

## Balmain Community Crew Frequently Asked Questions

### ARRIVAL

#### *Where is Balmain Rowing Club*

At the end of White St Balmain, next to Elkington Park.

#### *Where do we meet?*

Participant meet on the top level of the rowing club. Follow the pathway to the club house and meet in the room just through the front door. Someone will be there to greet you.

#### *What should I bring on the day?*

A towel and a water bottle.

#### *Are there amenities?*

Yes, including bathrooms for people with disabilities.

#### *Can I get changed at Balmain Rowing Club?*

Yes.

#### *Is there a shower at Balmain Rowing Club?*

Yes but you will need to bring your own towel.

#### *Is there parking at Balmain Rowing Club?*

There is generally unlimited parking available on White St.

### COMFORT

#### *What do I have to wear on the day?*

Wear any comfortable exercise clothes that are not too baggy. Sometimes baggy shirts and shorts can get caught in the rowing machine. A t-shirt and shorts are fine, for instance. Some people like to wear athletic gear which is fine too.

#### *Is there water for my water bottle?*

Yes.

#### *Can I stop the exercise if I feel like it?*

You can stop and rest anytime. This is supposed to be fun and is NOT a boot camp format.

#### *Do I need to be fit?*

Any level of fitness is fine as long as you are ok to do exercise.

#### *Do I wear gloves?*

Gloves are not essential, but you are more than welcome to wear them.

***Do I need shoes?***

Shoes are required for hygiene and foot safety.

***Is indoor rowing easy or hard?***

The good thing about indoor rowing is that it adjusts to your own desired effort level. This will be different for each ability and fitness level, but you can determine your own pace!

## **PROGRAMME**

***Who will be our coach?***

Your coach is Zoe Matthews. Zoe is a highly experienced and certified rowing coach.

***How many other people will be in the group?***

The group will be between 10 and 15 people.

***What if I do not like it?***

If you do not like it after the first lesson, we will refund your fees.

***Can I do casual sessions instead?***

Unfortunately for this pilot programme the requirement is to pay for all 7 sessions whether you can make them or not.

***When should I arrive?***

It is best to arrive 10 minutes before your class to give yourself time to check out the view from the balcony and say hi to the crew.

***How long does the class go for?***

Each class lasts about 45 minutes.

***Do we just do rowing on the indoor rower the whole time?***

Each session varies in the workout load but will consist of strength, stretching and cardiovascular elements.

## **COMMUNITY**

***What is the deal with tea and coffee afterwards?***

This is optional but is a great way to get to know the crew.

***Do I need to pay for tea and coffee after?***

You do not need to pay but a gold coin donation for the rowing club would be appreciated.

***Is it the same group every week?***

We expect the group to be similar from week to week.

## OTHER

### ***What is an indoor rower?***

An indoor rower is also known as a rowing machine or sometimes an ergometer. It reproduces the rowing motion without the need for a boat. Each stroke is low impact but activates a lot of muscles in your body - which makes it one of the best all-round exercises for fitness and movement.

### ***Can I sign up for another set of classes?***

At the end of the pilot we will explain what happens next. The plan is to continue the programme in 2021.

### ***Will the place be COVID Safe?***

Balmain Rowing Club operates under a COVID Safety plan where everyone is required to sanitise hands on entry and sign into the club. People with any symptoms of respiratory illness will not be able to attend. The club itself is well-ventilated and the class capacity is restricted with COVID distancing in mind. Each set of exercise equipment will be disinfected before and after use.

### ***Who can I contact if I have any other questions?***

Contact Maria, the club secretary on [secretary@balmainrowingclub.com](mailto:secretary@balmainrowingclub.com)

### ***I had trouble paying my fees online - what now?***

Contact Maria, the club secretary on [secretary@balmainrowingclub.com](mailto:secretary@balmainrowingclub.com)

### ***What counts as a concession card?***

A Seniors card, Healthcare Card, Concession Card, etc.

### ***Will we be rowing on the water?***

No but if you like the look of it you are welcome to consider joining the rowing programme down the track.

### ***What forms will I have to fill out when I arrive?***

When you arrive, you will have to fill in a few forms. These are:

- Membership forms - to make you a temporary member of Rowing NSW and Balmain Rowing Club for insurance purposes. There will be no added cost to this.
- Indemnity form - to ensure you are OK with the risks of exercise
- Pre-class form - this is to understand your situation and objectives and will be used in conjunction with a post-class form after week 7 to see how this programme went overall for you.