

ROWING SOUTH AFRICA



SO, THIS IS ROWING! – an INTRODUCTION

The Course Overview

Multiple Choice and Practical

At the completion of this course a participant should be competent to assist in general rowing activities and will be accredited by RowSA to fulfil the duties of a Rowing Club - **Coaches assistant or RowSA Rowing officials – assistant.**

Learner Offerings

- Learn about the fundamentals of rowing; rowing coaching, administration and the role of rowing officials.
- Learn about the general aquatic environment where rowing occurs including those who use these environs.
- Learn about the hazards and safety issues associated with the aquatic rowing environment including some self-survival strategies.
- Learn about the sport of rowing and in particular its history, club and school basis and sporting champions.
- Develop an understanding of the basic rowing craft, equipment and general racing and training environment.
- Learn about the basic rowing action, in particular sculling.
- Learn about rowing waterways and courses.
- Learn about rescue techniques used in an aquatic environment.
- Learn about the rules of racing for the sport and the many people who ensure a regatta can be conducted effectively.
- Learn about the principles of movement on water.
- Learn about rowing a mixture of sculling and sweep oar boats during training and racing.
- Learn about preparing a boat, specifically cleaning and rigging.
- Develop an understanding of the design and production of craft and equipment.
- Learn about basic rowing technique in a range of boat classes.
- Improve the knowledge of skill based and personal development.

Participants are required to:



IMPORTANT

- **To be at least 18 years old**
- *Have a keen interest in the sport of rowing.*
- *Have a basic literacy and numeracy*
- *Regardless of the length of time of your involvement in the sort of rowing, to be prepared to fully participate and complete this introductory course*
- **Be prepared** to actively participate in and complete the entire process planned for the course - **SO, This is Rowing an Introduction”**
- **Be prepared** to be assessed by appointed RowSA assessors - throughout the period of one rowing season

Principles

RowSA's rowing educational programmes are based on the following key principles. These guiding principles reflect RowSA's Code of Conduct and form the backbone that links each stage of an individual's development and progress in rowing.

The principles are:

1. Right to participate in sports
2. Right to have qualified leadership
3. Right to share in leadership and decision making of their sport
4. Right to participate in safe and healthy environments
5. Right to proper preparation for participation in sports
6. Right to an equal opportunity to strive for success
7. Right to be treated with dignity
8. Right to have fun in sports
9. Right to receive national recognition for personal achievement

RowSA's resources and programmes are designed to enhance your enjoyment and develop your understanding, skill and values relative to the sport of rowing. In addition, we focus upon some aquatic issues, personal management and your ability to work with people to achieve a goal.