July 20-26, 2024
  - **Location:** Charlestown
- **Fowey Week**
  - **Date:** August 18-24, 2024
  - **Location:** Fowey
- **Portscatho Regatta**
  - **Date:** August 24, 2024
  - **Location:** Portscatho
- **County Championships**
  - **Date:** September 14-15, 2024 (Ladies), September 28-29, 2024 (Mens)
  - **Location:** Newquay

The new Senior Summer Series aims to provide competitive racing opportunities across multiple regattas, including events in Devon and Dorset. For a more detailed and updated schedule, you can check the CPGA and other local rowing club websites.

Please note that some regattas require you to be a member of iGigRower, such as the World Pilot Gig Championships (Isles of Scilly) and the new Summer Series.

Due to cox, crew and tower availability, we are not always able to attend every regatta. In addition, some regattas are invite only. Keep an eye on TeamReach for communications as and when available, including sign up deadlines.

## Isles of Scilly World Championships

The **Isles of Scilly World Pilot Gig Championships** is one of the most prestigious and exciting events in the Cornish Pilot Gig racing calendar. It is held annually over the **May Day Bank Holiday weekend** on the beautiful Isles of Scilly, bringing together crews from around the world to compete in a series of thrilling races.



### Event Overview

- **When:** May Day Bank Holiday weekend (dates vary slightly each year).
- **Where:** The event takes place around the five inhabited islands of the Isles of Scilly, located 28 miles off the coast of Cornwall.
- **Who:** Rowers from across the UK and the world gather for this event, with hundreds of gig crews competing across different categories.

The **Isles of Scilly World Championships** is a true celebration of gig rowing and is regarded as one of the most important events of the year for rowers. Competing in this championship not only gives rowers the opportunity to race against the best teams but also fosters a strong sense of camaraderie and sportsmanship within the community.

### Why Is It Important?

The Isles of Scilly Championship is often described as the “World Cup” of gig rowing. It is an opportunity for our club to showcase our skills on an international platform. Teams are challenged to race in both **men’s** and **women’s categories**, with multiple heats over the weekend, culminating in a grand final.

This event is a **highlight of the rowing year**, and both seasoned rowers and new members aspire to compete. It's an unforgettable experience for anyone who takes part, not only due to the intensity of the competition but also for the stunning surroundings and vibrant atmosphere.

## Booking Travel and Accommodation Early

Because of the popularity of the event, it is **essential to book travel and accommodation well in advance**, typically several months before the championship weekend. Here's why:

- **Travel:** The Isles of Scilly are accessible by ferry from Penzance, or by flying from Land's End, Newquay, or Exeter airports. Ferry services and flights can fill up quickly due to the influx of rowers and spectators, so we recommend booking as soon as possible to secure your spot. However, the club usually receives a **discount code** in October each year, so you may wish to wait until then before booking your travel. Please remember to declare that you row for Pendeen Pilot Gig Club when booking.
  - **Ferry:** The **Scillonian III** ferry departs from Penzance and takes approximately 2 hours and 45 minutes to reach St. Mary's. It's the most popular way for teams to travel with their gear and equipment.
  - **Flights:** The **Isles of Scilly Skybus** offers flights from Land's End (15 minutes), Newquay (30 minutes), and Exeter (60 minutes). Though faster, it has limited baggage space and can be more expensive.
- **Accommodation:** The Isles of Scilly has limited accommodation options, ranging from hotels and guesthouses to campsites. Due to the high demand during the championships, it is advisable to book rooms or campsites as early as possible—many teams reserve accommodations a year in advance!
  - **Where to Stay:** Most rowers stay on **St. Mary's**, the largest of the islands, but accommodations are available on **Tresco, St. Martin's**, and **Bryher** as well. Consider proximity to the harbour and the ease of transporting rowing gear when booking.

## How to Prepare

- **Team Participation:** The club typically registers its teams well ahead of time. Ensure your availability for the championships is confirmed early with your captains.
- **Training:** This championship requires top physical condition and synchronised teamwork. Start preparing with regular training sessions and races leading up to the event to build stamina, strength, and coordination.
- **Fundraising:** Given the cost of travel, accommodation, and entry fees, teams often engage in fundraising activities in the months leading up to the event. You

can participate by organising events such as bake sales, sponsored rows, or crowdfunding efforts.

Attending and competing in the **Isles of Scilly World Championships** is a major milestone for any gig rower, and it provides lifelong memories and a sense of achievement. We encourage all our members, new and experienced, to get involved and be part of this unique event!

## What to Expect on a Regatta Day

Regatta days are one of the most exciting aspects of being a member of the Pendeen Pilot Gig Club. They offer the chance to compete, bond with your teammates, and support one another throughout the day. However, they are also long, busy days that require everyone's active participation to ensure the event runs smoothly for the club.

