



WCRC - Basic Guide to Request and Organise a Local Row

Everyone is encouraged to look ahead for times and conditions that might be suitable to get out rowing safely on the water. All members can request for rows to be put on Spond, there's no need to wait for ones to be arranged by others to become available. Here is a summary and basic guide for any member to request and organise a row in Whitehead:

Check the tides – general rule of thumb to ensure boats don't get damaged is no launching/recovering in less than .6m of water at the boatpark slipway. Check local tide height and times over the next 7 days [here](#)

Check the wind - Whitehead promenade faces a South-Easterly direction, therefore Westerly or Northerly breezes are most favourable for us (or none at all if we're lucky!) Check the wind predictions over the next 7 days [here](#)

For requesting a general row for a mixed-experience crew in Whitehead, an approximate guide to safe wind limits would be:

- ← Easterly: 8 mph (7kts, 13km)
- ↑ Southerly: 8 mph (7kts, 13km)
- Westerly: 12 mph (10.5kts, 19km)
- ↓ Northerly: 12 mph (10.5kts, 19km)

Request a row – If both the tide and wind look within limits for when you want to row, put a message into the WCRC Whatsapp chat to say that conditions look ok for that day/time and ask if a row can be added. The Spond admin may have to consider other factors and conditions alongside the tide and wind, but these two are great starting points to use when asking!

Sign-up – When it's added, sign up on Spond as attending. If another rower signs up who can also cox, it shouldn't be assumed they intend to, unless they say in the comments. If you intend to row only then check if someone else is willing and available to cox. If you aren't confident coxing yet you can attend cox training to learn more. If you have attended cox training, but still lack confidence, ask a more experienced cox to join the boat as a rower while you cox. They can advise and coach you till you gain more confidence.

Safe rowing – Well ahead of the row ensure there is a cox bag available for you to collect from someone, with a charged VHF radio. Weather and conditions are changeable and can affect whether the row will take place - a lot of our members keep an eye on the conditions and share updates on whether it is safe to go out, but all crew should be mindful of being equipped, the forecast conditions and whether it is safe to go rowing beforehand. [Wind Finder](#) is a great source to check wind-speed and direction closer to the time of your row.

Ask questions - We have plenty of members with sea-faring experience and knowledge to share – so it's a great chance to chat and ask questions when you're out rowing with different members.

Keep learning - Our WCRC website has some excellent information to learn more about rowing safely in coastal conditions that everyone should read through. It's under the WCRC [coxing page](#), but all crew should become familiar with the information and revisit it often, even as your experience and understanding of the sea and our environment increases.