



Rowing Guidance Information for Competition Managers – 2008

Rowing – who is involved ?

The ARA is the national governing body for rowing and its remit includes the traditional, coastal, recreational, Olympic and indoor aspects of the sport. Unlike many sports delivered in schools, there are in fact more adults participating in rowing than young people, demonstrating that rowing can be a lifelong activity.

Dry and Wet Start – indoor and water-based activity

The ARA school and club scheme, Project Oarsome, was launched by Sir Steve Redgrave (the President of ARA in 2000). This involved 'Dry Start' – using indoor rowing machines and 'Wet Start' which built links to clubs for water-based activity. Recent figures indicate that over 1000 schools are now involved. These are mainly secondary state schools, as we do not support rowing programmes for children under the age of 11 except under carefully controlled circumstances.

National Contact

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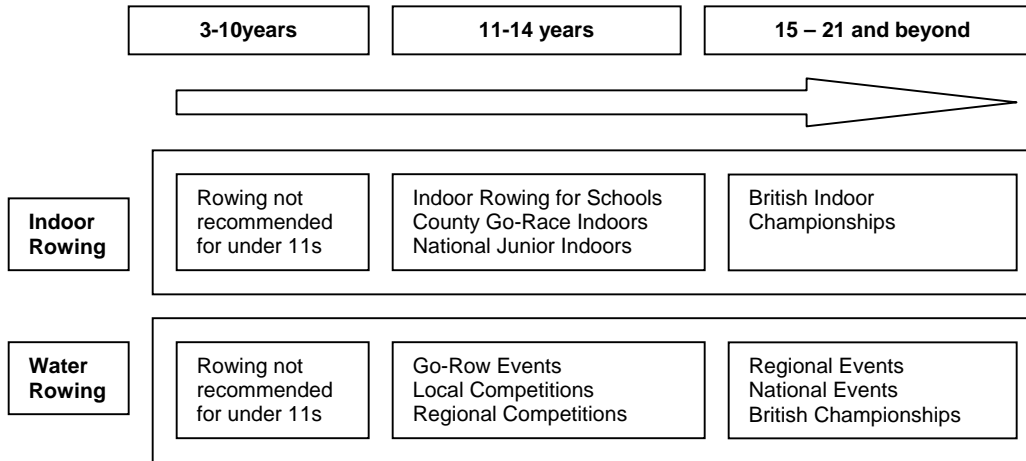
Indoor rowing: www.ara-rowing.org/schools

Regional Contacts are listed at the end of this document

Key benefits/messages

1. **Flexibility** – Rowing can be performed indoors on a range of ARA recognised machines, or it can be a water-based activity at over 550 clubs, many of whom are Clubmark-accredited.
2. **Competition** – Rowing is consistently one of Great Britain's most successful sports. There are over 300 high quality water-based competitions available, along with over 50 recognised indoor events for schools.
3. **Health** – Rowing can link into the physical activity agenda. Indeed, the ARA PESSCL Schools programme is recognised by the DoH National Healthy Schools Programme
4. **Inclusiveness** – Rowing has competitive events for all. Evidence shows participation from girls, black and ethnic minority (BEM) groups and those with physical, sensory or learning disabilities.

The Framework for Indoor and Water based rowing



Supporting Resources Available

Information available via ARA and YST websites

1. Working with Competition Manager – ARA position statement
2. Competition Framework for Indoor Rowing and a Framework for Water Rowing

Information available from the ARA

1. PESSCL Indoor Rowing for Schools accreditation
2. Clubmark accreditation
3. Statement on the use of indoor rowing in primary schools and applying for grants

Resources available from the ARA

1. PESSCL Indoor Rowing for Schools Handbook
2. Go-Race Indoors Organisers Guide (16 pages)
3. Skill cards for Indoor Rowing Safety and Technique
4. Skill Cards for Indoor Rowing Multi-Skills Activity
5. Water-Based Logbook for Young People (11-14)
6. Water-Based Athlete Handbook for Young People (15-21)

Education and Training

1. DVD – Go Faster with Foster
2. PESSCL Coaching for Teachers – Indoor Rowing for Schools
3. UKCC (United Kingdom Coaching Certificate) – Level 1 & 2 Indoor Rowing



All rowing should be fun and safe. Good technical rowing involves sustained positive posture, long effective movement of the handle and plenty of time between each rowing stroke.

Delivery of Indoor Rowing (Dry Start)

Rowing machines have been evolving for many years. The PESSCL Indoor Rowing for Schools programme was launched recently by the Minister of Health to promote sport, physical activity and good nutrition.

Elements of this programme have been developed with the advice or support of agencies such as the NSPCC, Association for PE, Youth Sports Trust, Sport England, Sports Coach UK, DoH Healthy Schools, EFDS and the National Council for School Sport. Input has also come from teachers, coaches, SSCOs, PDMs and pupils aged 10 to 18-years-old. It will of course continue to grow and develop.

Competition (11 to 18 years) – What is a Go-Race Indoors event?

This is the national inter-school programme of racing which has been agreed by ARA technical experts and forms part of our LTAD strategy known as the Rower Development Model. There are approximately 50 Go-Race Indoors events held each year, mainly on school sites in the Autumn and Winter. Events should be Intra-school, followed by inter-school or School Sport Partnership.

Some Go-Race Indoors events have been awarded County Championship status by the ARA and lead to the National Junior Indoor Rowing Championships held in March.

Pupils are ranked according to their age, sex and score. Each pupil receives a percentage score in relation to World Gold Medal targets. Pupils should have achieved ARA Dry Skills 2 to compete and the number of strokes per minute should not exceed 32.

YEAR GROUP	ROWING TIME	BOYS TARGET	GIRLS TARGET
7	2 Mins	510m	490m
8	3 Mins	810m	750m
9	4 Mins	1125m	1020m
10	5 Mins	1430m	1275m
11	6 Mins	1720m	1540m
12/13	2000m	07:00.0	07:45.0



For pupils that can achieve 95% of the predicted gold medal scores (approximately 10% of cohort) we suggest they take the following assessments. Again they must be able to row with excellent technique for the whole duration. Please contact us if they can achieve these targets.

YEAR GROUP	ROWING TIME	BOYS TARGET	GIRLS TARGET
7	4 Mins	1185m	1080m
8	4 Mins	1200m	1090m
9	6 Mins	1825m	1655m
10	6 Mins	1850m	1675m
11 / 12 / 13	2000m	6mins 15secs	7mins 05secs

Team events – 2012m Team Challenge

The ARA also recommends that young people participate in the Team 2012m challenge. Details on the individual and TEAM 2012m challenge, along with how to compete in or organise an event can be found soon at: www.ara-rowing.org/team2012.

How do we gain PESSCL Indoor Rowing for Schools accreditation?

Schools wishing to access the PESSCL Indoor Rowing in Schools programme need to become accredited. This is a simple process and will involve an ARA appointed person visiting the school(s), making a brief assessment and, most importantly, offering advice and further support. Information on accreditation and its benefits can be found at:

<http://www.ara-rowing.org/indoorrowingforschools>

Should primary schools be involved?

The sport does not advocate the use of indoor rowing in primary schools except under very controlled circumstances in Year 6. We believe that younger children should concentrate on “multi-skill” activity. Details of the ARA / AfPE recommendations on rowing in primary schools can be found at: <http://www.ara-rowing.org/indoorrowingforprimaryschools>

What are the basic elements of the PESSCL Indoor Rowing in Schools Programme ?

This programme contains resources and training for the following activity;

1. PE curriculum – Key Stages 3 & 4
2. Cross-curricular programmes – Key Stages 3 & 4
3. Extra-curricular programmes
4. Club-to-School links



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Elements include the Junior Rowing Leaders Award as part of the Step into Sport programme, rowing related multi-skills and ideas to link into PSHE / Healthy Schools. The ARA also supports this programme with web-based programmes and award schemes for fitness, health and skill.

The ARA does not use indoor rowing for talent identification purposes related to the GB Olympic rowing squad. We do advocate that those showing natural leadership, coaching ability, skill and determination are supported by the Gifted and Talented programme. Details on the ARA Gifted and Talented programmes can be found in the PESSCL Indoor Rowing for Schools booklet.

How do we combine multi-skills activity and indoor rowing?

The ARA has produced a range of health based multi-skill activities along with skill cards, training and a kit bag full of resources. The activities are designed to lead into rowing by further developing multi-skill areas such as flexibility, core stability, timing and teamwork. Further details are available from an ARA Coaching and Development Officer (CDO) – see the list of contacts at the end of this document.

What training is available for teachers, adults other than teachers and CSLA students?

The ARA Dry Instructors (DI) award is recognised by Sports Coach UK as the introductory award for indoor rowing in schools. The course is aimed at people of 16-years-old or over. All leaders of rowing activity should hold this award. The ARA can also provide training for tutors and assessors who wish to deliver this programme. We recommend that anybody delivering training on indoor rowing holds ARA tutoring qualifications. These can be checked by phoning the ARA on: 0870 0607100 or by emailing: info@ara-rowing.org.

Coaching for Teachers

A new Indoor Rowing PESSCL “Coaching for Teachers (CfT)” award will be introduced during 2008. After this point CfT will be the only recommended training award for indoor rowing in schools. There will also be United Kingdom Coaching Certificate (UKCC) qualifications at Level 1 and Level 2 for indoor rowing.



***Water-based rowing activity should be performed at a club which is a member of the ARA.
Clubs working with young people should be part of the Clubmark programme***

Delivery of water-based rowing (Wet Start)

Water-based activity takes place at around 550 clubs throughout the country. Over 300 formal recognised competitions are held each year. Private 'matches' also take place, the best known being the Oxford and Cambridge University Boat Race. Many schools are linked to clubs.

What is a head of the river race?

Rowing events are split into two basic types. Head Races take place in the autumn and winter and involve crews starting at intervals and being timed over a set distance. Essentially, they are time-trials with male and female crews racing together. There are different age and boat classes. Events can be local, regional or national.

What is a regatta?

Regattas normally take place in the spring and summer. Crews start side by side and the winner is the first crew across the line. There are different age, sex and ability classes. Events tend to be internal club events, local, regional and national regattas. National events recognised by the ARA include:

- Schools Head of the River (March)
- Junior Inter-regional Regatta (April)
- National Schools Regatta (May)
- National Championships of Great Britain (July)

What are Clubmark and Project Oarsome ?

Clubmark is the national accreditation programme that is endorsed by Sport England. The ARA club/school links scheme is known as Project Oarsome. Community clubs with this status should hold Clubmark and provide young person centred qualified coaching for 11 to 18-year-olds.

What is a 'fun competition'?

These are small introductory events that combine the elements of skill assessment and traditional side-by-side racing. They are usually held in the summer by Project Oarsome clubs.

What is a Primary Regatta ?

These events are designed for participants that are relatively new or have little experience of competitive rowing.



AMATEUR ROWING ASSOCIATION



ARA Rowing Development Officer contacts www.ara-rowing.org/contact

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