

# GO ROW INDOOR WORKSHOP

## VENUE & EQUIPMENT REQUIREMENTS

If you would like to host a Go Row Indoor Workshop, checkout the venue and equipment requirements below.

### Venue

The venue should provide access to a gym floor or studio space, which is a suitable size to safely accommodate indoor rowing machines and participants (maximum of 12 participants). The workshop will need sufficient space to deliver small group activities and class model sessions.

### Indoor Rowing machines

A minimum of 6 Concept2 or WaterRower machines are needed to deliver the workshop effectively. This should be one machine for every two participants minimum (max of 12 participants).

### Additional gym equipment

Gym steps and one gym mat per rowing machine.

### Stationary

Flip chart or white board and pens.

### Sound system

Sound system and music - with a power supply to last for 20, 30 and 45 minute class models

## WHAT'S NEXT?

If your venue meets all the above requirements and you would like to know more about hosting a workshop, get in touch with us by emailing [indoor@britishrowing.org](mailto:indoor@britishrowing.org).



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