

## **ROWING INSTRUCTIONS FOR THE ROWING PARTICIPANTS**

### **GENERAL INFORMATION**

Rowing place address: Der Hamburger und Germania Ruderclub, Alsterufer 21, 20354 Hamburg,  
[https://der-club.de/en/start\\_en](https://der-club.de/en/start_en)

This rowing event is not about a match to row with all one's might. The purpose of this Rotarian Rowing is to come to know each other and to form friendships with new Rotary-friends in order to develop mutual interest in starting a cooperation network to the welfare of the Baltic Sea. The tour is about 5 km long by rowing the Lake Outer Alster from one end to the other.

The three wooden rowing boats are church rowing boats from Finland having seats for 14 rowers plus the helmsman seat. During the rowing tour the Secci Disc Measurements of the Outer Alster are drawn.

### **THE NUMBER OF PARTICIPANTS**

In case of more than 45 participants a second rowing tour will be arranged with the same boats. Thus there can be at the most 90 participants.

### **EQUIPMENT**

Outdoor attire. At the Rowing Club there are dressing rooms for both ladies and gentlemen.

### **SECURITY**

The rowing event is coordinated by a security boat. The rowers will get life vests which are compulsory during the rowing. The helmsman will be giving the rowing commands. When necessary the helmsman will contact the security boat, phone +49 172 605 7899, Ben Böttcher.

### **SCHEDULE**

#### **15.00 – 15.30 ASSEMBLING, REGISTRATION, SNACK BUFFET AT DER HAMBURGER UND GERMANIA RUDERCLUB**

The rowers are registered at the entrance desk. The rowers will get the number of their rowing boat which also is the same individual rowing team number. In the meeting hall the rowers will find their seat at the table numbered according to their boat team number. The rowers will get the rowing instructions from their skipper.

Each rower receives a ticket upon which she/he can have a small turkey snack plus a beer or wine or mineral water. - The companions of the rowers and other non-rowers are paying customers of the restaurant.

#### **15.30 – 16.00 THE PROGRAM BEFORE THE ROWING**

Welcoming speech, the objective and goal of the Rotary rowing event.

Rowing instructions.

Secci Disc Measurement – instructions.

Distribution of life vests.

Passing over to the rowing boats guided by the helmsman of the boat team.

#### **16.00 – 16.45 ROWING TOUR OF APPROXIMATELY 5 KM**

A motorboat will be guiding the tour at the front of the rowing boats. The Secci Disc Measurements are performed during the rowing tour. Reaching the shore and returning to Rowing club.

#### **17.00 – 18.00 AFTER ROWING – PROGRAM**

Get together and discussions.

Drinks and snacks on own cost.

Clarifying the goals of the rowing event.

The intention is to get better understanding and raise enthusiasm for the cooperation to the benefit of a healthy Baltic Sea.

Announcement of the results of the Secci Disc Measurements.

Closing speech of the Rotary Rowing event.

In case there will be more than 45 participants, they will be divided in two rowing groups. Both groups have the same rowing tour procedure. During the rowing tour of the first group the other group can enjoy the refreshments in the Alster Rowing Club Restaurant on their own cost. And when the first group has well come ashore, the other group will be rowing their tour. After both tours all rowers with their companions will participate in the closing event.