



BRITISHROWING

Learn 2 Row Organiser's Guide



Learn to Row – Organiser's Guide
2nd Edition – April 2021

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1. British Rowing Learn to Row

British Rowing's Learn to Row programme is for adults. It provides an enjoyable route into rowing for everyone whatever their background or ability.

Everyone joining a course is given:

- a clear understanding of the sport and its benefits in enhancing wellbeing and fitness
- the knowledge and skills that they will need to take them on to the next step of their rowing journey

2. Using the guide

All clubs are different and the way in which Learn to Row courses are delivered depends on a number of factors including:

- Number on each course
- Location
- Water conditions
- Availability of Coaches
- Equipment

The guide is not prescriptive but aims to encourage Course Organisers to question what they plan to do and why, and whether they have put in place the right resources to deliver the programme. It asks them to ensure that everyone understands what they will get from the course. It asks Course Organisers to think about a continuation plan for everyone who completes the course so they can continue to row in a way that is suited to their needs.



3. Why become a member of the British L2R Scheme?

British Rowing will provide support to help you in the delivery of your course and everyone will know that you:

- Set high standards in your delivery of a Learn to Row course
- Welcome people to your club
- Support them during their Learn to Row course

In return your club will receive the following from British Rowing:

- Your club will show as a Member of the Learn to Row Scheme on British Rowing Club Finder
- The Course Organiser will receive a copy of the Learn to Row Organiser's Guide
- The Course Organiser will receive access to downloadable templates, posters, and other supporting materials
- Your club will be able to buy the L2R handbooks from the British Rowing Shop
- Your club will receive an introductory British Rowing membership discount code for participants in your course
- Everyone on the course will have access to easy-to-find downloadable and interactive resources on the British rowing website

4. What do I need to do for my club to become a member of the British Rowing L2R Scheme?

The following is a summary of all the key requirements for the British Rowing Learn to Row programme:

- Be a British Rowing affiliated club
- Nominate a Learn to Row Course Organiser who is British Rowing's point of contact
- Nominate a Lead Coach preferably with a minimum of a UKCC Club Coach qualification or appropriate experience
- Email clubs@britishrowing.org to share information about your programme (how many courses, how often, session length, type of boats used) and receive a discount code for 25% ROW membership
- Register everyone on the course on ClubHub so that they receive the Learn to Row Handbook and access to the Learn to Row online resources
- Ensure that the course is delivered taking into account the guidance contained in British Rowing's 'RowSafe'
- Deliver the course over a minimum of 8 x 1 hour sessions or 6 x 1.5 hour sessions or equivalent
- Ensure everyone understands the costs involved during the course and if they continue afterwards
- All activity delivered at the club that involves Adults at Risk must be demonstrably in accordance with British Rowing's Adults at Risk Policy and the club's own rules and procedures.



5. Your Learn 2 Row Team

Learn to Row Course Organiser (may also be Lead Coach)

The person setting up the Learn to Row programme within a club or centre. The Course Organiser does not require a coaching qualification.

Responsibilities

- Nominated as contact with British Rowing Learn to Row Team
- Managing applications and the waiting list
- Course administration and liaison with those booked on the course
- Registering everyone booked on the course with British Rowing ClubHub
- Ensures everyone on the course has a Learn to Row Handbook and access to on-line materials
- Course organisation through liaison with the Lead Coach
- Ensures all activity is carried out with the approval and support of the Club Committee, the Club Welfare Officer, the club's Rowing Safety Adviser

Learn to Row Lead Coach (may also be Course Organiser)

The person leading the coaching team. This person should hold a minimum of a UKCC Club Coach qualification or appropriate experience.

Responsibilities

- Course organisation through liaison with the Course Organiser
- Plans the delivery of the course sessions based on the club environment
- Ensures that all the competencies in the Learn to Row Handbook are covered
- Manages and supervises the coaching team and volunteers during the course
- Ensures that new rowers are always supervised by an appropriately qualified or experienced coach during the course
- Is responsible for safety on the course, including but not limited to, ensuring appropriate risk assessments are performed, ensuring appropriate equipment is available, recording incidents and submitting reports if necessary.
- Ensures that everyone is aware that they are responsible for their own safety and understands that new rowers will need support as their understanding of rowing safety will be limited.
- Is responsible for the standard of delivery on the course.
- Signs off rowers' competencies for their competency certificate

Other coaches and volunteers

The coaching team may be drawn from other club members and may include coaches and volunteers.

