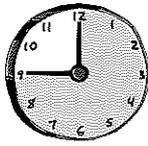


# Lesson 1



## The Boatshed & Getting started

### objectives

- \* Use basic rowing terminology
- \* Distinguish various parts of rowing equipment

### Key outcomes

- \* Name parts of a boat and oars
- \* Name common rowing waterways and safety hazards for rowers
- \* Safely and effectively manage boat and equipment movement
- \* Demonstrate basic rowing movement on an ergometer
- \* Demonstrate the ability to swim at least 100m with clothes on and provide basic medical information related to rowing

### Instructors notes

### Resources

- Basic Sculling Technique Poster
- Go Rowing Guide
- Go Rowing Video
- Rowing Ergometer
- Rowing equipment – boats and oars
- Participation Form
- VCR / TV
- Local Map
- Ergo technique video (optional)

\* Safety is **CRITICAL**. Do not take risks on busy waterways with new rowers.

\* The boats can be crew sculling or sweep boats but the single scull is recommended.

\* Instructors must know local waterway hazards and training rules (get local map)

\* Teaching ratio 1:2 for singles / double or 1:5 for coxed quad boat

\* Ensure that participants can swim

**Key Strategies & Activity Guide**

Completed

**1.1 Participation Form**

Collect 'Participation Form'

**1.2 Go Rowing Video ( Part 1)**

Show video (first 8 minutes)

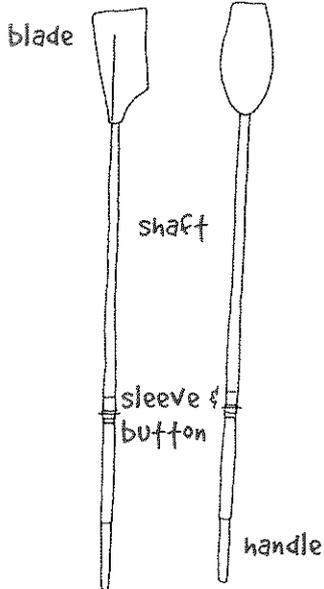
- Introduction
- Safety
- Equipment
- Clothing
- Carrying the equipment
- Boating
- Getting in / out

Discuss what they see in regard to the rowing movement

- highlight use of legs at the catch with straight arms holding onto the oar handle.
- ask which body part provides the power during the drive.
- highlight what happens with the blade both in and out of the water

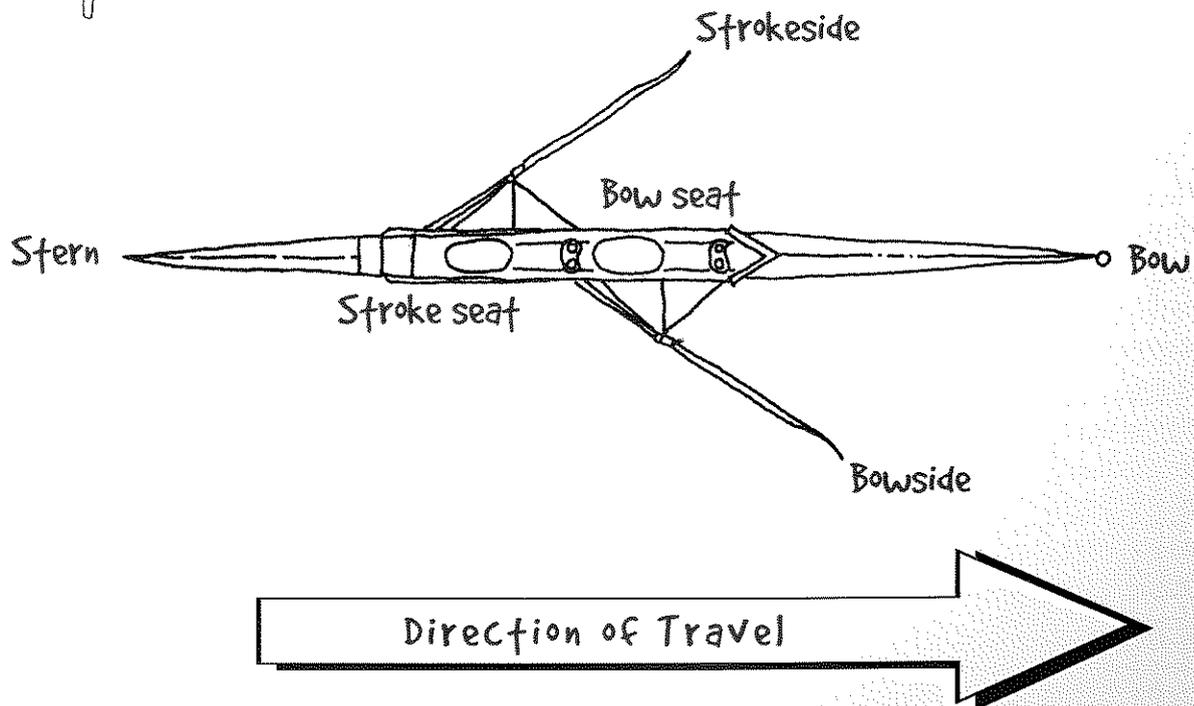
**cleaver oar**

**Standard oar**



**1.3 Rowing Guide**

Show participants a Rowing Guide about boat types and the terminology used for naming boats and parts of boats/oars – highlight differences between sculling and sweep rowing, coxed and coxless boats, bowside/stroke-side and bow/stern of the boat.



