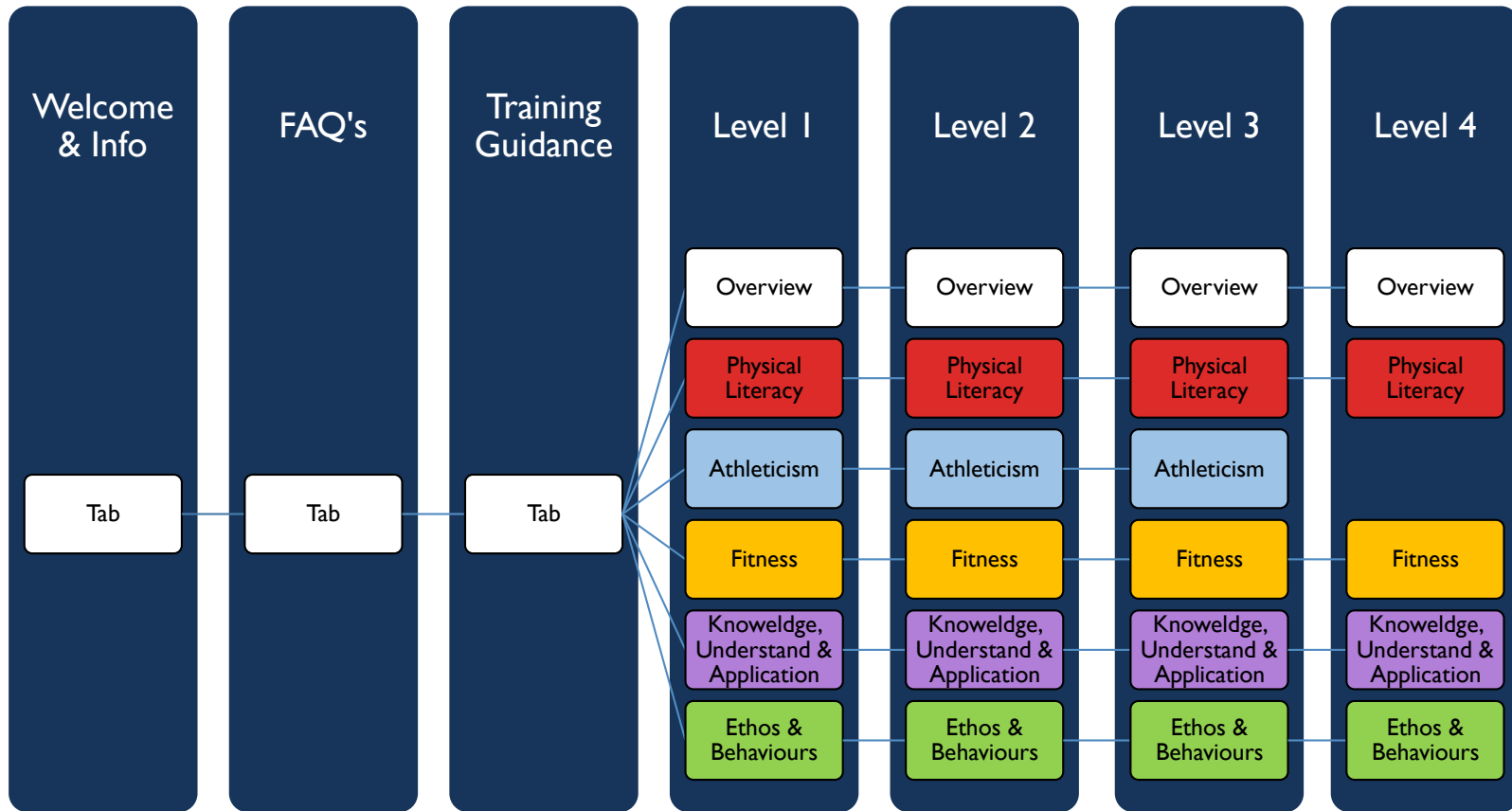


Menu



- Please click on a link to take you to the relevant tab. Some pages contain further links.
- Clicking on the British Rowing logo will bring you back to the menu page.
- Some pages contain links to other tabs. Hovering over a section will show which areas are clickable.
- Some links will open up a webpage to more information.

Rower Development Guide - v1.0 - 01/12/17



Introduction

This document provides guidance from British Rowing of good practice about what is appropriate training at different stages in a rower's development, so that they gain the best experience and enjoyment of the sport and to progress over time at the appropriate rate of development. It includes the need to offer variety in the training and to develop the all-round athlete to prepare them well for life, not just the sport of rowing.

It is designed to provide insight for rowers, coaches and other supporters as to how rowing works at the initial entry points, as well as the processes and training aims for new rowers to develop appropriately in the sport and maximise their time, enjoyment and performance. To look at the issues for the long-term development of all rowers and advise on the appropriate training stages and programming for those who wish to head towards being a high-performance rower. It also approaches the issues, factors and management around transitioning between the levels of development.

Our aim is to develop physically limitless and safe rowers who have good movement patterns and sufficient conditioning (tissue and cardiovascular) levels that ensure they have an ability to tolerate repeated load. 'Good foundations first!' It is important to remember that there are no "natural rowers" and the movement of rowing under load is very unique. All rowers will need the correct coaching in order to prevent any potential injury.

