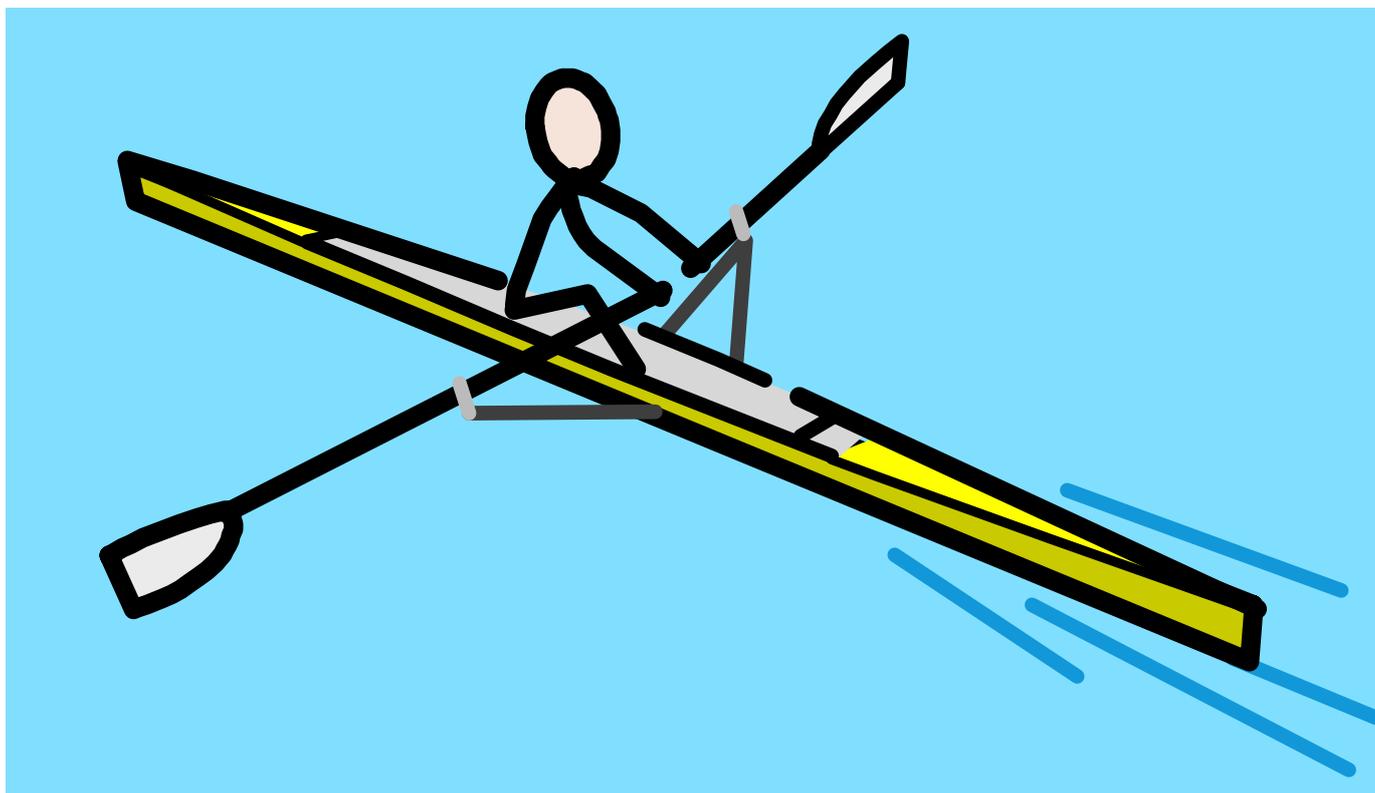


# Rowing Guide



**Symbols**



**help**



**communication.**



## Introduction

Symbols are a method of communication, which can be used to deliver effective rowing coaching practice, through use of integrated text and graphics, for individuals from the following groups.

1. People learning English as a second language
2. People with memory difficulties, brain injury
3. People with dyslexia, dyspraxia or spatial/time/organisational difficulties.
4. People who are deaf or hearing impaired
5. Young children who have not yet started to read.
6. People with Autistic Spectrum Disorders

The Widgit Symbols (previously known as Rebus) are designed to support written information, and provide a way to effectively 'translate' written text into a simple and easy to understand form.

The Widgit Symbols have a large vocabulary spanning standard curriculum topics, adult vocabulary and higher literacy levels. They have a schematic structure and include grammatical markers for literacy expression.

