



Working with Schools



Background

Scottish Rowing is committed to supporting the development of long term, sustainable links between rowing clubs and local schools or other education institutions. Building such links with schools can support club development plans to expand junior participation as well as raising wider awareness of the club and the sport in the local community.

From the perspective of schools, involvement with rowing clubs provides opportunities for young people to try a new activity, as well as supporting objectives on increasing activity levels. Participation in rowing also builds confidence, self-reliance, responsibility and team skills.

We are encouraging clubs who want to increase participation, particularly through the expansion of junior rowing, to get involved with local schools through a structured programme which will engage pupils and interest them in rowing, by first teaching them the basics in an indoor environment, before progressing into boats and onto the water at their local rowing club.

Getting Started

- Identify and make contact with the school(s) you want to work with. Head teachers, PE teachers or Active Schools co-ordinators are good people to start with.
- Be clear about what you are offering the school. Ensure you have a plan in place and the resources to support it (coaches, rowing machines, equipment for water sessions, access to transport if required). You may find you have to be flexible to fit around the activities of a busy school.

Guidelines for working with schools



Requirements

- Any coaches or volunteers whose activities will constitute regulated work within the terms of the PVG scheme must have a valid disclosure or be registered with the scheme.
- All coaches and volunteers should abide by the Scottish Rowing Child Protection Policy.
- All coaches and volunteers should abide by the Scottish Rowing Water Safety Code with particular regard to:
 - ✓ First aid & safety equipment
 - ✓ Ensuring participants are instructed in capsize and accident procedures
 - ✓ Confirming that participants can swim
 - ✓ Use of lifejackets/PFDs if required
 - ✓ Use of safety launch where appropriate
 - ✓ Ensuring participants have appropriate and adequate clothing for the conditions
- Parental consent should be obtained for any activity taking place at the club or on the water. (Sample form Appendix A). Consult the school for their requirements for parental consent for the after school club.
- Clubs should review their insurance arrangements and ensure that adequate cover is available for pupils attending training sessions at the club and to determine whether or not special/temporary membership arrangements need to be put in place. If the activity is taking place during school hours, participants may be covered under the school's insurance but this should be confirmed with the school. If in doubt, a cadet licence is available from Scottish Rowing which provides insurance cover for participants in rowing activities for a cost of £10.
- Clubs should ensure they meet the criteria for local authority accreditation where appropriate.

Recommendations

- It is recommended that the coach leading the activity should be at least UKCC Level 2 qualified.
- Where possible, coaches should not work in schools in isolation, but with another volunteer or member of staff present.
- Indoor rowing instructors courses aimed at teachers or youth group leaders are available (subject to demand) should members of staff wish to get more involved. Contact the Scottish Rowing development manager if you are interested in finding out more about this.
- Keep a weekly attendance register for your sessions and obtain feedback from participants and staff after each block of activity.
- For guidance on volume and intensity of training for young people, particularly beginners, see British Rowing WG 3.2 How Much and How Often?
www.britishrowing.org/upload/files/Association/Welfare/BritishRowingWG3.2-181110.pdf
- Opportunities for adaptive rowing should be considered on a case by case basis with the school and if necessary, assistance sought from the Scottish Rowing Centre to help enable such activities.

Structure of the programme

A broad outline of a suggested structure for links with schools is set out in Appendix B. This is based on a club running lunchtime or after school sessions ideally in partnership with the school, which school pupils can choose to sign up for. The outline is deliberately flexible to fit in with the requirements of a busy school life.

Acknowledgements

Thank you to Jeff Roche, Henley Stewards Charitable Trust Coach and Lesley Afuakwah, Castle Semple Rowing Club for their input to Appendix B.

Amanda Cobb

Rowing Development Manager – February 2013



Parental Consent Form

Appendix A

Description of Activity:

Venue:

Dates:

Time:

The following information and consent is requested to ensure the health and well-being of all children participating in Scottish Rowing activities. The information contained in this form is confidential and will only be used to safeguard and promote the child's health and well-being should the need arise.

Participants Name: _____

Age: _____ D.O.B: _____

School: _____

Home Address: _____

Postcode: _____

Contact / Emergency Telephone number _____

Name of Doctor: _____

Previous Participation in rowing (Sessions are intended for participants who have not previously taken part in water rowing)

Complete Beginner:

Participated in Schools Indoor Rowing Clubs:

In order to participate in our water based sessions, all participants must be able to swim at least 50m unassisted and be confident in open water. Please sign below to confirm that your child CAN swim 50m and can take part in water rowing activities at [insert venue].

Please return completed consent form to [insert contact information].

If you have any queries please do not hesitate to contact [insert contact information].

Guardian Signature: _____ Date: _____

Print Name: _____

We may take photographs or video during the sessions. Please sign below to give permission for photographs of your child taken during the sessions to be used anonymously by [insert club name] or Scottish Rowing for publicity purposes.

Guardian Signature: _____ Date: _____

Print Name: _____

Medical Consents

Please provide details of any pre-existing medical conditions that may affect your son's/daughter's participation in the programme:

Does your son/daughter suffer from any condition requiring medical treatment, including medication? If yes please give details.

Yes No

Details: _____

Please provide details of any allergies, including allergies to medication that you child has:

Details: _____

I consent to my son/daughter receiving medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present.

Name: _____

Signature: _____

Relationship to child: _____

Voluntary Participation Scheme:

