



# PASSPORT

**Rowers name**

**Rowers.** Remember, to keep this Passport safe. It is not possible to replace it!





*Dear Rower,*

Welcome to Start Rowing, by Rowing Ireland.  
This Passport is your record of achievement as you make progress through Start Rowing.

You do not have to complete all the items to pass or to be a good rower! It will help you see how far you have got, and you can take it to any rowing club so they will understand what stage you are at. It is important that you keep it for future use, and that you take it with you to each Start Rowing session you attend, and make sure it is kept marked up by your coaches. Each marking is only valid if initialled by the coach who observed you achieving the skill.

When you attend the Start Rowing Course, on the first day you should take this passport, your completed consent form (unless the signed copy was already sent in), and a kit bag with a bottle of water/diluted cordial, towel and change of clothing. You should wear t-shirt and leggings, not loose, and outer layers to suit the weather, and track shoes (not your best runners). A hat is good in warm and cool weather. Listen to the coaches and they will help you for future sessions.

### Organising Club for the Start Rowing Course

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#### Start date of the course

dd/mm/yyyy

#### Names of each rowing coach who has initialled sections

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## List of skills and initials of coach when these achievements have been seen.

I can explain and demonstrate the basic sequence of the rowing stroke – arm/body/legs, in boat and on a rowing machine	
I can get in and out of the boat correctly	
I know the safety hazards on the water and in the boathouse	
I know rules for the water and the club's safety policy	
I can describe how to stay with and swim with a boat in the event of capsize	
I know the proper technique for getting the boat from rack to water	
I can stop a boat	
I can row backwards with one oar to help turn a boat	
I have the proper grip during the rowing stroke	
I can keep the correct posture during the stroke	
I can demonstrate the correct sequence from the catch to the finish position.	
I can square and feather the blade during the stroke	
I have rowed both stroke side and bow side in a sweep boat	
I know basic concepts of steering, safety first	
I have steered a boat competently	
I have stroked a boat	
I can list drills for balance, timing and grip	
I know the names of the parts of the oars and boats	
I have sculled in a wide single sculling boat	
I have participated in a 'tour' row	



## Types of rowing in Ireland

– and the rower's options for continuing in the sport.

**Competitive Rowing** – Offered at the majority of clubs, requires a high level of commitment.

**Recreational Rowing** - Offered at an increasing number of clubs. Not as intense as competitive rowing, can involve some competition.

**Masters Rowing** – For those aged 27 years or over, competitive or recreational.

**Tour Rowing** – Rowing Ireland offers domestic tours each year. These are long, steady rows, usually between 20-30km per day. They can be on one day or several days and are often done in touring boats, usually coxed quads. There is great scope for travel with tour rowing as many clubs on the continent organise and offer tours for groups from other clubs.

**ParaRowing** – Rowing offers opportunities for athletes with disabilities to participate. As a sport, rowing is easily adaptable to people with a wide range of disabilities.

**Coastal Rowing** – Rowing Ireland has a large number of coastal and offshore clubs affiliated to it. They are responsible for coastal and offshore rowing activities in Ireland. They all thrive on waves and windy conditions!





## Rowing Calendar

Generally most competitive clubs begin the rowing season at the end of August/Beginning of September and row through mid July – taking a break in July and August.

**Heads of the River** – Longer time trials held domestically from November to April.

**Regattas** – Held domestically from April – July. Side by side racing, usually over 2k. The season culminates with the National Championships held in July.

## Next Steps

Once you are fairly certain you understand the different aspects that rowing has to offer you are now ready to decide your future in the sport. The goal is to be involved in the sport at a level of interest and skill that suits you. What are the options in your area for rowing and what clubs provide them? Are there other clubs in the area that offer different options?

## Conclusion

If you are interested in staying with this club let them know of your interest. When will they meet again?

How often will they train? What is the cost of membership and how do you join?





*No member of a crew  
is praised for the rugged  
individuality of his rowing.*

**– Ralph Waldo Emerson**



If you are not interested in staying with this club make sure you have all of the information you need to contact other clubs. Your completed rowing passport is transferable to any club and will be an accurate reflection of your abilities.

For further info see **[www.rowingireland.ie](http://www.rowingireland.ie)** or club information may be added here:

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