

A PRACTICAL GUIDE TO ROWING AND TRAINING FOR JUNIORS AND THEIR PARENTS/CARERS



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INTRODUCTION

This booklet is intended as a practical guide on what to expect being a Newport Rowing Club Junior or a parent/carer of a Newport Rowing Club Junior. Whether you are a rower or new to rowing we hope you find this helpful.

If you would also like a basic understanding of rowing please take a look at the following link from the British Rowing website .

<https://www.britishrowing.org/go-rowing/>

We hope this proves to be a useful reference document throughout the year and as the juniors move to a new squad each year.

If you have any comments on this booklet , errors, omissions or suggestions for additions, please get in touch with the Club chairman: chairman@newport-rowingclub.co.uk

THE CLUB

Newport Rowing Club is a Community Amateur Sports Club and a company limited by guarantee. The running of the club is delegated to the committee, who are listed on our website under 'meet the team'

If you are new to the sport of rowing here is a guide to some of the rowing vocabulary you will come

TERMINOLOGY

across:

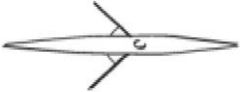
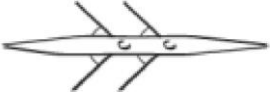



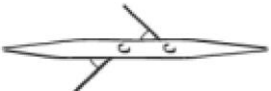
Types of boats

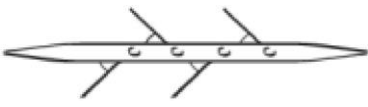


The types of rowing boat are broadly split into two categories; 'sculling' where each rower has two blades (oars), one in each hand and 'sweep' rowing where each rower has one blade (oar).

In sweep rowing the blade is either on the rower's left side also known as bow side (starboard) or on the rower's right side also known as stroke side (port). A boat has equal numbers of bow and stroke side blades.

The boats (shells) generally have one, two, four or eight seats and are classified according to the number of people and whether they are sweeping or sculling.

Juniors begin by sculling in J13 and start to sweep in J15 or older.

Pictorial	Name	Symbol	Description
	Single scull	1x	One rower, with 2 blades. The rower steers the boat by changing the pressure they put on each blade in the water.
	Double scull	2x	Two rowers with 2 blades each. They steer the boat by changing the pressure they put on each blade in the water.
	Coxless Quad	4x-	Four rowers with 2 blades each. One of the rowers steers with their foot - a cable runs from the foot plate to the rudder.
	Coxed Quad	4x+	Four rowers with 2 blades each and a cox to steer. This boat type is usually used by younger juniors and beginners.
	Octuple	8x+	Eight rowers with 2 blades each and a cox to steer. This boat type is usually used by younger juniors and beginners.
	Coxless Pair	2-	Two rowers with one blade each; one on bow side the other on stroke side.

	Coxless Four	4-	Four rowers with one blade each; two blades on each side of the boat .
	Coxed Four	4+	Four rowers with one blade each; two blades on each side of the boat. A cox to steer the boat from either the bow or stern.
	Eight	8+	Eight rowers with one blade each; four blades on each side of the boat and a cox to steer .

Events: There are two main types of event in rowing:

- **Heads** are time trials over a distance of approximately 3-7 kilometres , depending on the event, which happen during the autumn and winter months. Rowers can be on the water for a long time in potentially wet and cold conditions before racing.
- **Regattas** are side-by-side races which happen during the spring and summer months. Rowers can be at these events for a long time and in varied weather .

See the sections on diet and kit for specific advice for events.

Riggers: Metal fixtures at the side of a boat that has a "gate " to hold the blades. These are removed for transportation.

Rigger Jigger: A 10/13mm spanner used to take off/put on the riggers for transport of boats to/from events - called rigging and derigging. Every rower needs one of these at all times and is given one by the club when they pass through the 'learn to row' process!

Seat Fees: Every event charges a fee per rowing seat in each boat. These are paid by the club and charged to each rower. See competition, travel and accommodation costs for more information.

Coaches use an app called Heja to communicate about training and events. More general club

COMMUNICATIONS

communications come via email. Parents can chose how they wish to configure Heja so they can control, communications between their child and coaches/administrators.

Please ensure that you keep your email address up-to-date by notifying secretary@newport-rowingclub.co.uk

The coaches are happy to discuss rowing matters with rowers and their parents/carers. Rowers are encouraged to talk directly to their coach themselves about any questions or concerns they have about their rowing. Parents/carers are asked to make an appointment with a coach if you have an issue to discuss, rather than speak to them whilst they are leading a session. This will ensure a better outcome to the discussion for both parent/carer and coach.