For more information please visit: [www.widgit.com](http://www.widgit.com)





There are quite a number of steps to be taken before an individual is ready to begin any rowing exercises. The process of breaking instructions down into very small parts is needed for many individuals. Over the course of the programme, as they become familiar with the routines and activities, the instructions are usually minimal.

Participants may have a range of learning and physical difficulties, and often a combination of both. Included in these groups are behavioural difficulties, communication difficulties and sensory difficulties. This must be taken into account when writing a programme using symbols, allowing enough flexibility to ensure that the activities are going to be understood and accessible to each participant.

The activity of rowing allows for a number of possible outcomes for each person depending on their individual education programme and the targets they are working towards. For some individuals taking part, the focus is to increase communication. A number of communication opportunities arise from this.

Initially there is the journey to the 'rowing environment', walking with a group, road safety and increasing awareness of danger. At the rowing venue the communication increases, getting ready to warm up requires listening and an indication of readiness, for this a combination of spoken language, symbols and signs are used. Ensuring eye contact during partner work is an invaluable tool to increase the individual's participation in group work.



## Coach

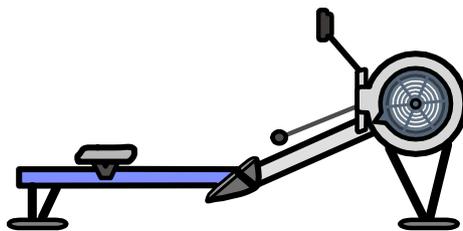
As participants become used to the activities and what is expected of them they are encouraged to initiate communication to show what they want to do. At other times the programme can be used with success to encourage movement for those with physical disabilities.

A Rowing programme for individuals with learning difficulties should be viewed as an evolving programme with a plan-do-review culture adopted to ensure it meets the needs of those who are accessing it.

There are other positive 'spin-offs' that rowing can offer to individuals with learning disabilities with not only health benefits from exercise which are clearly beneficial, but the outcomes of co-ordination, sequencing, participation, teamwork, competition, communication and self-awareness, allowing participants to gain a number of new or different experiences.

Individuals may be given a combination of verbal, symbols and sign communication. Many of the instructions given can be broken down into simple steps to aid understanding, and reach attainable goals. An example of this is getting onto the rowing machine. Instead of simply asking an individual to get onto the rowing machine, it can be broken down into a number of sequential tasks necessary to be seated on the machine and ready to row.

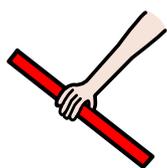
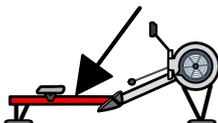
Each programme has the same basic focus and involves the pupils in meaningful rowing opportunities that make the most of their abilities.



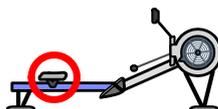
## Using a Rowing machine



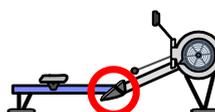
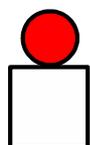
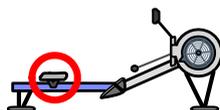
Step over the slide.



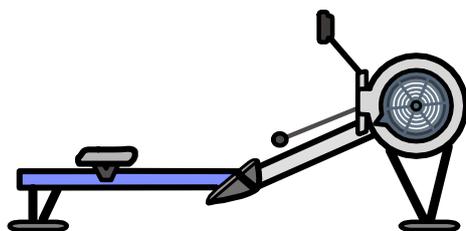
Hold the seat.



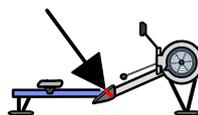
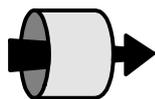
Sit down on the seat.



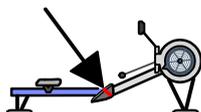
Put your feet on the foot rest.



## Using a Rowing machine



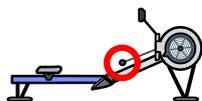
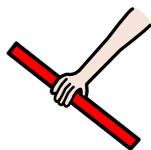
Put your feet through the foot straps.



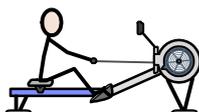
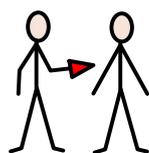
Tighten the foot straps.



