



Users guide for use by clubs in the Start Rowing programme

Dear Coach/Leader.

Thank you for your interest in using the Start Rowing Programme at your club. We wish you well and hope you will find it of some benefit. We would welcome any feedback whether positive or negative on any aspect of the content and your delivery.

Documents include:

- This User guide
- 9 coach guides to the 12 modules
- Consent forms (adult and under 18's)
- Passport
- Master checklist
- Conditions of registration



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Introduction

Start Rowing, is a Learn to Row Programme developed by Rowing Ireland. coaches with guidance and materials to be able to run a course for beginner rowers at their own club over a series of sessions and modules, and providing the rowers with a Passport document which records their achievements and is transferrable with them to any club they appear at. It will also provide them with basic information they need.

The 12 modules will take the rower along a pathway to a stage where they can scull or sweep row in a crew boat having learned and practiced most of the fundamental skills they are likely to need if they plan to continue in the sport. The experience should be safe and fun for all those involved.

Before the course

Study the documents, and in particular this one, the consent form and the Passport. The 12 modules are in order of progression and are written to form 6 sessions which could be delivered over 6 weekly occasions of approx. 90 minutes, but the course can be timetabled to suit your club so you could do the whole thing over 2 days. We would not suggest spreading it longer than 6 weeks as rowers will lose continuity and enthusiasm.

Plan your course to suit weather, facilities, personnel, and club needs. Consider the maximum number of rowers you can handle on the course. Order a suitable number of Passports to allow 1 per rower plus a few spares. Encourage coaches to read the guidance documents and plan sessions well in advance. Beware that this form of coaching can be challenging and needs different coach expectations, pacing and communications styles to regular crew coaching. Advertise the course and send a passport and consent form to each rower you can accept. Use the master checklist to make sure you have plans in place for the course and each session. Content and delivery can be tailored to suit your club's needs, but please ensure that there are opportunities for all rowers to achieve the main Passport items.

During the course

Make sure you have consent forms in place before any activity is delivered, and make sure any special needs or medical conditions are known to relevant coaches, and planned for.

Deliver each session as best you can but be ready to improvise or change plans if conditions change. Each coaching guide provides some alternative plans, but only you and your coaches know your own club situation. Make sure progress gets recorded on the passports at the end of each session. You may choose to collect the passports at the start of each session and return at the end. It is important that rowers take responsibility for their own Passport and bring it each time.

Plan the final session well in advance and encourage supporters and others from your club or community to attend. It is an opportunity to celebrate rowing achievements and club activity. Make sure you encourage two way feedback with rowers and coaches during sessions and at the end of the course. Please ensure that every rower finishing the course leaves with a Passport completed honestly by a coach and information about your club or local clubs.



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After the course

If there were rowers who want to progress please keep them informed and involved. We don't want to lose them. If there are others who were interested but not accepted or unable to complete, consider running further courses or directing them to another **Rowing Ireland** club.

Please take time to consider what went well and what could be done better for next time, and please set out any issues you had. Thank you.

For further information or with any comments,
please email gordon.reid@rowingireland.ie