

Lea Rowing Club Junior Member and Parent/Carer Handbook



Lea Rowing Club, The Boathouse, Spring Hill, Clapton, London E5 9BL
Find us on: www.learc.org.uk
Instagram: [lea_rc_hackney](https://www.instagram.com/lea_rc_hackney)
Facebook: www.facebook.com/Lea-Rowing-Club

Table of contents

- [Welcome and Lea R.C.](#)
- [History of the Club](#)
- [Junior Squads explained](#)
- [Training](#)
- [Rowing kit](#)
- [Safeguarding and Child Protection](#)
- [Code of Conduct](#)
- [Health and Safety](#)
- [Clean Sport and Strict Liability](#)
- [Racing](#)
- [Nutrition and hydration](#)
- [Coaches and coaching](#)
- [Communication](#)
- [Capsize tests](#)
- [British Rowing \(BR\)](#)
- [Volunteering](#)
- [Fees and general admin](#)
- [Appendices](#)
- [Useful contacts](#)

Welcome!

Welcome to the juniors' section of the Lea Rowing Club.

We are proud to develop our young rowers to enjoy and progress in this great sport.

• History of the Club

Lea R.C. is one of the biggest rowing clubs in London, with more than 450 members, of whom approximately one quarter are in the junior section of the club.

Lea R.C. is open to people of all levels of experience. We offer rowing from the age of 12 upwards. We aim to deliver a broad range of services to our members, to provide them with resources to develop to the best of their ability, and to support their ambitions whether that be as a competitive or recreational rower. We are affiliated to British Rowing. Lea R.C. takes its name from its location on the River Lea, a tributary of the River Thames, at the foot of Spring Hill in Hackney, East London. We row on a stretch of the Lea approximately 7km long, between Tottenham and Old Ford locks.

There have been a number of rowing clubs at the site since the early 19th Century.

Junior Member and Parent/Carer Handbook updated August 2026

Lea Rowing Club Limited is a Registered Charity in England and Wales, No. 1157563, and a Company Limited by Guarantee No. 07368256.

In 1980 the last five clubs on the Spring Hill site amalgamated. Stuart Ladies, Crowland, Gladstone Warwick, City Orient and Britannia formed Lea R.C. Since then, the Club has produced successful athletes from junior through to senior age groups. The Club has won at Henley Royal Regatta, Henley Women's Regatta, National and World Masters' Championships, the Home International Regattas, Head races and British Junior and Senior Championships.

- **Coaches and coaching 2026/2027**

Interim Head of Junior Rowing – Anna Melville-James

Head Coach Performance – Stephen Mitchelson

Performance Development Coach – Lindsay Segall

There is also a team of Assistant Coaches and school coaches. They are qualified rowers, juniors and parents.

Although there is government guidance for people working with groups of children, it is essential in rowing that a separate risk assessment is taken for each group of children and reviewed for each training session. Participants under the age of 18, even those qualified as coaches, should be supervised at all times.

In line with national guidance, the level of supervision should take account of the:

- age and ability of the children
- type of training session being undertaken (on land or water)
- environment that the session is taking place in
- risk assessment - if there is an accident or incident there is always someone available to supervise the remaining children and the coaches working with children ensure that they do not work in isolation.

- **Junior Squads explained**

We are proud to develop our young athletes to enjoy and progress in this great sport and of the many successes our juniors have achieved nationally and internationally. Many of our juniors continue rowing at university and for many years afterwards, with some of our senior club members having joined as juniors.

As a junior, you will start in our novices and progress when your skills and fitness levels increase. The required commitment from you also increases if you wish to progress. The coaches will decide when you are ready to move to the next stage and it is important to remember that young people develop at different rates.

Junior Member and Parent/Carer Handbook updated August 2026

Lea Rowing Club Limited is a Registered Charity in England and Wales, No. 1157563, and a Company Limited by Guarantee No. 07368256.

Training is comprised of both gym and water sessions. The number of sessions depends on the squad, with water sessions generally limited to weekends only during winter.