Here's a detailed guide on what to expect and what's expected of you on race day.

### Before the Regatta

Preparation begins well before the day of the event:

- **Confirm Your Availability:** Ensure you've let your captains know your availability ahead of time, especially if you're rowing in multiple races.
- **Check the Kit:** Make sure you have your club kit (t-shirt/vest and shorts) ready to go. Sun cream, hats, and layers of clothing are also advisable for unpredictable weather.
- **Bring Money for Food and Drinks:** Most regattas have food and drink stands available, but bringing extra cash or a packed lunch is a good idea.
- **Bring a Chair/Blanket:** Regatta days involve downtime between races. Having a foldable chair or blanket will help you stay comfortable.

### Arrival at the Regatta

You should arrive early on the day of the regatta, well before the racing starts, to help with setup and preparation.

- **Unloading the Boat:** Be ready to assist with unloading the gig and equipment from the trailer. Every member is expected to help, regardless of their race schedule.
  - This involves lifting and moving the gig onto the beach or into the water, placing oars, and securing pins.
  - Ensure the boat is checked over for any damage or issues, especially after transport.

- **Team Briefing:** Once the boat is ready, there will typically be a team briefing. This includes race timings, lane assignments, and any specific instructions for the day. Make sure you attend and are aware of the race schedule.

## During the Regatta

Regatta days are fast-paced, but they also involve waiting between races, so being flexible and supportive is key.

- **Support Each Crew:** Even if you're not rowing in every race, you play a vital role in supporting the team:
  - **Help Each Crew Get In and Out of the Boat:**
    - When it's time for a race, help the rowing crew get the boat into the water.
    - Ensure the oars and other equipment are properly secured and be there to help the crew push off from the shore.
    - After the race, assist with retrieving the boat and helping the crew safely out of the gig.
  - **Cheer On Your Team:** Once the race begins, gather with your clubmates to cheer on the team. Encouragement and morale from the shore can make a big difference for the crew rowing in the heat of competition.
  - **Welcome Them Back:** Be there at the finish line to welcome the crew back after the race. Whether they've won or come in further down the field, your support and enthusiasm are vital for maintaining team spirit.

## When You're Racing

When it's your turn to race, it's important to stay focused and prepared.

- **Warm Up:** Make sure you've done a proper warm-up before your race. Stretching, light jogging, or even rowing on a spare boat can help you loosen up and be ready.
- **Listen to the Coxswain:** The coxswain will give instructions as you get into the boat and prepare to race. Make sure you're focused and respond promptly to their commands.
- **Race Hard, Row Clean:** Give it your best during the race, maintaining good technique and listening to the cox at all times. Remember, every stroke counts!

## After Your Race

Once your race is finished, your job isn't over.

- **Reload the Boat:** After the last race, all members are expected to help reload the boat onto the trailer. Just as with unloading, this requires teamwork and care to avoid damage.
- **Support the Rest of the Crew:** Once your race is over, you should still be helping your teammates. Continue assisting with boat launching and retrieval and cheering on other crews.

## Throughout the Day

- **Team Spirit:** The most successful regatta days happen when all members are involved, both on and off the water. Whether you're racing or not, you're expected to be present and part of the team, lending support, energy, and enthusiasm.
- **Stay Hydrated and Nourished:** Regattas can be long and physically demanding, so make sure you stay hydrated and eat throughout the day to keep your energy up.
- **Stay Organised:** Keep track of your gear, personal items, and any club equipment. It's easy for things to get lost or misplaced with so much happening during the day.

## At the End of the Regatta

Once the final race is over and the boat is reloaded, don't rush off just yet:

- **Club Debrief:** There may be a quick club meeting at the end of the day to review the results, acknowledge standout performances, and discuss any lessons learned for future races.
- **Celebration:** Win or lose, regatta days are about team spirit and camaraderie. Take some time to celebrate with your fellow rowers. Many regattas end with social events where crews from different clubs mingle and share their experiences.

## Key Things to Remember on Regatta Day

- **Be early and be helpful** — unloading, reloading, and setup are crucial parts of the day.
- **Be supportive** — help other crews get in and out of the boat and cheer them on.
- **Bring essentials** — money for food, drinks, and a chair for comfort.
- **Stay until the end** — the day's not over until everything is packed up and you've supported your teammates.

By understanding what's expected of you on regatta day, you'll contribute to a smooth, enjoyable experience for everyone involved and help ensure the success of Pendeen Pilot Gig Club both on and off the water.

## 11. Racing Rules and Etiquette

Cornish Pilot Gig racing is a thrilling and competitive sport, but it also requires adherence to rules and respectful conduct on the water. Here are the key rules and expectations when competing.

