**CHAMPS ERGO RULES**

Clare boat club takes precedent over all other users. It is their boathouse – please respect this.

Champs only have use of THE FOUR ERGOS near the women’s changing room. These are booked for Champs Members only on:

**Thursday and Friday evenings 7pm – 9pm**

Outside of these times if you are using the ergos and Clare or Clare Hall members arrive please ask if they want to use them and if so give them up immediately.

Please note: The ergos on the men’s side of the changing rooms are for CLARE USE ONLY.

**There are busy times for Clare - in the mornings 6am to 9am and evenings from 5pm to 8pm. Weekends are busy with crews warming up from 10.30am to 11am. Please avoid erging at these times if possible.**