The purpose of each squad and the level of commitment is shown below:

Junior Club Squad

Learning how to row, enjoy the sport and increase fitness

Training sessions: 2 per week

Junior Competition Squad

Learning to train, increasing fitness and strength, learning to race, competing at regional regattas

Training sessions: 3-4 per week

Junior Performance Development squad

Learning to train, improving rowing techniques and competing at regional and high-level events such as National Schools Regatta and the British Rowing Championships.

Training sessions: 4-5 per week

Junior Performance squad

Training and competing at the highest level, including Scullery Head/Regatta, National Schools Regatta, British Rowing Championships and Henley/Women's Henley.

Training sessions: 6-7 per week

Schools

Schools are able to book blocks of lessons, after school events and taster sessions coached by our Schools' Coaching Team. For details on our schools' programmes please contact the Head of Junior Rowing on juniors@learc.org.uk

• **Training**

Juniors are only permitted at the club during supervised training sessions. Please check with your squad coach when these are.

PARENTS - please don't send your child to train if they have been sick in the last 24 hours so they can get better as quickly as possible.

Juniors may be expected to cox in addition to rowing. Coxing is a good way to learn about the different coxing calls you have to make and how they affect the boat.

Along with the Lea stretch of water, Performance and Performance Development squads also train at the Royal Albert Docks in East London at weekends so rowers can practice side-by-side racing on an appropriate length of water - <https://londonsroyaldocks.com/london-watersports-centre/>

How much and how often?

PARENTS - the British Rowing document [How much and how often](#) is for coaches and parents of juniors and provides guidance for junior training programmes for young athletes who choose to take part in a competition pathway programme.

What type of training and competitions are there during the rowing year?

The racing year is usually defined from September to August. Below is an outline of the types of training and objectives for each rowing period.

September – December

General basic fitness; improve boat skills; establish common technique (British Rowing Technique) water training; drills and exercises; gradually increasing the work rate and distance on the water; generally lower stroke rates; some sessions on ergos (rowing machines). Head races (racing against the clock rather than side-by-side) may also be entered.

January – March

Strength and Conditioning; speed and endurance; further boat skills and technical improvements; circuit and ergo training; water training; drills and exercises on the water; increasing the mileage on the water; higher ratings in the boats and ergos. Head races are a feature at this time of the year (distances 3k–7k).

April – July/August

Speed and racing skills with an emphasis on water training; starts; short pieces (250–2000m); speed bursts; higher ratings. Regatta (side-by-side) racing is the main feature of this part of the year (distances 500–2000m).

August

Tends to be less structured due to holidays and rest periods.

Rowing camp

Annual training camps are held usually in the Easter holidays - and these incur additional costs.

- **Rowing kit**

Dressing for rowing and training

Loose clothing can get caught in the moving parts of the boats when out rowing so tight-fitting kit such as rowing all-in-ones or cycling/running Lycra are recommended.

To help avoid blisters rowers should avoid wearing rings. Long hair should be tied back when rowing or training. Very long hair should be tied in a bun.

High visibility tops must be worn as they enable rowers to be seen by other boats. They are readily available in most sports shops, alternatively the club has a number of high visibility gilets that can be worn over kit for the water sessions.

Everyone without exception must wear trainers designed for sports (running or cross-training preferably). They should also be done up so that the foot is fully supported. When you first start rowing, you will wear trainers in the boat. 'Fine' boats already have shoes as part of the boat so once you move to this type of boat trainers or sliders will be left in the boathouse while you are on the water.

PARENTS kit can get quite sweaty and smelly and a specialist sports wash will keep clothes nice and fresh. Try 'halo'. Athletes should ALWAYS BRING ALONG A DRY CHANGE OF CLOTHES, A TOWEL, AND A STILL DRINK (water is recommended, with electrolytes in extremely hot weather). **Please do not send them with 'single use' plastic bottles.**

WHAT TO WEAR

Winter

Wearing lots of thin tight-fitting layers is both practical and comfortable.

Layers can be taken off as you warm up rather than having only the two options that a T-shirt and jumper combination offers. Close fitting layers will not obstruct your hands around the stroke finish (as a hoody will).

Hats: A lot of body heat can be lost through the head so wearing a hat is important when it is cold, a thin hat is better as it is less likely to cause you to overheat whilst you train.