#### 1.4 Tour of the Boat Shed

Take participants for a tour of the boat shed and demonstrate how the equipment is stored. Highlight the delicate nature of the equipment and the expense of purchase and repairs. Point out the relevant club rules and regulations. If possible introduce the Club Captain.

#### 1.5 Local Map

Show local map of where rowing is conducted:- boat-sheds, rowing courses, training areas and hazards. Talk about caring for the aquatic environment, eg. using detergents that break down organically.

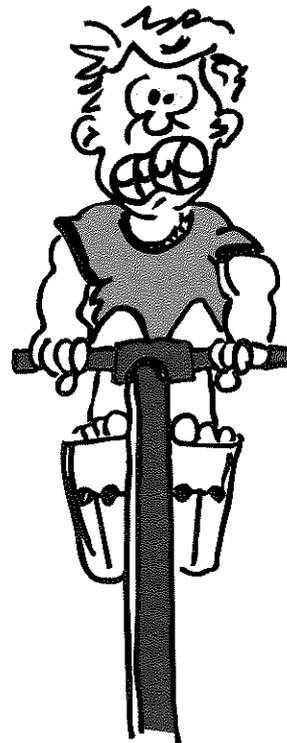
#### 1.6 Ergometer

Demonstrate on an ergometer how the rowing stroke is a never ending cycle of catch, drive, release and recovery. Use the Basic Skills Poster and/or the Ergo technique video to highlight parts of the stroke:

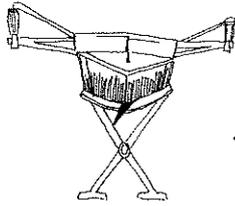
- catch position where arms are straight and body/legs are fully tucked up for long reach in a strong position.
- first half of recovery position where hands are extended out over knees before the seat starts to move.

Let participants try the ergometer for several minutes. Correct only gross errors of body movement. Accentuate the rhythm of movement.

*Emphasis is on strong  
lower back position*



oops!  
watch  
the fin!



1.8 How to Carry a Boat

Demonstrate how to carry a boat including the voice commands and where to hold the boat when turning it over. Correctly place the boat on trestles emphasizing that placing on the ground might bend the fin under the boat. Get participants to identify key parts.



1.9 Oar in / out

Let the participants practise putting the oar in and out of the swivel making sure that the gate is secure. Highlight that there is a right and wrong side to the location of the oar button and to the sculling swivel!

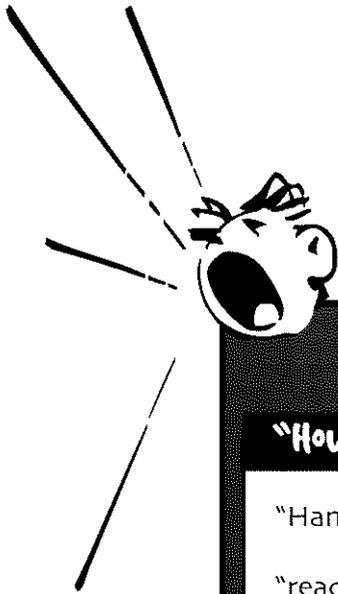


1.10 Swim 100m

Participants to swim 100m with rowing clothes on and their heads out of the water. Before starting, ensure the water is safe, clean and that there is no strong current. If this is not possible, organise a trip to the local pool.



Participants **MUST** swim parallel to bank.



**cox box**

**"How to carry a boat"**

"Hands on..."  
"ready..."  
"lift."  
"waist/shoulder height..."

**"Turning the boat over"**

"waist height"  
"roll towards the water..."  
"ready..."  
"roll."

**"Putting onto a trestle"**

"lower together..."  
"rest...gently"  
"mind the fin"

# Lesson 2



## The first strokes

2

### objectives

- \* Be able to place themselves safely and comfortably in a boat
- \* Learn the "safety position"
- \* Manoeuvre the boat with use of one oar at a time

### Key outcomes

- \* Confidence and safety in the boat with safety position and basic balance exercises
- \* Correct grip of the oar handles and be able to turn the oar from square to feather position
- \* To be able to row with one hand (legs flat), with or without the boat being held at the stern

### Instructors notes

### Resources

- Basic Sculling Technique Poster
- Rowing Guide
- Go Rowing Video
- Rowing Ergometer
- Rowing equipment – boats and oars
- Demonstration swivel post
- Basic rowing tools
  - 10/11mm spanner
  - adjustable spanner
  - screwdriver
  - tape measure

\* Instructor holds stern of boat  
-use rubber boots in winter

\* Reinforce handling & careful  
washing of equipment

\* Keep instructions simple; let  
participants discover boat  
movement for themselves

\* Check for correct blade depth  
and grip right from the first  
stroke

\* The boats can be crew sculling  
or sweep boats but the single  
scull is recommended.



