

Defence Instructions and Notices (Not to be communicated to anyone outside HM Service without authority)	
Title:	Army Rowing Club Association Learn to Row Courses 2019
Audience:	Army Service Personnel including Reserves
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Content:	This DIN provides information for personnel to apply for Learn to Row courses organised by the Army Rowing Clubs Association
Sponsor:	Army Rowing Clubs Association/Army Sports Control Board
Contact:	ARCA Course Coordinator; SSgt F Stark Email; frazer.stark778@mod.gov.uk Tel No; Civ 01869 257 493; Mil 94248 3493 Army Rowing Club Association;
Keywords:	Rowing; Army Rowing Club
Local Keywords:	N/A
Supplements: (Please access via Defnet)	Annex A: Application Form
Related Info:	https://rowing.armysportcontrolboard.com/
Classification:	OFFICIAL

ARMY ROWING CLUBS ASSOCIATION (ARCA) LEARN TO ROW COURSES 2019

1. **Introduction.** Army Rowing Club Association (ARCA) will be delivering four learn to row (LTR) courses in 2019. The LTR course is aimed at Army personnel who have never rowed before and wish to develop a new sporting skill.
2. **Dates.** The ARCA courses will run during the following dates:
 - a. 13 – 17 May 19
 - b. 3 – 7 Jun 19
 - c. 8 – 12 Jul 19
 - d. 5 – 9 Aug 19
3. **Course Loading.** Applications are to be submitted to the ARCA Course Coordinator using the application form at Annex A. Course loading will be completed four weeks prior to the start of each course with a maximum of 12 personnel loaded onto each course. Successful applicants will be notified of their selection and will receive an admin instruction confirming the specific details.

4. **Course Format.** The course is outdoor based with practical sessions on learning to manoeuvre and control single sculling boats developing to a four person sweep oar rowing boat.
5. **Eligibility.** The course is available to all regular and reserve personnel. Personnel must be over 18, have completed phase 2 subsequent trade training and have passed their Military Swim Test, which is to be recorded on JPA. Rowing is a physically demanding sport and individuals must ensure they are medically fit to participate. Reserve personnel must be on a minimum of C2 training, which is to be authorised by their parent unit and for the duration of the course.
6. **Location.** The course will be located at the Army Rowing Club and the Abingdon Rowing Club, Wilsham Rd, Abingdon, OX14 5LD.
7. **Timings.** A full course schedule/itinerary will be provided on the joining instructions. The course will start at 0830 hrs and conclude at 1630 hrs daily.
8. **Accommodation.** Personnel will be required to book accommodation at Dalton Bks, Abingdon, OX13 6JB. Accommodation details will be included within the admin instructions.
9. **Messing.** Dalton Bks is a PAYD facility and personnel will be required to purchase their breakfast and evening meal. Personnel are to ensure they have sufficient funds to cover their messing requirements for the duration of the course¹.
10. **Travel.** Rowing is an approved Category 2 sport as detailed in JSP 660². Travel at public expense is permitted with permission from the CO/HOE depending on cost effectiveness. Personnel should be conversant with [JSP 752 Part 2, Chap 4, Sect 2 Sports Travel](#)³ and JSP 800, Vol 5, Pt 2, Leaflet 10⁴ when submitting an application for transport in respect of sport. The Representative Sport Travel Budget (POT 16 vote) is not admissible for travel for this course.
11. **Dress and Equipment.** Clean and tidy sports kit. Tight fitting clothing is preferable to stop material getting caught on oars and the sliding seat. Attendees are to ensure that they bring at least two sets of spare clothing with them to the river each day. Inclement weather clothing and sunscreen is also required. All other equipment will be supplied by ARCA. No military uniform will be required for the course.
12. **Course Fees.** The course fee is £40 per person for those service personnel who are members of the Army Sport Lottery (ASL) or £50 per person for non-ASL members. This fee is to cover running costs of the course.
13. **British Rowing (BR) Membership.** The National Governing Body (NGB) for ARCA is BR. Personnel are strongly encouraged to join BR before attending the course in order to take advantage of their liability insurance due to SP rowing in public areas alongside

¹ https://modgovuk.sharepoint.com/sites/defnet/JFC/Documents/20181023-20_04_04-%20JSP%20456%20DCM%20Pt%202%20Vol%202%20-%20Ch%2005%20Messing%20Entitlement%20and%20Charges%20Amndt%20015.pdf

² http://defenceintranet.diif.r.mil.uk/libraries/library1/DINSJSPS/20150608.1/JSP660_Part2.pdf

³ <http://defenceintranet.diif.r.mil.uk/Personnel/Military/Remuneration/Pages/JSP752.aspx>

⁴

<http://transportsafety.web.logis.r.mil.uk/JSP%20800%20Vol%205/JSP%20800%20Vol%205%20v5/JSP%20800%20Vol%205.pdf>

civilians; although this is not a mandatory requirement for attendance on the course. After their LTR course, SP will not be able to row at any military event without being members of BR ROW⁵. The cost of becoming a member of BR is £31 per year.

14. **ASL.** Army Rowing is heavily subsidised by the ASL and personnel are strongly encouraged to join.

15. **Point of Contact.** ARCA Course Coordinator can be contacted at frazer.stark778@mod.gov.uk; Mil 94248 3493; Civ 01869 257 493.

Annex:

A. Army Rowing Club Association Application Form.

⁵ <https://www.britishrowing.org/membership/row-membership/>