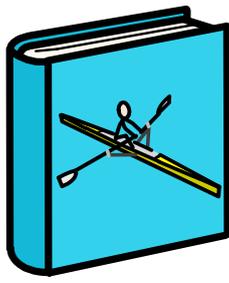
Bend your knees.



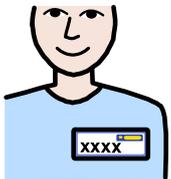
Hold the handle.



You are ready to row.



## Rowing Logbook



**Name:**



**School:**



# My Rowing Records



Name



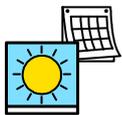
Class



School



Club



Days I row



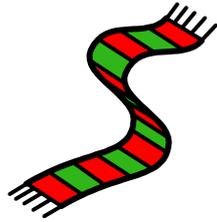
Coach



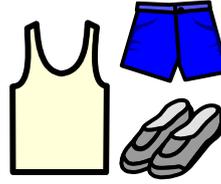
What should I wear for rowing?



shorts



scarf



PE kit



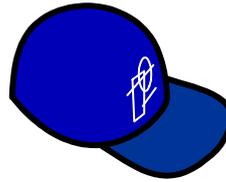
snorkel



tracksuit



pyjamas



cap



trainers



tie



wellingtons



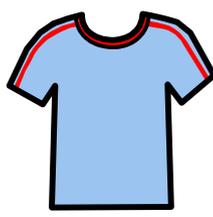
sweatshirt



dress



gloves



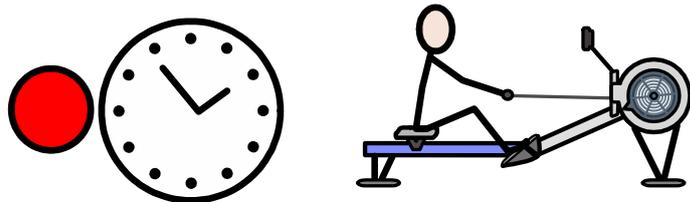
t-shirt



skirt



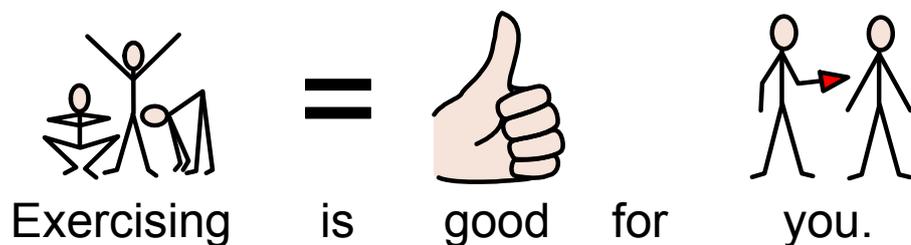
life jacket



## Before Rowing



It is important to keep healthy.



Exercising

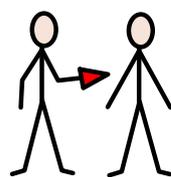
=

is

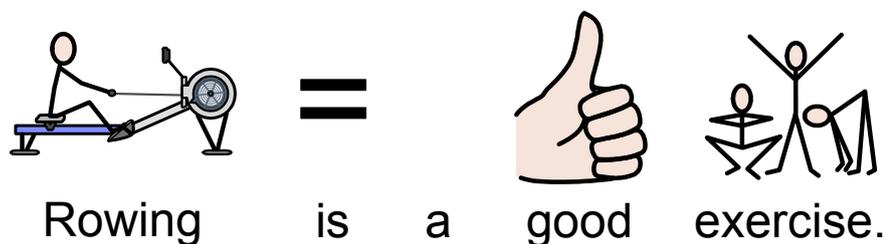


good

for



you.



Rowing

=

is

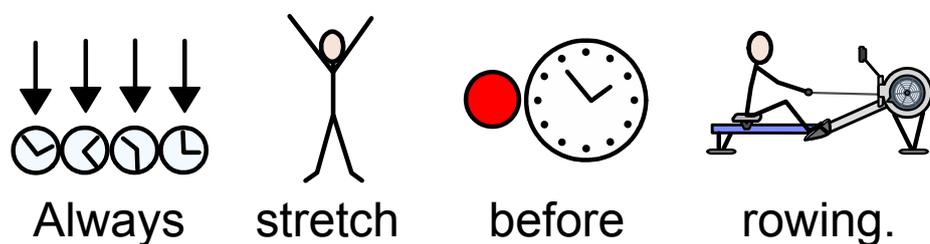


a

good



exercise.



