



### **Indoor and Water based rowing - recommendations as part of PESSYP Sport Unlimited**

This document is aimed at Local Authority Sports Development Officers, Sport England Investment Managers, CSP staff, PDMs and SSCOs. It may also be useful for rowing clubs.

#### **Background**

The ARA welcomes the Sport Unlimited programme developed by Sport England and the Youth Sport Trust. Rowing can be involved in three ways as part of this scheme;

1. As an activity on school sites using indoor rowing machines
2. As an activity on school sites using indoor rowing machines as part of a wider multi-activity programme
3. At water based Clubmark Accredited sites for indoor and water based activity

Our priority for investment is water based activity and the development of high quality qualified indoor coaching rather than minimal training. Information on what indoor and water based sessions look like can be found at [www.ara-rowing.org/teachers/sportunlimited](http://www.ara-rowing.org/teachers/sportunlimited)

#### **Safety and Sustainability**

In order to make rowing safe, sustainable and effective we recommend the following.

##### For activity on school sites

- Schools must be accredited to the ARA Indoor Rowing for Schools programme
- In line with child protection guidelines at least one member of staff or volunteer supervising activity has taken ARA recognised training or qualification to deliver indoor rowing. They must also have taken CPSU recognised child protection training in the last 3 years
- Costs of training and CPD should be built in for a 3 year period
- Costs should be built into to deliver the ARA Junior Rowing Leaders award
- In order to ensure value for money equipment costs should be tendered for from at least 3 suppliers eg - Rowperfect, Water-rower and Concept2
- Young people should not be encouraged to race until they have achieved the ARA Dry Skills award

##### For multi-activity sessions using indoor rowing

- In line with child protection guidelines at least one member of staff or volunteer supervising activity must have taken ARA recognised training or UKCC qualification to deliver indoor rowing
- Costs should be built into to deliver the ARA Junior Rowing Leaders award
- Equipment costs should be tendered for from at least 3 suppliers eg - Rowperfect, Water-rower and Concept2
- Young people should not be encouraged to race until they have achieved the ARA Dry Skills award

##### For club water based activity

- The club should be Clubmark accredited
- A level 2 coach should be leading all sessions



- The club should have at least 4 rowing machines that can be used in poor weather
- Young people should complete ARA Water Safety Certification

By accrediting schools will receive enhanced support from the ARA Coaching and Development Team. Should you require further advice or support the ARA has regional development officers in all areas, their contact details can be found at [www.ara-rowing.org/contact/coaching](http://www.ara-rowing.org/contact/coaching) Alternatively please contact [simon.dickie@ara-rowing.org](mailto:simon.dickie@ara-rowing.org) or 0790 3825631

The ARA has a PESSYP website with a wide range of resources - <http://www.ara-rowing.org/teachers>