

Competition Framework

AMATEUR ROWING ASSOCIATION



Youth Sport Trust



Rowing guidance information for competition managers

Who is involved

The Amateur Rowing Association (ARA) is the national governing body for rowing and its remit includes the traditional, coastal, recreational, Olympic and indoor aspects of the sport. Unlike many sports delivered in schools, there are in fact more adults participating in rowing than young people.

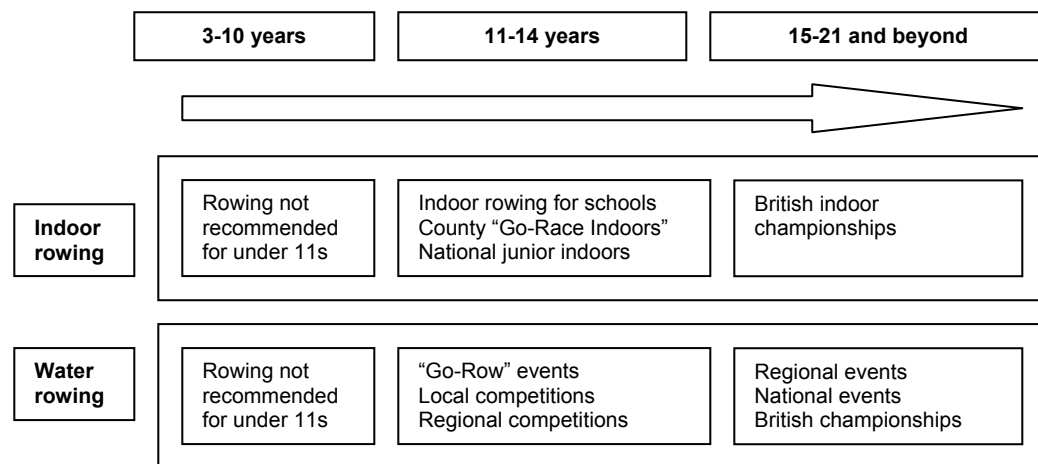
Dry and Wet Start – indoor and water-based activity

The ARA school and club scheme, Project Oarsome, was launched by Sir Steve Redgrave (the President of the ARA) in 2000. This involved 'Dry Start', using indoor rowing machines, and 'Wet Start', which builds links to clubs for water-based activity. These are mainly secondary state schools, as we do not support rowing programmes for children under the age of 11 except under carefully controlled circumstances.

National contact

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Indoor rowing: www.ara-rowing.org/schools

The framework for indoor and water-based rowing



Key benefits/messages

1. **Flexibility** – Rowing can be performed indoors on a range of ARA-recognised machines or it can be a water-based activity at over 550 clubs, many of whom are Clubmark-accredited.
2. **Competition** – Rowing is consistently one of Great Britain's most successful sports. There are over 300 high quality water-based competitions available, along with over 50 recognised indoor events for schools.
3. **Health** – Rowing can link into the physical activity agenda. Indeed, the ARA PESSCL Schools programme is recognised by the Department of Health National Healthy Schools Programme.
4. **Inclusiveness** – Rowing has competitive events for all. Evidence shows participation from girls, black and ethnic minority groups and those with physical, sensory or learning disabilities.

Key supporting resources available

- Working with competition manager – ARA position statement.
- Competition framework for indoor rowing and a framework for water rowing.
- PESSCL indoor rowing for schools accreditation.
- PESSCL *Indoor Rowing for Schools Handbook*.
- *Go-Race Indoors Organisers' Guide* (16 pages).
- Skill cards for indoor rowing multi-skills activity.
- Water-based logbook for young people (11-14).

Delivery

Indoor rowing competitions (11 to 18 years) – What is a Go-Race Indoors event?

This is the national inter-school programme of racing which has been agreed by ARA technical experts and forms part of our long-term athlete development strategy known as the Rower Development Model. Some Go-Race Indoors events have been awarded county championship status by the ARA and lead to the National Junior Indoor Rowing Championships held in March. Pupils are ranked according to their age, sex and score. Each pupil receives a percentage score in relation to World Gold Medal targets. Pupils should have achieved ARA Dry Skills 2 to compete and the number of strokes per minute should not exceed 32.

