

THE BOYS'
BRIGADE
>the adventure begins here



Learn to Row Course

Reading Rowing Club

6th– 8th April 2009

and

16th and 17th April 2009



Sponsored By

Name:

Written by Jim Flood, Coach at Reading Rowing Club

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WELCOME TO READING ROWING CLUB

Rowing is a growing sport and one that appeals to people who want to improve their fitness, take part in a team sport, meet new friends and have fun.

What we aim to do for you

- To make you feel welcome and valued as a course member.
- To introduce you to the sport of rowing in a way that is fun but also challenging.
- To ensure that you are safe at all times and that you are aware of how you keep yourself safe on and off the water.
- To get you to a stage where you can row confidently in a crew.
- Provide you with information on how you can join a local club if you wish to continue rowing.

What we would like you to do

- Tell one of the coaches if you feel uncertain about what you are asked to do, or you feel unsafe or unwell at any time.
- Be supportive of each other at all times.
- Do your best to follow the Safety Rules that will be explained to you.

We will aim to get you rowing in a boat as soon as possible but there is much to learn and we want you to be comfortable and confident about your first experiences. To introduce you to the correct technique, you will begin by rowing on an erg (rowing machine).



You might have used one before at a fitness centre but we can show you how to develop a good action for rowing in a boat – and this is likely to be a slightly different action from the one you might have used previously.

The next session will give you practice in carrying boats. We need to do this in way that avoids unnecessary strain on your body and which protects the boats which are very fragile.

After your sessions on the ergs and your session handling the boats, we will aim to get you out on the water and rowing together for the first time.

Timetable

Monday 6 th April		Tuesday 7 th April		Wednesday 8 th April	
Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
Welcome and introductions	Erg session	Capsize practice at Kendrick School	Water session	Water session	Water session
Treasure hunt	Water session	Capsize practice at Kendrick School	Erg session	Water session	Water session
Erg session	Water session	Capsize practice at Kendrick School	Water session	Video analysis of previous water session	Practice races
Boat handling	De-brief session	Return to Club	De-brief session	Return to Reading	De-brief session

There will be three groups of around 10 each who will alternate between fours and singles. Only the older group will be able to row in the eight as 15 is the minimum age allowed. There will be some times when you have to wait for your turn in a boat – please be patient.

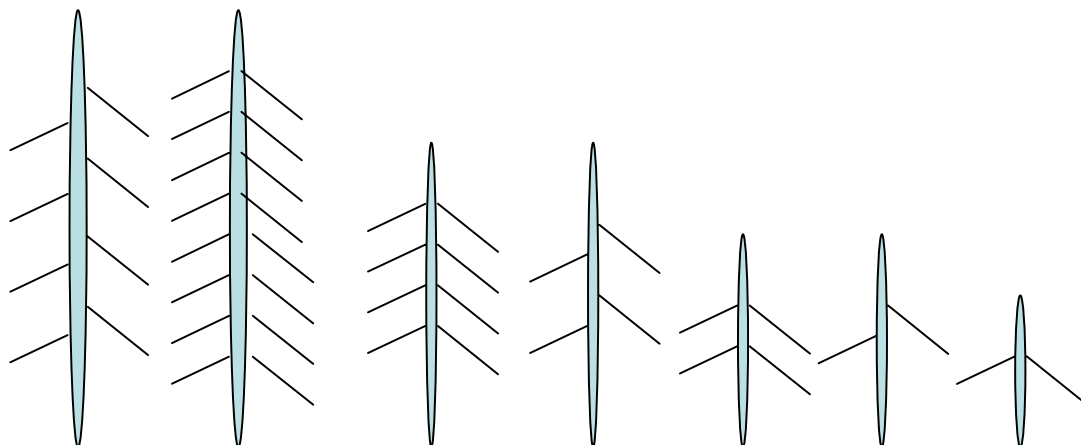
Thursday 16 th April		Friday 17 th April	
Welcome back briefing	Race briefing and preparation	Water session	Visit to Leander Rowing Club & Presentations
Erg session	Races	Practice races Race briefing and preparation	Visit to the Rowing Museum at Henley
Water session	Races	Walk the Henley rowing course	Recreational Row
Video analysis of previous water session	De-brief session	Video analysis of previous water session	Final de-brief

The races will include beginner crews from Reading Rowing Club.



Activity 1. Treasure Hunt

Working in team of 2, see how quickly you can find out answers to the following questions:



The drawing shows a plan view of some of the different types of boat you will find in the boathouse. The types of boat are: four, single, pair, double, quadruple scull (quad), octuple, eight.

Draw a line to connect each boat with its correct type.

Which type of boat cannot be found in the boathouse?