Responsibilities

- Work under the direction and supervision of the Lead Coach
- If agreed by the Lead Coach may sign off new rowers' competencies



6. Setting up a Learn to Row Course

Many clubs use L2R courses to introduce a new group of rowers to the sport. Practice varies with some clubs running an excellent programme to engage with new rowers, allowing them to feel welcome, learn technical skills in a safe environment and integrate into the club after the course. For other clubs, it is about increasing membership, recruiting only new members who fit into their current competitive squads or simply increasing income. These approaches may all have merit but it is important for everyone to understand what your club is offering and how that compares to what other clubs may be offering.

So, this guide encourages you to ask:

- does your club know who it wants to attract and why?
- how can you run a course which engages rowers?
- how can you encourage life-long engagement with the sport?

Why are you setting up L2R?

Is your aim:

- To offer a short “experience” course with no membership offer afterwards
- To recruit new members for the long term
- To run a course to attract a particular group e.g. Masters, U3A, 18 to 24 year olds
- To select athletes for your competitive squads
- To run a short activity course during the school holidays
- To attract a grant through working with a specific group such as ill-health, Get Active or minority groups
- To increase income
- Some, or all of the above

Who do you want to attract to your club?

Ask yourselves:

- Is your club open to all?
- What does your constitution say? If your club is a charity, the constitution should say that your club is open to all
- Have you done a membership survey on your members' backgrounds?
- Does your club reflect the local community? If not, how can it change?
- As a British Rowing affiliated club, you have access to demographics on your current members and the local population. Looking at these can enable you to be more specific in who you target for your course.
- Can you run an advertising campaign or reach out in other ways to target under-represented groups?
- Do your club's facilities and your coaches' experience mean that you can welcome all abilities?
- Does your club have a reputation for being a particular type of club e.g. inclusive or elitist, friendly and open or restricted to a particular group. All of these have their place but would someone applying for a L2R course understand who you are?
- Does your club have a Diversity statement? Read the British Rowing Guide: <https://www.britishrowing.org/wp-content/uploads/2017/12/Statement-of-Diversity-11.9.2017-V3.pdf>



Choosing a date

You should think carefully about when the best dates are for running your courses:

- You may want to avoid clashing with other courses in your area
- You may want to choose a similar date to other clubs in our area so that you can share some activities after the course
- Think about which dates might help you attract people. Spring and summer courses are more likely to give people an enjoyable experience of being on the water; running a course for people who may want to compete for a full season may be appropriate in the autumn; or you may find a keep fit group in the winter (after New Year is popular).
- Courses can be run at any time of day, at weekends, on consecutive days or as a summer school. It is up to each individual club to decide what it thinks is best and most convenient for the group
- Some clubs take a few applicants at a time and work with them more flexibly until they have covered all the competencies

Promoting your course where?

- Your website
- Your social media
- Your notice board
- Club members
- British Rowing website
- Local gyms or social media
- Clubs and other organisations such as Women's Institute, U3A
- Schools, health centres, large local employers etc.

How?

- Say something about your club
- Word your promotion to reflect who you are trying to attract
- Describe what you are offering, giving full details or give links to more details on your website
- Include costs

What happens after L2R?

- This needs to be set out at the start. If you are looking for a particular group or for competitive rowers say so.
- Set out what you can offer after the course. Include all the types of rowing that you offer – recreational, social, competitive, masters, touring etc.
- When do different squads train and how often? What is the commitment? What coaching is offered?
- If you can't cope with an influx of new members explain that you have a waiting list or that you will certify that they have completed a L2R course and you may direct them to another club.
- What are the costs for membership fees, kit, competition etc?
- Do members need to support the club in practical ways?
- Do you offer financial support if it is needed?



Finances

Deciding how much to charge depends on a number of factors:

- Will you charge for a taster day as not everyone may go on the course?
- Can you access any grants for particular groups?
- Would your members consider sponsoring a new rower?
- Do you have any criteria to access support for the unwaged or a hardship fund?
- How many and how long will your sessions be?
- Are you paying any of your coaches?
- Have you allowed for equipment wear and tear, and maintenance?
- Does the club wish to cover its costs or make money for the club?
- A club membership fee should be included for the duration of the course for insurance purposes but this could be a token amount. A process should be in place to record temporary membership.
- British Rowing membership should be included for access to the Learn to Row Handbook and additional resources
- Will you give everyone a T-shirt for use either during the course or on completion?

What about club membership after the course?