Gloves should be avoided as they decrease your control over the handle. In very cold weather 'pogies' can be worn, these are fleecy mitten type coverings that encase both your hands and the handle providing both warmth and control.

Scarves: These should **not** be worn

Sunglasses: You may need these in winter if the sun is low, reflecting off the water and is distracting or gives you headaches.

Coxes: Always wrap up in many layers, you can always peel them off. During winter the difference in temperature between shade and sun can be great. Always be prepared for rain.

High viz: **Those in singles or in the bow of the boat must wear high viz at all times.**

Summer

When the sun is out keep covered with a light-coloured sleeved top, remember the water intensifies the effect of the sun on your skin.

Caps and sunscreen: When the sun is out a cap or sun hat is vital and sunscreen will protect your skin.

Sunglasses: A great idea if you find the sun distracting or it gives you a headache then wear sunglasses. For safety sake, particularly in a single scull, it is imperative that you have clear vision. Ensure your sunglasses lenses are clean and not scratched and that they block 100% of UV rays (labelled as UV400) as the glare from the water can also damage eyes.

Sports bras: **These are not to be worn as the only piece of kit on the water.** All athletes must wear tops.

Racing kit and Club kit

For your early racing career crews must wear the same, in club colours e.g. orange t-shirt.

When your child starts to compete, they will race in club colours - the kit is available to order and you will be notified of the kit order windows (twice a year) on Spond in plenty of time.

• **Safeguarding and Child Protection**

Contacting the Club Welfare Officer (CWO) and the deputy CWO (dCWO)

The CWO is Tereska Kwiecinska and the deputy CWO is Sylvia Chew, both are contactable on welfare@learc.org.uk

Both Tereska and Sylvia are Club members whose own children were juniors at the Club and they have a wealth of experience and knowledge enabling them to give advice and help to juniors and their parents.

At Lea Rowing Club, we are committed to ensuring that all children and young people can enjoy rowing in a safe and secure environment.

What does the CWO do?

The CWO undertakes the following:

- Ensures that Lea R.C. remains focused on the needs of junior members.
- Ensures Disclosure and Barring Service (DBS) checks are processed and that all relevant staff and volunteers have checks renewed every three years.
- Advises the committee, Board and coaches on safeguarding and child protection.
- Acts as a conduit for child protection matters, ensuring they are reported to the safeguarding lead at British Rowing, or, in exceptional circumstances, emergency action is taken.

Why we have them and what you would contact them about

The position of CWO is a designated post. British Rowing requires the post holder to be well known at the club, approachable and to respect confidentiality. To maintain impartiality, the CWO and their deputy cannot be part of the coaching team. The CWO and their deputy are available to attend junior meetings on request and will meet with school coaches.

Junior Member and Parent/Carer Handbook updated August 2026

Lea Rowing Club Limited is a Registered Charity in England and Wales, No. 1157563, and a Company Limited by Guarantee No. 07368256.

Examples of when you may want to speak to the CWO could include

- If you feel bullied/intimidated by other members or coaches e.g. excluded from groups; taunted; receiving derogatory remarks etc.;
- If you are being physically or sexually abused;
- Neglect of any sort e.g. your needs are ignored; injuries or illnesses being dismissed/ignored;
- You have a new medical condition which may affect your rowing or other people you row with (or something you may just want to discuss in confidentiality);
- Any worries you may have about other members of the squad;
- You feel you have no-one else to talk to;
- Any other items of concern such as changes with home circumstances.

Lea R.C. is affiliated to British Rowing and adhere to its Safeguarding and Child Protection Policy. This policy can be viewed on the resources and downloads page on our [website](#).

Lea R.C. discharges its duties regarding safeguarding in the following ways

- Appointment of Coordinator of Junior Rowing. This role sits on Lea R.C. Board of Trustees.
- Appointment of a Club Welfare Officer (CWO) and deputy Child Welfare Officer (dCWO).
- Disclosure and Barring Service (DBS) checks of all staff who are in direct contact with children and young people. This includes coaches, volunteers at the Club, volunteer chaperones and some committee members.
- Safeguarding and Child Protection training for all coaches and committee members (refreshed every three years)
- Code of Conduct (coaches, parents, juniors, members)

Lea R.C. has adopted and operates to the British Rowing Code of Conduct. This can be viewed on the Resources and Downloads page on our [website](#).

