

R.O.S.E.

Rowing an Outdoor Sport for Education



PROGRAM R.O.S.E



CROS
PAYS DE LA
LOIRE



SPORT IRELAND



cim alto minho
comunidade intermunicipal do minho-lima



WE ATLANTIC

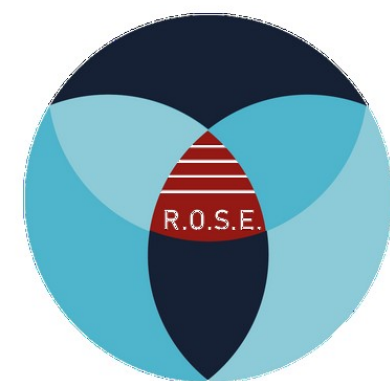


FFAVIRON
PAYS DE
LA LOIRE



Cofinancé par le
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Presentation



The practice of rowing has, in particular, a certain pedagogical interest for the learning of autonomy, safety and constitutes a privileged means of contact with the natural environment. If you allow children to live "exceptional adventures", advancing in age, it offers the prospect of a smoother physical practice, centered on the development of personal well-being. Whatever the approach, through emotions, sports performance, collective experiences, the practice of rowing involves the individual in a process of transformation.

In 2021, at the initiative of CROS of the Pays de La Loire, in collaboration with the Regional Rowing League, and in partnership with the Intermunicipal Community of Alto Minho (Portugal), Clare Sports Partnership (Ireland) and We Atlantic (France), the European Commission, under the Erasmus + Sport 2020 program, validated the Outdoor Sport Rowing for Education (R.O.S.E.) project. This project aims to promote education within and through the practice of rowing through the development of the competencies of sports educators in 3 areas (Health/Inclusion/Environment) in order to strengthen the links between the school environment and the sports movement.





Learning – Environment

To teach students about the tides - why it happens and how it affects their rowing. To teach students about the gravitational pull of the moon and that there are 2 tides every day.

Row Task ✓

Ask a crew row to a set point and then sit in boat with the oars off the water. Observe the drift of boat over a period of 1 minute . After 1 minute the crew marks the second point. Then they can measure the distance and the direction of the drift.

If you have the distance and direction for 1 minute calculate how far you drift in 1 hour.



Top Tips ★

- Be aware of environment / surroundings
- Carry out in known waterways
- Ensure a safety boat is present
- Keep all oars off waters
- Remove tiller/rudder to make the drift accurate

Equipment ▶

Safety 🚚

- SafetyBoat
- LifeJackets
- Compass
- Weather forecast
- Time of the tide
- Radio
- Map with depths of water at high / low tide. (Marine map.)



Discussion “

- Discuss with the kids the consequences of not having the safety equipment
- Discuss the distance they travelled/drifted and the effect on their boat.

More

- Tide charts.
Website for weather
- Get kids to figure out the tidal times .
If at 12 pm the tide is in, tomorrow at 4pm where will the tide be?

Go further +

- How to row correctly in relation to wind + tides :
At the start you need alignment buoys
- The rower keeps their head aligned straight with these buoys. while rowing to finish line. The boat may turn/drift, but the rower must maintain their head on straight line. Time it start to finish
- Repeat distance and do not use alignment buoys rower will drift out of line because of the tide and wind. Time it and compare it to test A.

Rowing Story



Two girls Galway Ireland went out with stand up paddleboards and they drifted 6km from where they started. They had no safety communication device. It took the coastguard 14 hours to find them.

They were found clinging to a lobster pot. It is a good example of how quickly the current can pull you.



Learning – Environment

Learn about different types of fish to understand the how the food chain is organized and the importance of biodiversity

Row Task ✓

Rowing treasure hunt

500m (orienteering).

Before the task, they get a page with the food chain and different types of fish with the answers already on it. You can also go to the aquarium before the task.

For example, divide 12 students into 3 teams. (3 boats e.g. 1x)

Place a person at each station, have 4/5 questions on waterproof signs.

Hand out one clue at a time, they can move to the next one when they solve it.

Each clue leads to a number: they must get the numbers in the right order to reorganise the correct food chain



Top Tips ★

- Give them hints.
- Read answer sheet carefully
- Make sure they go in different directions
- Check the tide, flow and weather forecast

Equipment 🗡️

- Marker buoys
- 3/4 rowing boats,
- 2 - 3 safety boats
- Laminated signs with questions
- Answer sheets

Safety 🛟

- Safety boat
- Lifejackets for coxes (x24)
- Protective shoes



Discussion “

- What have you learned?
- Discussion about fishing
- Importance of each fish at each stage of food chain
- How do humans influence the food chain?

More

- Links with the science Curriculum

Go further +

- Visit to the aquarium
- Fish market
- Fishing harbor
- Fish conservation
- Fishing boats

Rowing Story

Documentary about whale fishing.
An average whale can hold her breath for 60 minutes.



