

Practice Timeline																											
0	5	10	15	20	25	30	35	40	45	50	55	60	1.05	1.1	1.15	1.2	1.25	1.3	1.35	1.4	1.45	1.5	1.55	2			
Welcome/Intro							Shell Anatomy														Carry Boats & Oars						
										Dynamic Warmup														Stretch			
		Safety Review																						Session Review			
													Basics on the Erg														

Pre Session Check List

- Clean the Club (appearances are everything when it comes to first impressions)
- Ensure your staff/volunteers are on time and are dressed for the role
- Have a list of all the people who have registered and if they have already filled out forms have those on hand
- If permission/release forms are needed be sure to have those printed and accessible
- A Pre-email to all participants can give them a good idea of what to expect their first session and can help them to come prepared

Welcome / Tour

- Welcome to the rowing club, introduction of instructors
 - ◆ Have name tags for instructors and staff shirts if possible
 - ◆ Make name tags for participants
- Ensure all forms and fees are squared away

All participants should have signed a liability waiver

- Tour of the facility
 - ◆ Washrooms, first aid kit, defibrillator, emergency exits
 - ◆ Give the club history and rundown of club membership and programs (sell the sizzle)

Safety Review

- Show the safety video and review safety protocol
 - ◆ Safety is a priority for all rowing clubs and showing that commitment is important
- Bad Weather Protocol
- Traffic patterns / safe emergency landing sites
- Emergency Action Plan
- Address any questions about personal or group safety while on the water

Anatomy of a Shell and Oars

- In manageable groups review the anatomy of a rowing shell
 - ◆ Showing the different classes of shells (racing, recreational, coastal, private)
 - ◆ Place shell on stretchers and look at construction of the boats
 - ◆ Discuss what things should look like and what damaged equipment may look like and how to report it
 - ◆ Talk about the cost of equipment and the importance of looking after it

Dynamic Warm-Up

- Demonstrate and go through “Dynamic Warm-Up for Rowing”
 - ◆ Dynamic warm-up and explanation of its importance found in resource package
 - ◆ Also a good time to show where water bottles could be filled up if needed

Basics on the Erg

- Introduction to the Erg
 - ◆ How to adjust the erg for you
 - ◆ How to keep the erg in good working order (cleaning after use and handle storage)
- Begin with basic stroke on the Erg
 - ◆ Heavy focus on posture, grip and body sequencing
 - ◆ Start at the release and progress from there
 - ◆ Flip back monitors (no need for numbers yet)
 - ◆ Ideally have a demonstrator on an erg as well as instructor(s) going around and helping



DRIVE PHASE



Handling Equipment

- Show where Learn to Row equipment is stored and how to handle it
 - ◆ Carry oars to water
- Review calls for moving a boat
- Carry boat to the dock, show how to install oars and get into a boat safely
 - ◆ Discuss importance of stepping in the appropriate spots in the boat
 - ◆ Remember some may have issues getting into boat so demonstrate alternate ways to transfer into the shell safely
- Put all equipment away
 - ◆ If shells are wiped down be sure to show where towels are kept and explain why the shell gets wiped down

Stretch

- 5-10 minutes of stretching major muscle groups
- Go through "Post-Workout Stretches for Rowing"

Session Review

- Review what was learned and covered in the first session
- Take time to answer any questions
- Review and confirm next session day and time, give ideas for ideal clothing to wear for rowing
- make notes on the assessment cards while everything is still fresh in your mind, who would work well together?

INTERNAL CLUB NOTES:
