



BRITISHROWING

# Regional Chair's Report Eastern Region

November 2020

TEAMWORK | OPEN TO ALL | COMMITMENT



## Contents

- I. Governing body update
  - British Rowing emergency Fund
  - BRIC 2020
  - Autumn Webinars
  - Safety Audit
  - Challenge Hub
  - Women's Development Programme
  - Indoor Rowing
  - New Sport England Funding support for clubs
  - Government Funding sources
  - British Rowing Education & Training update
2. Regional membership figures
3. National membership figures
4. Active partnerships and other contacts
5. Funding opportunities

*Please note that all information in this report is in the public domain and can be freely shared with clubs, events, members and volunteers*



## I. Governing body update

### **British Rowing Club Emergency Fund**

The fund has already provided support to 8 clubs across the country, and because we entered another lock down phase we have extending the application deadline, 17.00, 1<sup>st</sup> February 2021.

Full details of eligibility and the criteria for funding go to [www.britishrowing.org/clubemergencyfund](http://www.britishrowing.org/clubemergencyfund).

Applications must be made via the online form linked below, however, we recommend preparing your answers in our word document template before copying and pasting the answers into the online application form.

### **BRIC 2020**

This year, we're taking the British Rowing Indoor Championships online! Taking place on 5-6 December, our LIVE weekend of online, side-by-side racing gives you the opportunity to race alongside indoor rowers worldwide in real-time. Entries close on 23 November and places are limited, so book your place on the start line now by going to the web site <https://www.britishrowing.org/briconline/>

### **British Rowing Autumn webinars**

The Autumn Webinar Series has started, we have and will be hosting a range of webinars, covering a wide range of topics for various sections of the rowing community, details of new webinars and recordings of previous webinars can be found on the British Rowing web site.

<https://www.britishrowing.org/knowledge/online-learning/british-rowing-webinars/>



### **British Rowing Safety Audit**

Just reminder to clubs that the annual safety audit must be completed, submitted online and accepted by your Regional Rowing Safety Adviser before **29th November 2020**. Your Regional Rowing Safety Adviser (RRSA) will then contact you directly to confirm that your safety audit has been accepted.

Any clubs which do not submit their audit and have it accepted by the deadline, are suspended from racing from **the 3rd December 2020**. If there are legitimate reasons why your club will be unable to meet this deadline, it is essential that your RRSA is informed as early in the process as possible. The club safety audit is a recognised part of the each clubs affiliation to British Rowing.

The audit consists of a number of sections including club details, equipment, safety management documents, first aid, incident reporting, training camps, and trailers.

In addition to submitting their audit, clubs are required to upload relevant safety documentation, including their Club Safety Plan, to their club Google Drive folder. For any Club Rowing Safety Advisers (CRSAs) who are new or unfamiliar with Google Drive, a guide has been created, below, to help manage your documents.

[CRSA Google Drive Guide](#)

Row safe has recently been updated, go to the website and download the latest version <https://www.britishrowing.org/2020/11/rowsafe-2020-updates-published/>

### **Challenge Hub**

To help with the frustration of lockdown 2 we will be setting a weekly challenge using the Challenge Hub, week one's challenge invites you to take on a running, cycling or indoor rowing challenge. There's no entry fee to get involved so enter as many times as you like (only your best time will show on the leader board).



There will be random prizes for 10 individuals each week and there is also a prize for the club with the highest number of entries, so go to the web site for more details on the prizes and how to enter <https://www.britishrowing.org/2020/11/join-our-rowers-lockdown-challenge-series/> and set a weekly reminder to check the British Rowing web site for the new challenge.

### **Women's Development Programme**

**For rowers**, this is a chance to come together with other like-minded people and create a network of support to drive your development, whilst learning what to focus on for you to develop more effectively and take back to your club. We welcome rowers attending with or without a coach. We encourage women and girls of any ability to attend who are:

- Part of the J15 to U23 age groups
- Taller than 174cm
- Able to achieve a time of 0:52 (1:44 split) or below for a 250m ergo at a maximum rate of 44spm
- Keen to learn, develop and share experience

**For coaches**, this will be an opportunity to develop technical knowledge, coaching skills, expand your coaching network and share experience on developing women of all ages in your club. Coaches are welcome to attend with or without a rower but must hold a British Rowing Membership.

Sign up Here <https://www.rowhow.org/login/index.php>

Sign ups Close 09:00, November 20th, 2020.

Please note due to COVID-19 we have put in place measures to limit numbers for the 2020-21 season. A full statement can be found [here](#). If you have any questions about the programme please contact [James Andrews](#) | Head of Performance Talent. If you'd like to speak more about the Women's Development Programme in your region please find contacts for your Lead Coach above.

