
	RECREATIONAL ROWING	
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DESCRIPTION:

Recreational rowing on inland sheltered water.

QUALIFICATIONS:

Teaching beginners	- The basic teaching award of the Amateur Rowing Association
Coaching Club Crews	- Club Coach Award of the Amateur Rowing Association
Coaching to advanced competitive standard	- The advanced Coach Award of the Amateur Rowing Association

STAFFING RATIO:

1 / 10 but less if local conditions and the ability of the participants demand it.

PROTECTIVE EQUIPMENT:

In cold wet conditions a waterproof, windproof outer layer over warm clothing.

Personal buoyancy should be worn for this activity unless the water depth is shallow enough to stand and for participants to walk to the side in the event of a capsize.

HAZARDS:

- Weather conditions
- Hypothermia
- Drowning

GUIDANCE:

The sport as a recreation focuses on learning the techniques required, but participants must be physically fit and able to swim with a buoyancy aid.

OTHER INFORMATION:

British Rowing: <http://www.britishrowing.org/>