• Health and Safety

Capsize tests

It is important that you have completed and passed a swim/capsize test to ensure you are safe on the water. For the test you are required to swim 50m in light clothing (the same kit an athlete will wear for training) and to demonstrate the capsize drill.

If you have yet to pass the capsize or swim test, then you **must** wear a buoyancy aid.

The club arranges regular capsize /swim tests and your coaches can advise on dates.

Weil's disease

Leptospirosis, also called Weil's disease, is an infection you catch from animals. The risk of contracting Leptospirosis from the Lea River is very small; we have had one case since the year 2000. The potentially serious nature of the infection however means that we need to all be informed about its signs and symptoms and should take simple precautions to reduce the risk of infection.

Leptospirosis is an infection caught through contact with infected animal urine. The causal organism can enter the body via cuts or abrasions of the skin or, the lining of the nose, mouth, throat or eyes. Person to person contact is rare.

To reduce the risk of infection, all rowers should wash their hands after an outing and in the event of a capsized, have a shower. Cuts should be covered.

Parents-if flu-like symptoms with a severe headache develop after contact with the water (usually seven days, but it could be up to three weeks) contact your doctor. If not treated the infection can cause damage to the kidneys and other organs. Leptospirosis is usually treated with antibiotics. If your child has any of these symptoms they should see a doctor, and the doctor should be advised of the circumstances of exposure.

For further information see appendix for parents' letter and the the NHS factsheet: [NHS Choices, Leptospirosis](#).

Water Safety Code

British Rowing have a [water safety code](#).

- **Drugs and supplements**

We all know how important sport is and that the essence of sport is one team or individual competing fairly against another. Anything that makes the competition unfair – and doping in particular – undermines the essence of sport

You may be surprised to learn that the greatest risk to a clean athlete is the inadvertent or accidental use of a prohibited substance. This may be present in medication or a supplement product you are taking. Under anti-doping rules, even if an athlete uses a prohibited substance accidentally, the consequences are the same as if the action had been deliberate. This is because there is a principle of strict liability.

It is important that parents and juniors understand the rules, risks, consequences and their responsibilities. British Rowing organise courses on Clean Sport. Go to www.britishrowing.org for more information.

Lea Juniors operates a strict clean sport policy and environment in line with British Rowing policy.

More information can be found at www.ukad.org.uk and <https://www.britishrowing.org/knowledge/cleansport/>

Strict liability

PARENTS - your child is completely responsible for any prohibited substance they use, attempt to use or is found in their system regardless of how it got there or whether they had the intention to cheat or not. They will face a sanction and the consequences regardless of the circumstances which led to this. You need to understand what this means for you and your child's sporting career.

- **Racing**

Crew selection

The coaches will make the crew selection for races based on a number of things including ability, erg scores, seat racing, fitness, motivation and how well a crew rows together in particular boats. The coach's decision is final.

Race days – days off school

PARENTS - races are occasionally during the school day (e.g. National Schools Championships) and your child may need to ask the school for a day or a few days off. The coach should give you plenty of notice and a letter to give to the school.

Frequently attended junior races

This is the list of the most frequently attended races by juniors. All crew selection is down to the coach - and not all rowers participate at all races.

September: Lea Autumn

November: Hampton Head

December: Wallingford 4s & 8s Head

February: Molesey Head

March: Hammersmith Head, JIRR (Junior Inter regional) Trials, Junior Sculling Head, Schools Head, National Indoor Rowing Champs

April: Lea Spring, JIRR Regatta, Junior Sculling Regatta

May: Wallingford Regatta, Thames Ditton Regatta, National Schools Regatta

Junior Peterborough Regatta, Walton & Weybridge Regatta, Weybridge Ladies Regatta, Henley Women's Regatta, Peterborough Junior Rowing Champs

July: GB v France J16 match, British Rowing Championships, Molesey Regatta

August: Sudbury Regatta

Useful information

Junior Member and Parent/Carer Handbook updated August 2026

Lea Rowing Club Limited is a Registered Charity in England and Wales, No. 1157563, and a Company Limited by Guarantee No. 07368256.