It is important to understand that rowing is different from other sports and the development levels start at a later age. We are a late maturing sport.

Objectives

- 1) Ensuring that appropriate athletic skills and physical literacy for rowing and life are developed early in a rower's career and continuously thereafter.
- 2) Encouraging the long term process of development rather than achieving short-term outcomes of just winning.
- 3) To ensure that athletes train at the appropriate level depending on their ability. Developmental and training age as well as chronological age should also be carefully considered.
- 4) Looking at the environment and the role coaches, family and sometimes support staff can play in the life of a developing rower.

How this guide works

This resource is based on the fact that all rowers will start by needing to learn the same basic principles for rowing.

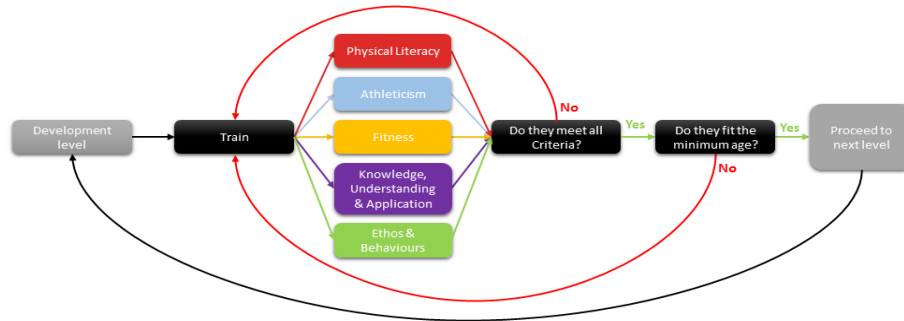
The rate of progression will differ between new rowers and will depend on several factors including their age, fitness, athleticism, coordination and knowledge. A more experienced athlete with a more developed training background will develop through the levels quicker than an athlete with little training experience.

It is important however that the aims for all five pillars are met before progressing to the next level as well as meeting the age criteria. The five pillars include:

- Physical Literacy,
- Athleticism,
- Fitness,
- Knowledge, Understanding & Application
- Ethos & Behaviours

The aims for these are shown in more detail by clicking on the appropriate links.

Below is a flowchart demonstrating how athletes will progress through the stages. It is important they can complete all the aims in all five pillars before moving up a level and increasing their training workload, even if they show signs of being able to complete aims in levels above them.



FAQ's



What do each of the pillars stand for?	
Physical Literacy	The ability to perform movement skills and improve body awareness. This allows the rower to become more efficient in their movement making them more confident and in control.
Athleticism	The building blocks and physical qualities that rowers are expected to achieve to be able to perform a correct and safe rowing movement. Working on these should also help to help reduce the risk of injury.
Fitness	The volume and quality of training that the rower is safely able to maintain.
Knowledge, Understanding & Application	Facts and information rowers are expected to learn through experience or education and through that experience learn and understand how to apply that information.
Ethos & Behaviours	It is important that coaches work with rowers in building the five C's of Competence, Confidence, Connection, Character and Creativity. Within this pillar rowers will learn to develop the values and behaviours that they need to take ownership of the sport, building a positive sporting environment for all taking part.
I'm training at Level 1. Can I only train three times a week?	You should only be doing three rowing based sessions per week. We would encourage that any other sport based sessions you do are focused on cross training, improving flexibility or conditioning.
Why are British Rowing saying to take part in something other than rowing?	We believe that to become a fully capable and well-rounded athlete you must do more than take part in rowing. Athletes must learn to adapt and think for themselves and by encouraging rowers particularly those new to the sport to do this you will become a better rower.
I'm 18 does that mean I can start at Level 4?	NO! All rowers must start at Level 1 and work their way up the levels. It is important you learn the basics of the sport first before progressing to more difficult challenges. We must learn to walk before we run.
Do I need to have completed all the pillars to level up?	Yes! All the pillars are equally important to make sure you progress as a fully capable rower.
Can I row before the age of 11?	British Rowing does not recommend that those aged under 11 take part in any rowing based activity. Instead we recommend that juniors under 11 take part in a variety of sports and activities that will prepare them for the challenges that rowing brings.
I've rowed before and I'm coming back to the sport? Should I train at my old level?	No! You should treat a return to rowing like you are starting at Level 1 and build gradually back into the sport to minimise the risk of injury. How active you have been whilst not rowing will vary your ability when you return. You should start at Level 1 and focus on the areas that need bringing back up to speed.
Is there an amount of time I need to remain in each level before levelling up?	No! As long as you can complete all the actions in each pillar and meet the minimum age criteria you can level up. There is no time limit to remaining at each level.
I'm an 11 year old and can complete all of the Level 1 pillars? Can I level up?	No! We encourage you to remain training using the training guidance given on the training guidance page. You can continue to build upon what you have learnt in Level 1 and try to complete
I have been training at Level 3 but can't complete actions from Level 2 anymore. Should I still be in Level 3?	No! You should drop back to the training guidance given in Level 2. If you'd like to keep up the number of sessions you were doing at Level 3 we recommend these are cross training sessions.
I've completed all of the actions on Level 4, what can I do now?	Well done. If you can complete all the actions at Level 4 we would recommend you consider attending GB Trials for your age range. If you are already able to complete training at Level 4 and are attending trials you should already be in contact with one of the members staff at of the GB Rowing Team.
Why don't you show information above level 4?	Those who are training above Level 4 will be in contact with a member of the GB team in some form for further advice. British Rowing would like to see all the actions from Level 1 through 4 achieved before they think about progressing any further and competing for the GB Rowing Team.
Can I take part in events which aren't recommended for my level?	Yes. The recommendations are guidelines for what we think may be suitable for each level. There are multiple situations in which you may like to participate in events at other levels and we fully support this if it is an appropriate event for you.
I'm a recreational rower is this resource for me?	Yes. This is for any rower taking part in our sport. We understand you may only wish to stay at a Level 1 training level, however, it may help give you some focus to what you should be aiming to achieve.