### Racing Rules

1. **Starting the Race:** All boats must be behind the start line until the official start signal is given. Jump-starts are not allowed and can result in penalties.
2. **Overtaking:** When overtaking another boat, it is important to maintain your lane. The overtaking boat must yield and avoid interfering with other crews.
3. **Turns:** In longer races involving turns, the boat closest to the buoy has the right of way. Other boats must give space to avoid collisions.
4. **Finishing the Race:** The race ends when the bow of the boat crosses the finish line. All rowers must continue rowing until the coxswain gives the command to stop.

### Racing Etiquette

- **Respect:** Always show respect to other crews and officials. Whether you win or lose, sportsmanship is paramount.
- **Collisions:** In the event of a collision, stop rowing immediately to assess the situation. The safety of all participants is the priority.
- **Support:** Encourage your fellow crew members and remember that rowing is a team effort. The success of the boat depends on everyone working together.

## 12. Club Kit: What to Wear and How to Order

The Pendeen Pilot Gig Club kit not only helps our members look unified and professional but also promotes the club and any sponsors (where applicable). Wearing the correct kit during training, racing, and fundraising events is important to represent the club effectively.

This section outlines what to wear for different occasions, how to order the club kit, and guidelines for maintaining it.

## What to Wear: Kit for Different Occasions

### Training Kit

When attending training sessions, it's important to dress appropriately for the weather, comfort, and safety:

- **Tops:** Lightweight, moisture-wicking sports tops or t-shirts. For colder weather, you may want to layer with a fleece or waterproof jacket.
- **Bottoms:** Shorts, leggings, or comfortable sports trousers.
- **Footwear:** Trainers or water shoes. Please do not enter a boat with bare feet for safety reasons.
- **Weather Protection:** Sun cream, hats, sunglasses, or layers for warmth if required.
- **Visibility:** During evening or early morning sessions, it is advisable to wear bright or reflective clothing to ensure you can be seen.

**Note:** While the official club kit is not required for training, it's a good idea to wear club-branded items if you have them, to build team spirit and solidarity.

### Racing Kit

On race day, wearing the correct club kit is essential to maintain a professional and unified appearance. This helps us stand out on the water and promotes a sense of team identity.

- **Racing Kit:**
  - **Club Vest/T-Shirt:** Each rower should wear an official club vest or t-shirt featuring the Pendeen Gig Club logo and colours (typically blue and yellow).
  - **Shorts / Joggers / Leggings:** Dark-coloured sports shorts or joggers / leggings that allow for freedom of movement.
  - **Footwear:** Water shoes or trainers, depending on preference.
  - **Sun Protection:** Hats, sunglasses, and sun cream are essential for races.
- **Why It's Important:** Wearing the official kit shows respect for your teammates, the club, and the race event organisers. It ensures we look professional and present a unified image to the other teams and spectators.

### Fundraising and Social Events

During fundraising events, it's important to wear club-branded clothing to promote Pendeen Pilot Gig Club and build awareness of our activities.

- **Fundraising Events:**
  - **Club Polo Shirts or Hoodies:** Members should wear club polo shirts, hoodies, or t-shirts. These items are more casual than the racing kit and are perfect for non-competitive events.
- **Visibility is Key:** These events are all about connecting with the community and generating support for the club. Wearing the club kit ensures people can easily identify you as a club member and helps promote the club during events.

## Advertising & Media

When representing the club in the media, for promotional photographs, or advertising campaigns:

- **Formal Club Kit:** Wear the official club polo shirt, vest, or hoodie depending on the type of event. Ensure that the kit is clean, well-presented, and showcases our colours and logos clearly.
- **Sponsor Logos:** It's important to display any sponsor logos (where applicable) during these events, as they help support the club financially. Make sure you wear items that prominently feature any sponsors (where applicable).

## How to Order Club Kit

Ordering your official Pendeen Gig Club kit is easy and can be done through the club kit contact. Here's the process:

### Ordering Process

- **Step 1: Get in touch with the club kit contact:** To order kit, you can speak to the club kit contact, who manages the stock and orders. You can discuss sizing, availability, and any special requirements (e.g., extra items like hats, waterproof jackets).
- **Step 2: Choose Your Items:** Available items typically include:
  - **Club Vests/T-Shirts** (racing kit)
  - **Polo Shirts** (casual events)
  - **Hoodies** and **Waterproof Jackets** (for colder weather)
  - **Caps** or **Visors** (sun protection)
- **Step 3: Payment and Delivery:** Once you've selected your items, confirm your order with the club kit contact, make payment, and arrange for collection. Please allow some time for orders, especially if new stock needs to be ordered from the supplier. There is usually a minimum order requirement so the club kit contact will collate orders from club members and place an order once they have reached the minimum threshold.

## Sizing

The club kit comes in a range of sizes to suit all members, so make sure to check sizing charts provided by the kit supplier or try on samples (if available) to ensure a good fit. Some items may be available in junior sizes for younger rowers.