Always

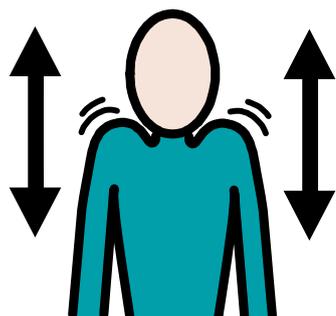
stretch

before

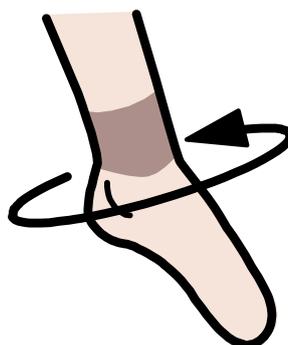
rowing.



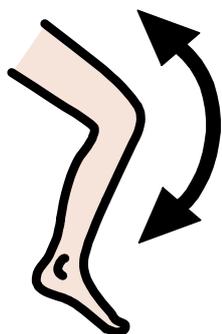
## Stretching Exercises



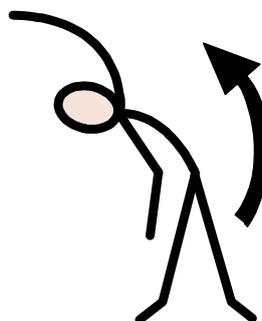
shoulder shrug



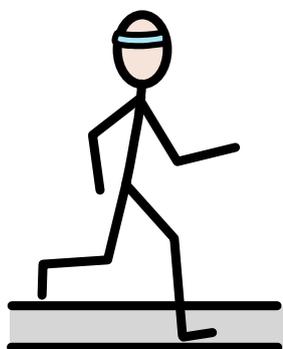
ankle twist



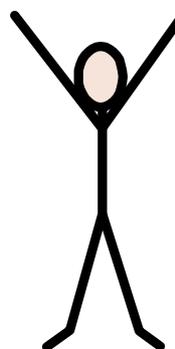
knee bend



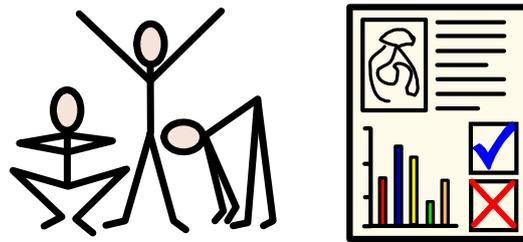
side bend



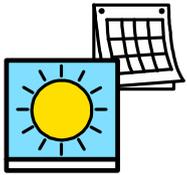
jogging



stretch



# Gym records



Date



Stretches



Jogging



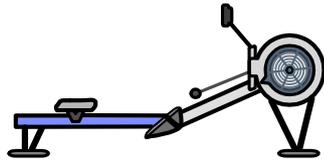
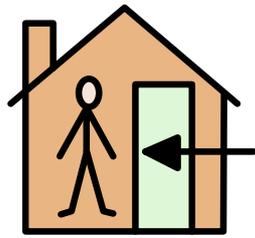
Shrug



