

POP AR

Learn to Row Course March 2010

Date / time	Skills
Tues 9th	Registration / Boathouse Tour / Ergos / Tank
Mar 19.00	Using a rowing machine / 500m ergo trial / gym induction / rowing tank
Thurs 11th	Rowing Tank
19.00/19.45	
Sat 13th	Rowing Tank
09.00/09.45	
Sun 14th	Rowing Tank
09.00/09.45	
Tues 16th	Rowing Tank
19.00/19.45	
Thurs 18th	Boat Handling & Health & Safety induction:
19.00	Safety on the Water
Sat 20th	Rowing in Eights & Tub Pair
08.00	Going Afloat for the first time
Sun 21st	Rowing in Eights & Tub Pair
08.00	Practicing technique
Tues 23rd	Rowing Tank
19.00/19.45	learning from the weekend
Thurs 25th	Rowing Tank/Boat Handling/Rigging
19.00/19.45	Practicing technique; how to look after a boat
Sat 27th	Rowing in Eights
08.00	Practising technique
Sun 28th	Rowing in Eights
08.00	Provisional depending on Vets Head event
Tues 30th	Rowing in Eights & Tub Pair
18.00	Practising technique afloat
Wed 31st	Rowing in Eights & Tub Pair
18.00	Practising technique.

TO SIGN UP FOR THE COURSE, SEE BELOW

Learn to Row Course

March 2010

This learn-to-row course is aimed at beginners with no previous experience of rowing, who are interested in taking up the sport. It aims to take participants to a level where they are confident afloat and will have had experience of competing, and can then continue to participate in club activities on a regular basis.

If you have rowed before, no matter how long ago, and want to get back into it you don't need this course – contact Chris Kendall to discuss your particular circumstances.

The essential pre-requisites are:

- you must be able to swim, confidently and strongly, at least 250m with light clothing
- you must be aged 18 or over
- you should not have any medical condition or disability which would impair your capability to row or affect the safety of others when afloat
- you should be able to attend all the sessions in the programme

The programme times and dates have been based on tidal and daylight conditions and the need to fit around other club activities. On-land sessions will be split into two (early: 7pm to 7.45pm, and late: 7.45pm to 8.30pm). Each water session will last between 1 and 2 hours depending on weather, tides and availability of equipment. Water sessions may be cancelled without notice because of adverse conditions in which case we will try and substitute a land-based session. Session times may be changed at short notice to fit around other club activities.

I want to learn to row. Can you teach me?

Yes, this is what this course is for. Be warned though, rowing can be seriously addictive - the competitive crews at the club will train 4 to 6 times a week for about ten months of the year.

Will I have to commit to train that hard?

No, but in common with all sports the time you put into it is the best indication of what you will get out of it. Poplar, Blackwall and District Rowing Club does cater fully for social as well as competitive rowers.

Do I have to wait until March to start learning?

For the formal course, yes. However, in the run-up to the course you can visit the club and have an introductory look around, and you can also improve your fitness levels ready to learn to row – running, cycling and gym work are good.

How many other people will be learning with me?

The course will be for a maximum of 16 people, allocated on a first-come first-served basis. We have a maximum capacity of eight people on the rowing tank and the course will be split into two consecutive sessions for each indoor training session.

What happens if I miss a session?

We ask you to try very hard to attend every session. Experience shows that if you miss more than 3 sessions you are likely to drop out of the course, and this wastes your input, our time, and denies a place to someone else. Please check the programme above and don't sign up unless you are genuinely prepared to attend every session. If, because of unforeseen circumstances, you think you will

have to miss more than 2 sessions during the course, please discuss it with us at initial registration. It is essential to participate in certain sessions (e.g. health & safety induction) and if you miss these your progress will be delayed. As the course progresses, we will give priority to people with an unblemished attendance record.

Do I need to be really fit to start?

A basic level of fitness is required before you start, but more important is that you are keen to improve. The course will include fitness goals, as well enabling you to master the basic techniques of rowing. If you have any concerns regarding your fitness you should consult your GP before starting a new exercise regime. It is important that you tell us of any conditions that may affect your ability to participate in strenuous activity.

Who will be teaching me to row?

Club members who have volunteered their time: some are qualified coaches, some are qualified by experience.

How do you teach me?

We start in the rowing tank, an indoor 'pond' equipped with seats and other fittings – just like a boat but it doesn't move. Once you're confident on the tank and have learnt the commands and techniques, we do a safety induction and then take you afloat, in a 'tub' (a wide stable boat) and/or eights with experienced club members assisting.

What should I wear?

For indoor training we suggest trainers and close-fitting gym kit. For rowing you will need old trainers, wet-shoes or strapped sandals to wear in the river, and again close-fitting gym clothes are best. A wind / waterproof top layer is also needed. Baggy t-shirts and shorts are not suitable as they can get in the way of the rowing blades / sliding seats. We discuss appropriate clothing during the course. When you go afloat you are almost certainly going to get wet, so always bring a change of clothes.

Are there changing facilities

We have changing rooms with showers for both men and women.

What will it cost?

The fee is £50 for the course. Contact us by e-mail to chris.kendall@pbdr.co.uk to request an application form. We will e-mail you a form which needs to be completed and posted back to us with the course fee (cheques payable to 'PBDR'). We will confirm receipt, and reservation of your place, by e-mail. The course fee also gives you temporary membership of the club until the end of April 2010. We will refund the fee if you attend the first session of the course but decide after the session that rowing is not for you. The fee is not refundable in any other circumstances.

When it's finished do I have to join the club?

No, the introduction to rowing is just that. However, we hope you will want to continue rowing and join the club as a full member. The cost of continued membership is currently £29 per month (although likely to increase at the end of March) payable in advance by standing order and there are special rates for people in full-time education: see 'membership' on the club website.

Do I get to race?

Course graduates who join the club will get the opportunity to take part in Club Racing which happens once a month throughout the summer. We organise a special race for course graduates once you have gained some more experience. Depending on numbers, experienced club members will join course graduates in the boats racing.

What happens after the course if I join the club?

Depends on how much time you want to commit – 4 sessions a week and upwards: you can join the men’s or women’s novice squads and train to race. We would expect you to be competing against other clubs within 4-5 months. Less than 4 sessions: you can form a crew with like-minded course graduates and we will try and provide coaching. Or you can row socially – occasional sessions when you feel like it.

Any questions?

Contact Chris Kendall if you have any questions about the course not answered by the above: chris.kendall@pbdrc.co.uk