Give the names of two boats of each type that you can find

Eight

Octuple

Quad

Four

Pair

Double

Single

On the Club Safety Notice Board, what are the two bridges marked on the Circulation Plan?

.....

What is the name of the weights room?

What is a PFD?

How many ergometers are there in the clubhouse?

Who was the first Captain of Reading Rowing Club?

Which Club member won a Silver Medal in the 1995 National Schools Championships?

.....

Who is the President of Amateur Rowing Association?

What are the initials of the association that organises rowing throughout the world?

Where is the First Aid kit kept?

All of the answers can be found in the clubhouse.

Activity 2: Naming the parts

This is a list of boat parts you need to be able to identify. Draw arrows to the parts of the boats or blades shown in the photographs and name these correctly.

1. Rigger	2. Swivel	3. Latch
4. Seat	5. Stretcher	6. Slide
7. Bow	8. Stroke	9. Stern
10. Bowside	11. Strokeside	12. Button
13. Spoon	14. Handle	15. Loom
16. Saxboard	17. Bow ball	18. Heel restraints



Section Completed
 (signed)

Activity 3: Using the Ergometer Display

- Explain the main readings on the ergometer display and how to use them to give you information about your performance
- Set a distance to row for – say 500 metres
- Know how to set the drag factor.

This is the first page of an instruction manual for the ergometer display. Several copies are available in the erg room.

OVERVIEW OF THE PERFORMANCE MONITOR (PM)
For more detailed information about using the Performance Monitor, please visit concept2.com/pm.

CHANGE UNITS allows you to select meters, pace, watts or calories. Push this button any time while setting up a workout, rowing or viewing results.

CHANGE DISPLAY allows you to choose another display. Push this button any time while rowing. Each time you press [CHANGE DISPLAY] a new display is shown. See below.

MENU BACK turns on the monitor and displays **Main Menu** or the previous menu. After a workout, press this button to end the workout and return to the **Main Menu**.

These buttons allow you to:

- make menu selections
- increment numbers for setting workouts and date/time
- view alternate displays while rowing

LogCard – when a LogCard is present, workout data will be stored on the LogCard. After your workout, return to the **Main Menu** before removing the LogCard to ensure proper storage of data. (If no LogCard present, data is stored in **Memory**.) Use the "Concept2 LogCard Utility" to back up your LogCard data to your PC. (USB cable provided)

Note: A LogCard is provided with every Performance Monitor (PM). Each card can be shared by up to five users. Additional cards can be purchased from Concept2.

Five Graphic Displays

ALL DATA → FORCE CURVE → PACEBOAT → BAR CHART → LARGE PRINT

GETTING STARTED

Turning the PM On/Off:
The PM will turn on when you:

General Operation:

- The PM automatically displays your workout data as soon as you start rowing. It is not necessary to press any buttons if you do not want to.

When you have completed this activity, ask one of the coaches to check that you can do it properly.

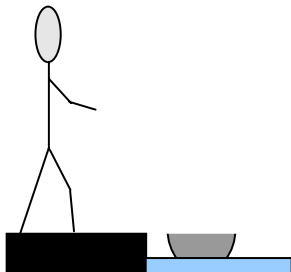
Section Completed
(signed)

Activity 4: Boat Handling

Boats are very fragile and easily damaged so they need to be lifted and carried very carefully. You will have noticed that the area where the boats are stored is very crowded which means that the process of getting a boat in and out of the boathouse has to be done with great precision.

Another reason for great precision when handling boats is to protect you from undue strain when lifting. If the whole crew lift a boat together, then each person is lifting around 5Kg. You can work out what happens if the crew do not lift carefully together.

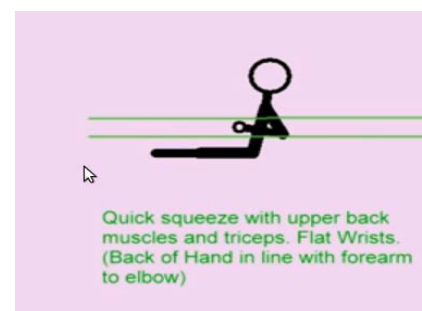
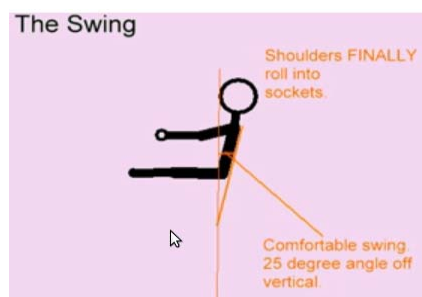
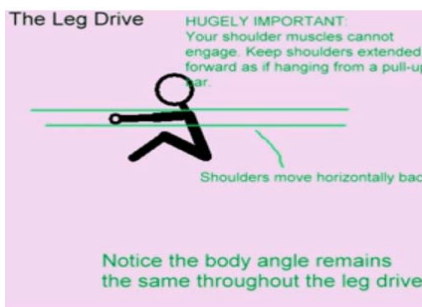
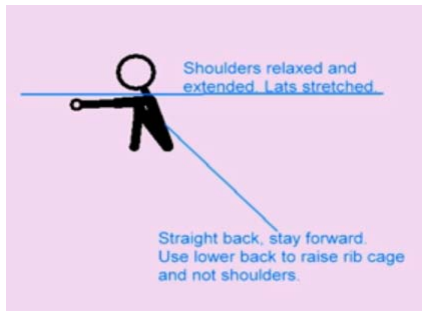
Make sketches and notes to explain how the cox gives orders and controls the manoeuvring of the boat in and out of the boathouse and on and off the water. Include some stick people drawings to show the correct posture for lifting a boat out of the water.