Usually, training is not too hard in the days coming up to a regatta (known as ‘tapering’). You are responsible for de-rigging your boats, making sure that the riggers, oars and boat are on the trailer, and that the boat and seat are secured. It is helpful if each person has a rigger jigger to do this (and at the other end to reattach the riggers on arrival). This is what one coach (from another club) has said about this...

“Unlike a lot of sports, we have to take our equipment with us. This means dismantling the boats a few days before and putting them on the trailer at the Club and tying them down securely for towing. We put the sculls and riggers (valuable scrap metal) on the trailer just before we leave the Boathouse – usually very, very early on the day of the race. When we get to the venue, we take the boats off, usually in race order, and the kids, with our help, rig them. After the race, the kids de-rig the boats if they are not being used again, put them on the trailer and they are tied down. They also put their riggers and sculls on the trailer. At the end of the day, we tow the trailer back to the Club and some kids unload it. The older kids usually do the loading and unloading – the younger kids soon learn to do this, as their turn will come. Trailer duties are issued when the organisers send out final instructions and we email them out.”

PARENTS – you may sometimes be needed to help with the loading and unloading – either with the actual lifting, carrying equipment around and also getting the rowers to and from the club.

If you have club **kit** then bring this to wear for the race. Races sometimes require that crews have club kit – other club members are generally willing to lend kit, and kit orders are usually made twice a year when you can buy your own if you wish / are able. The Juniors section has a limited number of Lea all-in-ones for athletes to use while they are waiting for their own to arrive – please ask your squad coach to access these.

Some races may involve staying near the venue for 1-2 nights, depending on race times and the event. The parent representatives usually arrange hotels, and costs are divided up between the rowers, these are kept as low as possible. A chaperone is always required – parents may be asked to help with this. (See section on **volunteering**.)

You need to arrive at all races a **minimum of two hours before the start** to allow time to find everyone, rig the boats, collect and attach race numbers, warm up, get to the place where boats can access the water, sometimes wait for a space to get in and then get up the course to the start.

The boats need to be on the water 30 minutes before the start time. Although this seems a long time, especially for early morning races, it is surprising how long it takes to get ready, and racers do not benefit from rushing around before the start.

There may be a long time sitting in boats waiting for the correct slot to start racing and it is important to have enough **warm layers** on which can be removed just before the race.

PARENTS – during summer events it is important that sunscreen, sunglasses and hats are provided, as there is little shade at most races and lots of glare from the water. **Hydration** is very important and a large bottle of water needs to be brought along. There is usually somewhere it can be refilled.

Parents may co-ordinate food provision throughout the day if it is a big race like Nottingham and there is a group going (this is usually established by email beforehand). The rowers need plenty of drinks and snacks, high in protein if possible. Too much sugar is not good as it provides only a short burst of energy, so think about sandwiches, pasta dishes, muesli bars, chocolate milk, yogurt drinks and fruit for example. If it's cold, flasks of hot chocolate and soup are very good. After races, in particular, there is some evidence that protein helps the body to recover and get stronger. The summer events in particular can be close to exams and many rowers find time to revise and work between races.

Athletes will need a change of clothes in case of falling in and at the end of a sweaty day.

Over the winter, races more usually take the form of a 'head' where boats are timed down a course in a pre-decided order starting every 5–30 seconds. There are usually 2–4 divisions of races throughout the day, each with a set start time for the whole division. Boats are allowed to overtake, and the general rule is that if you are being overtaken you have to move over. There are usually marshals along a course to see that this happens. Starts are 'rolling' and not static. Warm clothes are particularly important for these races, for both the time on land and the time on the water. There can be more than an hour sat in a boat waiting in cold, wet and/or windy conditions before a hard workout so warm bodies are in a much better position to do well and not get injured. Several layers (or merino wool) are best, woolly hats work well and are easily removed just before the start. There are as many as 4000 competitors at some of the events and there is one rowing club at the epicentre of these events – changing facilities may be limited so it is helpful to wear racing stuff as bottom layer(s).