- 3 months or 6 months could be offered
- Discount on a year's membership could be offered
- Do you have monthly subscriptions? What are the rules?
- Can you offer a discount to anyone who helps with the next L2R course?

Resources - coaches, boats, gym

When planning the course decide what on-water and off-water sessions you will be offering explain this to everyone.

Resources you need in place could include:

- Application form: does it give you all the information you need such as emergency contact, health information, swimming ability?
- Do they have special needs, what can you do to provide them with an enjoyable and valuable experience?
- Coaches: are they suitably qualified, and have current Safeguarding and First Aid certificates? Have appropriate DBS checks been carried out? Do they work as a team?
- Which boats and blades will you be using?
- Boats and blades: has equipment been checked as fit for purpose?
- Life jackets; has equipment been checked as fit for purpose?
- Megaphones and throw lines
- First aid kit (recently checked) and sufficient space blankets
- Coxes and coxing equipment
- Launch drivers who have appropriate qualifications, coaching launches and safety equipment
- Bicycles
- Gym
- Ergos
- Changing facilities



- Clubhouse facilities
- Food and drink
- A way of recording progress for both coaches and rowers

Managing applicants

Clubs manage L2R in different ways. Many have a waiting list and keep applicants informed of dates of courses by email. Applicants should be aware of how you do this so that they know whether they are likely to get a place and how long they may have to wait.

How do you prioritise who takes part in a course?

- In order of application?
- For a specific group e.g. 18 to 24, U3A?
- A taster day to assess potential competitive athletes?
- People who meet criteria which help to access a grant?
- A group who want to learn together

The Application form

It is essential to have an application form that collects the information that your club needs in connection with anyone participating in club activities. It should also include all the information you require to sign someone up with British Rowing.

You must ensure that all information is used correctly, in line with your club policies and data protection guidelines. Confidential information should be kept confidential with access restricted to those who have a genuine need to know.

A Taster Day?

“Put the kettle on. Never underestimate the power of coffee and cake!”

Many clubs find that this is a good opportunity for people to find out what rowing is about before joining the club. The day could include:

- Welcome and some refreshments.
- Introduction from key personnel such as Course Organiser, CWO, Safety Adviser, Coaches etc.
- Introduction about the course from the Lead Coach
- A conversation with each applicant about what they hope to get out of the course and what their aspirations are
- A tour of the club, the gym and the boathouse taking care to keep them safe.
- Introduction to types of boats and equipment
- What to wear, trying on life jackets
- Completion of application forms including reading Codes of Conduct
- Health and ability checks
- What the fee includes and how to pay
- Explaining what the opportunities are on completion of the course



What will happen after the course?

This is a common question. Some people just want to see what rowing is about and may decide it is not for them. Others may have aspirations such as to get fitter, make new friends, or take part in challenges or competitions. What can your club offer?

- Explain when and how often groups go out
 - Recreational groups
 - Age related groups such as U3A Masters
 - A U3A group
 - Competitive groups with specific criteria for ability and commitment
 - A touring group
- Signpost to other clubs, coaches or British Rowing if you feel that you can't support a rower's needs or aspirations

How do you encourage people who complete the course to become part of the club?

- Take time to explain what their future options are
- Ensure they know where to get club kit
- Explain the roles that volunteers undertake and ask for help
- Ask what relevant skills they have and make a note of these for future reference.
- Suggest someone with a particular skill takes on a small task or shadows a club officer
- Spot potential coaches and ask a coach to take them out so they see what coaching is about
- Ask for help with an upcoming event

Making everyone feel welcome

This is about your club culture:

Robin Williams: *"If you were a coach starting a new job at a rowing club what would you take with you on day one – a stopwatch and a megaphone, or a broom, pen and paper? I'd choose the latter because the first thing I'd do is make sure the place looked clean and tidy, then I'd write a welcome note for the rowers about to arrive, and then a training plan to put on the club noticeboard.*

Now this is obviously a metaphor for creating the right environment in the club, but a sense of order, a mood of enthusiasm, and a shared plan are really important ingredients in the running of a successful programme."

- Do you ensure that all your coaches and volunteers understand what you are hoping to achieve?
- Do you include time for social interaction in the course?
- What do people feel when they come into your club?
- Do members say hello and smile?
- How does your club look and feel?
- What do the photographs on the wall, your website, social media etc. say about you; "we are competitive" or "we have fun"?
- How open and accessible are your facilities?
- Do you have photographs of your Course Organiser, CWO, Coaches, Safety Adviser, First Aiders and committee so that they can be easily identified?
- Do you ask for feedback after the course and follow up on the comments.

