

## 11. Land Training

Many rowers spend considerable time training on land as part of the physical training for competition or simply as a means of keeping fit. There are specific hazards and risks associated with land training. These are very different from most of the risks associated with being afloat.

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## 11.1 Indoor Rowing

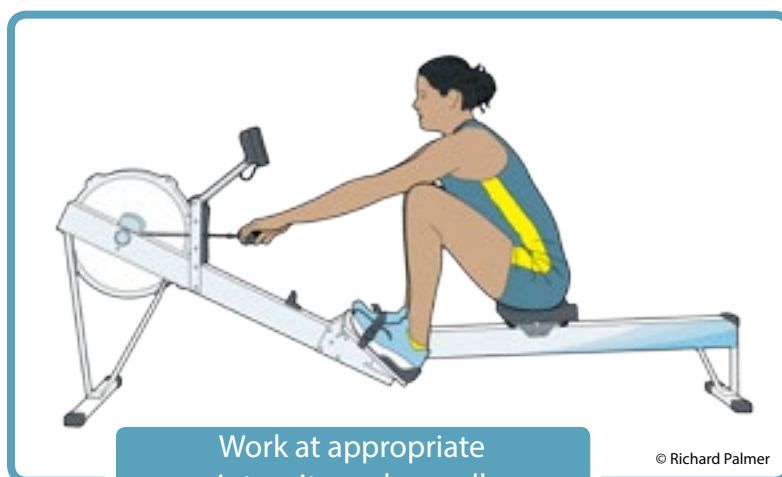
There are risks associated with indoor rowing and these should be assessed and managed in the same way as other risks. It is important that indoor rowers are trained to use rowing machines safely and correctly, and with the correct technique.

### Expectations

#### Everyone

Everyone is expected to:

- Follow rules on the use of rowing machines including:
  - Wearing appropriate clothing.
  - Cleaning of the rowing machine after use.
- Inform the club of any reason that they 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 rowing machine prior to use.
- Report any incidents or defects to the rowing machine.
- Work at appropriate intensity and overall workload.
- Ensure that the drag or resistance is set at the appropriate level.



#### Club

Club Officers are expected to:

- Promote a positive safety culture (see [RowSafe 1.2](#)) for indoor rowing.
- Complete a Risk Assessment for this activity.
- Maintain rowing machines in safe working order and quarantine damaged rowing machines.
- Provide materials for cleaning and disinfecting the rowing machines.
- Ensure that sufficient space is provided between rowing machines.
- Provide appropriate induction sessions for beginners. This should have an emphasis on safe behaviour.

- Provide appropriate notices and instruction on safe use (including clothing, storage and monitor set up) and potential health issues.
- Report all incidents relating to indoor rowing on the British Rowing [Incident Reporting System](#).
- Implement the British Rowing guidelines for the use of [rowing machines by juniors](#) and “[How much and how often?](#)”

## Coaches

Coaches are expected to:

- Adequately manage activities of all users and exercise a higher level of care for those persons who present a higher risk - beginners, the elderly, juniors and those with special needs or health problems.
- Know how to deal with specific health-related issues that have been identified.
- Promote safe use of the facility and equipment.
- Check the facility and the equipment is safe to use.
- Train users to use the rowing machines correctly including:
  - Identifying and naming the key parts of the rowing machine.
  - Setting the rowing machine up and adjusting the damper and feet height.
  - Demonstrating good technique and posture.
  - Cleaning the rowing machine after use.
- Implement the British Rowing guidelines for the use of [rowing machines by juniors](#) and “[How much and how often?](#)”
- Take care to ensure that their rowers do not over exert themselves or encourage others to do so.
- Ensure that their rowers work at appropriate intensity and overall workload.
- Ensure that the drag or resistance is set at the appropriate level for the rower.
- Ensure that the rowers adopt good posture and correct technique

## Event

Event Officers and Organising Committees of indoor rowing events and other events where rowing machines are provided are expected to:

- Complete a Risk Assessment for the event.
- Ensure that rowing machines are in safe working order and quarantine damaged rowing machines.
- Provide materials for cleaning and disinfecting the rowing machines.
- Provide appropriate notices and instruction on safe use (including clothing, storage and monitor set up) and potential health issues.
- Report all incidents relating to the event on the British Rowing [Incident Reporting System](#).
- Review events/incidents relating to indoor rowing to promote good practice.
- Implement the British Rowing guidelines for the use of [rowing machines by juniors](#) and “[How much and how often?](#)”

## Regional Rowing Councils

Regional Rowing Councils are expected to:

- Supervise the running of multi-club indoor rowing events in their region.
- Provide support and advice to clubs and events in their region.

