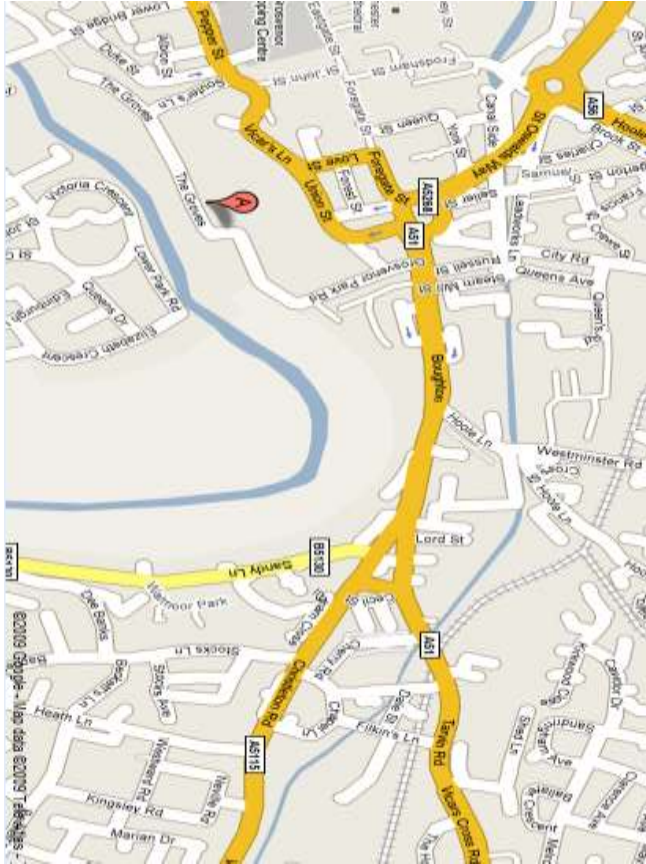


HOW TO FIND US



Address: Grosvenor Rowing Club, The Groves, Chester CH1 1SD

When you arrive - parking

- Parking at the Club is limited - only with prior consent may trailers be left in the Club car park. Trailers should be parked considerately and should under no circumstances occupy or prevent access to the parking bays marked numbers 1 to 5.
- Visitors' vehicles cannot be left in the club car park, we recommend sharing vehicles and parking on Dee Lane which is within walking distance (2 minutes) of the club.

GROSVENOR ROWING CLUB

INFORMATION FOR VISITING CREWS



Welcome to Grosvenor Rowing Club and the historic city of Chester. We're sure that you'll enjoy training on the River Dee. This leaflet has been designed to help you make the most of your time with us.

Please read it, share it with your crews and if you have any questions contact our Captain, Mike Allwood on 07875 858723.

BOATING

The usual convention applies on the River Dee i.e. keep to the starboard (bowside/cox's right) bank. When boating from Grosvenor you should make your way to the far side bank as soon as possible and row upstream (left). On returning from an outing all boats should proceed to the Suspension Bridge (with your back to the club the Bridge can be seen to the right) before turning to come in to the stage and approach against the stream. Only when a high tide is rising or excessive conditions prevail may this be changed.

HAZARDS

Downstream of the club you will see a Suspension Bridge and beyond that a Road Bridge. Between these two Bridges is a weir, you should row no more than 100 metres beyond the Suspension Bridge before stopping and spinning. High tides are experienced from time to time which come over the weir causing debris to flow upstream.

We share the river with fellow rowers, canoeists, sailors, occasional fishermen and pleasure craft. We have a good relationship with all of these groups and ask that you are respectful of other river users. Look out for canoeists as they don't always stay on the correct side of the river. Commercial pleasure craft also operate on the river and may spin in front of crews so stay alert, especially as you may not be seen by the skipper.

If an emergency incident occurs on the River look for a sign (like the one pictured) close to where the incident has occurred. The letter refers to 'L' (Left Bank) or 'R' (Right Bank) of the river. The number refers to a specific location. When you dial 999 state that you are on the Banks of the River Dee (Chester) and quote the signage letter and number to the Emergency Services. They will then be able to pinpoint the scene of the incident.



All incidents involving visiting crews must be notified to Grosvenor Safety Advisor Brian Chapman on 07833 594 700

All coxes, coaches and launch drivers must wear life jackets whilst on the river.

BOATS

Visitors' boats will be stored outside and may be stored in Club Car Park if you have the agreement of the Captain. However Parking Bays 1 – 5 **must** remain clear with unobstructed access at all times. You should bring your own trestles and supports for boats. No Grosvenor Rowing Club trestles are to be used by visitors.

GYM

If you have arranged with the Captain to use the Gym please ensure that you are considerate to our neighbours and **DO NOT** play music too loudly. Equipment should be left as you found it. The changing rooms may be used by visitors. Kit can be left in changing rooms at the owners own risk.

CLUBROOM

We have a Clubroom upstairs which may be used by visitors, but no kitbags etc should be left in it. Muddy trainers/clothing should not be worn in the Clubroom.

FOOD

We have our own caterer and catering requirements can be discussed with Danny on 07960079933, he will be happy to provide meals and snacks if required, at very reasonable prices.

PHONES

Inside the entrance of club house immediately on the left (for 999 outgoing calls)
In the Boathouse pub
On *The Groves* (the area just past the suspension bridge to the right of the club if you are facing the river).

Chester Railway station is a 10-15 minute walk from the club
Telephone: +(44)-(8457)-484950

SUPERMARKETS

Tesco (nearest if walking – 12 minutes) 40-42 Frodsham Square
Chester, CH1 3JS
Morrisons Mill Lane Chester, CH2 1BT (2 miles away)
Sainsbury Caldley Valley Road Chester, CH3 5QJ (2 miles away)

HEALTHCARE

Boots – (pharmacy & opticians) 47-55 Foregate Street Chester
NHS Direct - 0845 4647
A & E Countess Of Chester Hospital, Liverpool Rd, Chester, CH2 1UL Tel:
01244 365000