



Monmouth Rowing Club
The John Hartland Boathouse
Wyeside
Old Dixton Road
Monmouth
NP25 3DP

The content of this document was shared with members using the members' group email list in March 2023.

After consultation with the Captains, Welfare Officer and the Club Coach, I would like to share the following information with you.

There has been a recent increase in athletes attending sessions when it is not advisable for their own health and the health of others for them to attend. I would like to remind you that these issues are each athlete's personal responsibility to themselves and to their club.

We are about to enter a long stretch of racing, so the incentive to train and race sometimes blurs athlete focus from this personal management, hence there may be an increase in such undesirable incidents.

Key points are as follows:

1: Regardless of whether a session at the club is coached or not, athletes should be aware of their own physical state and potential limitations. This includes any non-communicable illness or injury that they have sustained. If in doubt they should consult crew mates IN ADVANCE about their state of capability and the session should be adapted if necessary. Sessions set by the Club Coach are publicised in advance (speak to your Captain if you are unsure where to find this information) and you should consult the training plan to help you to determine whether the activity is suitable for you.

2: If an athlete has a communicable condition (e.g. cold) then they should stay off site until 48 hours AFTER FULL recovery. Coming to the club with a bug that you can pass onto others is not acceptable. As soon as you are aware of your condition, please inform your coach and crew mates that you cannot attend.

Advice for the way back into training is as follows...Stretching can resume on the day of recovery (when the heart rate return to normal), training the day after. The first session back should be active recovery and after no adverse reaction, UT2 can be performed. If recovery seems complete then the following day anaerobic threshold can be reached.

3: Some longer standing conditions (e.g. chronic injury, post viral fatigue) may need longer recovery strategies. Please consult the coach and a medical professional if that is the case. It may be ok to train as long as adaptations are made.

A Community Amateur Sports Club affiliated to Welsh Rowing
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Thank you for taking the time to read this email, which is intended for us all to get the best from our great sport!

Regards

Dan Cowton
Chair, MRC