## British Rowing

British Rowing:

- Provides advice and guidance on indoor rowing.
- Provides guidance to clubs through RowSafe.
- Provides an [Incident Reporting System](#).
- Provides [Safety Alerts](#) and other safety communications.
- Provides safety training material on its website.
- Provides courses that include safety.

## Further Information

- [RowSafe 1.2](#) - Positive safety culture
- British Rowing Incident Reporting System - [incidentreporting.britishrowing.org](http://incidentreporting.britishrowing.org)
- Guidance On-Water and Indoor Rowing by School Children - [britishrowing.org/wp-content/uploads/2016/01/BR-Guidance-Document-On-Water-and-Indoor-Rowing-by-School-Children-Final-2016.pdf](http://britishrowing.org/wp-content/uploads/2016/01/BR-Guidance-Document-On-Water-and-Indoor-Rowing-by-School-Children-Final-2016.pdf)
- WG3.2 How much and how often? - [britishrowing.org/upload/files/Association/Welfare/BritishRowingWG3.2-181110.pdf](http://britishrowing.org/upload/files/Association/Welfare/BritishRowingWG3.2-181110.pdf)

## Indoor Rowing Technique

- British Rowing Indoor Rowing Technique - [britishrowing.org/knowledge/online-learning/techniques-and-training/indoor-rowing-technique](http://britishrowing.org/knowledge/online-learning/techniques-and-training/indoor-rowing-technique)
- Concept2 Technique videos - [concept2.co.uk/indoor-rowers/training/technique-videos](http://concept2.co.uk/indoor-rowers/training/technique-videos)
- Concept2 Common Errors - [concept2.co.uk/indoor-rowers/training/technique-videos/common-errors](http://concept2.co.uk/indoor-rowers/training/technique-videos/common-errors)
- Concept2 Stretching - [concept2.co.uk/indoor-rowers/training/tips-and-general-info](http://concept2.co.uk/indoor-rowers/training/tips-and-general-info)
- Concept2 Indoor Rower Fact Sheet 2: Technique on the Concept2 Indoor Rower - [indoorsportservices.co.uk/assets/docs/schools/schools\\_factsheet2.pdf](http://indoorsportservices.co.uk/assets/docs/schools/schools_factsheet2.pdf)

## 11.2 Gym Training

Many rowers use gym training to improve their strength and conditioning and to improve their fitness. This form of training can be very beneficial for athletes but there are risks that should be managed.

### Expectations

#### Everyone

Everyone is expected to:

- Not exercise if they feel unwell.
- Ensure that they are fit and healthy enough to perform the exercises that they are attempting, checking with their doctor if they are not sure.
- Exercise keeping their limitations in mind and pushing themselves in a sensible and controlled way.
- Keep the gym clean and tidy.
- Not loiter around the gym or get in the way.
- Be conscious of other people's needs to access items of equipment.
- Put away equipment when the exercise is complete unless someone else is about to use it.
- Check equipment before use and only use equipment that is in good condition.
- Perform an appropriate warm up before starting training and stretch thoroughly when the exercise is complete.
- Never exercise alone, only exercise if there is someone else in the gym.
- Use good technique, this will provide the maximum benefit from the exercise and avoid injury, use relatively light weights until the technique is established.
- Pay attention and be alert to what is going on around them.
- [Report incidents](#) to the club and to British Rowing.

#### Club

Club Officers are expected to:

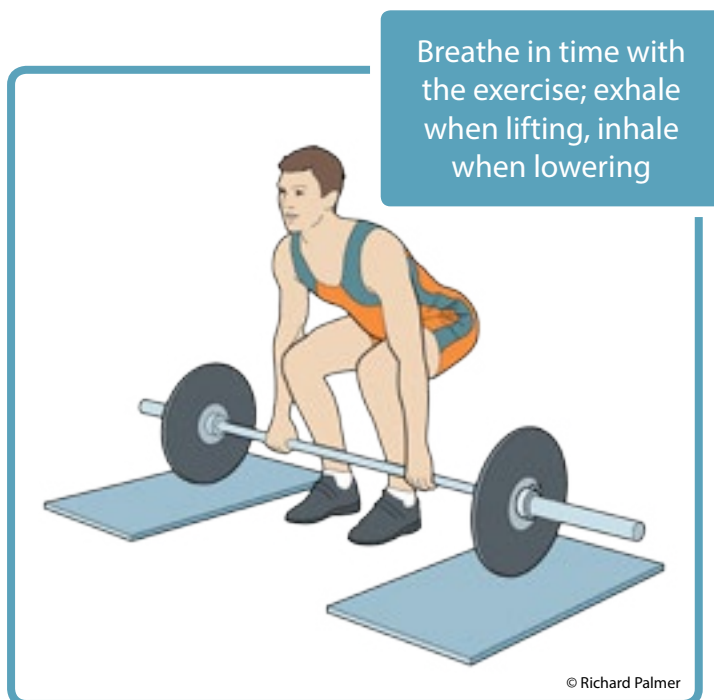
- Ensure that materials are provided so that equipment can be kept clean.
- Encourage members to keep the gym tidy.
- Ensure that the gym is not overcrowded either with equipment or people.
- Ensure that the equipment is thoroughly checked at appropriate intervals and maintained in good condition.

- Ensure members have access to a full First Aid kit and are aware of where it is kept.
- Ensure a list of current first aiders is displayed prominently in the gym.

## Coaches

Coaches are expected to:

- Check that their rowers are fit and healthy enough to perform the exercises that they are attempting, discourage rowers from starting an exercise if they feel unwell.
- Encourage rowers to work with a partner when training with weights.
- Ensure that rowers work with spotters when lifting heavy weights.
- Encourage rowers to breathe in time with the exercise; exhale when lifting the weight, inhale when lowering.
- Stop the exercise if a rower becomes unwell.
- Coach rowers to keep their limitations in mind and push themselves in a sensible and controlled way.
- Encourage rowers to keep the gym clean and tidy.
- Discourage rowers from loitering around the gym or getting in the way.
- Encourage rowers to put away equipment when the exercise is complete unless someone else is about to use it.
- Encourage rowers to check equipment before use and only use equipment that is in good condition.
- Encourage rowers to warm up thoroughly before starting training and stretch thoroughly when the exercise is complete.
- Coach rowers to use good technique.
- Encourage rowers to pay attention and be alert to what is going on around them.
- [Report incidents](#) to the club and to British Rowing.



## Regional Rowing Councils

Regional Rowing Councils are expected to:

- Provide support and advice to clubs in their region on gym training.

## British Rowing

British Rowing:

- Provides training in [Strength and Conditioning training for coaches](#).
- Provides courses in High Quality Land Training for coaches ([part 1](#) and [part 2](#)).
- Provides [Safe and Strong Trunks training for coaches](#).
- Provides guidance to clubs through RowSafe.
- Provides an [Incident Reporting System](#).
- Provides [Safety Alerts](#) and other safety communications.
- Provides safety training material on its website.
- Provides courses that include safety.

## Further Information

- British Rowing Incident Reporting System - [incidentreporting.britishrowing.org](https://incidentreporting.britishrowing.org)
- Strength and Conditioning Course - [britishrowing.org/knowledge/courses-qualifications/coaching/strength-and-conditioning-club-coach](https://britishrowing.org/knowledge/courses-qualifications/coaching/strength-and-conditioning-club-coach)
- High Quality Land Training Workshops - [britishrowing.org/knowledge/courses-qualifications/skills/high-quality-land-training-part-1](https://britishrowing.org/knowledge/courses-qualifications/skills/high-quality-land-training-part-1) and [britishrowing.org/knowledge/courses-qualifications/skills/high-quality-land-training-part-2-strong-robust-movements-upper-body](https://britishrowing.org/knowledge/courses-qualifications/skills/high-quality-land-training-part-2-strong-robust-movements-upper-body)
- Safe and strong trunks Workshop - [britishrowing.org/knowledge/courses-qualifications/skills/safe-and-strong-trunks-2](https://britishrowing.org/knowledge/courses-qualifications/skills/safe-and-strong-trunks-2)
- Safety Alert Archive - [britishrowing.org/knowledge/safety/safety-alert-archive](https://britishrowing.org/knowledge/safety/safety-alert-archive)