



Reading Rowing Club Introductory Session

Reading Rowing Club runs a short (approximately 1 hour) Introductory Session for all those applying for the Beginners course, who we assume have no formal rowing experience.

The aim of this session is to provide those who have expressed an interest in learning to row, to better understand what is involved and how they can best prepare for the next step.

Whilst we warmly welcome all those interested to join our club. We are also obliged to ensure your safety and provide the advice and assistance to give you the very best chance of having an enjoyable and successful first steps on the route to become a good and safe rower. Our experience is that rowing is not for everyone, we aim to help you understand what rowing is about so that when you sign up for the beginners course you are less likely to want to leave it early.

Pre attendance questions:

Our expression of interest form covers your declaration of **Swimming competence and Medical Readiness and your availability for the session.**

Introductory Session Program:

The session will be directed by the Club's Director of Rowing, Nigel Smith. We can load up to 12 students on each session on a first reply first served basis.

1. Introductions. Possibly meet coaches and committee members as available.
2. Understanding the training and safety requirements for rowing.
3. Describe the club - squad system and commitments
4. Tour of the Boat house, in particular you will view the boats you will learn in.
5. Physical evaluations
 - a. Reach and stretch tests (squat/plank/sit/stretch).
 - b. Ergo explanation and individual 500 metre best time exercise (approx 1.5 to 3 minutes work out).
 - c. Weight measurement (if not provided - required for safety on boat sizes (more later)).
6. Participant Question period and Individual chats as requested.
7. Signing up for Beginners courses as planned in the club programme

You need to be dressed to work out on a rowing machine - no flaps of material below your bottom that could get caught up in the wheels. The workout should last no more than approx 3 minutes. You may want to bring a water bottle. Depending on the weather on the day of your attendance dress with appropriate layers to keep warm or cool. Please be on time.