

Learn to Row



SESSION ONE (in 2 parts) – allow 2 hours

Aim: Instilling the basics

Where: land based; gig shed and sand beach

Numbers: 12 – all within the same timeframe

Notes: Even though everyone will have done a taster session and some of this will already have been covered during that, repetition does no harm.

Session One, Part One - in the gig shed

Safety basics:

- History of gigs & how they're designed to be safe (life- saving, they float even upside down, oars float etc)
- Life jackets
- Radio
- Safety bag

Cover the importance of recognising:

- Sea conditions/weather
- Wind direction/speed
- Tides
- Hazards
- Gig shed and cage

Session One, Part One covers:

- Parts of gig (oars, thwarts, thole pins, stretcher bars, rudder etc)
- Recap of positions/sides and commands
- Use of trolleys
- Talk through launch & retrieval (trigs, posture/back/lifting, yellow jackets)
- Put the first part into practice by taking the gig to the sand beach for Part Two
- Re-iterate hazards en-route in car park

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Notes: Holding this part of Session One on the beach allows for going ahead in less than ideal water conditions and for people to be able to hop in and out of the gig easily, try different sides & positions.

Having all 12 rowers there at once also allows for them to meet each other and get the most out of the session by watching others then having a go themselves.

It might also be useful to film parts of this on a phone, so they can see themselves working (or not!) as a crew.

Session One, Part Two – on the sand beach

Session One, Part Two covers:

- Stretcher adjustment
- Oars up/down – use blue blade oars
- Basic stroke: the catch, drive, finish and recovery (including terms like backs top, reach, hands away, lay)
- Backwater – how & why
- Putting out/bringing in fenders
- Replacing broken pins
- Return gig to shed
- Clean out sand from the boat
- Hazards to and from beach