



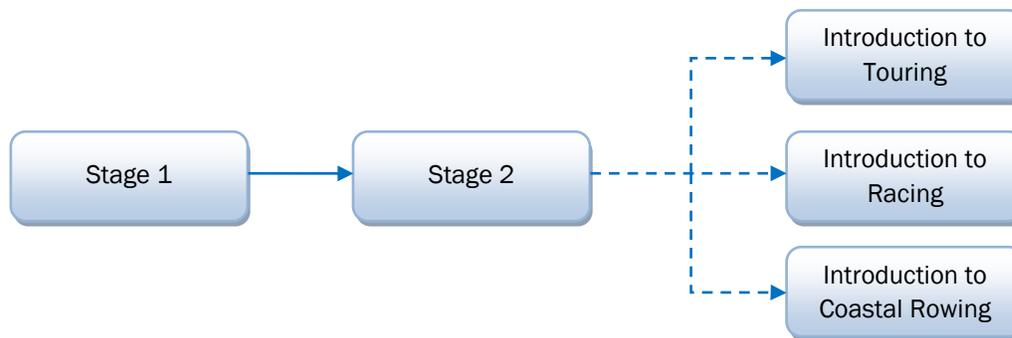
Learn to Row Scheme

This Explore Rowing scheme has been designed to provide a ready to go solution for clubs who wish to run introductory courses for beginners. It is a major update on previous learn to row materials produced by British Rowing and a number of clubs and volunteers were consulted during its development. Clubs must accredit to Explore Rowing in order to deliver the scheme.

Structure

In line with the ethos of Explore Rowing, the focus is on developing participants' skills rather than purely getting faster, and the scheme is defined by the objectives of each award rather than following a set delivery programme. This provides the flexibility for instructors to tailor the courses in a number of different ways (for example, towards individual touring, fixed seat rowing, or groups), thus allowing clubs of all sizes and with all different boat types to run the scheme. All award objectives are designed to be applicable to either fixed or sliding seat boats.

Initially the scheme consists of two basic skill awards and the Explore Assistant training programme (see below), however we will soon be implementing additional awards, teaching skills for specific areas of rowing (for example, touring, racing, coastal). Details will be on the Explore Rowing website as soon as these become available.



Explore Assistant

The Explore Assistant has been designed to provide clubs with an in-house training structure for volunteers. The training is delivered by a qualified UKCC Level 2 coach acting as a mentor to the trainee. Each trainee is taken through a set of tasks designed to familiarize themselves with the way in which a particular club operates safely.

Explore Assistants will work under the supervision of a suitable qualified individual (normally a qualified coach) and will help deliver the Learn to Row scheme and other activities within the club. The training is not transferable so Explore Assistants can only operate in the club in which they completed their training.

The Explore Assistant has been awarded the Inspire mark by London 2012.

Resources

Each part of the scheme is supported by attractive resources, developed centrally and sold at a low cost to clubs.



For further information please contact Sophie at the Explore Rowing team.

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