

ARA Recommendations: Rowing and Building Schools for the Future.
October 2007 – Second draft



Background

The Amateur Rowing Association (ARA) is the national governing body for rowing.

Rowing can be regarded as both a sport and physical activity. The ARA is very keen to support LEAs and their secondary schools that wish to develop rowing. The ARA only recommends rowing for secondary age pupils.

There are three key ways that schools can help develop rowing through BSF:

1. Curricular use

Schools could develop an ARA-recognised indoor rowing curriculum and deliver multi-activity PE health and fitness sessions or cross-curricular activity. It is vital that staff undertake the ARA PESSCL Indoor Rowing for Schools CPD module.

2. Extra-curricular use

Schools can make direct partnership links to community rowing clubs and encourage those clubs to run sessions with pupils in the form of an after school ARA-accredited PESSCL indoor rowing club. This could lead to water-based activity.

3. Community use

Schools could make their facilities available to community rowing clubs, for example a fitness suite, swimming pool or gym (for aerobic activities).

Primary age young people should only be involved under controlled circumstances. These are outlined at <http://www.ara-rowing.org/publication/ara-indoor-rowing-primary-children-policy>.

LEPs might wish to take the following into consideration:

• **Equipment for curricular and extra curricular use**

Indoor rowing machines (ergometers) are not all of the same standard. Machines are imported and distributed by a range of companies. The three most commonly used by the sport of rowing are:

- WaterRower
- Rowperfect
- Concept 2 (model D and E)

Each machine has advantages and disadvantages. The ARA would that estimate these equipment brands would have a lifespan of five to 10 years if used and maintained

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correctly. Some equipment is provided as a package or with other fitness equipment distributors.

The ARA would also recommend the following equipment as desirable to help support rowing and general health and fitness exercise:

- Schwinn cycle ergometer – this provides upper body as well as leg exercise.
- Concept 2 Dyno – this offers a safer alternative to machines providing arm pull, arm push and leg push exercise.

Schools which have access to a Schwinn bike and Dyno can take part in the ARA Olympic talent identification programme known as 'World Class Start'.

- **Related IT equipment**

Each of the three brands have some form of electronic display. Concept2 machines can also be connected to each other and also a laptop/data-projector. Pupils can therefore undertake a range of cross-curricular activities in relation to sport science, maths and IT. The ARA recommends that indoor rowers are placed close to powerpoints and a white board or screen.

Ensuring safe and effective use of equipment: Coaching and leadership

Schools wishing to purchase indoor rowing equipment to deliver sport or physical activity sessions should ensure that staff, adults or student leaders should hold the PESSCL professional development approved 'Indoor Rowing Coaching for Teachers' award.

Fitness instructors who deliver rowing sessions in schools should hold a United Kingdom Coaching Certificate Level 2 (or higher) in indoor or water-based rowing. Both of these courses are available through tutors endorsed by the ARA and Skills Active.

PESSCL Indoor Rowing for Schools accreditation

The ARA has an official accreditation for schools wishing to offer indoor rowing as both a curricular and extra-curricular activity. Details can be found at: www.ara-rowing.org/teachers.

Club to school links funding: Project Oarsome

The ARA scheme to link schools and clubs together to raise participation and standards is known as 'Project Oarsome'.

The ARA has already invested £3million in this scheme which continues to grow. In the winter, volunteer coaches and a number of community sports coaches visit the schools and run sessions. In the summer, the school encourages young people to go the rowing club.

Community rowing club usage: Fitness training

There are over 550 rowing clubs across the country. They often need indoor training facilities, especially during the winter. These clubs often have young people who train safely with adults. The ARA strongly advises that these clubs to hold the national cross-sport accreditation award known as 'Clubmark'.

