



Safe Rowing Note

Subject	Land Training Safety		
Note number	7	Version	1
Date	27 September 2024		

Indoor Rowing

Indoor rowing is usually a low-risk activity, but it is not risk free. There are potentially serious risks from overexertion and using poor technique. Care is needed to ensure that risks are kept to acceptable levels.

Everyone that trains on a rowing machine is encouraged to:

- Warm up and stretch before starting a hard rowing session.
- Focus on good rowing technique, to avoid injury and to practice efficient boat moving skills.
- Seek guidance on technique from a coach or more experienced club member.
- Prioritise use of sliders to help good rowing technique, where possible.
- Stop if it hurts.
- Use a heart rate monitor to help assess training zone, exertion level, and fatigue.
- Avoid encouraging unfit or inexperienced rowers to overexert.
- Control your own training and aim for small incremental improvements.
- Stay hydrated by drinking water before, during and after exercise, appropriately.
- Cool down and stretch after all erg training sessions.
- Clean and disinfect the erg after use, using equipment provided by the Club.
- Store the erg appropriately, after use.

Circuit Training

Circuit training is usually a low-risk activity, but it is not risk free. There are potentially serious risks from overexertion and using poor technique. Care is needed to ensure that risks are kept to acceptable levels.

Everyone that attends circuit training organised by the Club is encouraged to:

- Wear appropriate clothing and footwear.
- Warm up then stretch before starting circuits.
- Follow guidance provided by the coach or trainer.
- Stop if it hurts.
- Avoid encouraging unfit or inexperienced athletes to overexert.
- Stay hydrated by drinking water before, during and after exercise, appropriately.
- Stay on your own mat or clean the exercise mat/area from sweat before others use it.
- Cool down and stretch after circuit training sessions.



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Weight Training

Weight training can be a high-risk activity, where poor technique is used and inexperienced individuals are not supervised. There are potentially serious risks from overexertion and using poor technique. Care is needed to ensure that risks are kept to acceptable levels.

Junior, Novices, and Adaptive Rowers. A coach must supervise all weight training sessions.

Everyone that undertakes weight training is encouraged to:

- Arrange to have one or more training partners, rather than train with weights alone.
- Warm up and stretch properly before undertaking weight training.
- Be aware of the correct weight training technique.
- Start a new type of lift with a low weight to develop good technique, before gradually increasing the weight.
- Seek guidance from a coach or more experienced club member to improve technique.
- Control your own training and aim for small incremental improvements.
- If restarting weight training after a period of not lifting weights, use lower weights until your body has adjusted and you are able to use a good technique.
- Stop if it hurts.
- Cool down and stretch after each weight training session.