Year group	Rowing time	Boys target	Girls target
7	2 mins	510m	490m
8	3 mins	810m	750m
9	4 mins	1125m	1020m
10	5 mins	1430m	1275m
11	6 mins	1720m	1540m
12/13	2000m	07:00.0	07:45.0

Team events – Team 2012m challenge

The ARA also recommends that young people participate in the Team 2012m challenge. Details on the individual and TEAM 2012m challenge, along with how to compete in or organise an event, can be found from September 2007 at www.ara-rowing.org/team2012

Should primary schools be involved?

The sport does not advocate the use of indoor rowing in primary schools except under very controlled circumstances in Year 6. We believe that younger children should concentrate on multi-skill activity. Details of the ARA recommendations on rowing in primary schools can be found at www.ara-rowing.org/indoorrowingforprimaryschools

The ARA has produced a range of health-based multi-skill activities along with skill cards, training and a kit bag full of resources. The activities are designed to lead into rowing by further developing multi-skill areas such as flexibility, core stability, timing and teamwork.

What training is available for teachers, adults other than teachers and CSLA students?

The ARA Dry Instructors (DI) Award is recognised by sports coach UK as the introductory award for indoor rowing in schools. All leaders of rowing activity should hold this award. The ARA can also provide training for tutors and assessors who wish to deliver this programme. We recommend that anybody delivering training on indoor rowing holds ARA tutoring qualifications.

Delivery of water-based rowing (Wet Start)

Water-based activity takes place at around 550 clubs throughout the country. Over 300 formal, recognised competitions are held each year. Private 'matches' also take place, the best known being the Oxford and Cambridge University Boat Race. Many schools are linked to clubs.

What is a head of the river race?

Rowing events are split into two basic types. Head Races take place in the autumn and winter and involve crews starting at intervals and being timed over a set distance. Essentially, they are time-trials with male and female crews racing together. There are different age and boat classes. Events can be local, regional or national.

What is a regatta?

Regattas normally take place in the spring and summer. Crews start side by side and the winner is the first crew across the line. There are different age, sex and ability classes. Events tend to be internal club events, local, regional and national regattas.

What are Clubmark and Project Oarsome?

Clubmark is the national accreditation programme that is endorsed by Sport England. The ARA club/school links scheme is known as Project Oarsome. Community clubs with this status should hold Clubmark and provide young person-centred qualified coaching for 11 to 18 year-olds.

What is a "Fun" competition?

These are small introductory events that combine the elements of skill assessment and traditional side-by-side racing. They are usually held in the summer by Project Oarsome clubs.



National School Competition Framework Sport: Rowing

AMATEUR ROWING ASSOCIATION



**National School Competition Framework
Sport: Indoor Rowing (Primary)**

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
Key Stage 2: 7-9 years	<ul style="list-style-type: none"> • Multi-skills only – we do not advocate rowing competition 			
Key Stage 2: 10-11 years	<ul style="list-style-type: none"> • “Go-Race Indoors” programme delivered by ARA trained/qualified coaches. No more than 100 consecutive/continuous repetitions on an indoor rowing machine (about three minutes) 	<ul style="list-style-type: none"> • At primary location or on short structured visits to ARA accredited link secondary school or at multi-skills festival • Suitable indoor rowers include WaterRower, Concept2 and Rowperfect 	<ul style="list-style-type: none"> • Preferably during the summer term of Year 6 to prepare for possible Year 7 participation 	<ul style="list-style-type: none"> • We do not recommend that children participate in competition outside of their school

National School Competition Framework Organisers' Sheet Sport: Indoor Rowing (Primary)

Competition age group	Format	Facilities	Organisers/Helpers	Resources available from NGB to support
Key Stage 2: 7-9 years	<ul style="list-style-type: none"> We do not advocate rowing competition for this age group 			
Key Stage 2: 10-11 years	<ol style="list-style-type: none"> Coaching and competition with 66% of time spent on coaching and activity Participants should reach DSK level 2 Activity should be part of multi-skills Individual races limited to Year 6 – two minutes Any child should be able to enter Technique must be emphasised over speed Team 2012 relays could be incorporated All participants should receive a certificate of completion 	<ul style="list-style-type: none"> Dry, warm room with flat floor Two to five indoor rowing machines, e.g. Rowperfect, Concept 2, Water rower Also useful would be the ability to display races using a laptop and data projector 	<ul style="list-style-type: none"> Coaching to be led by appropriately qualified teacher/ adult, e.g. ARA Dry Instructors or PESSCL Coaching for Teachers (CfT) Those holding the ARA Junior Rowing Leaders Award can run event if supervised by an appropriate person 	<u>Indoor Rowing for Schools</u> <ol style="list-style-type: none"> ARA Dry Skills Awards ARA Dry Speed Awards ARA Dry Fit Awards PESSCL Coaching for Teachers Award ARA Junior Rowing Leaders Award “Go Race” Organisers’ Guide

