



INDOOR  
ROWING

## FAQs – Scottish Rowing Schools Indoor League

### **Is this League for my School?**

If your school wants to try a new, high energy, Olympic sport, then this League is for you.

Indoor rowing is an individual sport and team sport where you cannot be left behind, so it is great for pupils to build confidence and self-esteem, especially those who are put off by other sports.

You can also compete in the league without even leaving your school, therefore it is accessible to every young person.

### **How does the League actually work?**

Pupils at your school compete at their preferred time during the scheduled monthly League event. Points are awarded to the schools based on the number of pupils participating as well as the results of the pupil's. Scores are submitted to Scottish Rowing and results are uploaded to the website. There are also opportunities to compete out with the school at the Scottish Rowing Schools Indoor Championships (which is open to all, even if you have not competed in the League). If you were to enter one of the eligible Championship events, this would also achieve points towards the league totals.

### **What equipment does my school need to take part in the League?**

Depending on the uptake of the pupils at your school, 1 rowing machine will be enough to enable pupils to complete the distance individually. The more rowing machines you have (or can borrow) for each of the League events at your school, the more entertaining it will be and the more competitive you can make it. The recommended rowing machine manufacturer is Concept 2, as this is the most common, with the most developed features for the sport, although any machine make can be used.

### **How do I set-up the rowing machine to obtain the race result?**

- From the main menu on the screen press 'Select Workout'
- Then select 'New Workout'
- Then select 'Single Time',

You can then use the buttons on the side of the screen to change the time so it is correct for that pupil. The + and – buttons change the highlighted number, whilst the left and right arrows move the highlighted number around. Once the screen is set up correctly, please press the tick button and you will be ready to race.

### **What is the drag factor and how do I set it for the participants?**

The drag factor is essentially how much resistance you are pushing against when you row. The higher the drag factor, the harder the rower has to push. We recommend having the drag factor low to reduce the risk of strain based injuries, especially for younger/ less experienced competitors.

To view and set the drag factor:

- From the main menu select 'More Options'
- Then select 'Display Drag Factor'
- Row for five continuous full strokes and a number will appear on the screen

- To change the drag factor use the lever on the side of the flywheel, this is called the 'damper'. Move the lever up to increase the drag factor and down to decrease it. Keep rowing and checking the screen as you make adjustments to ensure the drag factor is set correctly.

Do not just rely on putting the damper to the same point every time; each rowing machine is slightly different so you will need to check each time to ensure it is set up correctly.

A reminder that our recommended drag factor is **105 for girls**, and **110 for boys**.

#### **Can my school still be involved even if we don't have any rowing machines?**

Even though you will need a rowing machine to take part, you may be able to borrow some from your local leisure centre, another school nearby or any local organisation which have them. If you would like advice on this, then please contact the Scottish Rowing Regional Development Manager for your area, whose contact details can be found [here](#).

#### **Is there a minimum or maximum number of pupils that can take part in the League per school?**

No. You can have 1 pupil from your school or you can have the whole school involved. It's up to you.

#### **Who will deliver the indoor rowing sessions and submit the results to Scottish Rowing?**

Any teacher, staff member, parent, volunteer, Active School Coordinator or student sports leader or Young Sports Ambassadors can manage the League events at their school and submit the results. The results are submitted by completing a form for each month and emailing this to Scottish Rowing. It's encouraged that this person starts up an indoor rowing club at your school to allow your pupils to train and prepare themselves for the League events.

Contact your Scottish Rowing Regional Development Manager for your area, whose contact details can be found [here](#) to discuss your training requirements.

#### **What happens at the end of the League?**

At the end of the League we encourage you to continue running your indoor rowing club at your school. You can also gain some advice to about opportunities to take part in rowing activities and programmes on the water. Contact your Scottish Rowing Regional Development Manager for your area or check out Scottish Rowing's website for further opportunities <http://www.scottish-rowing.org.uk/index.php>