



### DRY LEARN TO ROW

6-hour training module delivered by ARA tutors and supported by Dry Learn to Row Handbook and Dry Learn to Row Activity Cards

Delegates will receive  
ARA DRY LEARN TO ROW AWARD



### UKCC ROWING QUALIFICATIONS

Suitable entry route to coaching for those working in community rowing clubs



### UKCC LEVEL 1 CERTIFICATE IN COACHING INDOOR ROWING

- 2-day training course delivered by ARA tutors
- Day One – supported by Dry Learn to Row resources
- Day Two – supported by Dry Row to Health and Dry Row to Success resources
- Holders of ARA secondary schools indoor rowing programme Dry Learn to Row Award – will be eligible for APL (on submission of evidence of effective implementation) which will exempt them from Day One of this course



Route to UKCC level 2 certificate in coaching indoor rowing and UKCC level 2, 3, 4 certificate in coaching rowing (water based)

# ARA Secondary Schools Indoor Rowing Programme

For more information about courses visit:  
[www.ara-rowing.org/indoor](http://www.ara-rowing.org/indoor)



# ARA Secondary Schools Indoor Rowing Programme

The new ARA Secondary Schools Indoor Rowing Programme:

- Combines the ARA agenda with that of health and of schools
- Incorporates and builds on a range of current ARA initiatives, resources, awards and qualifications
- Can support the delivery of the new secondary curriculum and OSHL programmes
- Provides professional development opportunities and training pathways for school teachers, ASLs, coaches and young people aged 16+ who wish to deliver high quality indoor rowing programmes in schools
- Comprises 3 components – Dry Learn to Row, Dry Row to Health and Dry Row to Success
- Incorporates an optional award scheme for young people
- Is designed to facilitate delivery of indoor rowing lessons by teachers and club activities by teachers, ASLs, coaches and young people aged 16+
- Has been developed in collaboration with an education consultant who is nationally acclaimed for her work in the implementation of health-related exercise in schools.

The programme comprises 3 components:

Component	Description	Focus	Accreditation
<b>1. Dry Learn to Row</b>	6-hour training module delivered by ARA tutors and supported by Dry Learn to Row Handbook and Dry Learn to Row Activity Cards	Safe and correct technique Developing and sustaining a high quality stroke Dry Learn to Row Awards for young people	ARA Secondary Schools Indoor Rowing Programme – Dry Learn to Row Award (can be submitted as evidence of accredited prior learning for those working towards UKCC level 1 or 2 certificate in coaching indoor rowing)
<b>2. Dry Row to Health</b>	Dry Row to Health Handbook and Dry Row to Health Activity Cards (accessible only to holders of ARA Secondary Schools Indoor Rowing Programme – Dry Learn to Row Award)	Benefits of indoor rowing for physical, social and emotional health Planning personal programmes for specific health purposes Dry Row to Health awards for young people	Evidence relating to effective implementation can be submitted for those working towards UKCC level 1 or 2 certificate in coaching indoor rowing
<b>3. Dry Row to Success</b>	Dry Row to Success Handbook and Dry Row to Success Activity Cards (accessible only to holders of ARA Secondary Schools Indoor Rowing Programme – Dry Learn to Row Award)	Developing speed Planning programmes to train for competition Dry Speed awards for young people	Evidence relating to effective implementation can be submitted for those working towards UKCC level 1 or 2 certificate in coaching indoor rowing

## Dry Learn to Row Course

A unique 6-hour practical training module delivered by ARA tutors. The module provides professional development opportunities and training pathways for school teachers, ASLs, coaches and young people aged 16+ who wish to deliver high quality indoor rowing programmes in schools. The interactive workshops explore a range of innovative practical ideas designed to motivate and challenge pupils and help them to engage in learning about safe and effective indoor rowing technique.

## Course Objectives

Delegates will learn to:

- develop the technical competence of young people who are new to indoor rowing
- ensure safe, effective and appropriate practice for young people in the context of indoor rowing
- support the development of young people's personal learning and thinking skills

## Course Outcomes

By the end of the course delegates will be able to plan and deliver safe and appropriate sessions for young people in secondary schools which help them to develop:

- The practical skills and technical knowledge needed to

sustain a high quality indoor rowing stroke

- Practical knowledge of safe exercise practice
- Personal learning and thinking skills

## Resources

Available from the ARA:

- Delegate course notes
- New ARA Dry Learn to Row Handbook
- New Dry Learn to Row Activity Cards

All resources have been developed in line with the new secondary national curriculum (2007)

## Accreditation

On successful completion, delegates will receive the ARA Secondary Schools Indoor Rowing Programme Dry Learn to Row Award. This is not a qualification but can provide accredited prior learning for those wishing to register for the new UKCC level 1 or 2 certificate in coaching indoor rowing. In addition, delegates will receive details concerning how their schools can work towards becoming accredited ARA indoor rowing centres.

## Eligibility

Secondary Physical Education teachers or trainee teachers, qualified sports coaches/fitness instructors, ASLs contributing to Physical Education, OSHL or extended schools programmes,

older pupils (aged 16+) who are already involved in an indoor rowing or sports leadership programme.

## Assessment

All delegates will be required to deliver a 10-15 minute practical session to a beginner as part of the course. This will be assessed through peer and self-review.

## Entry Level

None – but it is helpful if delegates have some personal practical experience of using an indoor rower eg in a fitness room setting.

## Course Venue Requirements

- Exclusive use of gymnasium, dance studio, practical classroom or 'quiet' section of sports hall.
- Staff toilets in close proximity.
- Good quality indoor rowing machines – at least one machine per pair of delegates.
- Classroom (or chairs and tables in practical space).
- Water for delegates.

In addition venues are asked to organise the help of a small number of young people aged 11-16 (one young person per rowing machine) to participate for about 45 minutes in the assessment session. This session is time-tabled towards the end of the school day.