Clubs might need access to one or more of the following four different areas:

1. A gymnasium for circuit training using their own equipment
2. A fitness suite with weight training equipment and cardiovascular equipment
3. Classrooms for education and training of participants and coaches and/or volunteers
4. Changing and showering facilities

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Community rowing club usage: Swimming pool

Rowing clubs often run swimming and capsized training for their school age and adult members. The capsized procedure is run by Level 2 qualified rowing coaches using rowing boats in swimming pools. The boats are usually narrow but are six to eight metres long. The ARA would recommend that access to pools allows for access of a boat.

Support that can be provided by the ARA

The ARA recommends that schools purchasing indoor rowing equipment become PESSCL-accredited under the ARA Indoor Rowing for Schools Programme.

The ARA can provide the following PESSCL approved resources:

1. Coaching and development officer advice and guidance
2. Coaching for teachers – ARA Indoor Rowing for Schools Award
3. Community sports coach specialist coaching (where possible)
4. Curriculum resources and schemes of work
5. Cross-curricular resources and schemes of work
6. National competition structure
7. Junior Leadership Programme
8. Club links – Project Oarsome and Clubmark
9. Olympic talent identification programme
10. Website with news, information and downloads

Design and technical points

Placing indoor rowers in a fitness facility

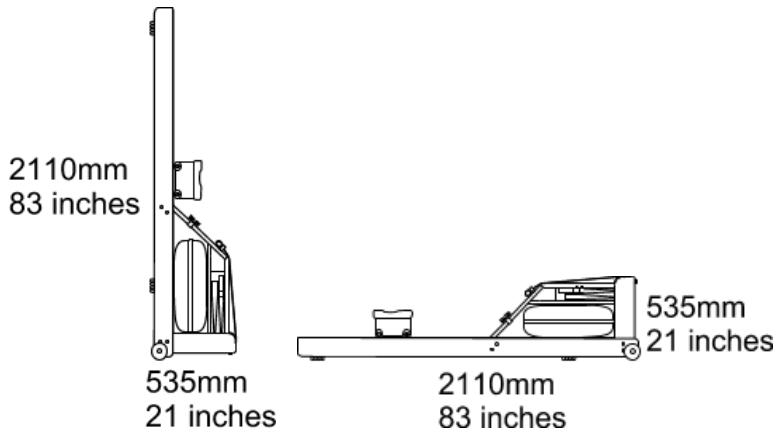
- Indoor rowing machines should be spaced at intervals of 1.5m from the centre of the seat
- The floor should be level and non-slip to ensure the machines do not move
- A mirror should be situated at body level at the side of the machine
- Space should be left in front of the machines for a screen
- A ceiling or wall mounted data projector would be desirable to use E-Racing (Concept2)
- A power point should be safely available
- Drinking water should be available nearby
- Access to an ARA Indoor Rowing Multi-Skills Activity Kit would be desirable

Specifications for indoor rowing machines (updated May 2007)

- **WaterRower (www.waterrower.co.uk)**
 - Wooden Models are approximately 33kgs dry and up to 53kgs with water in the tank.
 - S1 Model is approximately 45kgs dry and up to 65kgs with water in the tank.
 - M1 Model is approximately 69kgs dry and up to 89kgs with water in the tank.

Diagram follows overleaf:

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- **Concept2 (www.concept2.co.uk)**

- **Concept2 – Model D assembled dimensions**

Length	240cm
Maximum width	60cm
Seat height	36cm
Weight	28kg

(90cm x 72cm x 135cm (H) – Disassembled dimensions)

- **Concept2 – Model E assembled dimensions**

Length	???cm
Maximum width	60cm
Seat height	50cm
Weight	30kg

(68cm x 120cm x 139cm (H) – Disassembled dimensions)

- **Rowperfect (www.rowperfect.co.uk)**

	[cm]	[ft in]
Stored horizontally		
Length	210	6'11"
Width	55	1'10"
Height	86	2'10"



Stored vertically		
Length	86	2'10"
Width	55	1'10"
Height	210	6'11"



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[cm] [ft in]

**Required floor space
in operation**

Length	278	9'2"
Width	55	1'10"



Additional information:

Moving slide: 17.5kg
Main bar, seat (stationary part): 13kg
Total: 30.5kg