

3.3 Adaptive Rowing

Providing opportunities, managing needs

Responsibilities

Personal

- Inform the club and coach about any relevant disability or illness and any known 'warning signs'
- Check equipment is safe to use and report any defects to club and/or coach
- Seek additional medical advice where appropriate

Carers

- Attend the initial discussions with the club and its induction programme
- Ensure that the club, coaches and competition organisers are fully informed about the disability, warning signs and requirements
- Ensure the club is kept up-to-date with any changes in the disability, requirements and emergency contact details

Club (in addition to standard club water safety and welfare practice)

- Discuss with individuals their needs and aspirations
- Establish and practise procedures for managing incidents, including capsizes, involving adaptive rowers
- Check equipment is suitable when adaptations are made
- Seek advice on equipment that is suitable for adaptive rowing

Coach

- Identify ability and develop a needs analysis for each individual
- Have an understanding of disability/illness and any necessary emergency action
- Seek practical advice to address medical needs within your Duty of Care
- Communicate information where appropriate with other athletes and coaches
- Check equipment is suitable when adaptations are made
- Seek advice on equipment that is suitable for adaptive rowing

Competition Organisers

- Undertake a specific risk assessment for all adaptive activities and racing
- Cater for the needs of adaptive rowing participants, including access, medical support, equipment and buddy support
- Be aware and communicate any rescue issues for individual adaptive rowers
- Ensure all umpires are aware of any specific issues eg. deafness, communication difficulties, which need to be taken into consideration
- Ensure other competitors are aware when adaptive athletes are on the water

Minimum standards to be adopted

- Conduct a risk assessment and produce an action plan for each individual adaptive athlete
- High visibility markings for all pathways (including stairs) throughout boat/clubhouse/venue
- Provide a suitable rescue launch
- The boathouse and club to be kept orderly and tidy



Further good practice

(In addition to minimum standards to be adopted)

- Provide a 'buddy system' for athletes with a disability to assist with boating and guiding round boathouse and club
- Build links with other adaptive clubs, groups and competitions

Further information

Row Safe – related sections

- 1.2 Risk Assessment
- 1.9 Swimming & Capsizes/Swamping Training

ARA website

- Adaptive
- Welfare
- ARA Safeguarding & Protecting Vulnerable Adults Policy
- Club Management – EFDS: Inclusive Club Health Check
- ARA First Step Audit

Other

- Disability Discrimination Act
- English Federation of Disability Sport www.efds.co.uk
- Inclusive Fitness Initiative www.inclusivefitness.org