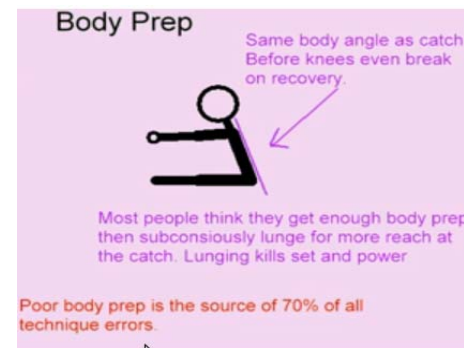
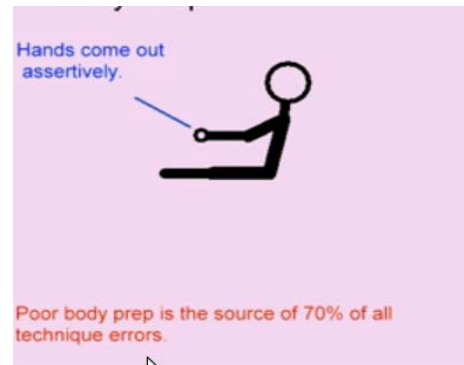
Posture Positions When Rowing

These slides are taken from a Youtube video <http://www.youtube.com/watch?gl=GB&v=UXnKyJdA01w>

Drive Phase



Recovery Phase



Help each other when on the ergs to get these positions correct. Also when you see yourselves on video, check yourself against these drawings. Look also at the posters on good rowing technique.

Activity 5: The Capsize Drill

This will take place in a school swimming pool with a Lifeguard present. The aim is to get you to experience a capsize in safe conditions so that you know what to do and you have confidence to manage the situation if it happens on the river.



The most important thing to remember is that you **must stay with the boat and not attempt to swim to safety by yourself**. Give three reasons why this is critically important.

1.
2.
3.

List some of the things that you can do to avoid a capsize?

1.
2.
3.
4.

If you see someone capsize, what should you do?

1.
2.
3.

Activity Completed
(signed)

Activity 6: The Role of the Cox

The cox is in command from the point at which the crew are ready to lift and carry the boat out of the boat house until the point that the boat is washed down, the blades racked and the boat returned to its storage rack. The responsibilities include:

Awareness of local conditions

- Knowing the local navigation rules
- Know the local hazards such as weirs and bridges and the speed of the current or tide
- In discussion with the coach, making a risk assessment of the weather and water conditions in relation to the experience of the crew

Checks before boating

- Inspecting the hull for damage, checking the bow ball is in place, heel restraints and watertight hatches
- Checking that the crew are dressed appropriately for the conditions
- Liaising with the coach over the plan for the training session

You might have the opportunity to try coxing a boat. The boat is steered using a toggle in each hand. To turn the boat to the right, pull the right toggle – and pull on the left toggle to turn left.

What are the commands that the cox gives to:

Start rowing

Stop rowing

Stop in an emergency

What is normally said before giving a command?

What must the cox be wearing?



Section Completed

(signed)

Learning outcomes for the first eight sessions of rowing

Use this sheet to make your own assessment of your progress. When you think that you have reached Level 5 in any of the outcomes, ask one of the coaches to check and sign you off.

