



Accessibility statement

Adaptive rowing sessions

We have two St Ayles skiffs, Sandbay and Bluebay. Bluebay has been adapted to allow for the fitting of a seat in the bow position that is suitable for wheelchair users.



The oarlocks have been modified to allow for the use of sculling as well as sweep oars.





Our footboxes can be adjusted to fit.

We have gloves to assist with a lack of grip.



When you arrive

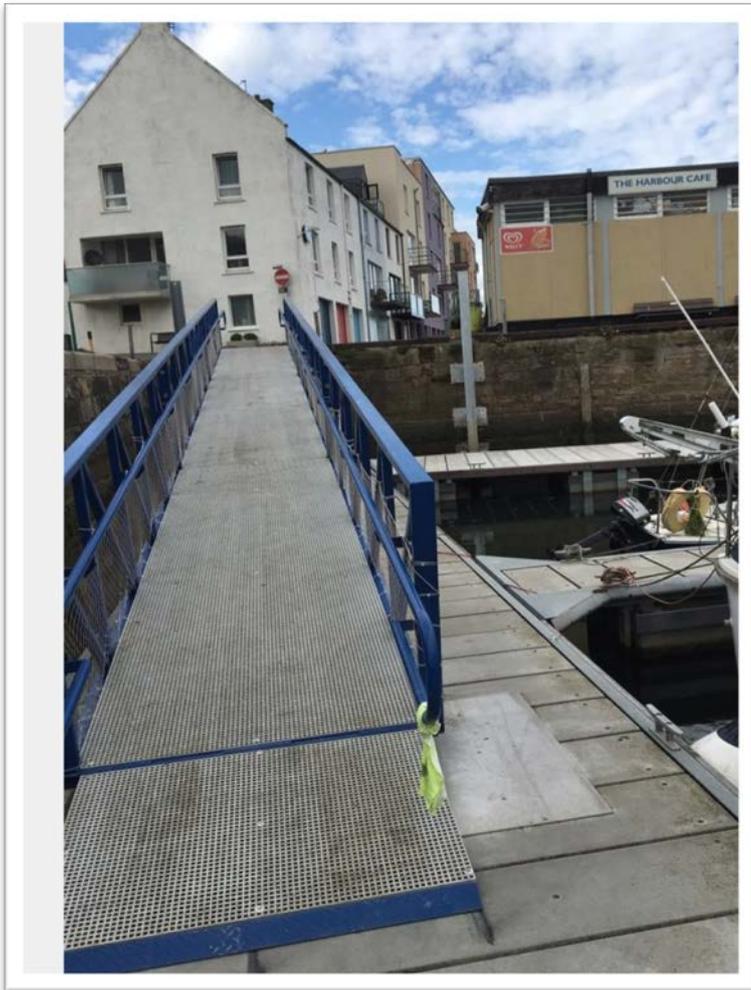
When you arrive, you will be met either at the hut or beside the pontoons by one of the team. They are all volunteers that are there to assist you and answer any question that you may have.

Safety

We will ask you to put on a manually inflating life jacket. It is best that you wear layers of warm clothing that you don't mind getting wet, hat, wind/waterproof jacket and loose trousers, not jeans, are ideal. Old trainers or wetsuit boots for your feet (no open toed sandals) are preferable. You can get hot when rowing and cool down quickly as you stop.

Pontoon access

The slope onto the pontoon can vary with the tide, there are handrails at either side.



Harbour access

This is from a muddy slipway within the inner harbour and is not suitable for wheelchairs but is used by amputee rowers.

