

# GO ROW: INCLUSIVE TEAM ROWING

## Quick introduction

This inclusive indoor rowing competition has been designed to enable SEND and non-SEND rowers to compete with and against each other. This format can also support pupil transition to Intra and Inter Adaptive competitions. For more information on this pathway please view the inter competition rowing competition card at [www.yourschoolgames.com](http://www.yourschoolgames.com)

## Who the competition is aimed at?

Inclusive indoor team rowing is aimed at SEND and non-SEND pupils who cannot easily access mainstream rowing competition; for example pupils who can row less than 300 metres in one minute.

- Pupils compete in teams of four, which can include a mixture of SEND and non-SEND athletes.
- Teams of similar ability should compete against each other. To establish this, run one-minute individual trials as part of a warm up. Then use the scores achieved to group athletes into teams with similar average distances.

Each competition is made up of a minimum of two teams. If more than two teams are competing consider running a head-to-head competition, ensuring teams of similar ability compete against each other.

## Setting up the competition

- Set up the rowing environment with two machines per team where equipment allows.
- The damper on the machine must be set no higher than level 3.
- Relevant leads depending on PM3 or PM4 monitors, USB Hub, laptop with race software, projector and screen.
- For any disability specific equipment adapt the equipment; for example to a row seat or frame, or Active Hands.



## Think inclusively STEP

- Space:**
- Leave enough space around the machine so mobility and visually impaired competitors can move and transfer safely.
- Task:**
- Alter the length of each race.
  - Adjust the number of races per competition.
  - Alter the length each competitor can row during a race.
- Equipment:**
- Provide rowers with adaptive rowing frames, seats and/or Active Hands.
  - Allow teams to use additional rowing machines.
  - Give visually impaired rowers audio information.
- People:**
- Alter the number of rowers in each team.
  - Allow teams to make substitutions.
  - If beneficial, allow a rower to stay on one machine during the length of the race.



Check out our films

## Rules of the competition

- Teams compete in a best of three races format – or the first to win two races.
- Teams compete head-to-head.
- Each race lasts eight minutes.
- Each team selects the order they will row in.
- Athletes row for a maximum of one minute at a time.
- Start the race saying 'Sit ready; Attention; ROW'. This will happen automatically if you are using Venue Race software.
- Athletes from each team will row for a maximum of one minute while the next rower gets ready on the second machine.
- Once a rower has completed their row, the next rower on the other machine continues the race.
- Rowers can change over as often as they need during a race.
- The team who rows the furthest in eight minutes wins.
- Teams then prepare for the next race.
- The first team to win two races is the overall winner.
- Competitors must hold onto the handle at all times during the race.
- Competitors can use straps or have their feet held down during their race.

## Officiating

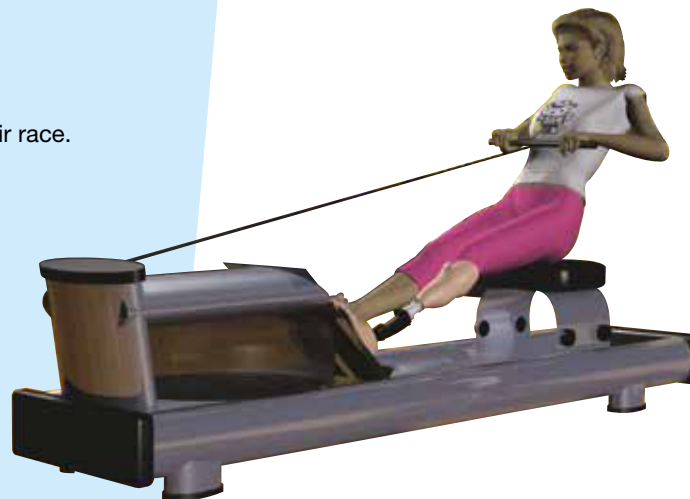
- Make sure each pupil rows at least once.
- Ensure rowers only row for a maximum of one minute.
- Make sure that the handle is replaced correctly after each row finishes.

## Health and safety

- Make sure feet are held down tightly.
- Make sure loose clothing is tucked in.
- Stay away from any wires and the fly wheel.
- Use the handle hook in between changeovers.
- Provide additional seating for the rowers who require it between races.

## Think tactics

- Think about how you are using your legs or arms.
- Think about the order in which rowers race.
- Help each other getting off the rowing machine.
- Ensure the handle keeps moving throughout the stroke.



## Sporting ME Spirit of the Games

*Excellence through competition*



**Respect:** Encourage others to do well even if they are competing against you.

[WWW.YOURSCHOOLGAMES.COM](http://WWW.YOURSCHOOLGAMES.COM)