**Key Strategies & Activity Guide**

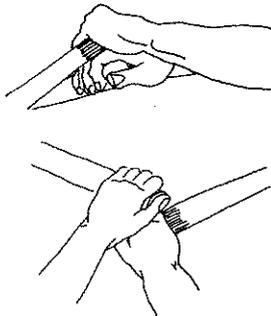
**2**

**2.1 Go Rowing Video (Part 2 - 7 mins)**

Participants will look at the video especially with regard to manoeuvres and basic stroke dynamics.

- The Grip, Adjustment and Safety position
- Manoeuvring the boat
- The Basic Rowing Stroke

Discuss the ease of movement and how the boat is running through the water while the basic elements of the rowing stroke (catch-drive-finish-recovery) are being executed.



Note the "Crossover"

**2.2 Sculling Grip ( see resources for sweep grip)**

Show the participants how to hold the scull oar handle, with fingers wrapped around and thumb on the end of the handle. Demonstrate the squared and feathered position. It is preferable to have a demonstration swivel sitting on a post or portable stand.



**2.3 Putting the Boat on the Water**

Demonstrate how to put the boat on the water (from a pontoon/dock or directly from the beach) without damaging the boat and then how to put the oars in on their correct side. Let the participants get their own boat on the water.



**cox box**

**"Putting the boat on the water"**

Standing on pontoon  
parallel to edge

"Waist height..."

"roll towards the water..."

"hold bowside, come around (or under) stroke side..."

"move to the edge..."

"lower together."

Standing on beach  
parallel to water

"Waist height..."

"roll towards the water..."

"walk into water..."  
(up to calves)

"lower together."

#### 2.4 Getting in / out of the Boat

Demonstrate how to get in and out of the boat. Holding the handles, ensure enough water depth beneath the boat, place foot on the correct footpad, sit on the seat gently, put feet into the footstretcher, secure the feet correctly. Indicate the location to store spare clothing in the boat.



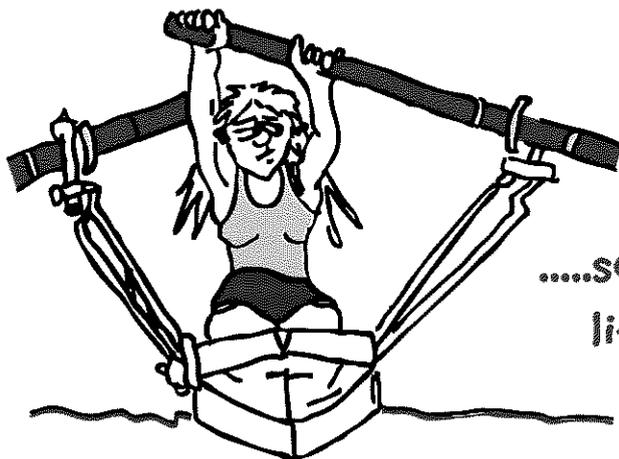
Where NOT to step!



#### 2.5 Adjustments

Once in the boat, indicate how to set the footstretcher in the correct position. The hands should be 12-16cm apart when touching the ribs in the Finish position.

If really uncomfortable – also adjust the swivel height.



.....some coaches spend very little time on adjustments

#### 2.6 Safety position

Hold both handles firmly together with the oars perpendicular to the boat and legs in down position; the handles can be held with one hand so that adjustments can be made with the free hand. Emphasize the importance of never letting go of the oar handles.





INSTRUCTOR HOLDS STERN OF BOAT

**2.7 Confidence & Balance Exercises**

**•Tip the boat:**

In the safety position, instruct the sculler to try and rock the boat from side to side (there should be solid boat balance);

**•Rock the Boat:**

Then, ask the sculler to hold each handle with one hand and slowly raise one hand while lowering the other and vice versa (this will tip the boat from side to side and demonstrate to the sculler that the boat can roll a fair way without tipping over);

**• Stand up in the Boat:**

Then ask the sculler to adopt the safety position once more and stand up on the foot-plate while maintaining the safety grip with one hand (this will only be difficult for big people);

**•Correct grip:**

Remind the rower how to hold the oar handle in each hand (fingers wrapped around and thumb over the end of the handle)



**2.8 Rowing with one hand**

(With legs still flat, body still and the other handle on the thigh) get the rower to row with one hand for several strokes keeping the blade squared; discuss the effect on the boat (the boat will turn) and then get them to experiment with the other hand; 'check' for correct blade depth and flat wrists;



*Rowing with feathered blades* - it may be possible to let the rower experiment with feathering and squaring the blade while rowing with one hand;



Repeat several times with each person so that they can practise getting into and out of the boat 3 – 4 times.



Get the participants to return the washed equipment to the boat shed.