

## Club Development: preparing your club for newcomers – March 2021 Webinar Questions & Answers

### Age

We have a disproportionate amount of 40+ ages applying to Learn to Row. We struggle for 18-30 applicants who want to commit once course is over. Does anyone else have this and any ideas to attract athletes for competitive senior squads please? *Answered on the webinar: common place everywhere, perhaps start looking at specific set up for this group - they also might want to be competitive? Younger age group - depends on area, but FE education, colleges, change training times/focus - does everyone need to train 6 days a week?*

For the junior LTR do you allow any ages or is it aimed at the youngest age group? *Answer: Some run Junior L2R and ended up running groups of 11- 13 and 14-16ish because of maturity and size*

### Boat type

Interested on panels view re sculling v sweep on L2R. Traditionally I have done 90% sculling and a bit of sweep for L2R. But coaching sweep is easier (4/8/s compared to 1 and 2-/x)? *Answer: sculling easier to swap to sweep after. Possibly makes people more self-sufficient as you don't need to find a cox.*

As a club with no access to stable boats would you agree that an 8+ with an experienced cox & bow pair sitting the boat is the most effective way to teach absolute beginners? *Answer: any boat can be used - 4x+ with experienced cox and 1 person stabilising the boat, or 4+ same, 2x with an experienced sculler in bow. Singles with floats/pontoons.*

### E&T

There hasn't been a Level 2 coaching course in our area (Kent) for a very long time - any suggestions for how to get qualified L2R leaders in this scenario? We'd also love S&T courses, L3, which haven't happened in living memory, but need to start with L2. *Answer: Kent is in the Wessex and SE Coast region, clubs and individuals can request workshops using this link: this then gets passed on the regional rep, so that they can assess the need for courses in their region.*

This is the link to that request: <https://www.britishrowing.org/knowledge/calendar/requesting-a-workshop/>

*If there is significant interest (i.e. several members of a club want to qualify), please ask them to record this in the request, as a group wanting a course is much more promising for the reps than individual requests.*

### Safety

How do the panel ensure the safety of the L2R on the water in case of a capsize? *Answered on the webinar: follow club safety procedures, have a specific plan in place, wear life jackets, limit number on the water, limit times of L2R to NOT coincide with racing crews.*

Do any of you get the new rowers to complete the online capsize and cod courses via RowHow? or do you do that once they are into the main squads? *Answer: many clubs do, and most clubs organise a capsize/recover/swim test as part of the course.*



## **Other questions**

Do the clubs run a taster session for adults or straight in to learn to row? Is there value in taster sessions? *Answer: Both - taster session open the club to a wide audience and people will often try somethings and come back to it. Saves spending their money if they don't stay and your time if they don't like it. However, if you don't charge a small token fee, they are more likely to not show up on the day whereas a small fee means commitment.*

Can we have list of clubs running L2R so we can look at organising multi club beginners regattas? *Answer: done by region - contact RRC chairmen or other clubs. Do let us know if it would be helpful to have this on the website?*

There is always the issue of bringing novice coxes into the sport. *Response: get all L2R 's to learn to cox, there are not many people that can't learn*

Do you see your Go Row Indoor as a potential destination for L2R graduates - or the other was around: Go Row feeding into L2R on the water? *Answer: Both can work really well. To get new people familiar with the rowing movement and sequencing of movements it would be great to put them on an indoor rowing machine first (if you have any) before putting them in a boat. If you have L2R graduates who love the social aspect of the club but aren't into rowing so much offering a Go Row Indoor class or supplementing the L2R with Go Row Indoor if people want extra training is a great idea.*

If you have any other questions, please email [clubs@britishrowing.org](mailto:clubs@britishrowing.org)

If you want to watch the webinar again, please click here:

<https://plus.britishrowing.org/2021/03/17/club-development-preparing-your-club-for-newcomers/>

The latest version of the Organiser's Guide is attached to the email.

The discount code for new ROW members: First 3 months for free! Use discount code: New2Row2021 for 25% off (£24.37 instead of £32.50 for one year)

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**27<sup>th</sup> April 2021**