The Club 's web site, Facebook, and Instagram pages, have news and information about the club and rowing.

<http://www.newport-rowingclub.co.uk>

OPPORTUNITIES FOR TO HELP

As with all sports and activities children take part in, parental support is important and makes a big difference. Apart from the important job of transporting your rower to and from training/events and volunteering to act as a 'parent in charge' when we are away from the club there are many opportunities to become involved with the Junior rowing section. Putting the kettle on, or helping out at our fundraising events can be a great way to get to know new people and get an insight into how the Club functions

Please contact secretary@newport-rowingclub.co.uk if you would like to volunteer to help.

Examples of how you can help:

- Helping with maintenance and tidying days to keep the club and the site spic and span
- Helping to man safety boats, act as timekeepers/marshals at club race events (training provided)
- Acting as session assistant alongside our BR qualified coaches (training provided)
- Coxing (training provided)
- Making cakes and flipping burgers at the regatta
-

COACHES AND SQUADS

The route into rowing at Newport for juniors depends firstly on the age of the rower.

We will start them to learn to scull fully at J13. A really good starting point for those younger than 13 is to become a coxswain. This gives them the opportunity to understand rowing by observing the crews they are coxing. Coxing is a great way to develop new skills, including interpersonal skills, as they learn to communicate with their crew and with the coach, instructing the crew through drills, and providing feedback to the coaches on crew training. They learn the hazards of rowing, and how to undertake risk assessments before sessions, and during sessions. Our coxswains are at the heart of all of our crew rowing, and we work hard to ensure they grow in confidence and skill. It also gives them an early introduction to racing at a high level of performance

J13 & J14 age group is exclusively sculling.

All beginners start with a free taster session in a stable training scull, which is attached to a rope held by the coach. Once the coach is certain that they have grasped the basics of moving the boat by using the rowing stroke, they will be given either further sessions in the training sculls, or if they are J15 and older they will be given an opportunity to initially start rowing in a four. Over the first year of joining the club they will be encouraged to develop both sweep and sculling skills.

The coach will assess the aptitude of the rower to the new skills that they are acquiring, and tailor the coaching to fit. There is no 'one size fits all' as we know people learn in different ways, and have different expectations. The coaches we get to know the person and fit the rowing experience to their level of ability. If, as a parent you feel that there is a mis-match of expectations please speak to the coach at the earliest opportunity.

WELFARE

The Club has a Welfare officer, who is listed under 'meet the team' on our website. They can also be contacted at welfare@newport-rowingclub.co.uk. The welfare officer is responsible for seeking to ensure the well-being of all the NRC Junior members and their coaches. They assist the Club in adopting the British Rowing Safeguarding & Protecting Children guidelines.

CLUB POLICIES

All the Club's policies can be found on the website. It is a requirement of membership that policies applicable to junior rowing are read by both rower and parents/carers. These include:

- [British Rowing Code of Conduct](#)
- [Water Safety Plan](#)
- [Club Rules](#)
- [Privacy](#) notice
-

MEDICAL, HEALTH AND SAFETY

Please ensure that the coaches are aware of any sickness or other **medical issues** eg. asthma, epilepsy, and any changes through the season. We ask that any health conditions are added into your child's 'bio' on Heja, and that the access to this information is set to 'admin only'

Training is quite intense and it is important to get enough **rest** so the body can recover. It is not advisable to train when feeling down and generally unwell. A good guide is to establish a resting **heart rate** first thing every morning before getting up. If the heart rate at any time is 10 beats or more above the norm then the coach needs to be advised to enable a decision to be made on training in conjunction with the rower and parent/ carer .

There are additional **hygiene** considerations to be aware of, cleanliness is essential to minimise the risk of

Guide to Junior Rowing and Training

infection:

- Cuts and abrasions (including blisters) should be covered with waterproof dressings. Wear footwear to avoid cuts and protect feet.
- Shower after contact with the water.
- Wash hands thoroughly and frequently to prevent the spread of bacteria and viruses: before and after training, before eating and drinking. It's a good idea to carry antiseptic hand gel in the kit bag.

If applicable, please see the British Rowing guidance.

[Rowing and Epilepsy - British Rowing](#)

MEDICATION AND DRUGS

The Club strongly believes in clean sport and follows British Rowing guidance on Anti-Doping. British rowing works in partnership with UK Anti-Doping (UKAD) and World Rowing, to protect the integrity of our sport. For more information see the Clean Sport page on British Rowing -

[Clean Sport - British Rowing](#)

Medication that rowers are prescribed or buy over the counter can be checked for compliance with Anti-Doping rules at The Global Drug Reference Online (Global DRO) which provides information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List . <https://globaldro.com/Home>

Rowers should not use protein supplements or any other performance supplements, including gels.