Training Guidance

British Rowing recognises that there are several training levels for the development of a rower. It is important to remember that all new rowers of any age will start their rowing life at the same point. **All** rowers should progress through "Level 1" before moving on to "Level 2" etc.

The rate of progression through each level will vary but each stage is important to a rower's development. No level should be overlooked if we wish to give everyone an opportunity to thrive in the sport and maximise their opportunities to enjoy the sport fully and for a long time.

A new rower needs to have a positive experience at their first point of contact with the sport to keep them engaged for life.



Rower Pathway		Advice for Rowing Specific Activity (On Land or Water)					
Development Level	Minimum Age	Numbers of Sessions per week*	Example breakdown of Sessions	Session Length	Hours of Training per week	Notes	
Level 4	Competitive club rowers and those breaking into High Performance.	17+	Up to 12	3/4 Water/Ergo 2/3 Strength Training 2/3 Cross Training	Water <90' Land <80'	10 - 14	
Level 3	Rowers competing regularly.	15+	Up to 8	4/5 Water/Ergo 2 Strength Training 1/2 Cross Training	Water <75' Land <60'	7 - 10	Under J16's and those new to strength training to be conditioning only.
Level 2	Developing rowers or those taking part for enjoyment.	13+	Up to 5	2/3 Water/Ergo 1/2 Land	45' - 60'	4 - 6	Water activity for J14's and under should be sculling only.
Level 1	All Rowers of any age.	11+	Up to 3	2 Water 1 Land	30' - 40'	1 - 2	Rowing specific training should be focused on skill development.

*The number of sessions means specifically the number of rowing specific sessions, (i.e. any session where you are simulating the rowing movement) either on water or on land. It is expected and encouraged that a new rower will be doing more than three activity based sessions a week other than just rowing. It is important that they are allowed to participate in other activities to develop an athlete with a varied skill set.

Level 1 Overview

Level 1 is the initial level in a rower's development and **ALL** rowers should be competent with this level before progressing onto Level 2. Successful completion and positive experiences of Level 1 is likely to keep the rower interested and engaged to stay in the sport.



Advice for Rowing Specific Activity (On Land or Water)						
Description	Minimum Age	Numbers of Sessions per week*	Example Number of Training Sessions	Session Length	Hours of Training per week	Notes
All Rowers	11+	Up to 3	2 Water	30' - 40'	1 - 2	Rowing specific training should be focused on Skill Development.
			1 Land			
Physical Literacy	Developing confidence to get in and out of the boat and demonstrate simple watermanship skills.					
Athleticism	Basic flexibility, strengthening and stability to promote physical literacy and correct movement pattern.					
Fitness	Conditioning physical activity to elevate heart rate.					
Knowledge, Understanding & Application	Basic understanding of rowing terminology, safety standards and suitable clothing requirements.					
Ethos & Behaviours	Building the 5 C's of Competence, Confidence, Connection, Character and Creativity.					
Events	<p>For rowers training at this level events should be focused on learning, skill development, enjoyment, and the social experience of rowing.</p> <p>This could include</p> <ul style="list-style-type: none"> • Skill events e.g. Skills Heads (Northern Region Explore Series) • Explore Series • Tours • Internal club events e.g. Pubs & Clubs, Splash & Dash, Trade 4's. • Scratch crew regattas. e.g. War of the Roses (Bradford ARC) 					

Level 2 Overview

British Rowing would like to see all coaches supporting their rowers to be competent with Level 1 before moving on to any specific rowing training. Successful completion and positive experiences of the level 1 stages is likely to keep the rower interested and engaged to stay in the sport.