The ARA is fully supportive of initiatives to promote higher levels of activity amongst children. Materials and curriculum information are available for teachers of Key Stage 3 programmes and these include the use of the indoor rowing machine.

The best preparation for any child embarking on a period of rowing activity is a good PE programme in primary school. This should include a quality movement literacy programme that develops the athletic ability of the individual. To get the best enjoyment or success from rowing, the participants should be able to swim and be confident in and around water and have the ability to balance; co-ordinate leg, arm and trunk movement patterns; move in time with others; follow and create rhythm; do two-legged activity; work as a team; be flexible; have core stability and have an awareness of their body in space. Once the individual takes part in rowing, they need to have a quality experience. Any activity that is labelled rowing should be fun and delivered in a way that encourages them to want more. The ARA is keen to promote access to indoor rowing and is aware that increasing numbers of primary schools are interested in accessing the sport either through their school sport partnerships or through individual initiatives. Primary schools wishing to use indoor rowing as part of their physical activity provision are advised to adhere to the following guidelines:

- that any primary school indoor rowing programme is only delivered to Year 6 children (rising secondary children) as an introductory programme which could form part of a secondary school induction, lasting for a maximum of a unit of work
- that wherever possible it should be delivered on the secondary school site
- that indoor rowing machines are not placed 'long term' in primary schools
- that if indoor rowing machines are placed temporarily in primary schools, they are stored in a secure area and only used when supervised by a suitably qualified person
- that an appropriately qualified and experienced person always delivers a primary school programme
- that the programme concentrates on developing skill and movement patterns, using the indoor rowing machine as a minor part of the programme.

**National School Competition Framework
Sport: Indoor Rowing (Secondary)**

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
Key Stage 3: 11-14 years	<ul style="list-style-type: none"> • “Go-Race Indoors” for pupils achieving Dry Skills Level 2 or 3: <ul style="list-style-type: none"> • Year 7: 2 minute race • Year 8: 3 minute race • Year 9: 4 minute race • ARA 2012m school team events 	<ol style="list-style-type: none"> 1. ARA PESSCL accredited secondary school 2. Clubmark rowing club 3. Central venue, inter-school <ul style="list-style-type: none"> • Events could be organised by those working on the Junior Rowing Leaders Award 	<ul style="list-style-type: none"> • At end of Dry Start programme, e.g. Nov to Dec; Mar to Apr 	<ol style="list-style-type: none"> 1. ARA-recognised county “Go-Race Indoors” Championships 2. National Junior Indoor Rowing Championships (March)
Key Stage 4: 14-16 years	<ul style="list-style-type: none"> • “Go-Race Indoors” for pupils achieving Dry Skills Level 3: <ul style="list-style-type: none"> • Year 10: 5 minute race • Year 11: 6 minute race • ARA 2012m school team events 	<ol style="list-style-type: none"> 1. ARA accredited secondary school 2. Clubmark rowing club 3. Central venue, inter-school <ul style="list-style-type: none"> • Events could be organised by those working on the Junior Rowing Leaders Award 	<ul style="list-style-type: none"> • At end of Dry Start programme, e.g. Nov to Dec; Mar to Apr or at end of Health-Related Exercise unit of work 	<ol style="list-style-type: none"> 1. ARA-recognised county “Go-Race Indoors” Championships 2. National Junior Indoor Rowing Championships (March)
16-19 years	<ul style="list-style-type: none"> • 2000m for pupils achieving Dry Skills Level 3 	<ol style="list-style-type: none"> 1. ARA accredited secondary school/college 2. Clubmark rowing club 		<ol style="list-style-type: none"> 1. ARA-recognised regional competitions 2. English Indoor Championships 3. British Indoors (BIRC)

National School Competition Framework Organisers' Sheet
Sport: Indoor Rowing (Secondary)