We have just recruited some new community support coaches to work along side the lead coaches for each area, profiles can be found on the website <https://www.britishrowing.org/gb-rowing-team/performance-talent/wdp/womens-development-programme-meet-the-coaches/>.



### **Indoor Rowing**

Check out BR Plus during this lockdown where British Rowing members will get exclusive access to new pre-recorded daily on and off machine workouts, new training plan and support content and more. If you are not a member yet and enjoy indoor rowing, be part of a global indoor rowing community and sign up today to a [British Rowing Indoor subscription](#). A one stop membership giving you access to Go Row Indoor workout videos, training plans and an extensive library of content designed with input from the GB Rowing Team to help you reach your personal goals using the indoor rowing machine

If you fancy a Wednesday lunchtime workout, check out our weekly LIVE workout session which takes place on the [British Rowing Instagram page](#) at 12.30pm. You can follow along to a Go Row Indoor Instructor and a surprise special guest joining each week. These will be running every Wednesday until the 2nd of December on the lead up to BRIC Online 2020.

To access a free six-week indoor rowing training plan to help you get ready for BRIC Online, please fill in your details [here](#) to sign up for the British Rowing Indoor Championships mailing list.

If you need some motivation, need an incentive to support your training or are missing winning a pot this season. Why don't you check out the range of medals on offer at Row the Distance. Choose your medal, choose your distance and complete this as slow or fast as you like to receive a fantastic medal in the post for all your efforts. [www.rowthedistance.com](http://www.rowthedistance.com)

### **Sport England New fund**

Sport England have launched a new £16.5 million fund to give additional help to the sport and physical activity sector during the coronavirus (Covid-19) pandemic. Details on the criteria can be found here <https://www.sportengland.org/news/return-play-fund-launched>, if you need help with your applications please contact the community support team [clubsupport@britishrowing.org](mailto:clubsupport@britishrowing.org)

### **Government funding**

Others funding sources are available and these are listed below with links. We recommend that clubs investigate the loan options available, some of which are interest free for a year and then have a very low interest rate if they are not paid off in the first year.



Governments Grant Funding Schemes for Small Business Grant Fund / Retail, Hospitality and Leisure Grant Fund

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/882809/small-business-grant-and-retail-leisure-hospitality-grant-guidance-for-businesses.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/882809/small-business-grant-and-retail-leisure-hospitality-grant-guidance-for-businesses.pdf)

General Information to find out what financial support you can get for your business

<https://www.gov.uk/government/collections/financial-support-for-businesses-during-coronavirus-covid-19>

You can find financial support and advice for your Club at the following:-

<https://www.gov.uk/business-coronavirus-support-finder> & <https://www.gov.uk/government/collections/financial-support-for-businesses-during-coronavirus-covid-19>

Business rates holiday for retail, hospitality and leisure businesses.

<https://www.gov.uk/guidance/check-if-your-retail-hospitality-or-leisure-business-is-eligible-for-business-rates-relief-due-to-coronavirus-covid-19>

Temporary changes to VAT payments to help manage cash flow.

<https://www.gov.uk/guidance/deferral-of-vat-payments-due-to-coronavirus-covid-19>

Guidance for Small Business Grants Fund (SBGF) and Retail, Hospitality and Leisure Grant Fund (RHLGF).

<https://www.gov.uk/government/publications/coronavirus-covid-19-business-support-grant-funding-guidance-for-businesses>

Business Interruption Loan Scheme (CBILS)

<https://www.gov.uk/guidance/apply-for-the-coronavirus-business-interruption-loan-scheme>

Bounce Back Loan Scheme (BBLs)

<https://www.gov.uk/guidance/apply-for-a-coronavirus-bounce-back-loan>



Other additional resources that may be useful to anyone paying staff

<https://www.gov.uk/guidance/coronavirus-support-for-business-from-outside-government>

### **British Rowing Education & Training update**

The E&T team has developed a new Capsize and Recovery safety module for clubs and individuals on RowHow. This is designed to support clubs whilst they may be unable to hold capsized drills as normal. It does not replace the Capsize and Recovery workshop as a pre-requisite for the Club Coach Course. <https://www.rowhow.org/course/view.php?id=195>

The Learn to Row, Go Row handbooks, logbooks and activity cards are now available to buy from the British Rowing Shop <https://britishrowing.orggroup.co.uk/coaching>

### **First Aid Courses**

Some first aid providers are now offering face to face training once again. The red cross offer a number of training courses including a 4 hour First Aid for Sport. Further details can be found [here](#)

### **Coaches with outstanding Club Coach Independent Assessments**

The Education and Training team have been working with our coach educators to bring back parts of our programme, starting with those coaches waiting for their Club Coach Independent Assessment. A statement has gone out to all coaches waiting for assessment but if you are in touch with a coach who would like to undertake their assessment, then please ask them to get in touch with Pippa Harrison [education@britishrowing.org](mailto:education@britishrowing.org) and we will help them to make arrangements for their assessment to take place.