Advice for Rowing Specific Activity (On Land or Water)						
Description	Minimum Age	Numbers of Sessions per week*	Example Number of Training Sessions	Session Length	Hours of Training per week	Notes
Developing rowers or those taking part for enjoyment.	13+	Up to 5	2/3 Water/Ergo	45' - 60'	4 - 6	Water activity for J14's and under should be sculling only.
			1/2 Land			
Physical Literacy	Developing confidence to get in and out of the boat and demonstrate simple skills.					
Athleticism	Developing flexibility, strengthening and stability to promote physical literacy and correct movement pattern.					
Fitness	Developing physical activity to maintain a consistent elevated heartrate for a short period of time.					
Knowledge, Understanding & Application	Developing knowledge to allow the rower to become independent.					
Ethos & Behaviours	Begin to take ownership of their training as well as their behaviour and responsibilities within the sport.					
Events	<p>For level 2 rowers, events should be focused on development and gaining experience or continued participation for more experienced rowers who have decreased the amount of training they are able to do.</p> <p>This could include</p> <ul style="list-style-type: none"> • Skill events e.g. J14 Omnium at British Rowing Junior Championships. • Ball Cup • Explore Series • Tours • Local races, including regattas and head races. • Challenge events, e.g. The Great Tyne Row, Great River Race, Tideway Heads • British Rowing Sculling Festival (Novice categories) • Beginner categories of national events e.g. J14's at BRJC or National Schools, Beginner/Novice events at BUCS events or National Masters. • British Rowing Beach Sprints 					
Workshops & Learning Opportunities:	BUCS TID Camp					

Level 3 Overview



This is a major level in a rowers development, as if done correctly it will capture their interest in the sport. There should be a wide and varied mixture of training modalities, continual observation and evaluation of musculoskeletal developments. Make sure to take into consideration growth spurts should be thought of when setting different types and volumes of training in order to develop an individual who is competent and understands how to train. Embed technical competencies on the water and on the land. Optimal aerobic training begins. Emphasise on talent development not identification.

Advice for Rowing Specific Activity (On Land or Water)						
Description	Minimum Age	Numbers of Sessions per week*	Example Number of Training Sessions	Session Length	Hours of Training per week	Notes
Rowers competing regularly should aspire to this level of competence.	15+	Up to 8	4/5 Water/Ergo 2 Strength Training 1/2 Cross Training	Water <75' Land <60'	7 - 10	Under J16's and those new to strength training to be conditioning only.
Physical Literacy	Showing good competence at simple skills and developing more complex skills.					
Athleticism	At Level 3 rowers should be able to achieve all exercises from the advanced series of posters, as well as basic exercises with correct technique.					
Fitness	The rower's fitness at Level 3 should allow the rower to consistently perform for a 30 minute period at an elevated heart rate.					
Knowledge, Understanding & Application	Improved knowledge to allow the rower to be independent and think constructively about their activity.					
Ethos & Behaviours	Understand and develop their responsibilities both for themselves and the sport.					
Events	<p>Events at Level 3 should still be focused on personal performance and achievement. Rowers however may start wanting to gain experience in national competition such as the Tideway Heads and other larger regatta's and head races.</p> <p>This could include</p> <ul style="list-style-type: none"> • Intermediate categories at BUCS Events • J15/J16 events at BRJC or National Schools • British Rowing Sculling Festival (Senior Categories) • British Rowing Beach Sprints • National Masters events • Individuals may also consider attending J16 Trials and GB vs France Trials. 					
Workshops & Learning Opportunities:	J16 Camp BUCS TID					

Level 4 Overview (Performance Talent)



To develop an individual who is a competent participant, there would be a year round structured training programme. This is a major development level in relation to fitness and physical development if heading towards the High Performance pathway. In competition the participants will be striving to win, but the overall annual programme should still be focussing on developing skills and training modalities and having a good understanding on how these may impact on their development and performance. This level will develop a competent competitor, whose focus is placed on the process of learning and developing from their competitive experiences, rather than on the outcome of a competitive event. Strength and conditioning training should be fully integrated in to the programme to increase career longevity and more effective power transmission in a boat.

Advice for Rowing Specific Activity (On Land or Water)						
Description	Minimum Age	Numbers of Sessions per week*	Example Number of Training Sessions	Session Length	Hours of Training per week	Notes
Competitive club rowers and those breaking into High Performance.	17+	Up to 12	3/4 Water/Ergo	Water <90' Land <80'	10 - 14	
			2/3 Strength Training			
			2/3 Cross Training			
Physical Literacy	Demonstrating a high degree of competence for most skills.					
Athleticism	At Level 4, rowers should be building upon their flexibility, strengthening and stability performance from Level 3; building up the time they can hold the exerc					
Fitness	Fitness levels at Level 4 should allow a rower to compete at peak performance under race conditions.					
Knowledge, Understanding & Application	At Level 4 rowers should be able to train independently when required following the coaches guidance.					
Ethos & Behaviours	Live daily the ethos and behaviours that are expected of a high performance athlete.					
Events	<p>At Level 4 (Performance Talent) events will start focusing on more competitive national competition. Focus should still be on the personal challenge of finishing at a realistic target for the individual and crew. At this point rowers may start thinking about if they are capable of feeding into the GB Rowing Team pathways.</p> <p>This would include</p> <ul style="list-style-type: none"> • British Rowing Championships (Senior, Junior 18 & Offshore) • National Schools Championship categories • BUCS Championship Categories • Henley Royal, Henley Women's & Henley Masters Regattas. • World Coastal Rowing Championships. • World Masters Regatta • Individuals may also consider attending GB Junior or U23 Trials. 					
Workshops & Learning Opportunities:	AASE - Juniors					



