



Getting Started

John Turnbull

Chairman Recreational Rowing Working Party



- Selling the idea in your Club
- What you need to do it
- Support available



Recreational rowing...

- Offers broad access for those new to rowing
 - all ages
 - all abilities
- Can be a path to competition
 - develops interest
- Keeps people in the sport
 - enjoyable outlet for past competitors
- Is a social and fitness pursuit in its own right



Why support recreational rowing?

- Who runs your bar and social events?
- Who has time to help with Club management?
- What happens to those who can't train 6 days a week?
- Want a stronger case for grants?

More people paying subs and supporting your Club



What do you need ?

- **Organisational support from your Club**
 - Recognition by Committee
 - Someone to lead and coordinate activity
- **Provision of suitable equipment**
 - Stable boats for adult beginners
 - Racing boats OK for more experienced
- **Coaching for beginners**
 - A competent qualified leader for courses
- **Follow on programme to retain “improvers”**
 - Ongoing coordination of activities
 - Support by more experienced rowers/coxes



Is it worth it?

(Weybridge/Weyfarers experience)

- Has developed links with parents of Juniors
- Harnessed professional skills of adult beginners
- Support for organising events
- Boat maintenance
- Transfer to senior/veteran squads
- Increase in social activity

Stronger support for Club



What support is available?

➤ ARA Whole Sport Plan

- Recognition of recreational rowing as way to increase participation and membership
- Sport England grants linked to these aims
- Creation of “legacy” project to provide framework and financial support
- Launching in coming weeks

Flagship project to run over next 4 years



Project activities

➤ Series of Working Groups covering

- Learn to Row
- Coach Assistant Training
- Stable Boats
- Membership
- Marketing & Branding
- New Competitions
- Personal Challenges
- Recreation & Touring



Support products

- Learn to Row and Coach Assistant course and guidance material to be available free online via Row How
- Equipment – recommendations for stable boats appropriate to different water conditions, backed by grant package
- Framework for non status events and achievement awards / challenges to provide goals for recreational rowers
- Guidance on organising rowing tours including suggested itineraries



Financial Support

- 50% grant for 50 stable boat packages up to total value of £25,000 each
- Up to £4,000 per scheme for coaching provision e.g. hiring coaches or “in kind” valuation of volunteer time
- 50% grant toward Level 2 coaching course for 2 club members in first year of scheme



Conditions

- Scheme is for adults and over 16s
- Must put at least 48 people through run Learn to Row courses per year
- Participants must be ARA members (non racing sufficient)
- Scheme boats to be made available for visitors from other scheme clubs and for new competitions and challenges



Other considerations

- Schemes can be partnerships between clubs or organisations e.g. Universities or independent schools where involvement in community projects helps maintain their charitable status
- Some grant schemes such as Sports Match may not be used to top up as could be regarded as double funding
- Others such as County Sports partnerships and Landfill schemes may be useful – ask your CDO for further info



Next Steps

- Stable Boat scheme will be launched in coming weeks
- Current ARA club mailing gives summary information and contacts
- Contact your CDO for further info
- Please advise your Regional Rowing Council Recreational Rowing representative of your interest