Everyone in your club can engage with a positive club culture and a welcoming environment.



Example L2R promotion

Are you looking for a new challenge? Are you fed up of exercising on your own? Do you want to get outdoors?

Rowing is an exciting and fun sport that can help you to get fit quickly, gain new skills in a boat and meet new friends. Our Learn to Row courses for beginners will get you started with the basics of the sport and get you out on the water. Courses are led by a qualified coach with help from club members.

Where you take it from there depends on what you enjoy doing. Our club is inclusive and welcomes people from all backgrounds and levels of fitness.

We would like you to be able to swim but lifejackets are available if you would like wear one.

When?

Adults: Tuesday evenings

Adults: Coffee and cake Tuesday mornings

Competitive squads: Saturday mornings

U3A relax and enjoy: Wednesday mornings

What is included?

The cost is £100 for six sessions x 1.5 hour sessions including:

- 3 months club membership
- Access to equipment and the club gym under supervision
- First 3 months free BR annual ROW membership
- Learn to Row Handbook
- Access to on-line learning and technical articles
- Member to member insurance
- On completion: a fun event and a club t-shirt
- Once you've completed the course the introductory membership (which commences from the start of the course) gives you full use of the club facilities and means you can spend some more time practising and enjoying rowing before deciding whether you want to sign up as a club member.

What happens after the course?

We hope that when you have completed the Learn to Row course you will want to become a member of the club. We will have a discussion with you and, depending on where you want to go with your rowing, and the commitment you want to make, you can either go forward as a competitive rower, training regularly to take part in regional and national events, or you can row recreationally for fun and exercise.



The club is run by volunteers and offers of help are always welcome.

We have various groups in the club: more details is available on the website

What will the course cover?

- The main purpose of the course is to give you experience rowing on the water – we aim to get people into a boat by the end of their first session.
- The course will involve both water and land-based coaching in our air-conditioned gym.
- Water based sessions are in stable single boats
- We'll give you an introduction to the Rowing Club, the Boathouse and its layout
- Familiarisation with the river – the rowing environment
- Full water and boat safety briefing to make sure you're comfortable and stay safe
- Explain the types of boat, the important parts of the boat, blades and other equipment
- Learn and practise British Rowing Technique on indoor rowing machines.
- By the end of the course, you're not going to be a world beating rower, but you should be confident rowing and steering a boat.

If you would like more details or have any questions please contact the Learn to Row Secretary who will be happy to give you more information: [email](#)

For details of course start dates and an application form: [web link](#)



7. Learn to Row Delivery Plan

Content and delivery are very important considerations when running a course and therefore you should have a good delivery plan in place before you start. Planning ahead gives you a much better chance of running a successful course and retaining new rowers as club members in the future.

Learn to Row Handbooks

Ensure everyone has a Learn to Row Handbook and is familiar with the content and how it will be used. You can purchase Learn to Row handbooks on the British Rowing Shop: <https://britishrowing.org.uk/c/coaching>

Boats

Ensure that all coaches and helpers know how to use equipment properly and that anything that is not working or broken is reported or recorded in accordance with your club's safety plan so it can be fixed or replaced.

You should also think carefully about which boats you choose for beginners.

- Research has shown that one of the biggest barriers deterring people from trying rowing is a fear of ending up in the water. Do you have stable boats which would be suitable for beginners?
- Would you stay in a club and sport if you were given old and deteriorating equipment to learn in? Are the boats you are using in good enough condition to act as an advert for your club?

Session Aims

You should map out which topics you wish to address in each session to enable you to cover all the content. You may choose to adapt this as you are going along due to particular conditions on a day or lack of progress the week before, but by producing this initial map you will be able to check everything has been covered.

Length of Sessions

The length of sessions will vary depending on your club environment and your new rowers' fitness and availability. You might choose to run a series of weekly two hour sessions, or it may be more convenient to run some all day sessions over the weekend. Don't forget to consider the following when putting together your plans.

- Availability of coaches
- Availability of the group
- Availability of equipment
- Fitness of the group
- Concentration span of your group
- Suitability of conditions (e.g. tide times, daylight, temperature)

Even with the best organisation it is advisable to have a contingency plan in place to cater for changeable weather, water conditions or equipment failure. New rowers will be particularly put off by cancelled sessions so have an idea of options when on water activity cannot take place.