Learning – Environment

The water cycle – how each stage happens and the impact of water on landscape - erosion.
Interaction of humans with water - pollution.

Row Task ✓

1. On the land teach children the water cycle, before they go in boats.
2. Use a rowing boat with four participants and coach 3.
 - A- Condensation – very slow rowing – Rate 16
 - B- Precipitation – Rain – Row fast – Rate 30
 - C- Collection – Steady rowing – long and strong Rate 24
 - D- Evaporation – Tall – legs rowing – legs only
4. Run through this drill – twice



Top Tips ★

- Listening for the coaches' instructions
- Focus on technique and posture
- Be aware of weather conditions and demonstrate water cycle with a poster

Equipment 🗡️

- Rowing boats and row equipment
- Buoys
- Cards about water cycle
- Poster about water cycle
-

Safety 🛟

- Coaching launch
- Life jackets
- First aid kit
- Radio or phone
- Contact numbers for emergency services
- Correct boat handling instructions
- Megaphone for clear and correct communication between coach and athletes



Discussion

- Before
 - Explain the origin of water on our site (river, sea or ocean)
 - Explain the water cycle (4 parts: condensation, precipitation, collection, evaporation)
- After
 - Pollution – how it happens and how it affects humans
 - Erosion – impact on landscape

Go further +

- Do the task as a relay put more boats on the water and they must keep a strict timing between water cycles
- Send more boats to further disrupt the water cycles
To keep the same route but remove the bouys
- Collect rubbish from the river / sea / over banks

More

- National Geographic Society – The water cycle (website)
- World Rowing – Pollution and Health recommendations
- Agence de l'eau Loire-Bretagne
- The water cycle on Youtube.

Rowing Story

Pollution affected the Rodrigo de Freitas lagoon for the 2016 Rio Olympics for 1,400 athletes rowing. Rowers had to avoid being splashed. They had to bleach the oar handles, they had to use anti-bacterid monthwash and kept their water bottles in plastic bags.



Learning – Health

Compares arms only rowing versus legs only rowing to understand how the body and muscles create more power. More muscles = more efficiency = more power.

Row Task ✓

Indoor Rowing machine

- All body rowing drill
- Legs only drill
- Arms only drill
- Row with one leg only and then swap to the other leg
- Row with each arm individually.
- Trunk only rowing
- Compare the distance and watts for each drill. Record it on paper



Top Tips ★

- Try repeat with stroke rates
- Focus on using trunk muscles
- Use watts and distance

Equipment 🖋️

- Indoor rowing machine
- Paper + Pen
- Mirrors (to see your position)

Safety 🚑

- Participant should do a warm-up
- Check if there are any injuries
- Do a cool down and stretch after
- Drink water



Discussion “

- Which muscles groups are strongest
- What is the easiest drill to do?
- Have a discussion about angles and positions for example foot position on rowing machine
- What happens if it is changed?
- What have you discovered about the core/trunk muscles ?

More ●●●

- Technology: Use online video app/software to watch core and technique
Rower Up application for phone
- Online video illustrating muscles being video for stroke throw highlighting the individual muscles

Go further +

For progression : 2x on the water – calm conditions on the water, each participant rows with a oar in double scull, Try to stay in time with each other. Row in straight line with good technique. Start slowly. Discover rowing in a circle. Let the participants find the solution.

Rowing Story

In a tight race in coastal rowing when boats collide an oar could break. The person with one oar keeps rowing efficiently to try keeping the boat straight to finish. All the crew reacts to find the solution, they row harder on one side to compensate



Learning – Health

Food is your bodies fuel. Pay attention to nutrition labels. Proteins, carbohydrates and fats are macronutrients. The importance of hydration and water. The importance of nutrition for recovery.

Row Task ✓

- Row two minutes on the calorie setting on the rowing machine then use the table to see what the calories burned apparently equals in food.
- Group students by team. They have to put the number of
- calorie in rowing machine.
- The team have to burn the calories of that by using 1 rowing machine in a relay.



Top Tips ★

- Bring a water bottle to every training
- If it's a long session bring food for after training
- Use bottle that have indicators on the side as targets
- Teach students to cook/prepare snacks themselves

Equipment 🗡️

- Water bottle with indications on side
- Watch with reminders to drink water
- Handouts with nutrition information for rowing
- Indoor rowing, ergometers

Safety 🚑

- Warm up all students
- Parents have responsibility to ensure kids have eaten
- Kids must refuel after training
- Drink water cool down + stretch
-



Discussion “

Ask the children to discuss

- How much water to drink
- If you feel more energy with or without food
- How many calories, you burn vs what you eat

More ●●●

- Jeremy Azou wrote a book on how controlling nutrition throughout his high level lightweight career was almost more challenging than the rowing itself.
 - The book is called « une médaille à la faim »

Go further +

- Nutrition workshop
 - Cooking Workshop with practical approach
- Week-end training camp with food supplied to team food requirements
- Learn about food labels

Rowing Story

- High Performance lightweight rowing can cause a big mental strain constantly trying to maintain weight and manage nutrition and fuel.
 - Spanish lightweight 2x pulled out of the Olympics lightweight race due to the mental stress of nutrition and weight.