**World Rowing Coaching Conference** is going virtual. The event takes place from Friday 27 November 2020 to Sunday 06 December 2020

It will include a series of video presentations and a few online live sessions, which will be held on the platform Zoom.

Each day's video presentation will be online as of 09:00 CET, and delegates will receive via email the link to access them the evening before. Further details about the conference can be found below

<http://www.worldrowing.com/events/2020-world-rowing-virtual-coaches-conference/event-information>

## 2. Regional membership figures

### Eastern

October 2020

Region	2020	2019	Net Year Change	% Year Change
Eastern	2,684	3,852	-1,168	-30.3%



# Eastern

October 2020





### 3. National membership figures

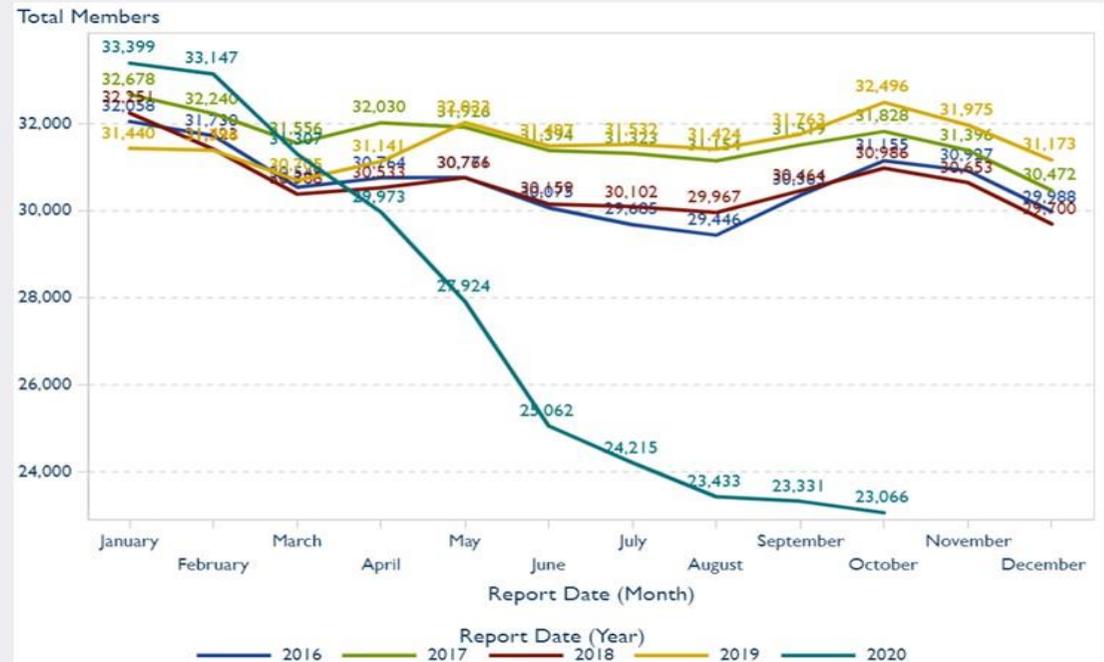
## Total Members 2016 to Present

October 2020

We have 23,066 distinct, active members as of the 31<sup>st</sup> of October 2020. The total number of members has decreased by 265 from September to October. This has increased from August to September where the decrease was 102. Another national lockdown in England will come into effect on the 5<sup>th</sup> of November. It is expected to last four weeks however has the potential to be extended.

Whilst waiting to hear official guidance from DCMS, British Rowing informed members on the 3<sup>rd</sup> of November that the likely outcome will be that clubs and their boating facilities will have to close. No rowing will take place at universities however juniors may still be able to take part if rowing is part of their curriculum at school.

There will be no British Rowing affiliated competitions during the lockdown. Approximately 83% of all British Rowing members are RACE members therefore this is likely to have a negative impact on member numbers.



Note – figures have increased slightly from previous reports due to error in SAS workflow underreporting member numbers.