Parents and spectators-come fully prepared for all weather as you can be outside in the rain for several hours. Wellington boots can be helpful when helping launch boats at some events as well as for being on wet riverbanks.

Race start times and details can usually be found in the week before the race, online, by looking up the event. Results can also usually be found this way and sometimes even YouTube footage. It is quite possible to be able to find the results online at home before they are known at the race site, or on the club's twitter page.

PARENTS – it can be useful to cooperate in organising lifts to events, and common to pay some contribution to fuel if your child is given a lift, or turns are taken. We have a thriving parent-Lea volunteer group and can put you in touch with other parents of athletes in your child's squad if needed.

Racing Checklist – what to take with you

- race card (every rower needs to be registered with **British Rowing** and have a **membership card – this should be downloaded onto your phone from BR’s website**)
- kit (wear it to the venue or change when you get there)
- trainers or wellington boots depending on the venue
- spare clothes/ change of clothes, including socks
- rigger jigger
- book/work/music
- warm hat/sun hat
- sunglasses
- sunscreen
- snacks and food
- water
- stroke coach (if you have one)
- binoculars – if you want to see more of the race!
- hand warmers if desired
- bag to put shoes in while on the water
- spare safety pins (to attach number, usually provided)
- bin bag to store dry clothes/wet clothes

• Nutrition and hydration

The BR guide on [nutrition and hydration](#) is for performance athletes but has many good tips for anyone who needs to know about nutrition and exercising.

Good hydration is essential and all juniors should bring water to each training session. Alternatively, you can bring a water container to fill up at the Club. **Please do not bring ‘single use’ plastic bottles to the Club.**

• Communication

We use SPOND to communicate with athletes and parents – this is a free Team Management app that allows us to send secure, GDPR-compliant announcements and chat directly with members and parents. All communication with your child will be done via Spond and be visible to you at all times. Race fees and fees are also payable through Spond. Membership fees for the Club are payable through the Club portal <https://members.learc.org.uk/>.

Our club Instagram (as well as Facebook for adults) pages are where results are often posted.

We may post wins or use photos on social media to promote the club to our audiences. We are always short of images so do send your pictures through. We do not use children's surnames on social media. We may ask to use your child's image on social media or our website. Let us know if you object to this so we can avoid asking you.

- **British Rowing (BR)**

British Rowing is the National Governing Body for Rowing.

Anyone racing or coxing must be a member of British Rowing and also a Lea Rowing Club member. If you are not racing, you need to be a member of Lea Rowing Club only.

- **Parents' administration**

Membership and fees

Our membership year runs from October to the end of September, and the fees ('subs') are payable annually, or in quarterly or monthly instalments. Current fees are listed on the website and are reviewed annually. Fees for camps, races etc are also due and costs advised prior to events – these are paid through the Lea membership portal - <https://members.learc.org.uk/>.

Bursaries are also available, for more information please email the Head of Junior Rowing on juniors@learc.org.uk

For more information or to download membership forms go to www.learc.org.uk

Race fees

Race fees vary according to the event and are by seat per race with coxes free of charge. Fees are payable for juniors through the Lea membership portal ahead of the race.

- **Volunteering**

What can I do to help?

Like most clubs, the Lea R.C. is run mainly by volunteers and there are lots of opportunities to get involved if you'd like to give something back. We have an active parent network of volunteers in the junior squads – please get in touch if you wish to help by talking to the Head of Junior Rowing or emailing juniors@learc.org.uk to find out how to get involved!

At our own events held twice a year; Lea Spring and Lea Autumn Regattas, the help of club members, juniors, parents and guardian / carers is expected where at all possible. These events take a lot of organising and can only be run with the help of everyone.

Volunteering may include big things like sitting on committees or getting involved with coaching, significant one offs like fundraising or running events and many smaller or on-going things like helping out at our regattas a couple of times a year or keeping the boats, gym and boathouse in good working order, or helping with race fees and subs, and club communications.

PARENTS - you may be asked to chaperone at overnight camps and races and will need to get a DBS check for this. Chaperones fulfil a crucial part of the club safeguarding functions, and it is really important that we have parents who are able to do this, or it falls on a small number of parents. Please do consider putting yourself forward for this type of activity in advance of any formal request – the reason being it takes time for the critical DBS checks to come through.