DIET AND HYDRATION

Nutrition and hydration are important elements of all exercise. A healthy and balanced diet is important. This means three meals a day plus appropriate snacks, each day's intake should contain a variety of food groups. Useful tips can be found here: <https://www.britishrowing.org/?s=nutrition&page=2>

Hydration is also important; daily fluid intake should be around 2-3 litres in the winter and more in the summer and leading up to events.

Water bottles should not be shared by athletes as this could spread infection. Always bring your own bottle for training on the water and in the gym. Sterilise bottles regularly with Milton or similar.

Sports Drinks

Isotonic drinks (sports drinks) are absorbed into the body faster than plain water. They normally contain 4-8g sugar to rehydrate and refuel and salt to enhance the absorption of fluid.

Easy and cheap to make your own - mix together:

- 1 litre water
- 1.25g (1/4 teaspoon) salt
- 250ml squash or high juice squash (not sugar free or low calorie); or 100ml Ribena

RULES OF THE RIVER

- Juniors must only go out on the water when authorised to do so. They will be supervised by a coach or a person delegated by the coach. Training on rules of the river is an important part of the beginners' sessions and is reinforced by coaches as necessary .
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- All coaches and rowers have a responsibility to follow the British Rowing Water Safety Code and Water Safety Code for the Club. Further information is at :
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- <http://www.britishrowing.org/taking-part/staying-safe/rowsafe>
-
- The club's Safety Officer can be contacted via safety@newport-rowing.club
-
- **Food at Events**

Refueling and rehydration are important. Everybody likes different food, but here's some key rules to apply:

- Start the day with a good breakfast such as porridge, Weetabix, toast/eggs.
- Avoid sugar highs and lows by eating food that provides a slow release of glucose, such as whole-wheat toast, cereals, pasta, fruit and vegetables.
- Snack on bananas, dried fruit, cereal bars etc. rather than chocolate and sweets.
- Replenish as soon after racing as possible, ideally within 20 minutes. Suggestions include squash (not sugar free)/home-made sports drink, milk, Yazoo or Alpro milkshakes, jam sandwiches, brioche, banana bread, honey bagels, Soreen malt loaf, Skyr yogurt pouches, yogurt and banana.

Everything in moderation but avoid sugary foods and drinks on race days! Please ask your coach or the welfare team if you need more guidance in terms of fueling the body for exercise and racing.

SUN EXPOSURE

Rowers and coaches are exposed to a higher intensity of sun than other athletes who do not train on the water. Reflection of the sun's rays off the water results in increased exposure to harmful solar radiation. Use of sunscreen, hats and sunglasses (with uv protection) are essential.

Always check the weather forecast then prepare and pack carefully for training or the day of an event. The Met Office is a good source of information: <https://www.metoffice.gov.uk/weather/forecast>

HYPOTHERMIA

Hypothermia occurs when the body has been chilled to a much lower than normal temperature and can no longer maintain its heat. ie. below 35° C. Avoidance must be the first consideration at all times. It is important to dress to beat the cold - layers of clothing are more effective than one warm garment. The outer layer should be wind and waterproof. Remember the head is a source of large heat loss so it is important to wear a hat in cold weather. Be alert to the warning signs of cold both in yourself and others. Exposed arms and legs heighten the risk (see information on [kit](#)).

Always check the weather forecast then prepare and pack carefully for training or the day of an event.

BLISTERS

Blisters are an inevitable result of rowing but it's important to prevent infection. Keep them covered to prevent infection. Here's a link to an article about 6 ways to treat blisters:

<https://www.rowperfect.co.uk/6-ways-treat-rowing-blister/>

ROWING AND WATERBORNE DISEASES

Weil's Disease, also known as Leptospirosis, is rare in Britain with around 40 - 50 cases reported each year; however the disease does kill one or two people every year. It is carried by water organisms, so those taking part in water sports can be at risk. In the early stages Leptospirosis can be mistaken for flu but can develop into jaundice, kidney and liver failure.

While the risk of contracting the disease from recreational water is very small, British Rowing is taking a precautionary approach and reiterating its advice that the serious nature of the disease means that rowers must be aware of the dangers and should take simple , routine precautions to reduce the risk of infection.

