PENGWERN BOAT CLUB

Safe Rowing Rule

Subject	**Land Training Safety**		
Rule number	7	Version	2
Date	21 October 2025		

Indoor Rowing

Indoor rowing generally carries minimal risk, though it is not completely without hazard. Risks may arise from excessive exertion or incorrect technique. Appropriate precautions should be taken to keep risks at acceptable levels.

Everyone using the rowing machine should:

- Warm up and stretch before rowing.
- Use proper technique to prevent injury and improve skills.
- Get technique advice from coaches or experienced members.
- Prioritise sliders for better technique, if available.
- Stop immediately if you feel pain.
- Use a heart rate monitor to track effort and fatigue.
- Don't push unfit or inexperienced rowers too hard.
- Manage your own training with gradual progress.
- Stay hydrated by drinking water as needed.
- Cool down and stretch after each session.
- Clean and disinfect the erg after use with Club supplies.
- Store the erg properly after finishing.

Circuit Training

Circuit training is generally safe, though risks from overexertion and improper technique exist. Proper care helps minimise these risks.

Participants in circuit training organised by the Club are advised to:

- Wear suitable clothing and footwear.
- Warm up and stretch before beginning circuits.
- Follow instructions from the coach or trainer.
- Stop exercising if experiencing pain.
- Avoid prompting unfit or inexperienced athletes to overexert themselves.
- Maintain hydration by drinking water before, during, and after exercise as needed.
- Cool down and stretch after completing circuit training sessions.

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Weight Training

Weight training carries risks, especially for beginners or those using poor technique. Overexertion and improper form can cause serious harm, so it is important to minimise these risks.

Junior, Novices, and Adaptive Rowers: Weight training sessions must be supervised by a coach.

Everyone:

- Train with partners rather than alone.
- Warm up and stretch before lifting.
- Use proper technique and start new lifts with light weights.
- Consult a coach or experienced member for guidance.
- Aim for gradual progress.
- Use lower weights when resuming after a break.
- Stop if you feel pain.
- Cool down and stretch afterwards.