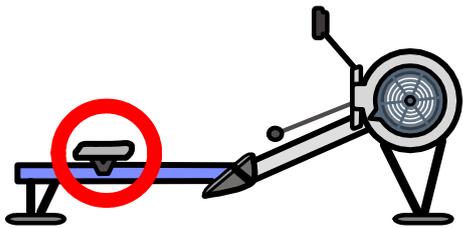
Side bend



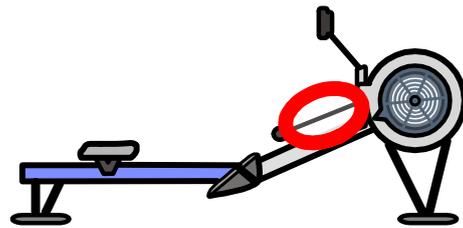
Other

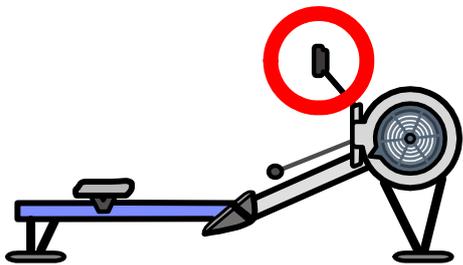
## Indoor rowing machine



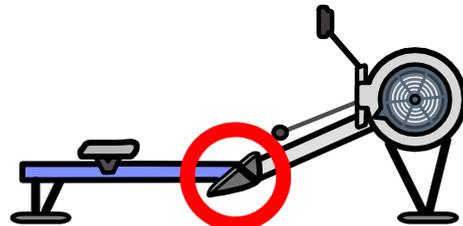
seat



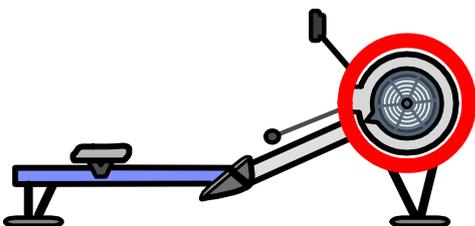
chain



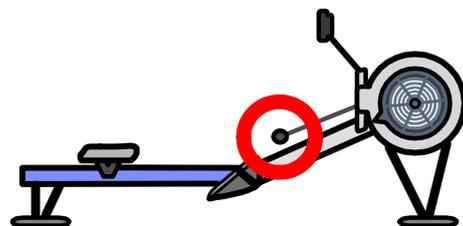
monitor



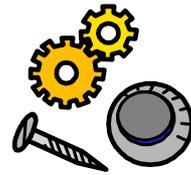
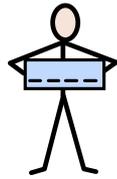
foot rest