BRITISH ROWING

Training Guidance

Overview

Level I Athleticism

Level I Fitness

Level I Knowledge, Understanding & Application

Level I Ethos & Behaviours

Level I Physical Literacy	
In any boat type Sculling or Rowing	
Getting afloat	With help: <ul style="list-style-type: none"> • Carry the boat out, turn and place on water. • Place the blades in the correct swivel and tighten. • Adjust to correct backstops position. • Explain the rules on direction of boating. • Get in and out correctly.
Grip and posture	<ul style="list-style-type: none"> • Correct sculling grip. • Correct rowing grip. • How to sit in a boat.
Confidence and balance skills	Confidence drills are an important part of a rowers development to help establish better stability and an understanding of how movement affects the boat to make them a more effective rower.
	Can perform all of: <ul style="list-style-type: none"> o Circles o Rigger dips, sitting o Rock and remove hand(s) o Rigger dips, standing o Stand up in boat o Slapping or chopping o Balance, blades off the water in the safe position
Manoeuvrability	<ul style="list-style-type: none"> • Paddle on and back down with one or two blades. • Basic understanding of how the boat will move. • Turn the boat full circle.
Stopping skills	<ul style="list-style-type: none"> • Perform an emergency stop and sit in safe position. • Can carry out an emergency stop when backing down.
Sequencing	o Drive sequence Legs, Body, Arms OR o Recovery sequence for fixed seat boats.
Catch and connection	<ul style="list-style-type: none"> • Place the blade at the catch squarely with shins vertical and shoulders down. OR <ul style="list-style-type: none"> • Correct catch position for fixed seat boats
	Attempts suspension drills on rowing machines and in boats, and can lift off seat.
	Able to sit at backstops / position for extraction and extract square blade when stationary (or place the blade between the pins).
	Understands what ratio and rhythm in a boat is and why it is important.



Level I Athleticism	
Swimming Competence	<p>Section 3.6 of Rowsafe "Swimming Competence"</p> <p>Ideally all participants in rowing should be competent and confident swimmers. However some may not be as competent. A Risk Assessment should be used to determine the appropriate procedures for participants with limited swimming ability.</p> <p>It should be recognised that the ability to swim in a pool does not guarantee the ability to swim in cold, exposed waters. This is explained further in the on-line learning module on Cold Water and Hypothermia.</p> <p>Link: Cold Water & Hyperthermia</p> <p>Ideally, everyone taking part in rowing should be able to:</p> <ul style="list-style-type: none"> • Swim at least 50 metres in light clothing (rowing kit). • Tread water for at least two minutes. • Swim under water for at least five metres. <p>However, these times and distances could be extended so that they are appropriate to the venue where rowing takes place.</p>
Core Engagement	Can engage their core and can successfully complete Testing Core 1. (See Core Workshop)
Flexibility	Can successfully complete all exercises from Basic Flexibility
Strengthening	Can complete all exercises from Basic Strengthening Can engage their glutes using the Glute Test. (See British Rowing Technique Workshop)
Stability	Can complete all exercises from Basic Stability

Training Guidance

Overview

Level I Physical Literacy

Level I Fitness

Level I Knowledge, Understanding & Application

Level I Ethos & Behaviours

Level I Fitness	
On water	Can maintain correct technique for a minimum of 500m of continuous rowing.
General Fitness	Can complete 20 minutes of continuous cross training comfortably with an elevated heart rate. (e.g. swimming, running, cycling etc.)
	Can complete a number of the Dynamic warm up exercises to an appropriate level such as. <ul style="list-style-type: none"> • Jog • High Knee Jog • Walking Lunges • Side Skip • Jogging Leg Curl • Squat Jump • Walking Twist • Can Can Walk • Bounding Vertical Jumps



BRITISH ROWING

Training Guidance

Overview

Level I Physical Literacy

Level I Athleticism

Level I Knowledge, Understanding & Application

Level I Ethos & Behaviours



- Training Guidance
- Overview
- Level I Physical Literacy
- Level I Athleticism
- Level I Fitness
- Level I Ethos & Behaviours

Level I Knowledge, Understand & Application	
Rowing terms	<p>Understand meaning of:</p> <ul style="list-style-type: none"> Easy oar Hold it up Back stops Front stops Number off from bow Recovery Catch Finish
Equipment	<p><u>Identify and name the following:</u></p> <ul style="list-style-type: none"> Stern Bow Riggers Foot stretcher Slides Seat Swivel Gate Blade – spoon, button, handle
Clothing	<p><u>Know what is the correct clothing to wear in varying conditions.</u></p>
Waterborne Infections and Diseases	<p><u>Section 8.4 of RowSafe "Waterborne Infections and Diseases"</u></p> <p>Everyone is expected to:</p> <ul style="list-style-type: none"> Read and understand any information on waterborne infectious agents and contamination provided by the club. See their own doctor as soon as they think that they may have any relevant symptoms. Inform the club if they have contracted a disease associated with a waterborne cause so that others can be encouraged to take greater precautions Cover all cuts or grazes with waterproof dressings if the water is contaminated. Wash or shower after any significant contact with water from the river, lake, canal or sea especially if they have any exposed cuts or grazes. Never drink water from sources such as rivers, lakes, canals or sea. Wash hands thoroughly before eating or drinking. If contaminated water has been swallowed, refer to their doctor with full details of the incident. Wear suitable footwear when launching or recovering a boat, particularly if it is necessary to wade into the water, to prevent direct contact with the water and protect the feet from cuts and abrasions. Hose down all equipment after outings to remove any potential contamination. Report incidents to the club and British Rowing. <p><u>Link to report incidents.</u></p>
Capsize & Recovery	<p><u>Section 3.7 of RowSafe "Capsize and Recovery"</u></p> <p>Everyone is expected to:</p> <ul style="list-style-type: none"> Know what to do in the event of capsize or swamping. Understand the need to stay with the boat and use it as a life raft, unless doing so results in greater danger. Take precautions before going afloat to reduce the risk of capsize or swamping. Understand that the key steps are to: <ul style="list-style-type: none"> Get free from the boat, Get out of the water, and Get off the water. Attend any Capsize and Recovery training offered by the club.

