



Programme Overview

Explore Rowing is a British Rowing Programme designed to make the sport more flexible and to promote all types of rowing alongside the traditional competition pathway. We want to expand the options available for rowers to take part in the sport. The programme will make a major contribution to British Rowing's Whole Sport Plan target of increasing the number of over 16 participants rowing.

Key Aspects

There are three general components to the programme: a national learn to row scheme; the promotion and facilitation of all rowing activity; and volunteer training called the 'Explore Assistant' designed to help deliver both these components. The three main components are being kick started by 50 packages of 'stable boats' ideally suited to teaching beginner rowing and new activities such as touring and personal challenges. In conjunction with these, an online community is bringing together participants and volunteers to share their experiences and ideas at www.exploreroxing.org.



Promotion and Facilitation of Rowing Activity

Not everyone wants to go down the competition pathway and the Explore Rowing programme aims to open up greater opportunities to these people. By providing resources and marketing assistance, the Explore Rowing team will help promote more informal competitions, personal challenges and tours.

www.exploreroxing.org will provide a host of ideas as well as giving clubs a way of sharing good practice and marketing their events.

National Learn to Row Scheme

The Explore Rowing Learn to Row scheme provides clubs with a ready to go solution for delivering learn to row courses. The scheme has been designed to teach participants the basic skills but be equally applicable across different types of boats (fine, stable, fixed seat etc). Setting out objectives for each stage, rather than stipulating the exact delivery and content per session means the scheme has the flexibility to suit any group and club environment.

Clubs will be supported in their marketing by the Explore Rowing team and provided with guidance on making the most of the opportunities that are out there. The scheme is also supported throughout by attractive resources for participants and organisers alike.



For further information please see the *Learn to Row Factsheet*.

Explore Assistant

The Explore Assistant is a club based volunteer training award to enable participants to volunteer confidently and assist in the provision of learn to row courses and other activities. The programme is delivered by a mentor from within the club and gives the flexibility for volunteers to be trained according to the specific needs of each venue.



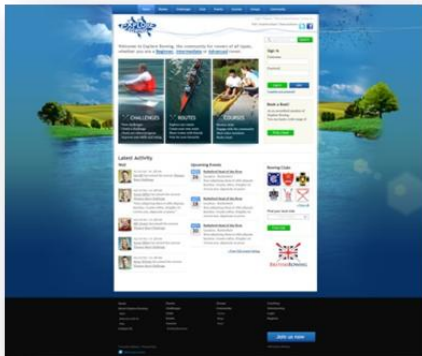
The Explore Assistant has been brought under the brand of the Explore Rowing Learn to Row scheme and has been awarded the Inspire mark by London 2012.

Stable Boat Packages

50 stable boat packages will kick start the programme throughout the country, providing equipment for teaching beginners and delivering new activities. These may be awarded to single clubs, clubs working in partnership or other centres. Each package is made up of a 50% contribution (up to £12,500) towards the purchase of stable boats, £500 towards the training of two new UKCC Level 2 coaches and £3,480 towards getting the project off the ground in the club.

Partnership funding for these packages can come from a number of sources such as Primary Care Trusts, local FE colleges, local charities, local authorities or simply club reserves.

The Explore Rowing website will act as a central portal for all those involved with the Explore Rowing programme whether they be a participant or a volunteer. With areas for sharing routes, challenges and ideas, the site will bring together the rowing community online, connecting people throughout the country and also offering a powerful marketing resource for our clubs.



Getting Involved

Clubs can get involved in the scheme by either applying for a funding package or accrediting to deliver the Learn to Row scheme. For further information please contact Sophie at the Explore Rowing team.

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