



BRITISHROWING

Skills fade

TEAMWORK | OPEN TO ALL | COMMITMENT

What is skill fade?

Skill Fade is defined as the decay of ability or adeptness over a period of non-use.

Use it or lose it?

What determines the effects?

Type of
skill

Level of
experience or
competence

Skill fade and regeneration

When are you most vulnerable to skill fade?

What about distraction and individual welfare?

Be realistic and keep it in mind!

- When was the last time you used the skill?
- How much time did you have to practice that skill?
- When are you trying to remember it?

How can you best manage skill fade?

Take practical steps to stay safe:

- Refresh hot topics and changes in last 15-24 months
- Rehearse procedures
- Cognitive offloading
- How far you want to push yourself – KISS
- When to ask for help
- How to best support each other