Beach access

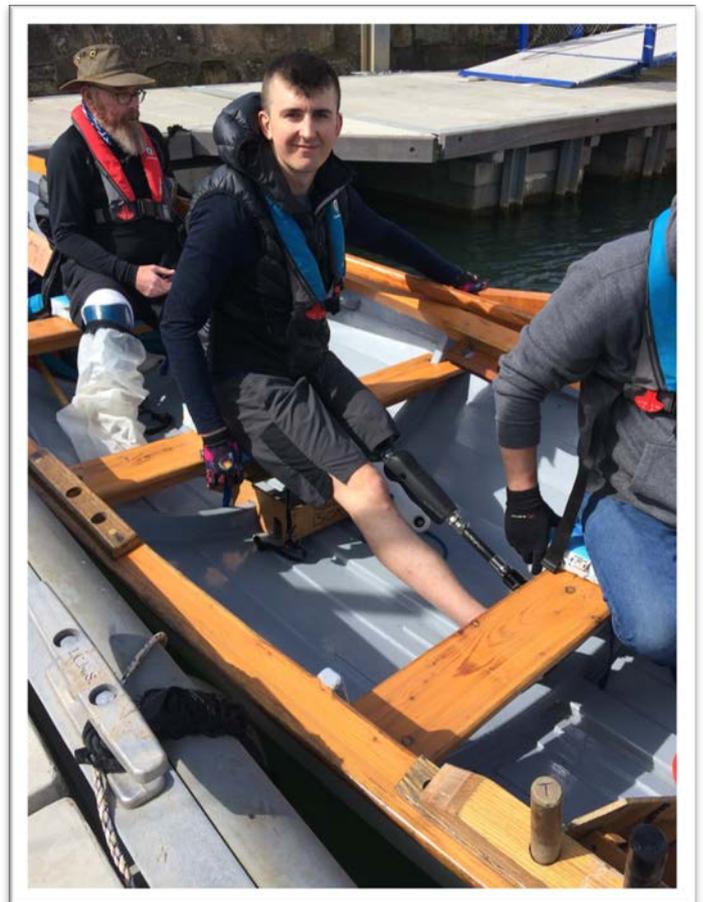
This is dependent upon the individual and the sea conditions. For any initial adaptive rowing session access will be via the harbour to allow for a more reliable environment.

Getting into the boat

We have a crew lift for wheelchair users if required.



From pontoons without the crew lift we tie up and stabilise the boat for you to get in.



The crew

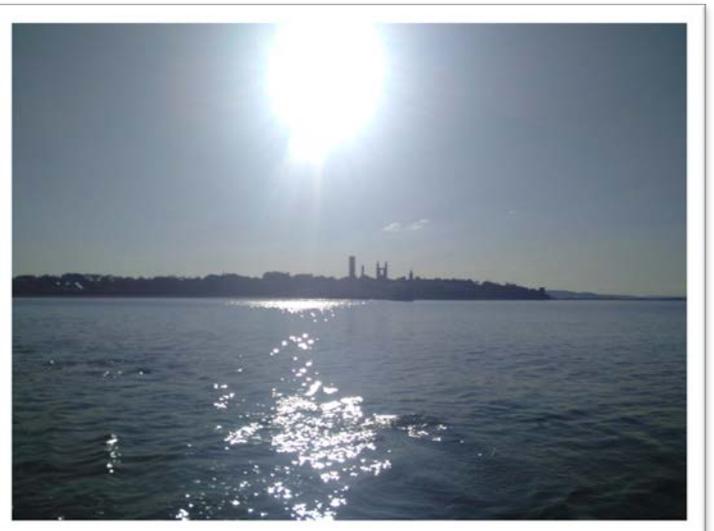
The cox oversees the boat and they will tell you where to sit and give you instruction as how to row. You will be rowing as part of a team in a crew of four rowers and one cox. Most sessions last about an hour.



Cox

What you might see

St Andrews harbour has its origins in medieval times and was developed further in the 16th century as the town became an important academic and religious centre. It is now run by St Andrews Harbour Trust and is home to a small fishing fleet and pleasure boats. We have beautiful views from the bay looking back to the town's skyline, cathedral and castle.



Getting off the boat

The cox will give instruction as to when you get out of the boat and you will be assisted by the adaptive rowing team.

At the end

We put a lot of emphasis in being a welcoming and relaxed club that enjoys a cup of tea and cake at the end of our rowing.



Would you like to join us or find out more about us?

St Andrews Coastal Rowing Club, East Sands Beach,
Woodburn Place, St Andrews, Fife KY16 8LA

Contact Julie Hardisty, standrews_crc_adaptiverowing@hotmail.com





University of
St Andrews