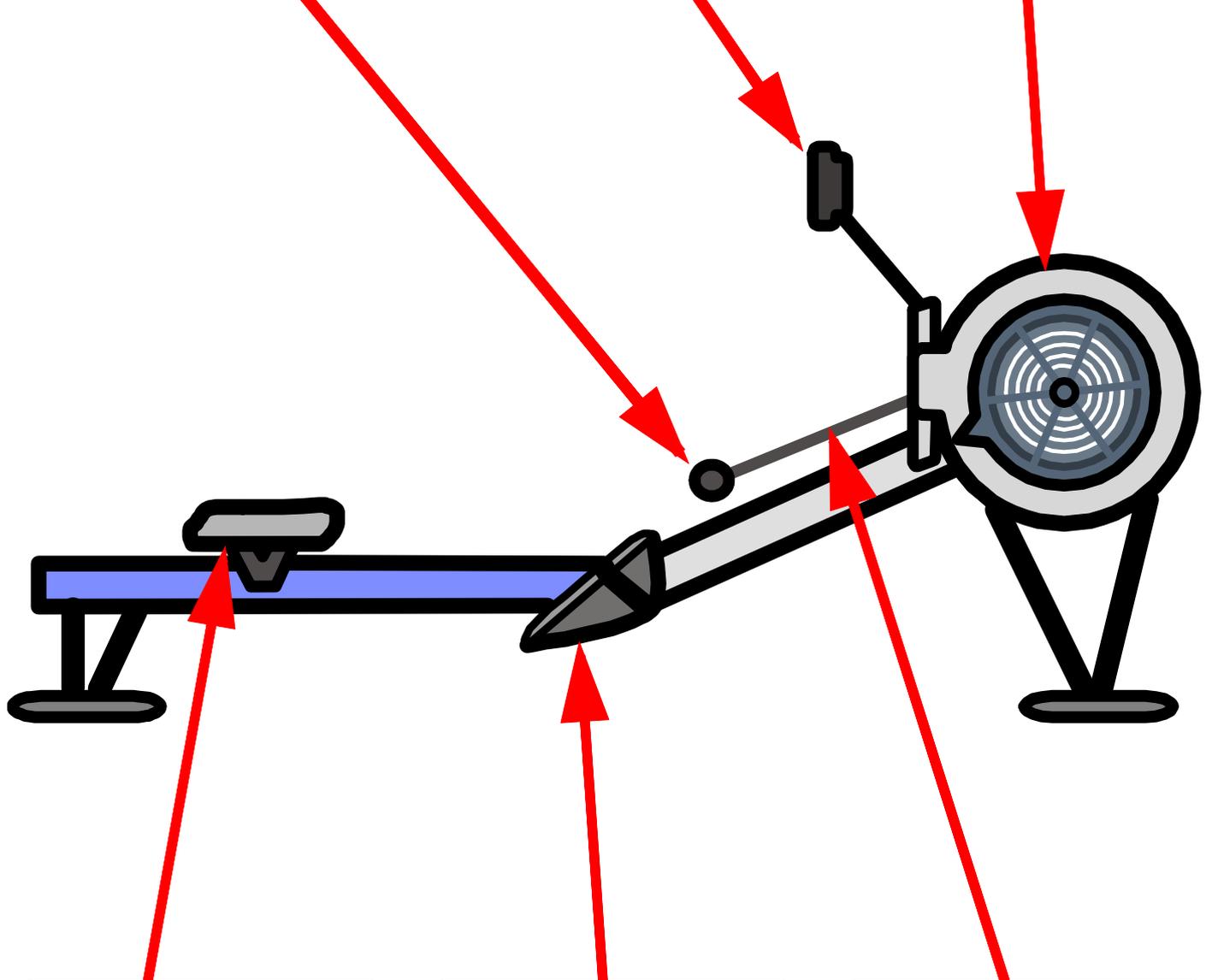
fan cage

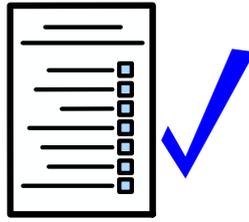


handle



Can you name the parts?

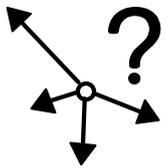




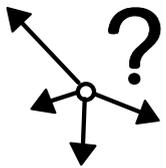
## Checklist



How should I sit?



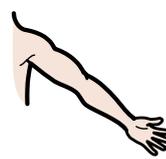
Where to put my hands?



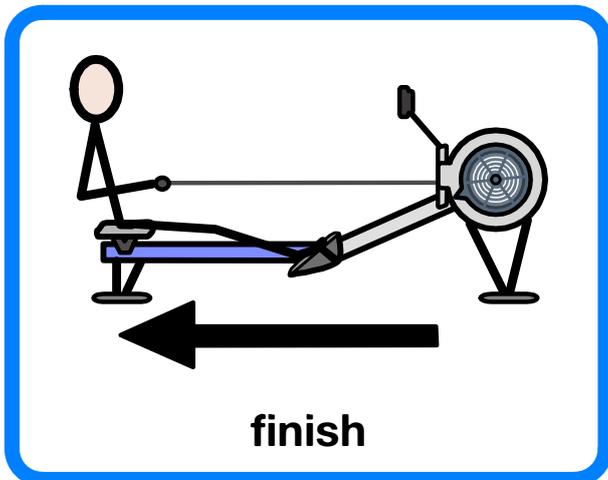
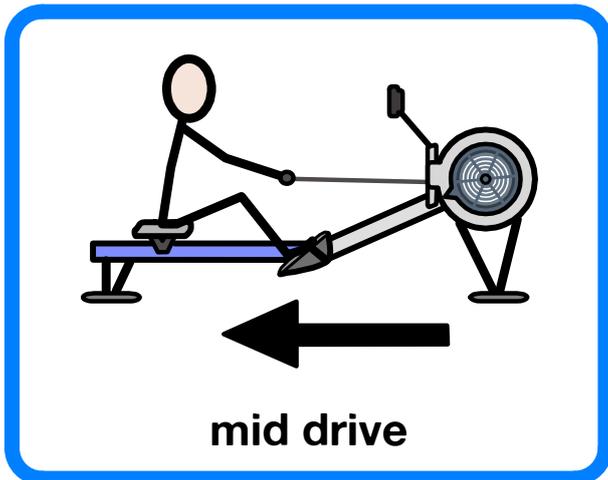
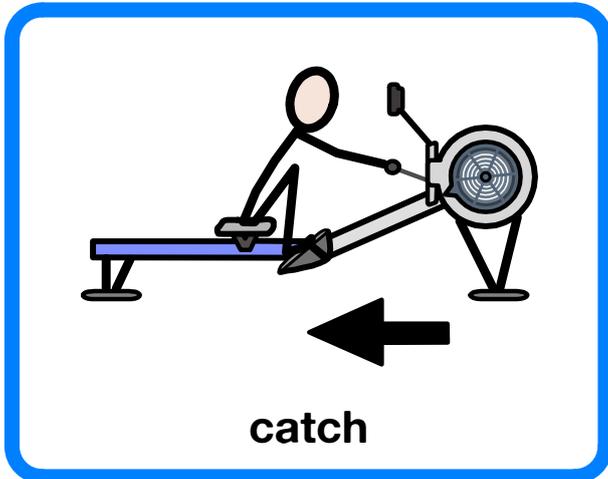
Where to put my feet?