Learning – Health

Learn to be self-aware. Learn how to measure your heartrate. Learn how to control your pacing. Learn to listen to your body.

Row Task ✓

- Bring the group out in boats. Do a warm-up.
- Row 1 minute at rate 32 firm then 1 minute at 28 rate
- Then 1 minute at 24 rate then rate 20, then rate 16.
- Turn off boat engine, close eyes listen to the boat run at low rate, feel your heartrate.
- Start to feel completely relaxed, row at rate 16 with eyes closed.

▣



Top Tips ★

- Quiet surrounding
- Explain the purpose of exercise
- Switch off the engine

▣

Equipment 🗡️

- Rowing boats
- Safety Boat

Safety 🚑

- Safety boat
- Safety equipment



Discussion “

- Ask the students about what they discovered.
- Discuss well-being and ask did they manage to lower their heartrate

Go further +

- Eyes open, follow strokes movement, stoke moves when they think the boat is going to stop
- Closed eyes – strike position when you think boat is going to stop then open your eyes.

Rowing Story

- How do the athletes feel
- This rowing story can be their own story



Learning – Inclusion

How to understand each other without a common language or talking even if one or two people in the boat have a disability.

Row Task

- Determine route or course (picture/map)
- Choose signs (body language)
- Demonstrate signs
- Navigate the route



Top Tips

Students
Keep looking at the instructor to see the signs
Focus on the movement

Coach
Use pedagogical resource to create signs or codes
Be visible to the crew at all times and be aware of sun or fog

Equipment

- Colored Buoys to set out route
- Ear Plugs to show athletes without hearing disability what it is like for hearing impaired
- athletes Video, camera (etc..) to create instruction for new athletes
- Coaches boat to accompany students
- boats safety equipment

Safety

- Safety Boat
- Use a small area for the course first
- Life jackets, first aid kit
- Have a phone (with light) / radio on the boat so that you can call for help



Discussion “

Before

- Explain what is going to happen to happen in the session
- Check that everyone understands the signs or codes

After

- One to one discussion so you can facilitate communication
- Feedback scale – visual

More

- Descriptive video of the signs or codes.
- Intro to sign language course
- Rowing simulator
- Link with other inclusion educational file or workshop

Go further +

- Make the navigation course bigger
- Have a race with two or more boats
- Club exchange with other impaired athletes

Rowing Story



- Mo O'Brien became the first deaf person to row 3,000 miles across the Atlantic Ocean for her 60th birthday. It took 49 days. She rowed two hours then had two hours off to sleep, eat and wash



Learning – Inclusion

Gender diversity (Inclusion) "Let's listen to girls"

Row Task ✓

- Rowing Challenge: Go as far as possible with 10 strokes.
- Assign responsibility to a student to guide the work
Inter-class competition: mixed teams prepare coach or guide each other
- How many words can you manage to coach the exercise?
- This exercise can be done on ergometer or on water.



Top Tips ★

- Make two teams in of similar ability to compare efficiency

Equipment 🪁

- Indoor rowing machines

Safety 🛑

- Be careful of your posture and manage the risk of falling from the seat



Discussion “

- What is the most important?
- Rowing is a complex sport; it requires the ability to understand and be understood.

Rowing Story

- Get students to highlight a woman (local) and an inspiring situation or story.

Go further +

- Transfer this drill to the water
- Row 3 strokes and let slide we see how far the boat moves etc.



Learning – Inclusion

- Get an able-bodied person to row in a boat with legs strapped in.
- Learn what it is like to row with a disability. This can be done in a 1x, or 2x with a disabled person or 2 able-bodied people.

Row Task ✓

- Do 1minute on rowing machine with hands only
 - Do 1minute on rowing machine with hands and body
 - Do 1minute on rowing machine with legs, hands and body
- Compare the results with top para-athletes



Top Tips ★

- Warm up.
- Learn how to unstrap quickly
- Try keep same rate for each task

Equipment 🗡️

1. Indoors :
 - Ergometers
 - Adaptive seats
 - Adaptive shoes
2. For 2nd session water :
 - Boats / Launch
 - Adaptive Seats / Straps

Safety 🚑

- Safety Boat
- Training for coaches.
- Safety equipment in launch



Discussion “

- Before
- Explain to the rowers what we are doing and why we are doing it.
- Ask them what they think of para-rowing before the exercise and then afterwards.
- Ask how did it feel, being strapped in, did their opinions on para-rowing changed?

Go further +

- Try do the same session on the water

Rowing Story

- A para-athlete arrived to row in a Portugese club, he enjoyed it so much he invited his para-friend to join. Now they both row with the club at a very high level.