



BRITISHROWING

Stay Healthy, Stay Happy

Questions and Answer Sheet

TEAMWORK | OPEN TO ALL | COMMITMENT

Questions from Webinar

What are the signs of infection in blisters? Is what's the difference between sore hands and infected hands?

- *If you notice redness, pus, warm or inflamed skin, or the pain increases significantly seek medical help immediately – these could be the signs of serious infection.*

Do gloves increase the chance of blisters as there is another layer that can fold and rub?

- *It depends on the gloves and these are a very personal choice. There are specialist rowing gloves available from rowing sites. Many people use weightlifting gloves. It is very much a try it and see and find out what is suitable for you.*

Will moisturiser soften the callouses and cause them to rip and come off meaning we start all over again in toughening our hands?

- *Use your preferred moisturiser but not before training. Use it in the evening and before bed. You want your callouses to be tough and supple.*

Is monitoring necessary for every level of athlete? Are there some that you would suggest for beginners and ones you would add as the athlete starts to train more?

- *All athletes should be encouraged to keep a training diary and include self-monitoring notes within it. It can be useful for the coach to ask to see training diaries of athletes initially to help them get consistency. Beginner athletes might not appreciate how useful self-monitoring is and fail to pick up on signs of gradually building tiredness for instance. How much monitoring a coach does is up to them and their athletes.*

The mental health course, is this suitable for our young rowers? please can you share the link again?

- *The link is <https://www.ukcoaching.org/courses/learn-at-home/mental-health-awareness-for-sport-and-physical-act>*
- *The course notes say that everyone who delivers coaching in a club, leisure centre or any other community sports & physical activity setting, – such as coaches, fitness instructors, personal trainers, activators, sports administrators, front of house staff or volunteers – will benefit. There is no mention of age limits.*

Sleep patterns are important. Do athletes vary their sleep patterns and would naps say in the afternoon be frowned on or used as a refresher?

- *Athletes require 7 – 9 hours on average per night.*
- *Everyone has their own natural sleep pattern, but these vary. Sleep is very important for performance and results in athletes. Research has found that athletes who napped for 30 minutes performed better. Other studies have shown that short naps reduce an athlete's feeling of sleepiness, improving cognitive functioning and alertness.*

- *Another study showed that a short daytime nap improved self confidence in the athletes, and they performed tasks more accurately. A daily nap can also reduce stress – psychological stress has been shown to lower an endurance athlete’s ability to cope with pain.*
- *This is an interesting website looking at sleep. <https://www.sleepcycle.com/how-to-fall-asleep/the-sleeping-habits-of-elite-athletes/#:~:text=Research%20shows%20that%20individual%20sport,seem%20to%20confirm%20this%20theory>*
- *Another good site <https://www.sleepfoundation.org/articles/sleep-athletic-performance-and-recovery>*