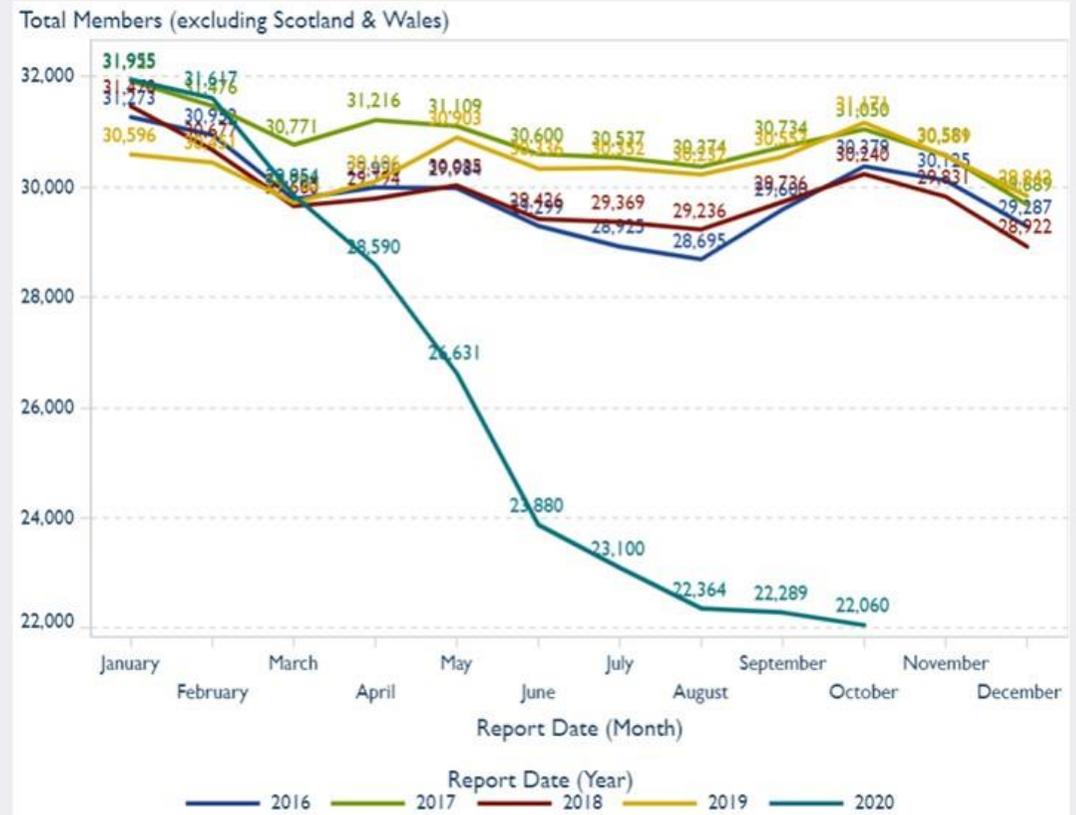


# Total Members excluding Scotland & Wales

October 2020

The total number of members excluding those in Scotland and Wales is 22,060 in October 2020.

Before the new membership system in November 2018 we didn't include Scotland and Wales in the total member figures. These figures are best used for comparison before the change in membership.



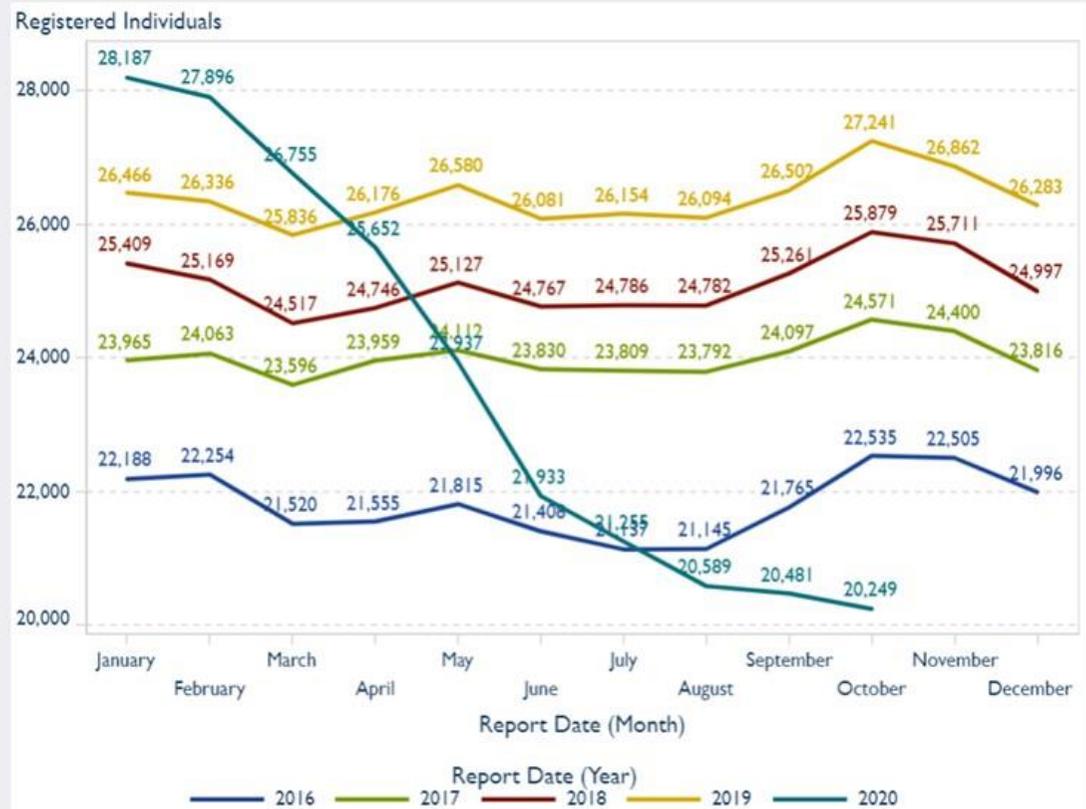
# Total Registered Individuals

October 2020

The figure opposite shows the number of British Rowing Registered Individuals. There are 20,249 individuals as of October 2020 – these form the basis of our governance.

