# Safety Alert - Indoor Rowing is good for you

Indoor rowing can relieve the boredom of having to stay at home, it can give you something to look forward to and a sense of achievement. However you do it, please enjoy what you are doing.

Indoor rowing is good for your physical and mental health but if you are using an indoor rowing machine at home, now that clubs and gyms have closed, then please take care.

Medical research has shown that physical activity and high levels of cardiorespiratory fitness tend to protect people from heart disease. However, research also shows that there are risks to men unaccustomed to exercise, and substantially lower risks to regular exercisers and women.

Become a regular exerciser.

There have recently been several incidents when indoor rowers have collapsed and needed medical support. These occurred in places where that support was readily available.

Try to make progressive small improvements in performance rather than deliver a sudden herculean effort. Exercise regularly and acclimatise yourself to physical activity. It is OK to control your workouts so that you can deliver peak performance for a competition but remember that good performances do not come out of nowhere, they result from careful planning.

Coaches should be careful to support rowers who are training at home. Help them to plan the activity and lead them to avoid overexertion.

Remember

- If you do not feel well then do not exercise.
- If something is making you feel unwell then stop doing it.
- The NHS is busy at the moment, take care not to add to their burdens

If you want to make exercise more varied and more fun then try the Go Row Indoor Workouts; there are lots of them and they each take about 20 minutes.

## Stay safe -Become a regular exerciser, and enjoy what you do.

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This Safety Alert is a safety guidance document. Please read our safety message and disclaimer in RowSafe.

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