• Be aware of the effects of cold water shock and hypothermia, described in the Cold Water and Hypothermia online learning module.

[Link: Cold Water & Hyperthermia](#)

Level I Ethos & Behaviours	
Clean Sport	<p>All rowers must be made aware of what Clean Sport is and what it means for them. They should read the Clean Sport guidance available on the British Rowing website and that anyone can be tested at any time.</p> <p>They should also download the Clean Sport App, and read the materials available on the Athlete Zone of the UK Anti-Doping website: http://ukad.org.uk/education/athletes/</p>
Safety	<p>Section 6.1 of RowSafe "People new to Rowing"</p> <p>Everyone is expected to:</p> <ul style="list-style-type: none"> • Provide extra guidance and support for people who are new to the sport. • Ensure that new rowers are not exposed to risks that they would find substantial or intolerable. <p>New rowers are expected to:</p> <ul style="list-style-type: none"> • Attend the club's Induction Programme and follow the advice and guidance in the Club Induction Pack (see RowSafe 2.2). Link to Rowsafe • Provide the club with relevant information such as swimming ability. • Inform the club of any reason that they may be at risk due to current or previous illness or injury. • Operate within their competence level by recognising their growing level of knowledge and understanding. • Ask a coach or Club Official about any aspects of safety they are concerned or unsure about. • Take responsibility for their own safety and the safety of others affected by their activities. • Be aware of key club and sport policies and rules and where to find them. • Report incidents to the club and British Rowing.



BRITISH ROWING

Training Guidance

Overview

Level I Physical Literacy

Level I Athleticism

Level I Fitness

Level I Knowledge, Understanding & Application



BRITISH ROWING

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- Overview
- Level 2 Athleticism
- Level 2 Fitness
- Level 2 Knowledge, Understanding & Application
- Level 2 Ethos & Behaviours

Level 2 Physical Literacy	
In any boat type Sculling or Rowing	
Getting afloat	<p>As a crew:</p> <ul style="list-style-type: none"> o Carry the boat out, turn and place on water. <p>Independently:</p> <ul style="list-style-type: none"> o Place the blades in the correct swivel and tighten. o Adjust to correct backstops position.
Grip and posture	<ul style="list-style-type: none"> o Correct sculling / rowing grip. o Square and feather using the fingers. o Maintain good posture for whole stroke sequence.
Confidence and balance skills	<p>Building on all the exercises for Level 1 but increased targets and quality.</p> <p>Can do a roll up.</p>
Manoeuvrability	<ul style="list-style-type: none"> o Tap turn a boat. o Turn the boat 360 in 55-60 sec. o Get onto a stake boat, use passing blades forward technique to maintain straight course. o Can show looking over both shoulders when steering.
Stopping skills	<p>Successfully carry out an emergency stop from strong paddling speed.</p>
Sequencing	<ul style="list-style-type: none"> o Demonstrate hands, body and slide on recovery. o Demonstrate the recovery in a fixed seat boat. o Arms only, body lean (hip pivot). o ¼, ½, ¾, full slides with correct body and hand position at each point – where appropriate for the boat type.
Catch and connection	<p>Place blade correctly as the last part of the recovery phase.</p> <hr/> <p>Can lift their weight off the seat while pushing from the catch position five times.</p> <ul style="list-style-type: none"> o Square extraction whilst paddling. o Introduce feathering with early re-squaring. o Recovery follows hands, body, slide model with good posture. <p>OR</p> <ul style="list-style-type: none"> o Fixed seat recovery with good posture o Hands are held so that blades are clear of the water on most strokes. o Squaring is completed by ¾ slide in preparation for the catch. o Demonstrates good ratio and rhythm at low rate.
Performance	<p>Distance per stroke:</p> <ul style="list-style-type: none"> o Water 1000m @ 24 o Rowing machine 1000m @24

Level 2 Athleticism	
Core Engagement	Can successfully complete Testing Core 2. (See Core Workshop)
Flexibility	Can successfully complete all exercises from Intermediate Flexibility Can hold the ideal position for the Thomas Test. (See British Rowing Technique Workshop)
Strengthening	Can complete all exercises from Intermediate Strengthening Can consistently engage their glutes before hamstrings using the Glute Test. (See British Rowing Technique Workshop)
Stability	Can complete all exercises from Intermediate Stability



Training Guidance

Overview

Level 2 Physical Literacy

Level 2 Fitness

Level 2 Knowledge, Understanding & Application

Level 1 Ethos & Behaviours

Level 2 Fitness	
Ergo	Can complete a 10 minute ergo at rate 18 whilst maintaining a consistent split and correct technique.
On water	Can maintain correct technique for a minimum of 10 minutes of continuous rowing.
General Fitness	Can complete 30 minutes of continuous cross training comfortably with an elevated heart rate. (e.g. swimming, running, cycling etc.)