This excludes indoor rowing subscriptions and Friends of British Rowing.

Additionally, members in Overseas, Scotland, Wales and Other & Non-BR regions have been excluded.

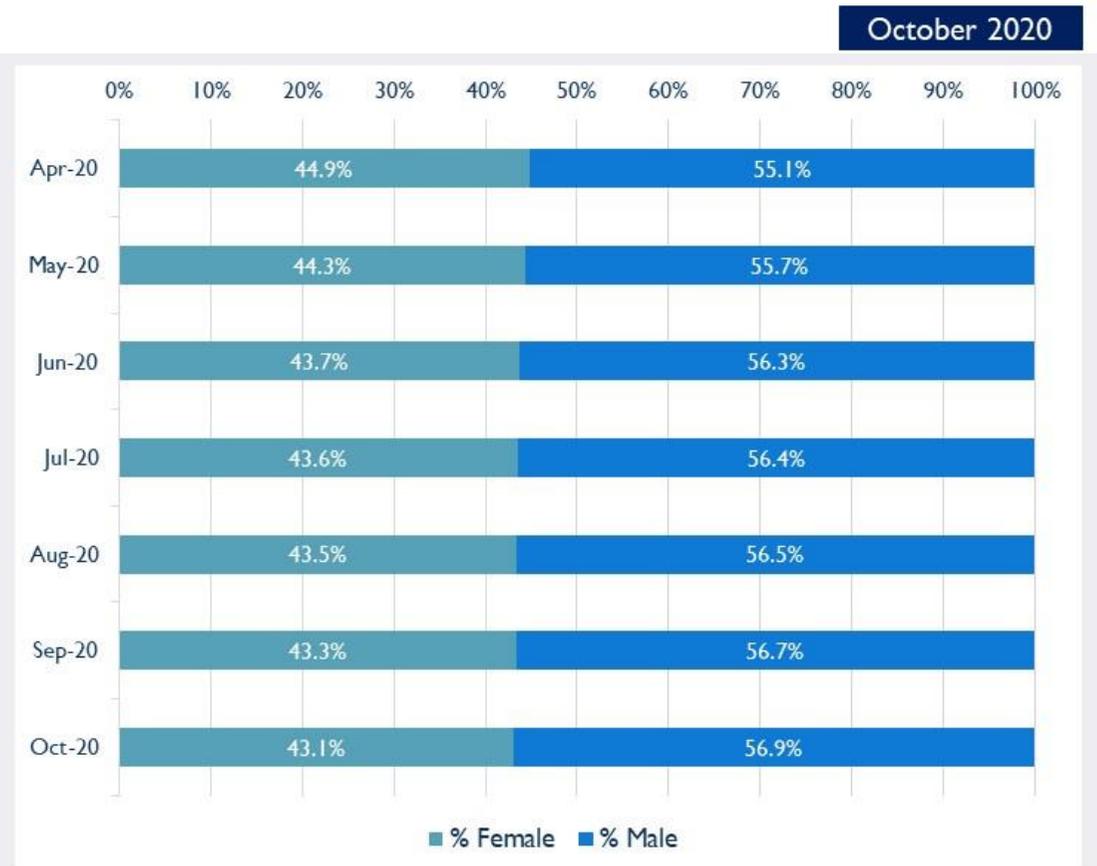


## Members by Gender

In October 2020, there were 13,137 Male members (56.9%) and 9,929 Female members (43.1%).

The number of female members has decreased more than male members over the period of Covid-19 restrictions. The number of women in the 35-54 age groups has decreased more than the average. Sport England found that women were more concerned about returning to sport as well as having changing family caring responsibilities during Covid-19. This could explain why the number of female members has dropped more during the Covid-19 period.

