

Keep warm!

Inevitably, winter is coming... Are you ready? **Andrea Worley** provides advice

So it's time to get your winter clothing ready. Coaches afloat, coxes and boat drivers are all at risk from cold. Look after yourself as well as your crew. If you are cold and uncomfortable you will not do your best for them.

1. Wear thermal underwear / base layers, warm trousers, a thermal fleece top and hat. Plus a water and windproof outer layer.
2. Flotation suits will keep you warm. They are waterproof, usually brightly coloured but quite bulky.



3. Gloves – waterproof gloves are best.
4. Footwear – wetsuit boots and wetsuit socks will keep your feet warm and

- are safe. Wellies can be dangerous if you capsize.
5. Lifejacket – make sure it's fitted correctly, including crotch straps.

Take particular care with junior and new rowers. Juniors can lose body heat very quickly and new rowers may not exercise hard enough to keep warm. Don't forget about hydration – it is often dry when it's very cold.

Take it further...

Have a look at RowHow online at www.britishrowing.org/education-training/rowhow

Check out the 'Introduction to Coxing / Steering' module, particularly the 'What should I wear' page – click the 'switch weather' box to change from summer to winter.

ON BOARD #2



R&R meets **John Hinnigan**, one of four independent directors on the British Rowing Board

A life-long member of Royal Chester and Grosvenor Rowing Clubs, John has extensive non-executive director experience. He is also involved in the new Chester Watersports Hub.

What are you most proud of in your business career?

John Hinnigan: Helping young entrepreneurs establish and then grow their businesses into fully-fledged valuable enterprises.

Has your involvement changed the way you see British Rowing?

My appointment has made me realise just how much support and advice is available to clubs. I feel that this needs to be made more visible to the wider membership.

Most important lesson life has taught you?

Never give up. No matter what your talents and abilities you have a contribution to make – and each person owes it to themselves to maximise this, in life or in the boat!

