



FAQs – Schools Indoor Rowing League

Is this League for my School?

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

How does the League actually work?

Pupils at your school compete at their preferred time during the week of 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 Schools Indoor Rowing Championships (which is open to all, even if you have not competed in the League). If you were to attend one of the Championship event, this would also achieve points towards the league totals.

How do the rewards actually work?

There are also participation awards available for individuals and the school to earn based on retention. Individuals can earn: a gold award by participating in all 4 rounds; a silver award for participating in 3 of the 4; or a bronze award for participating in 2 of the 4 rounds.

The schools can earn: a gold award for 75% retention of participants over the 3 school based rounds plus attendance at the Scottish Schools Indoor Rowing Championships; a silver award for 50% retention of participants over the 3 school based rounds; or a bronze award for 25% retention of participants over the 3 school based rounds.

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 set a 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 ideal rowing machine brand is Concept 2 as this allows comparable scoring. If you have a different brand, please indicate this on the entry form to ensure we are aware of any differences that could affect scoring.

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 check 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. Training for staff and leaders is available through Scottish Rowing's accredited course 'Indoor Rowing Community Coach Training Program'. The course cost is £25 and you receive a copy of the Indoor Rowing Buddy Book, a user friendly 6 week training resource that is linked to the Curriculum for Excellence: Health and Wellbeing for S1, S2 and S3.

How do you enrol in the Indoor Rowing Training Program?

Contact your Scottish Rowing Regional Development Manager for your area, whose contact details can be found [here](#) to discuss accessing or hosting a course.

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/>