Competition age group	Format	Facilities	Organisers/Helpers	Resources available from NGB to support
<p>Key Stage 3/4: 11-14 years</p> <p>plus</p> <p>15-18 years</p>	<ol style="list-style-type: none"> 1. Coaching, physical activity and competition with 66% of time spent on coaching/physical activity 2. Participants should reach DSK Level 2 or 3 3. Activity should be part of multi-skills 4. Individual races limited to: <ul style="list-style-type: none"> • Year 7: 2 minutes • Year 8: 3 minutes • Year 9: 4 minutes • Year 10: 5 minutes • Year 11: 6 minutes • Year 12/13: 2000m 5. Any child should be able to enter 6. Technique must be emphasised over speed 7. Team 2012 relays could be incorporated 8. All participants should receive a certificate of completion 	<ul style="list-style-type: none"> • Dry, warm room with flat floor • Two to five indoor rowing machines, e.g. Rowperfect, Concept 2, WaterRower • Also useful would be the ability to display races using a laptop and data projector 	<ul style="list-style-type: none"> • Coaching to be led by appropriately qualified teacher/adult, e.g. ARA Dry Instructors or PESSCL Coaching for Teachers (CfT) • Those holding the ARA Junior Rowing Leaders Award can run event if supervised by an appropriate person 	<p><u>Indoor Rowing for Schools</u></p> <ol style="list-style-type: none"> 1. ARA Dry Skills Awards 2. ARA Dry Speed Awards 3. ARA Dry Fit Awards 4. PESSCL Coaching for Teachers Award 5. ARA Junior Rowing Leaders Award 6. "Go Race" Organisers Guide

National School Competition Framework
Sport: Rowing – water based

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
Key Stage 2: 7-9 years	<ul style="list-style-type: none"> Multi-skills only – we do not advocate rowing competition 			
Key Stage 2: 10-11 years	<ul style="list-style-type: none"> ARA-recognised “Fun” competitions 	<ol style="list-style-type: none"> Clubmark clubs 	<ul style="list-style-type: none"> Summer 	<ul style="list-style-type: none"> Regional “Fun” events
Key Stage 3: 11-14 years <ul style="list-style-type: none"> Level and distance of competitions should depend on ability level Participants should be able to maintain good posture, rhythm, ratio and run for the full distance 	<ul style="list-style-type: none"> “Wet Start” skill-based competitions for 11-14 year olds Year 7: 1000-2500m time trial and <500m regatta Year 8: 1000-3000m time trial and <500m Regatta Year 9 1000-4000m time trial and <1000m regatta 	<ol style="list-style-type: none"> Clubmark clubs ARA-affiliated time trials ARA-affiliated regattas 	<ul style="list-style-type: none"> Summer Sept – Apr Apr – Sept At least three months should be competition free 	<ol style="list-style-type: none"> ARA National Time Trials ARA National Schools Regatta GB National Championships
Key Stage 4: 14-16 years <ul style="list-style-type: none"> Level and distance of competitions should depend on ability level Participants should be able to maintain good posture, rhythm, ratio and run for the full distance 	<ul style="list-style-type: none"> Year 10 1000-4000m time trial and <1000m regatta Year 11 1000-4000m time trial and <1500m regatta 	<ol style="list-style-type: none"> ARA-affiliated time trials ARA-affiliated regattas 	<ul style="list-style-type: none"> Sept – Apr Apr – Sept At least two months should be competition free 	<ol style="list-style-type: none"> ARA National Time Trials ARA National Schools Regattas GB National Championships <p><u>Talented athletes only</u></p> <ul style="list-style-type: none"> Junior inter-regionals GB J16 team
16-19 years <ul style="list-style-type: none"> Level and distance of competitions should depend on ability level 	<ul style="list-style-type: none"> 1000-5000m time trial and <2200m regatta 	<ol style="list-style-type: none"> ARA-affiliated time trials ARA-affiliated regattas 	<ul style="list-style-type: none"> Sept – Apr Apr – Sept At least six weeks should 	<ol style="list-style-type: none"> ARA National Time Trials ARA National Schools Regattas GB National Championships <p><u>Talented athletes only</u></p> <ul style="list-style-type: none"> England team

<ul style="list-style-type: none">• Participants should be able to maintain good posture, rhythm, ratio and run for the full distance			be competition-free	<ul style="list-style-type: none">• GB junior squad
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