BRITISH ROWING

Training Guidance

Overview

Level 2 Physical Literacy

Level 2 Athleticism

Level 2 Knowledge, Understanding & Application

Level 2 Ethos & Behaviours

Level 2 Knowledge, Understand & Application	
Rowing terms	Understand the meaning of: <ul style="list-style-type: none"> o Bow side o Stroke side
Equipment	Basic equipment maintenance: <ul style="list-style-type: none"> o Checking nuts and bolts. o Attaching riggers. o Understand how adjustment of foot stretcher and height effects position in boat, comfort, stroke length, posture.
Ergos	Knowledge of how and where to set ergo drag
Competition	Have a basic understanding of how regattas & head races work.



Training Guidance

Overview

Level 2 Physical Literacy

Level 2 Athleticism

Level 2 Fitness

Level 2 Ethos & Behaviours

Level 2 Ethos & Behaviours



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Cold Water Immersion & Hypothermia

RowSafe 8.1 "Cold Water Immersion and Hypothermia"

No matter how good a swimmer you are, sudden unexpected immersion in cold water can cause an initial cold shock that affects muscular co-ordination and impairs the ability to swim. Heat loss from immersion can quickly cause hypothermia. Any of these factors can lead to drowning. Everyone has a responsibility to assess and manage the risk of immersion in cold water and to know what to do if it occurs.

Everyone is expected to:

- Have studied the effects by completing the British Rowing Cold Water & Hypothermia online learning module.
[Link: Cold Water & Hypothermia](#)
- Know and watch for the symptoms of mild hypothermia (such as complaints of feeling cold and tired, poor comprehension, disorientation, poor concentration, irrational behaviour, violent outbursts and confusion).
- Understand the effects of cold water immersion and hypothermia.
- Be prepared for those effects if immersed in cold water.
- Wear clothing appropriate to the conditions (see Keep warm and Introduction to Coxing and Steering online learning for those people who are involved in coxing).
[Link to Keep Warm](#)
[Link to Introduction to Coxing and Steering](#)
- Report incidents to the club and British Rowing.
[Link to report incidents.](#)

Sunburn, Heat Illness and Exhaustion

RowSafe 8.2 "Sunburn, Heat Illness and Exhaustion"

Prolonged exposure to sun can cause sunburn or skin damage at any time of the year, not just in the summer. The body produces a lot of heat when exercising. When dehydration occurs, body temperatures can rise to levels that cause heat illness (hyperthermia).

Everyone is expected to:

- Understand the effects of hyperthermia (heat illness and heat exhaustion) and sunburn.
- Be prepared for those effects if exposed to heat or sun.
- Use a high factor sunscreen and wear clothing appropriate to the conditions (see Introduction to Coxing / Steering online learning).
[Link to Introduction to Coxing and Steering](#)
- Carry drinking water and remain hydrated.
- Observe fellow rowers and watch out for signs of hyperthermia or sunburn (see under "Coaches" in Rowsafe 8.2).

Level 3 Physical Literacy

In any boat type

Getting afloat	<ul style="list-style-type: none"> o Independently get afloat. o Including pushing off and coming in without assistance.
Grip and posture	<ul style="list-style-type: none"> o Maintain good posture across the course of an outing. o Maintain alignment of the pelvis and lumbar spine through the catch, drive and recovery.
Confidence and balance skills	Keep building on previous work improving speed and quality.
	Can do 10 roll ups whilst keeping the blades clear of the water on the recovery.
Manoeuvrability	o Turn the boat 360 in 35-40 sec.
	o Confidently get on to a stake boat and hold the boat straight in a cross wind.
	o Move off stake boat on a straight course.
Stopping skills	Complete an emergency stop at speed without losing control or falling in!
Whole stroke	Retain posture and technique at low and high ratings.
Catch and connection	Suspend weight in a moving boat throughout the drive phase.
	o Square clean extraction at all speeds and rate.
	o Can do sequences of alternate squaring / feathering.
	o Recovery sequence follows hands, body, slide model with good posture.
	o Hands are held so that blades are clear of the water.
	o Squaring is completed by $\frac{3}{4}$ slide in preparation for the catch.
o Demonstrate good rhythm and ratio at all rates and pressures.	
	Minimum strokes square blade.