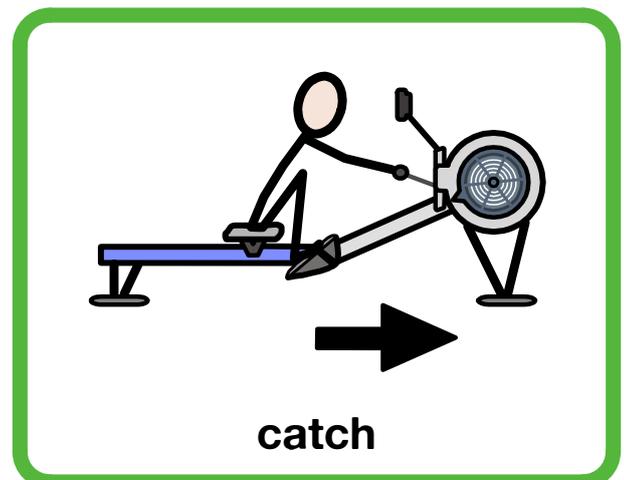
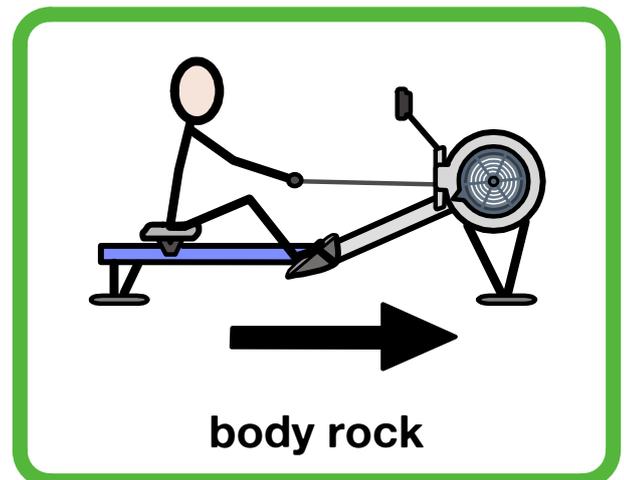
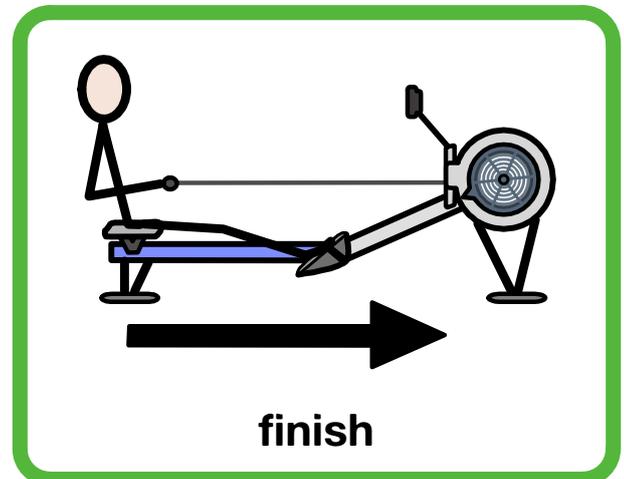
How to move my legs and arms?



## Drive phase

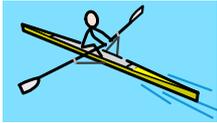


## Recovery phase





## The boathouse

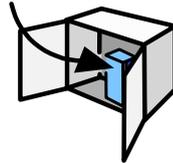


Rowing



equipment

is



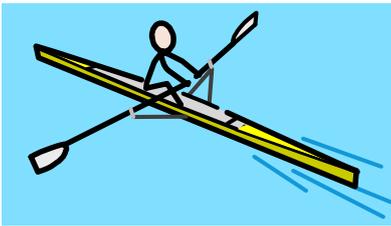
stored

in

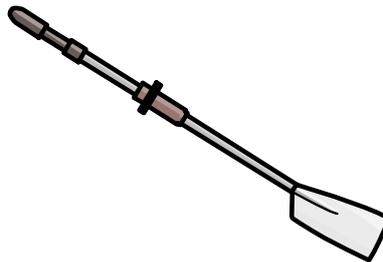


the

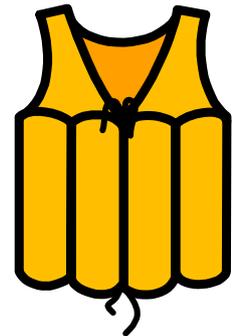
boathouse.