	Monthly Net Change			Monthly % Change		
	Aug-20	Sep-20	Oct-20	Aug-20	Sep-20	Oct-20
<b>Female</b>	-382	-75	-178	-3.6%	-0.7%	-1.8%
<b>Male</b>	-400	-27	-87	-2.9%	-0.2%	-0.7%



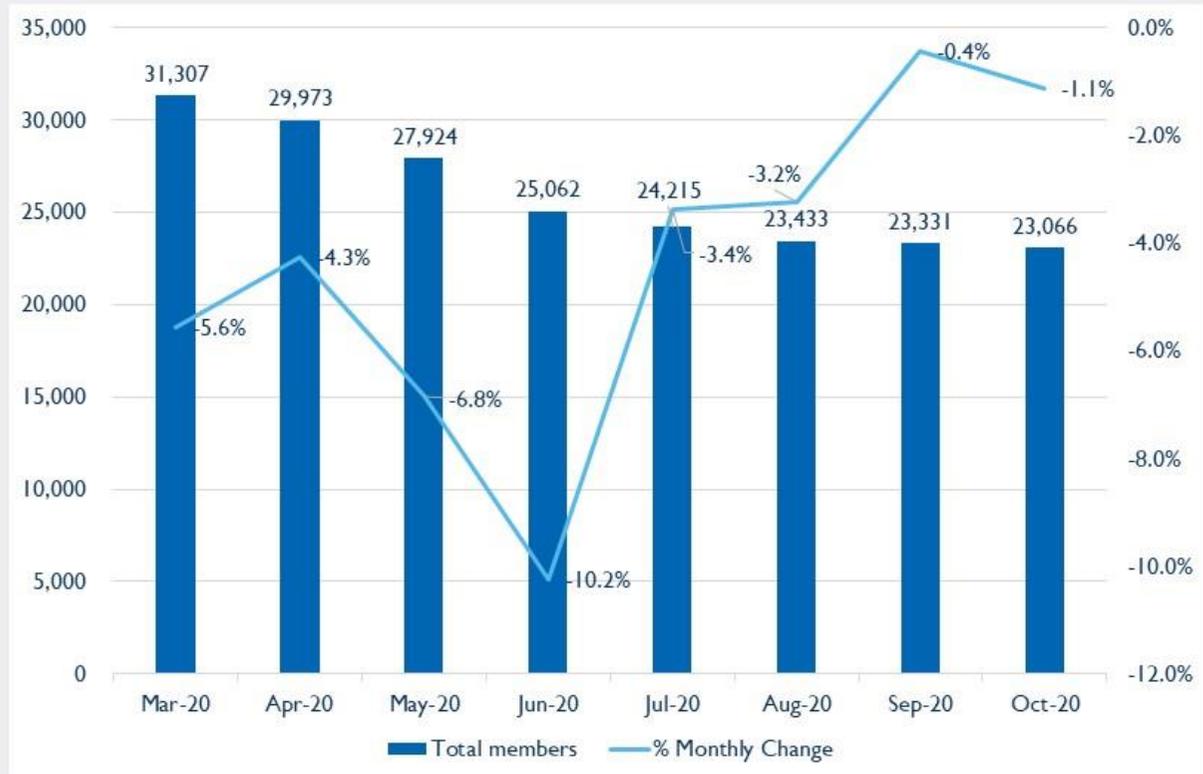
# Rolling Total Members Monthly Change

October 2020

October 2020	23,066
September 2020	23,331
Net Monthly Change	-265
% Monthly Change	-1.1%

In October 2020, the number of members decreased by 1.1% compared to September 2020. This has fallen compared to the 0.4% monthly decrease in September.

After promising membership sales in September and October another national lockdown from the 5<sup>th</sup> of November till the 2<sup>nd</sup> of December will probably cause memberships numbers to fall further in November.



## Members by Type

October 2020

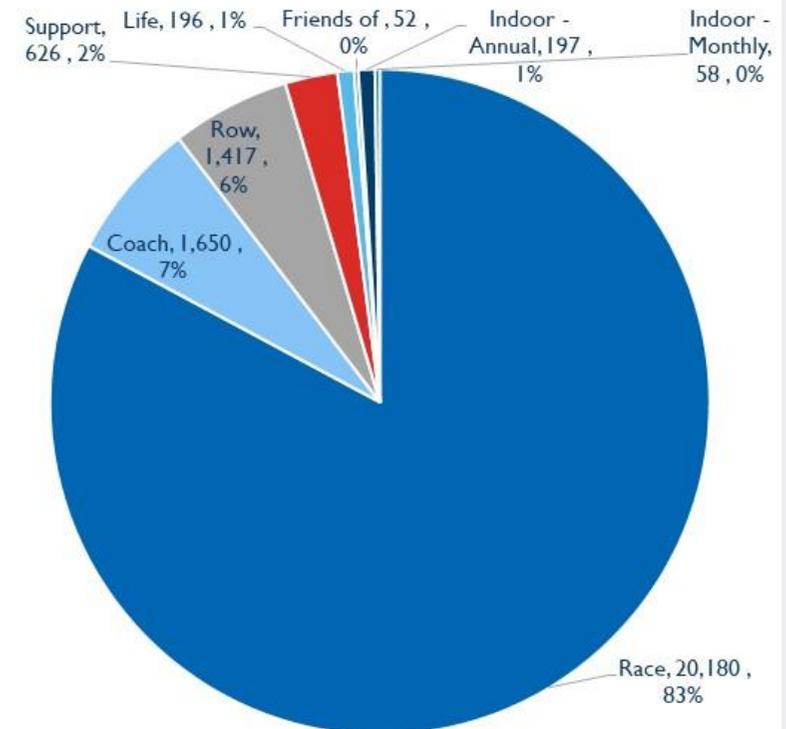
With 20,180 memberships (82.8%), RACE makes up the vast majority of all memberships. There are 9,006 female (44.6%) and 11,174 (55.4%) male RACE members, the most equitable of all membership types. RACE memberships fell by 1.6% from September 2020 to October 2020.