Examples of alternative sessions

- Indoor rowing
- Athleticism and fitness assessments
- Strength and conditioning sessions
- Looking at skills videos
- Boat house treasure hunt

Expectations

In the Learn to Row Handbook it says that, in addition to teaching people to row, Coaches will deliver the following specific training:

- Coach and lead a warm up and cool down
- Provide information about and teach flexibility exercises
- Coach and lead the "Sit and Reach" exercises (Hip Hinge)
- Provide specific guidance on staying safe where they row
- Supervise activities and intervene, where necessary, to ensure safety
- Deal with health concerns expressed by the rower
- Provide a copy of the club safety rules and explain them
- Explain the best post capsized recovery method to use at your venue
- Explain how Incident Reporting works
- Explain how to check a boat and blades
- Explain how to adjust the foot stretcher to suit the rower

Delivering Sessions

Briefing everyone - coaches, volunteers and new rowers, ensures all understand what the session is designed to achieve. You should make sure that you give clear instructions and that those you are briefing understand and have the chance to ask you any questions.

Which sections of the Learn to Row Handbook are you going to cover?

Briefing coaches and volunteers

You might choose to do this as a group or with each individual or a mixture of both. You should make sure you cover the following points:

- Does your team understand exactly what is expected of them?
- Does your team know what you want each of them to deliver individually?
- Does your team know which rowers they will be working with?
- Does your team know if any of their group requires any special attention?
- Will your team create a welcoming atmosphere?

Briefing Rowers

Explain clearly to everyone what you are going to cover in a particular session and what they should expect. Remember that rowing terminology will be new to most and so you will need to explain yourself well and occasionally use descriptive terminology rather than technically correct terminology. You should brief rowers so they are aware of the aims of the session, what skills they may learn and what new terms they may learn or need to know.



Reflection

After the session it's important to debrief your rowers. This can be just a short chat with the group to establish whether they enjoyed the session, what they think they have achieved and areas to work on in the future. You should look to keep the tone of this positive but still encourage rowers to identify areas they want to work on. You should always allow the opportunity for your rowers to ask questions and you should invite feedback and respond to all feedback appropriately.

You should also invite feedback from your coaching team after the session to see how they felt the session went. This will help you plan future sessions and identify where rowers are enjoying themselves and progressing well or where they are struggling. This is an important part of building the confidence and knowledge of those working to deliver the activity.

It is always helpful to give rowers something to think about or work on in preparation for the next session.

Competencies

Towards the end of the course you should review the competencies that have been covered and signed off. Are there any more that need to be signed off?

The Lead Coach should sign off the competencies and arrange for the Learn to Row Certificates to be created.

Do you want to hold a competitive or skills event at the end of the course?

You may wish to arrange a social event to present the certificates or other awards. It is an opportunity to talk about "what next".

Retention Tips

After a successful Learn to Row course, it is helpful to think about how you are going to retain as many of these new members within your club, or the wider sport, as possible. New members can offer a lot to your club regardless of whether they join as recreational or racing members or if they enjoyed the social side there may be a role as a volunteer. Can you spot any potential coaches or volunteers who can contribute the club in other ways?

It is essential that you show new rowers the different ways they can continue in rowing. You should also make them feel welcome by integrating them with the rest of the club as early as possible. The more people they get to know within the club the more likely they are to remain as members.

You may want to look at the range of options available within the club. For example, does your club run a recreational or touring group, a social group, a serious competition group and/or a more informal competition or challenge group? Are you able to be more flexible in your approach to the sessions you run?

8.Safety

All activity delivered at the club must be in line with the guidance contained in British Rowing's 'Row Safe'.

<http://www.britishrowing.org/taking-part/staying-safe/rowsafe>

Safety must be your priority when planning and running a Learn to Row course. You should seek and follow the advice of your club's Rowing Safety Adviser when organising a course.

Bear in mind that many of those on the course may not have been afloat before or have any experience of boats, and this may give rise to additional Hazards and Hazardous Events that are not in your current Risk Assessment.

Do not assume that people new to rowing will recognise the hazards that experienced rowers see immediately. Here are a few tips:

- Tidy the boathouse and remove tripping hazards
- Point out that riggers and the ends of boats protrude from racking and that care is needed to avoid walking into them
- Explain the need to ensure that gates are correctly closed around sculls and oars
- If the launching and recovery area is muddy then explain the need to wear appropriate footwear (wellies?)
- Explain that boats can be moved by water flow and wind
- Explain the need to keep the landing stage clear of trip hazards



Risk Assessment

Review your club's risk assessment and consider the following:

- Does your Risk Assessment include all Hazards and Hazardous Events that would be relevant to a L2R course bearing in mind the group's lack of experience?
- Do you need to put in place:
 - additional Barriers to reduce the probability of a Hazardous Event occurring?
 - additional Controls to reduce the severity of harm resulting from a Hazardous Event?