## Maintaining Your Club Kit

To ensure your club kit remains in good condition and continues to look professional:

- **Washing Instructions:** Follow the washing instructions provided on the label to prevent colours from fading or logos from wearing off. Typically, wash on a gentle cycle and avoid tumble drying.
- **Storage:** Store your kit in a cool, dry place to prevent damage from moisture or sunlight.
- **Repairs:** If your kit becomes damaged or worn out, contact the kit contact to see about replacing or repairing the item.

## Additional Club Merchandise

Beyond the essential racing kit, Pendeen Pilot Gig Club offers additional merchandise that members and supporters can purchase. This includes:

- **Club Hoodies**
- **Caps and Beanies**
- **Club Jackets**

Wearing additional club merchandise is a great way to promote the club at casual events, training sessions, or while traveling to and from regattas.

By following the kit guidelines and ensuring that you're properly dressed for training, racing, and events, you'll be a positive representative of the Pendeen Pilot Gig Club, both on and off the water.

Make sure to place your order for club kit well in advance, especially before key events or the racing season, to ensure you have everything you need.

## 13. Equipment Care and Maintenance

Proper care of the club's equipment ensures the longevity and performance of our gig boats and gear. All members are responsible for helping maintain our fleet and associated equipment.

### Gig Boats

- **Cleaning:** At regular intervals through the year, club members are expected to help with boat scraping / cleaning to remove a build up of debris.
- **Repairs:** If any damage occurs during a rowing session, report it immediately to the Boat Maintenance Committee.
- **Moorings:** Always moor boats properly, securing them to the cleats / mooring rings when not in use. If in any doubt, please ask a fellow club member for guidance. If not secured correctly, there is a risk that the boat may break free from its moorings during bad weather.



## Oars and Pins

- **Oar Maintenance:** Regularly check oars for signs of wear, especially around the handles and blades. Avoid dragging oars on the ground.
- **Pin Care:** Ensure pins are secure before launching. Keep them free from sand and grit that could cause damage.

## Life Jackets and Safety Gear

- Ensure life jackets are cleaned and dried after each use. Check for wear and tear regularly and report any issues to the safety officer.

By taking care of our equipment, we ensure that it remains safe, reliable, and ready for use at all times.

## 14. Code of Conduct

All members are expected to uphold the values of the club. The following code of conduct applies to all members.

1. **Respect:** Treat fellow members, coxswains, and opponents with respect and courtesy at all times.
2. **Safety:** Adhere to all safety protocols and respect the authority of the coxswain during training and races.
3. **Sportsmanship:** Compete fairly and uphold the spirit of the sport.
4. **Communication:** Any disputes or concerns should be addressed through the proper channels by contacting a committee member.

Failure to adhere to this code will result in the necessary further action being taken for the enjoyment and safety of all club members.

A more detailed Code of Conduct is available from the Membership Secretary and is circulated with membership forms annually / at the time of enrolling.

## 15. Contact Information

If you have any questions or need further information, please don't hesitate to reach out using the contact details below:

- **Website:** [www.pendeengigclub.co.uk](http://www.pendeengigclub.co.uk)
- **Email:** secretary.pendeenpgc@gmail.com
- **TeamReach:** This is the club's team management app, which you will be invited to join on successful completion of the membership enrolment process. You can contact any club member using this app.
- **Social Media:** Follow us on Facebook and Instagram for updates.

At the time this handbook was updated (December 2024), the following key points of contact were present. These are subject to change from time to time:

Role	Name
Chairperson	Julia Meaton
Club Kit Contact	Martin Frend
Coxes Lead	Louise Thomas
Day-to-day Management Secretary	Glyn Macnally
Fundraising Committee	Julia Meaton
Health and Safety Officer	Lynne Trembath
Juniors Coordinator	Dan Mugglestone
Ladies Captain	Sue Nankervis
Ladies Vice-Captain	Tracey Phillips
Ladies Welfare Officer	Gill Spicer
Maintenance Committee	Clare Jones, Emma Lewis, Abby Poynter
Membership Secretary	Charlotte Stevens
Men's Captain	Martin Frend
Men's Vice-Captain	William (Billy) Faull
Men's Vice-Captain (2 <sup>nd</sup> )	Paul Jones
Men's Welfare Officer	Rob Williamson
Minutes Secretary	Lizzie Smith
Silent Mountain Booking Coordinator	Lizzie Lewis
Social Media Team	Charlotte Stevens, Sue Nankervis, Phillipa Stanton
Treasurer	Sam Lane
Treasurer (Deputy)	Paul Saunders
Trustees	Sam Lane, Dan Mugglestone, Abby Mulholland, Anna Murphy, Gill Spicer, Sue Nankervis