ROW memberships increased by 1.8% (25) compared to September 2020. There are 1,417 memberships of this type, of which there are 577 (40.7%) female and 840 (59.3%) male ROW members.

There was a 0.84% (14) decrease in COACH memberships compared to September 2020. The total number of COACH members is 1,650 of which 500 (30.3%) are female and 1,150 (69.7%) are male. This type has the least equitable gender split of all membership types.

SUPPORT memberships make up 2.6% of all memberships with 626 memberships. This is made up of 215 (34.3%) females and 411 (65.7%) males. In October 2020, SUPPORT memberships increased by 7% from September 2020.

There were 8 Friends of British Rowing memberships sold in October 2020, of which 4 were new to British Rowing and the other 4 changed their membership type, none were direct renewals of a Friend of membership.

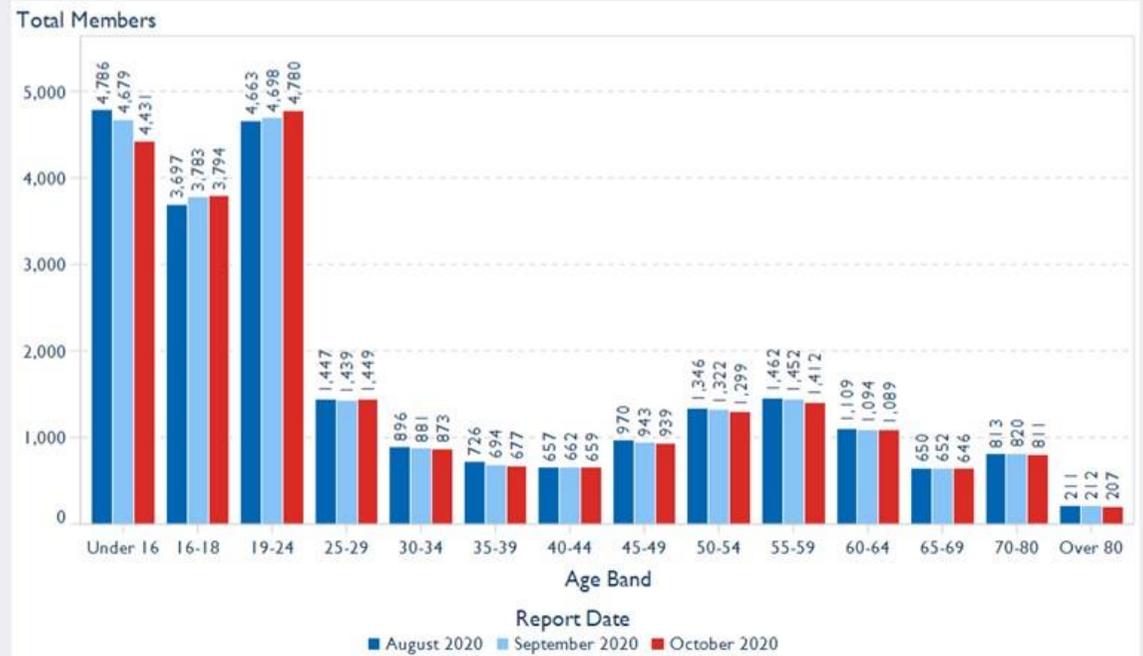


# Members by Age Band

October 2020

The Under 16 age group saw the largest percentage decrease in members during October, shown in red below. This may be that younger age groups aren't able to take part in rowing at their school or club due to limited capacity with Covid-19 restrictions. We are seeing a trend that 16-29 years age groups are beginning to level off and even showing small increases, illustrated in green below, likely a result of Pairs Head racing and Fours Head entry in the Thames region.

