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**January 2010****Dry - Rowing Safety Guidance**

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Norfolk County Council is implementing a county-wide Dry - Rowing programme to ensure that pupils and staff are kept safe and that the teaching and learning is the most effective that it can be. This process began in October 2009 organised by the County PE, Sport and Physical Development Service. Working closely with British Rowing (formally The Amateur Rowing Association), a qualification for teachers delivering rowing within the curriculum is to be provided. The programme provides the opportunity to review safe practice, guidance, and to increase the number of school staff qualified to teach Dry - Rowing safely.

Norfolk County Council Children's Services requires that any one teaching Rowing must have an up to date qualification, (within the last two years). We are committed to providing training to support this requirement.

It has become apparent that there have been increasing incidents where young people in schools have sustained strain injuries due to using incorrect drag factor settings when working on rowing machines:

'Rowing activities should be led by competent, appropriately qualified and relevantly experienced staff'

**(Safe Practice in Physical Education and School Sport 2008, P257)**

In conjunction with British Rowing, Norfolk County Council Children's Services have developed a simple sticker that will be sent to all schools with concept rowers detailing information about the appropriate drag factor for the pupil's age. Placing this where visible on the machine will help to ensure pupils and staffs are using it safely and effectively.

British Rowing has recently produced a new qualification for teachers; The Indoor Rowing Award. This curriculum based award has been designed by teachers for teachers specifically to meet the needs of the National Curriculum 2007. A county wide training programme will be in place for the spring/summer term. Once you have successfully completed this course you will then enter a Norfolk rolling programme, whereby every 2 years you will be expected to do a one day refresher course in order to maintain the necessary level of competence to deliver rowing effectively and safely in your school, both within curriculum time and as an extra curricular activity.

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Should you require any additional information relating to the issue of this guidance then please contact:

**Keren Thompson**

Norfolk County Physical Education Adviser

01603 697006

keren.thompson@norfolk.gov.uk