At the end of the following sessions you should be able to:	Level Achieved				
	1	2	3	4	5

Sessions 1 – in the club house					
Find your way around the club house and know what facilities are available to you					
Use an erg (rowing machine) and understand the sequence of arms – body – legs in a stroke					
Re-set the erg display so that you can check the distance you row, the rate and the time taken					
Understand the conditions of membership					
Identify what you hope to get out of rowing					

Section Completed
(signed)

Session 2 – getting out on the water					
Correctly identify and name the main parts of a boat: eg bow, stern, rigger, stretcher and gate					
Understand the importance of moving the boat out of the boat house in a safe manner					
Help carry the boat and be aware of the way in which the cox gives commands					
Know how to get into the boat without your feet touching the fragile parts					
Know the importance of wearing appropriate clothing for the conditions					
Translate the movement from the erg to moving the blade through the water					
Take a stroke from backstops and understand the ‘drive’ and ‘recovery’ phases of the stroke					
Give reasons for washing the hands thoroughly after an outing					

Section Completed
(signed)

At the end of the following sessions you should be able to:	Level Achieved				
	1	2	3	4	5

Session 3 – rowing together					
Respond correctly to the cox's commands for 'Backstops' 'Ready' 'Go' 'Easy oars'					
Know you position in the boat and to be able to respond to commands specific to you:eg 'Take one stroke 2'					
Row continuously in time with the rest of the crew					
Respond to comments by the cox or coach on the position of your hands and body					
Understand the effect of changing hand heights on the balance of the boat					
Feel the large muscles in the legs and back doing the work – not the arms					
Understand and follow the ratio of time in the water and time on the slide					

Section Completed
(signed)

Session 4 – developing technique					
Improve your timing with the person stroking the boat					
Feel that you are moving together with the person in front of you					
Tap down with the outside hand and feather with the inside hand					
Feel relaxed during the recovery phase of the stroke					
Know and respond to the commands for turning the boat around – and to stopping it in an emergency					
Understand how the club rules apply to you					

Section Completed
(signed)

At the end of the following sessions you should be able to:	Level Achieved				
	1	2	3	4	5

Sessions 5 – 8 – getting fit and being able to row powerfully					
Understand the importance of warming up, warming down and stretching					
Select and follow a programme for improving your fitness using the ergometer					
Outline your aims for rowing: eg to row recreationally; to row in regattas, to win events.					
Develop a good posture both on the erg and in the boat – and understand the importance of this					
Reach out for the catch, slot the blade in quickly and lock on to the water					
Drive with the legs, hold the arms long and loose and swing the shoulders back at the end of the stroke					
Draw the handle of the blade level with the edge of the boat					
Understand the importance of ‘hanging off’ the blade handle					
Draw the blade through the water with only the ‘spoon’ of the blade covered					
Extract the blade cleanly at the end of the stroke and roll it on the ‘feather’ position					
Have the confidence to discuss your progress with a coach					
Respond to feedback from the coach					
Understand the importance of drinking during rowing and snacking within 10 minutes of finishing					
Watch a video recording of yourself rowing and make your own analysis of where you need to improve					
Have fun rowing					

Section Completed
(signed)

The form is for you to assess and record your own progress using the criteria below. It also provides a basis for the questions that you need to ask. Discuss your assessment with other crew members, the cox and the coach.

- 1 Haven't a clue, will some one please explain this again from the beginning!
- 2 I think I understand but would benefit from a further explanation
- 3 I'm getting there and I know when things are going well
- 4 I can feel how I'm improving and I now know what I need to do to improve
- 5 I'm feeling confident on this aspect and I know what I have to work on

Contact List For Local Rowing Clubs

Bradford on Avon

Barton Bridge, Pound Lane, Bradford on Avon, BA15 1LF
01225 781718

<http://WWW.BOARC.CO.UK>

Goring Gap Rowing Club

Oratory Boathouse, Hardwick Road, Whitchurch-on-Thames, Oxon

<http://WWW.GORINGGAPBC.ORG.UK>

Henley Rowing Club

Wargrave Road, Henley on Thames, Oxon RG9 3JD
0118 940 3886

<http://WWW.HENLEYROWINGCLUB.ORG.UK>

Northampton Rowing Club

c/o Nene Whitewater Centre, Bedford Road, Northampton, NN4 7AA

<http://WWW.NORTHAMPTONRC.ORG.UK>

Oxford

Hinksey Sculling Club

Lake Street, Oxford, OX2 8PJ
01865 763669

<http://WWW.HINKSEYSCULLING.ORG.UK>

Oxford City Rowing Club

City Boathouse, Meadow Lane, Oxford OX4 4BL
01865 242576

<HTTP://WWW.OXFORDROWINGCLUB.ORG.UK>

Reading Rowing Club

1 The Boathouse, Thameside Promenade, Reading, Berks RG1 8EQ
0118 9567091

<http://WWW.READINGRC.ORG>

Wallingford Rowing Club

Thames Street, Wallingford, Oxon OX10 0HD

<http://WWW.WALLINGFORD.ROWING.ORG.UK>