



BRITISH ROWING

Coronavirus:

Return to Coaching

TEAMWORK | OPEN TO ALL | COMMITMENT



Coaching Advice

- Following the latest advice from the Government we are publishing version 4 of our return to rowing advice which contains advice effective from 4 July

<https://www.britishrowing.org/2020/06/coronavirus-rowing-advice-29-june-next-steps/>

Coaching Support

- Eastern Region is running a series of Open Forums to discuss the challenges faced when organising a return to rowing. More details on how to join the discussion can be found here <http://easternregionrowing.org.uk/coaching/sharing-good-practice/sgp-return-to-rowing/>
- The Thames Region has developed a set of Covid-19 resources to help you and your members stay safe: Further details can be found here <https://www.thames-rrc.co.uk/>
- The North West Region has created a website called Team 21 North West and holds lots of useful resources which can be found here <https://www.team21nw.com/>
- British Rowing resources to stay at home activities can be found here <https://www.britishrowing.org/indoor-rowing/stayathome/>

Coach Development

British Rowing resources

- The Lockdown Webinar Series. Sign up to upcoming webinars or revisit webinars in the series. <https://www.britishrowing.org/british-rowing-lockdown-webinar-series/>

UK Coaching resources

- Check out the Step Model for session planning. With helpful hints and tips for running inclusive sessions and get the best out of the resources you have in your clubs. Check out the Step Model here:

<https://www.ukcoaching.org/resources/topics/guides/subscription/understanding-the-step-model>

Other resources

- Robin Williams has an excellent facebook page with coaching content
<https://www.facebook.com/williamsrowingcoaching/>
- World Rowing have guidance and coaching resources available
<http://www.worldrowing.com/coaches/>