The most likely place for Leptospirosis to be found is in stagnant water, water that is adjacent to farm land and any water where rodents are common . Further information related to safety aspects on waterborne diseases can be found at:

[Rowing and Water-borne Disease - British Rowing](#)

It is possible that there may be times when the water could be contaminated. Sensible precautions include:

- Cover all cuts, grazes and blisters with water proof dressings, particularly if the water quality could be poor
- Wash or shower after any significant contact with water from the river or lake etc
- Always wash hands thoroughly before eating
- Clean any cuts or grazes that occurred during the outing
- Take care not to swallow water that splashes close to your mouth. If water is swallowed refer yourself to a healthcare professional if necessary with details of what happened
- Wear suitable footwear when launching or recovering a boat
- Wash down equipment with clean water after outings if necessary
- When taking a water bottle into a boat - a closed top is preferable to a sports top type bottle

If flu-like symptoms develop shortly after contact with the water contact your doctor and advise that you are a rower. Please let your coach know.

General hygiene as discussed above will help avoid the ingestion of contaminated material and infection. There are a lot of geese around the club and the river could potentially be contaminated at times so cleanliness and hygiene is essential to minimize the risk of infection and illness

Further information:

[Guidance-for-Rowing-When-Water-Quality-is-Poor-March-2024.pdf \(britishrowing.org\)](#)

Guide to Junior Rowing and Training

TRAINING SESSIONS

During the winter, the training is land based in the week and water based at weekends on Saturday and Sunday mornings. As the clocks change for the summer months, training becomes more water based during the week.

All training, including outings on the water, for Juniors must be under the supervision of coaches. Juniors must check in and out with their coach/adult responsible for each training session.

All coaches and rowers have a responsibility to comply with British Rowing Rowsafe good practice. If the coach considers that safety is at risk, then an outing or training session will be cancelled. Further information is at : <https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

The **exact training** schedule will be provided on Heja

TRAINING DATA

Coaches keep records of training data and use this to develop training plans for their squad and individual rowers. This may include, attendance, ergo results, weights lifted, circuits completed, etc.

Data is used in accordance with our Data Protection Statement which are available on the Club 's website.

ROWING KIT

COMPETITION KIT

The most important piece of 'kit' is the all-in-one (AIO) in the Newport Club colours. The crew must wear identical clothing in club colours for racing. If in the winter, a tee-shirt (long or short sleeve) is worn under the all-in-one, all crew members must wear a white tee-shirt.

Kit is purchased from [Godfrey](#) either through a "purchasing windows" or as needed. Members will receive an email giving notice when the ordering system is open. This will allow a bulk order with lead times of 4 weeks for race kit, 6-8 weeks for outerwear.

Whilst rowers may purchase as much or as little of the kit as they want, we suggest that rowers own at least a Newport all-in-one, leggings and a short/long sleeved technical top for inclement weather. A gilet or splash top is preferable for waiting on cold start lines and training throughout the winter, these do not need to be from Godfrey

TRAINING KIT

Rowers need to bring a bag of kit and be prepared for anything the elements may throw at them! Training kit can be any make, it does not need to have an NRC logo nor be the competition kit.

Basic requirements:

- Leggings and top-layers are important depending on the weather
- Wind and waterproof outer layer
- Shorts/all-in-one for land training or rowing in the summer. **Shorts are not sufficient in cold weather**
- Hat - for warmth in the winter and sun protection in the summer
- Sun glasses - even an early morning outing can be sunny
- Rigger Jigger
- Small dry water proof bag for kit in the boat as layers are removed/put on during a training session
- A complete change of kit is essential
- Extra **dry kit and a towel should be brought to the club at all times** in case of capsize and/or adverse weather conditions, especially when more than one training outing can be expected.
- A plastic bag is useful to hold wet kit
- Sun cream

Rowers who do not have appropriate clothing for the conditions will not be allowed to row.

Please ensure that appropriate fitting clothing is worn. Tee-shirts and shorts should not be low-cut . Sports bras are essential for girls.

The club rule is for rowers to wear vests/tee-shirts or all-in-ones as a minimum, not just bare chests or sports bras.

Bow rower and single scullers must wear high-viz tops. Ideally the whole crew will do so.

Look after your expensive kit!

We strongly recommend that all kit is named as it does tend to be left about and can be thrown away or used as a cleaning rag if not claimed!

Suitable footwear should be worn at all times -bare feet or socks are not allowed for safety reasons.

Sometimes it is not possible to row due to weather conditions so land training is undertaken . This can involve a run, so it is important that suitable trainers are worn. Muddy trainers should not be worn in the clubhouse.

Please also refer to information on clothing provided earlier ([Hypothermia](#)).

EVENTS - REGATTAS AND HEAD RACES

DATES

At the beginning of the year a schedule of planned dates for heads and regattas is normally provided by the coaches. Please note these dates in your diary and notify coaches AS SOON AS POSSIBLE if you think there is a potential clash with school holidays, exchange trips, exams etc. Ideally holidays should not be taken during the season to conflict with the dates provided. These dates and regattas are provisional and may change during the year.

