

3.6 Indoor Rowing

Injuries can happen on an indoor rowing machine – so assess and manage the risks

Responsibilities

Personal

- Follow rules on use of machines – including the wearing of appropriate clothing and the cleaning of the machine after use
- Inform the club of any reason that you may be at risk due to current or previous illness or injury – and seek medical advice before continuing
- Warm up appropriately for the activity
- Check the machine prior to use
- Report any incidents or defects to the machine



Club

- Advise all participants of the potential health risks associated with strenuous exercise
- Advise participants who might be at risk due to a current or previous illness or injury, to arrange a health check with a medical practitioner prior to any activity
- Provide safe, regularly serviced, machines
- Maintain machines in safe working order as recommended by the manufacturer
- Provide appropriate induction sessions for beginners
- Provide appropriate notices and instruction on safe use (clothing, storage, monitor set up, etc) and potential health issues
- Record all incidents relating to indoor rowing machines on the ARA incident reporting system
- Keep records of performance, either club based or individual
- Assess and manage the risks prior to, and during, the running of an activity or event

Coach

- Adequately manage activities of all users and exercise a higher level of care for those persons who present a higher risk – beginners, elderly, juniors, those with special needs or health problems
- Check regularly on participants who have been identified as being at risk
- Know how to deal with specific health-related issues that have been identified
- Emphasise safe use of the facility and equipment
- Check the facility and the equipment is safe to use
- Run sessions in accordance with club/activity risk assessment requirements
- Ensure users can identify and name the key parts of the machine
- Ensure users can set the machine up and adjust damper/feet correctly

- Ensure users sit correctly on machine, demonstrate good technique, recovery, drive, body position

Club Water Safety Adviser

- Promote a safe indoor rowing culture
- Review events/incidents relating to indoor rowing to promote good practice

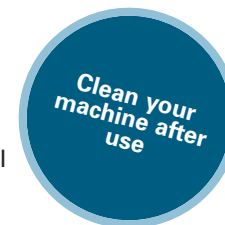
Minimum standards to be adopted

- Maintain high standards of equipment hygiene
- Ensure users clean the handle and machine after use
- Ensure users sit correctly on machine, demonstrate good technique, recovery, drive, body position

Further good practice

(In addition to minimum standards to be adopted)

- Keep records of performance, either club based or individual
- Ensure users can identify and name the key parts of the machine, can set it up and adjust damper/feet correctly



Further information

Row Safe – related sections

- 1.2 Risk Assessment

ARA website

- Indoor Rowing