BRITISH ROWING

Training Guidance

Overview

Level 3 Athleticism

Level 3 Fitness

Level 3 Knowledge, Understanding & Application

Level 3 Ethos & Behaviours

Level 3 Athleticism	
Core Engagement	Can successfully complete Testing Core 3. (See Core Workshop)
Flexibility	Can successfully complete all exercises from Advanced Flexibility
Strengthening	Can complete all exercises from Advanced Strengthening
	Can complete five press-ups and five pull ups while maintaining correct technique.
Stability	Can complete all exercises from Advanced Stability



Training Guidance

Overview

Level 3 Physical Literacy

Level 3 Fitness

Level 3 Knowledge, Understanding & Application

Level 3 Ethos & Behaviours

Level 3 Fitness	
Ergo	Can complete a 30 minute ergo at UT2 whilst maintaining split and correct technique.
	Can complete a 2km at AT whilst maintaining split and correct technique
On water	Can maintain correct technique for a minimum of 20 minutes of continuous rowing.
General Fitness	Can complete 30 minutes of continuous UTI cross training comfortably with an elevated heart rate. (e.g. swimming, running, cycling etc.)



BRITISH ROWING

Training Guidance

Overview

Level 3 Physical Literacy

Level 3 Athleticism

Level 3 Knowledge, Understanding & Application

Level 3 Ethos & Behaviours

Level 3 Knowledge, Understand & Application	
Rowing terms	Explain which sides correspond to port and starboard.
	Understand training terms such as Steady State UT2 etc.
Equipment	Rigging measurements: <ul style="list-style-type: none"> o Understand the effects of changes to and how to adjust: <ul style="list-style-type: none"> o Span / Spread o Height o Outboard o Inboard o Can adjust height. o Can adjust inboard / outboard.
Competition	Understand and apply the British Rowing Rules of Racing.



Training Guidance

Overview

Level 3 Physical Literacy

Level 3 Athleticism

Level 3 Fitness

Level 3 Ethos & Behaviours

Level 3 Ethos & Behaviours	
	Read and understand the Nutrition Guide for High Performance Rowers
Nutrition	Keep a nutrition diary
Clean Sport	All rowers should attend the Clean Sport 1 Workshop to be able to understand their anti-doping responsibilities.
Training	Keep a training diary to monitor and record progress and recovery.



BRITISH ROWING

Training Guidance

Overview

Level 3 Physical Literacy

Level 3 Athleticism

Level 3 Fitness

Level 3 Knowledge, Understanding & Application

Level 4 Physical Literacy

In any boat type

Getting afloat	<ul style="list-style-type: none"> o Independently get afloat in a single. o Can enter a boat and then do up the waterside swivel. o Can launch from different bank settings, e.g. from a bank level jetty, from wading, from steps (or can explain how this would be done).
Grip and posture	Has sufficient flexibility to tilt the pelvis anteriorly (rock over) from backstops, without compensating at the catch.
Confidence and balance skills	<ul style="list-style-type: none"> o Further improvement. o Stand up and turn round then sit down. o Tossing an oar / rowing in difficult
	Can do a roll up and then return from the catch to the finish whilst keeping the blades clear of the water.
Manoeuvrability	<ul style="list-style-type: none"> o Show equal competency in being able to turn in 35-40 seconds in both directions. o Explain the effect of current, tides and wind on steering. o Use current to hold a position on the river. o Steer a good and safe specified course with bends and turns.
Stopping skills	Can complete an emergency stop when directed at speed and stop within two boat lengths.
Whole stroke	<ul style="list-style-type: none"> o Maintain good posture across the length of an effort in training. o Analyse your own posture and technique using video feedback.
Catch and connection	The catch is taken as the last part of the recovery, whilst the rower has flat hands (test this over 250m).
	Can row full pressure, square blade.
	Can perform late squaring and still get correct catch sequence.



BRITISH ROWING

Training Guidance

Overview

Level 4 Fitness

Level 4 Knowledge, Understanding & Application

Level 4 Ethos & Behaviours

Level 4 Fitness	
Ergo	<p>Can complete a 45 minute ergo at UT2 while maintaining split and correct technique.</p> <p>For example can complete a minimum of four 1500m pieces at AT with a short rest while maintaining split and correct technique</p>
On water	<p>Can maintain correct technique for a minimum of 30 minutes of continuous rowing.</p>
General Fitness	<p>Can complete 60 minutes of continuous UT1 cross training comfortably with an elevated heart rate. (e.g. swimming, running, cycling etc.)</p>



BRITISH ROWING

Training Guidance

Overview

Level 4 Physical Literacy

Level 4 Knowledge, Understanding & Application

Level 4 Ethos & Behaviours

Level 4 Knowledge, Understand & Application

Equipment

Rigging:

- o Can measure blade pitch.
- o Can measure lateral pitch.
- o Can explain the effect that negative, neutral, and positive lateral pitch would have on the blade throughout the stroke.
- o Can adjust spread, span and lateral pitch.
- o Stretcher angle rake



BRITISH ROWING

Training Guidance

Overview

Level 4 Physical Literacy

Level 4 Fitness

Level 4 Ethos & Behaviours

Level 4 Ethos & Behaviours	
Clean Sport	All rowers should attend the Clean Sport 2 Workshop and able to apply their anti-doping responsibilities daily.



Training Guidance

Overview

Level 4 Physical Literacy

Level 4 Fitness

Level 4 Knowledge, Understanding & Application