Some events require overnight stays in the UK, possibly three times during the year for Junior Inter Regional Regatta (April), and the South Coast Championships

HELP AT EVENTS

Towing: The club needs volunteers to tow boat-loaded trailers to events. If you have a tow bar on your vehicle, a driving licence with B+E category and are willing to tow, please get in touch with the Captain .

Boat loading: Boats are normally loaded on a Thursday evening before an event. All rowers are expected to help with loading and unloading. The coach will advise when this will be happening. Loading the trailers to transport boats and equipment to *events* must be done correctly to prevent damage to equipment. The coaches will instruct on how this should be done.

Shoe collection: At Heads and local regattas it is useful to have one adult per crew to collect shoes/boots once they have been thrown from the boat by the rowers and to place them in a container to the side of the boating area ready for collection when the crew returns. Ikea bags marked as NRC are perfect for this!

COSTS - COMPETITION, TRAVEL AND ACCOMMODATION

Apart from Club membership and British Rowing membership fees there are additional costs which are also the responsibility of parents/ carers . These are charged through "seat fee" accounts, information is provided by the treasurer at the beginning of each seas on. These additional costs include:

1. Travel costs and accommodation for events

There will be costs involved in any overnight stays for a few events such as the South Coast Championships. Group hotel accommodation for the rowers, coaches and parent-helpers will be organised for these trips. In the rare event of an event being cancelled due, for example to weather conditions, it may not be possible to refund all of the costs incurred . Parents/carers wishing to attend normally make their own hotel arrangements. Details will be advised as necessary for each event.

Rowers are normally transported to events by parents/carers or other club members. When other club members are transporting juniors, for safeguarding reasons they will never be allowed to take just

one junior on their own. Lift-sharing is arranged by the club.

Where a parent/carer is not attending a residential event or not staying in the same accommodation as the rowers, then another adult (not a coach) will be required to act in Loco Parentis and the rower will be required to keep in contact with the Loco Parentis adult at all times. A Loco Parentis form, available from the club, is required to be signed by the rowers, Loco Parentis adult and parent/carer.

2. Seat fees

Racing fees charged by events for entries are paid by the Club and then claimed back from parents. Seat fees are typically in the region of £7 per event (Hants & Dorset). Seat fees are payable for each event, so if competing at J16 and Novice, this equals x2 seat fees. Fees are payable even if the event is scratched by the coach due to clash of timetables or if someone is not available to race and a substitute cannot be found. Payment per event is requested immediately after the event, and will be a combination of seat fee, Towing costs, and personal transport.

3. Trailer Towing and personal travel cost

We aim to minimize costs as much as possible. It costs us £160 to take the trailer to the main land. We make use of whatever ferry discounts are available, and aim to fill up all the spare seats in cars. The average costs of seat fees, towing costs and personal travel per event is currently £32.

PHOTOGRAPHS

We like to promote wins and celebrate success through the local press, on our website and in any promotional materials we may produce to attract potential sponsors.

When taking photos of winning crews please ensure that all kit is correctly worn (ie all-in-one's pulled up) and matches (ie all wear the same as far as possible and make sure the cox is also wearing a Newport top). Sun glasses should not be worn for photographs. It is helpful to email crew photographs to the coach/junior co-ordinator (details will be available in the email newsletter). These can then be forwarded to our press officer together with a report (often written by the coaches) for the newspaper (deadline is Monday for a Friday publish). Wins and regatta reports are collated by the club and appear on the Clubs' website.

BOAT HOUSE AND CARE OF EQUIPMENT

Pay attention at all times when moving boats and equipment. Don't rush and take care placing boats on the water and when returning to racks.

All boats should be wiped down after use.

Leave oars in separate area away from the boats, so that we don't have to walk across oars to launch, recover.

Equipment failures should be noted to the coach immediately .

Please keep the club tidy by not leaving unwanted bottles lying around as they get thrown in landfill or end up polluting the river. Try to think about re-use and recycling bottles. Water bottles should be sterilized regularly.

Keep the changing rooms tidy and don't leave kit or shoes lying around. Lost kit is put in special bins at the club house which are emptied frequently, about every two months. Please check regularly if you have lost an item.

The boat house doors, clubhouse door should be locked when the last person has come in and boats are away . Lights should be switched off!

FINANCIAL SUPPORT

We recognise that rowing can be an expensive sport..As a Community Amateur Sports Club we are committed to making rowing an affordable sport, please talk to the chairman@newport-rowingclub.co.uk if you have any concerns about affordability