

# WELCOME TO ROW VALUES

## EXPLORING THE OLYMPIC VALUES THROUGH MOVEMENT

Welcome to the Row Values activity cards. They are designed to bring the Olympic Values alive through rowing.

### You will be supporting your rowers to:

- Learn about the Olympic Values
- Reflect on and grow their personal values
- Have fun
- Be physically active
- Develop their rowing skills

### Row Values programme:

The ROW VALUES programme has been specifically commissioned by the International Olympic Committee to support the world wide Olympic Values Education Programme (OVEP).

World Rowing brought their best youth coaches to work along side Youth Sport Trust International to create the programme.

### The individual cards are listed below:

- 1 Joy of effort
- 2 Fair play
- 3 Respect
- 4 Environment
- 5 Excellence
- 6 Life balance



YOUTH SPORT TRUST  
INTERNATIONAL



## OLYMPIC VALUES EDUCATION PROGRAMME



This is a series of free teaching resources that have been created by the IOC using the context of Olympic sports and the core principles of Olympism.

## USEFUL WEBSITES/LINKS

**International Olympic Committee**  
[www.olympic.org](http://www.olympic.org)

**OVEP Programme**  
[www.olympic.org/olympic-values-and-education-program](http://www.olympic.org/olympic-values-and-education-program)

**Voices & Faces of OVEP**  
<https://bit.ly/2M7uxJf>

**World Rowing**  
[www.worldrowing.com](http://www.worldrowing.com)

**Youth Sport Trust International**  
[www.youthsporttrust.org](http://www.youthsporttrust.org)

## THANKS

**To the coaches from 15 countries that helped create the activities:**

Sallie, Axel, Sevara, Mehdi, Ibtissem, Marcelo, Miguel, Laryssa, Marco, Imogen, Rachel, Matt, Bruce, Wonga, Brendan, Alejandra, Jan, Kenny, Joseph and Michelle.

## MAKING IT WORK LOCALLY

The activities have been selected to work in all types of rowing settings from cities to remote island communities. Use them as part of your 'pathway' to help your young rowers to be the best they can be irrespective of their age, gender, ability, religion and environment.



**BOATS:** Use all types of boats, some of the activities work best in traditional fixed seat boats. Encourage your rowers to respect and learn how to use **traditional rowing boats**.



**WATER:** Encourage your rowers to learn to row on different water; open water, coastal water, narrow canals, whatever you have. **Water skills** are an important part of being a rower.



**ROWING MACHINES:** If you have no water, **indoor rowing is a sport** in its own right. It works well in parts of the world that are too hot or too cold to be outside. Indoor or outdoors, be creative!



**PATHWAY:** There are many **pathways for young rowers** to follow. Think beyond just the competitive pathway; think health and fitness; think recreational and games; think challenges and exploration. Being an official or a volunteer is a great way to get involved as well!



**YOUNG LEADERS:** Some of the best youth programmes use young people to lead and coach rowing. It is a great way to build **life skills and employable skills**.

# HIGH QUALITY SESSIONS

## EXPLORING THE OLYMPIC VALUES THROUGH MOVEMENT

### LEARNING BY DOING

The cards are designed to support coaches, teachers and young leaders to deliver rowing activities that **illustrate the Olympic Values**. Each of the 6 activities includes 6 discussion topics which are designed to be **wrapped around the physical activity**.

If you can, avoid sitting in a classroom, keep the debate close to the experience. Do it standing in the boathouse, on the beach or dockside, or around the rowing machines.

This is a **learning by doing** approach. The skill of open questioning may be new to both you as a coach and to your young rowers. With practice it will be a great way of improving the quality of your coaching.

### STEP

**Use STEP to adapt the activity for all types of rowers.**

**SPACE:** Where? Use bigger or smaller areas, longer or shorter distances. More protected water or bigger waves?

**TASK:** What? Add more or fewer rules. Harder or easier time targets. Add progressive different skill challenges

**EQUIPMENT:** With what? More stable or less stable boats. Singles or crew boats. Ergometers

**PEOPLE:** With whom? Matched teams, with friends, mixed aged, gender or ability. Young rowers being captains, coaches or umpires



**SWIM:** Can your rowers and coaches swim 100m? If not they must wear a life vest



**WEATHER:** have you checked the weather forecast?



**WATER:** Is the water clean enough for your planned activity?



**BRIEFING:** Have you briefed your rowers and coaches on your plans and do they know what to do if they get into difficulties?



**SIGNING IN AND OUT:** Have you left a record of who is on the water and when you will be back?



**COACH/SAFETY BOAT:** Are your coaches qualified to drive? Do you use a kill cord? A throw line?

## STRUCTURE OF THE CARDS

### TWO SIDED CARD – ACTIVITY SIDE AND DISCUSSION SIDE

#### FRONT

##### ROW TASK

A fun rowing activity to bring the value alive

##### EQUIPMENT

The basic equipment you will need

##### TOP TIPS

Coaching tips and ideas on making the task easier or harder to differentiate the activity for more able and less able rowers

##### INDOOR

If the activity can't be done outdoor, devise an alternative activity indoor

##### SAFETY

Any safety recommendations

#### BACK

##### DISCUSSION

Questions and prompts to support the rowers to discuss what they are learning

##### ROWING STORY

A real story from rowing

##### MORE

Links to helpful resources within the OVEP tool

##### OLYMPIC VALUES

Easy-to-use definition of the Olympic Values. For the full definition visit the Olympic or your National Olympic Committee website

### SMILES

S – Safety

M – Maximum participation

I – Involvement

L – Learning

E – Enjoyment

S – Success

### THINK INC.

- Adapt the activities to include rowers of all abilities
- Ask young disabled rowers about their needs and what they can do
- Allow young rowers to work together to adapt the activity so everyone can do the activities together

### DON'T FORGET

**HEALTH:** Do your rowers have any health conditions you need to be aware about? Diabetic or asthmatic?

**WELFARE:** Do you have permission from the parents of your young rowers?