Age Band	Monthly Net Change			Monthly % Change		
	Aug-20	Sep-20	Oct-20	Aug-20	Sep-20	Oct-20
Under 16	-229	-107	-248	-4.6%	-2.2%	-5.3%
16-18	-15	86	11	-0.4%	2.3%	0.3%
19-24	-78	35	82	-1.6%	0.8%	1.7%
25-29	-114	-8	10	-7.3%	-0.6%	0.7%
30-34	-106	-15	-8	-10.6%	-1.7%	-0.9%
35-39	-52	-32	-17	-6.7%	-4.4%	-2.4%
40-44	-47	5	-3	-6.7%	0.8%	-0.5%
45-49	-61	-27	-4	-5.9%	-2.8%	-0.4%
50-54	-38	-24	-23	-2.7%	-1.8%	-1.7%
55-59	-33	-10	-40	-2.2%	-0.7%	-2.8%
60-64	-11	-15	-5	-1.0%	-1.4%	-0.5%
65-69	-4	2	-6	-0.6%	0.3%	-0.9%
70-80	3	7	-9	0.4%	0.9%	-1.1%
Over 80	3	1	-5	1.4%	0.5%	-2.4%



## INDOOR Subscriptions

October 2020

In October 2020, 106 INDOOR rowing subscriptions were sold. Of which 56 (52.8%) were annual subscriptions and 50 (47.2%) were monthly direct debits. The rolling total for INDOOR is 255.

Indoor memberships appear to be more popular with male participants, with 84.7% of annual subscribers and 72.4% of monthly subscribers being male. Also, more annual subscriptions have been sold than monthly, showing that members are willing to commit to a full year. Annual subscriptions make up 77.3% of all INDOOR subscriptions. 96 Asensei users have accessed an annual INDOOR rowing subscription, 70 with the discount code and 26 with the ClubHub integration.

The INDOOR subscription has also attracted subscribers from outside the UK. There are 42 non-UK based subscribers living in Austria, Brazil, Bulgaria, Canada, Denmark, France, Gibraltar, India, Ireland, Italy, Jersey, Spain, Switzerland, five in Australia, two in Brazil, three in Germany, two in Norway, two in Sweden and fifteen in the US. This equates to 16.5% of all INDOOR subscribers.





#### 4. Active partnerships and other contacts

- Bedfordshire: Team Beds - Coach development: [michelle@teambedsandluton.co.uk](mailto:michelle@teambedsandluton.co.uk)
- Buckinghamshire: Leap - [skitson@leapwithus.org.uk](mailto:skitson@leapwithus.org.uk)
- Cambridgeshire: Living Sport - [info@livingsport.co.uk](mailto:info@livingsport.co.uk)
- Essex: Active Essex - Volunteer and Club Development: [Toby.Andrews@ActiveEssex.org](mailto:Toby.Andrews@ActiveEssex.org)
- - Coaching lead: [Lauren.Neve@ActiveEssex.org](mailto:Lauren.Neve@ActiveEssex.org)
- Hertfordshire: Herts Sport Partnership - [info@sportinherts.org.uk](mailto:info@sportinherts.org.uk)
- Norfolk: Active Norfolk - Club development: [aaron.roberts@activenorfolk.org](mailto:aaron.roberts@activenorfolk.org)
- Northamptonshire: Northamptonshire Sport – [info@northamptonshiresport.org](mailto:info@northamptonshiresport.org)
- Suffolk: Suffolk Sport -[Info@suffolksport.com](mailto:Info@suffolksport.com)

British Rowing Community Support Team: [clubsupport@britishrowing.org](mailto:clubsupport@britishrowing.org)



## 5. Funding opportunities

### **Sport England**

The Sport England funding page has lots of information on finding funding, so if you are looking to purchase equipment or improve facilities more information on their funds and how to apply can be found on their website - <https://www.sportengland.org/funding/>

### **Active Partnerships (Old CSPs)**

Active Partnerships are networks of local agencies committed to working together to increase the number of people taking part in sport and physical activity. Most of the Active Partnerships have funding pages which have information on local and national funding sources. For more information on Active Partnership please visit the Active Partnership Network website - <http://www.activepartnerships.org/active-partnerships>

### **Tesco Bags of Help Grant**

Bags of Help is Tesco's local community grant scheme where the money raised by the carrier bag charge in Tesco stores is being used to fund thousands of community projects across the UK. The projects must meet the criteria of bringing benefits to the community.

Bags of Help is administered by Groundwork who is working with Greenspace Scotland to support successful projects in Scotland. Visit the website for more information - <https://www.groundwork.org.uk/Sites/tescocommunityscheme/pages/Category/boh-grant-for-project-tes>

### **Sport Capital Fund**

Sporting Capital is the first social investment fund in England that focuses specifically on organisations and projects that help to develop communities through sport and physical activity. They have a £3m Fund that provides loan funding of between £50,000 and £150,000 to eligible organisations. Further details can be found on their website - [www.sportingcapital.org.uk](http://www.sportingcapital.org.uk)