PARENTS - volunteer help sessions for the juniors undoubtedly run more smoothly if parents or guardians/carers can help. To some extent the club has to rely on your support in order to maintain the current level of training sessions and intake of juniors within the squad. The rowing environment, terminology and use of equipment all take time to get used to, and extra pairs of hands can help enormously, either on the landing stage to assist juniors to get boats in and out of the water, or by accompanying the coaches along the tow path as back-up and assisting with loading and unloading of boats after events.

Some previous knowledge of rowing is helpful, but by no means essential. You can help look out for hazards on the water, assist with incidents or just offer encouragement. An increased adult presence assists the coaches in maintaining a safe and healthy environment in which juniors can progress in their rowing.

There are courses available for parents or guardians/carers to train to be coaches.

Regatta volunteering

We are fortunate enough to have a lovely Juniors Club gazebo and set up for athletes and parents to relax in between races at larger regattas. This requires parent volunteers who may be accompanying their children to the races to help us put it up at the beginning and take it down at the end of the day. This really is a case of ‘many hands make light work’ so please let us know if you are happy to be included on the regatta volunteers’ group.

- **Parents/Carers Learn to Row**

Finally.....as your child is enjoying their rowing journey, why not start (or restart) one of your own? The juniors section runs **2-3 Parents/Carers learn to row** and **Parents/Carers Improvers sculling courses** on weekends through the year; the perfect way to jump the (two year!) queue on the Club’s massively oversubscribed Learn to Row courses. As a parent or carer, you can join any of these – and we extend the invitation to other family members too. Course dates and booking details will be

posted on Spond at the beginning of each new season, with extra courses sometimes added on request.

- **Appendix**

Useful contacts

Head of Junior Rowing: juniors@learc.org.uk

Safeguarding and welfare: welfare@learc.org.uk

Enquiries regarding joining the club: juniorenquires@learc.org.uk

Enquiries about volunteering: captain@learc.org.uk or juniors@learrc.org.uk



Lea Rowing Club Limited
The Boathouse
Spring Hill
Clapton
London E5 9BL

Website: www.learc.org.uk

To the Parent /Carer/Teacher

Your child has attended a rowing session at Lea Rowing Club in which s/he capsized. Although we take every precaution to reduce the risks, for various reasons some children do capsize their boat.

Coaches will have been through a Health and Safety talk with the school group ensuring the reduction of risk of infection as a result of contact with river water. Precautions include covering cuts and abrasions with a plaster and washing hands thoroughly after the session.

Anyone who capsizes will have a shower at the club. Our coaches will have talked through what happened on the water with all of the group to reinforce learning and avoid other capsizes in the future and also discussed the possible effects of contact with river water.

Although your child may not have swallowed any water and may not have been submerged, I would like to make sure that you are aware of the possible affects of contact with river water.

One of the risks is Leptospirosis, which can become Weil's Disease if untreated. The risk of contracting Leptospirosis from the Lea River is very small. The potentially serious nature of the infection means that we need to all be informed about its signs and symptoms and should take simple precautions to reduce the risk of infection. Leptospirosis is an infection caught through contact with infected animal urine. The causal organism can enter the body via cuts or abrasions of the skin or, the lining of the nose, mouth, throat or eyes. Person to person contact is rare. **If flu-like symptoms with a severe headache**

Junior Member and Parent/Carer Handbook updated August 2026

Lea Rowing Club Limited is a Registered Charity in England and Wales, No. 1157563, and a Company Limited by Guarantee No. 07368256.

develop after contact with the water (usually seven days but could be up to three weeks) contact your doctor. If not treated the infection can cause damage to the kidneys and other organs. Leptospirosis is usually treated with antibiotics. If your child has any of these symptoms they should see a doctor, and the doctor should be advised of the circumstances of exposure.

For further information see the NHS factsheet: NHS Choices, Leptospirosis.
<http://www.nhs.uk/conditions/Leptospirosis/Pages/Introduction.aspx>

Yours faithfully,

Anna Melville-James

Head of Junior Rowing, Lea Rowing Club