Lifejackets

All non-swimmers should wear lifejackets. You should offer a lifejacket to everyone; some may be nervous at first and wish to wear one.

Ensure that you have sufficient lifejackets and that they are all in good working order. You can find information about checking lifejackets in Safety Alert – Lifejackets at <https://www.britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-check-your-lifejacket.pdf> and more information about lifejackets in Section 7.3 of RowSafe at <https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>.

Safety Briefings

At the beginning of the course include a safety briefing. Some of the group may not have been afloat before or have any experience of boats, so keep it simple and explain any jargon.

You will need to explain the Hazards both on land and on the water and what to do in the event of a Hazardous Event.

Topics to cover include:

- Rowing is a safe sport because everyone takes care to keep themselves and others safe
- If there is anything that they are not sure of then ask
- Club Safety Rules
- Local Navigation plan
- Keeping a lookout on land and on the water
- What to do if something goes wrong
 - Capsize – get out of the water, what recovery method to use, what help is available for example, launch, throwline etc
 - Blown or swept into a fixed obstruction such as a tree or moored boat
- The importance of understanding instructions and acting on them quickly, the instructions may be getting them out of danger

There should be a Safety Briefing at the beginning of every session. This should include anything that is different for this session, for example debris in the water, fishermen on the bank, water and weather conditions.

On Land

- Show the group around the boathouse and outside areas and point out Hazards such as slippery surfaces, protruding riggers, people moving boats
- Explain the importance of wearing appropriate footwear for the conditions such as boots or non-slip shoes
- Describe how to lift and move boats safely and explain the commands used
-



Getting Afloat

- Show rowers how to check the boat, especially the area around their seat – rigger(s), footplate, heel restraints, seat, blade(s)
- Ensure that you have sufficient coaches or helpers to get rowers afloat safely
- Keep rowers under close supervision at all times, new rowers find it difficult to steer
- Be prepared to rescue rowers with launch or throwline if they capsize or get entangled with an obstruction
- Do not hold crews at front stops for more than a few seconds. This is an unstable position and is a common cause of capsize

Incident Reporting

Report all incidents, however trivial they may be, via the British Rowing Incident Reporting System. Show rowers how they can report incidents and encourage them to do so. It does not matter if an incident is reported more than once.

Online Learning Modules

Ensure that coaches, helpers, etc. have completed the following online Safety training modules that can be found in RowHow:

- Cold Water and Hypothermia at <https://www.rowhow.org/course/view.php?id=165>
- Capsize and Recovery Training for Rowers at <https://www.rowhow.org/course/view.php?id=195>
- Safety Basics – Understanding and Managing Risk at <https://www.rowhow.org/course/view.php?id=194>

Encourage new rowers to complete these too.

Health

It is important to understand the capabilities of your new rower when planning courses to ensure they get the most out of the experience and remain safe. It is their responsibility to inform the club if they have any concerns about their health or their ability to take part in activities safely. Any information given is kept strictly confidential and many conditions do not preclude people taking part, provided risk assessments and appropriate safety measures are in place. Where relevant, the Club Welfare Officer will work with new rowers and the Course Organiser to explore ways in which they can take part in rowing.

Learn to Row Handbooks and Competencies

The Learn to Row Handbook explains what will be covered in the Learn to Row course and contains additional helpful information about rowing terminology, safety, technique and equipment.

At the end of the book is a list of competencies which will be covered in the course. The competencies can be ticked off during the course and signed off by the Lead Coach at the end of the course.

A competency certificate is issued at the end of the course acknowledging which competencies have been achieved and which types of boats have been used [April 2021: in development]

Activity Cards

The Activity Cards have been developed to provide those who deliver rowing activity with ideas and suggestions for what they can do next. The Activity cards are available to buy from British Rowing.

For all four sets the price is £29.99 including postage and packaging.

The cost per individual pack is £10.

The cards contain helpful instructions and diagrams, and are ranked easy, medium and difficult. The set consists of:

- Technique exercises
- Confidence exercises
- Games
- Warm up / stretching exercises (not ranked)

To buy, please email info@britishrowing.org or call British Rowing's Hammersmith Office on 0208 237 6700.

Below is a small sample of the Activity Cards.