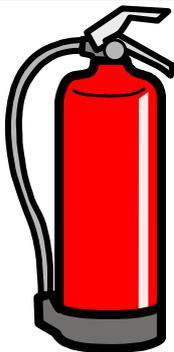
Rowing boat



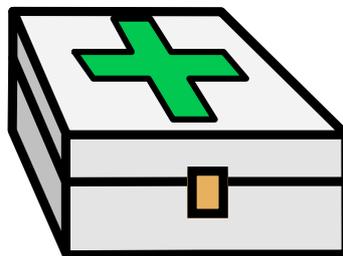
Oars



Life Jackets



Fire extinguisher



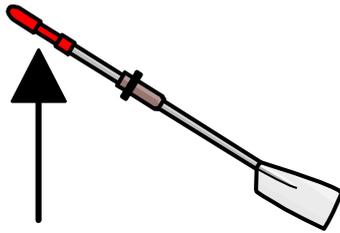
first aid box



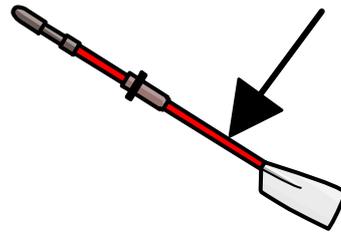
rescue boat



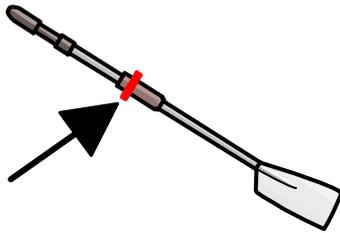
## Rowing equipment



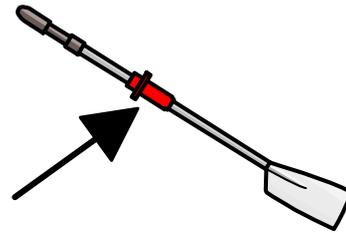
handle



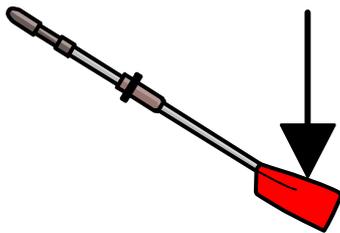
loom



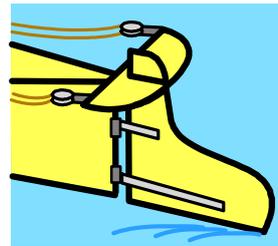
button



sleeve



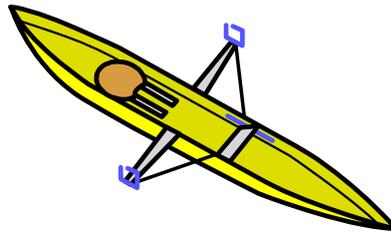
spoon



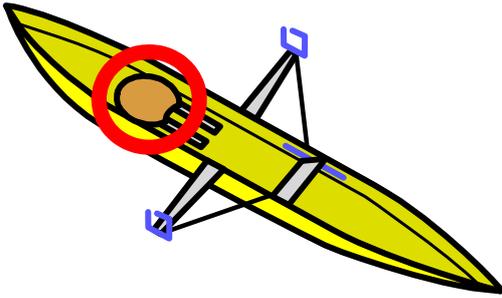
rudder



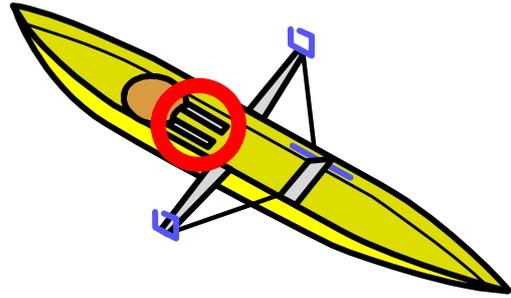
megaphone



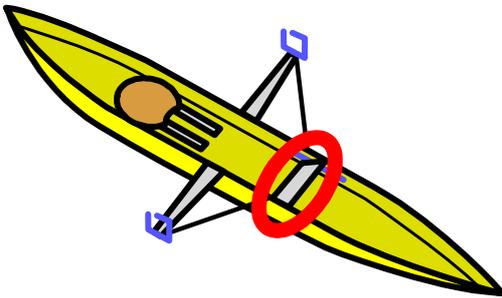
## Rowing boat parts



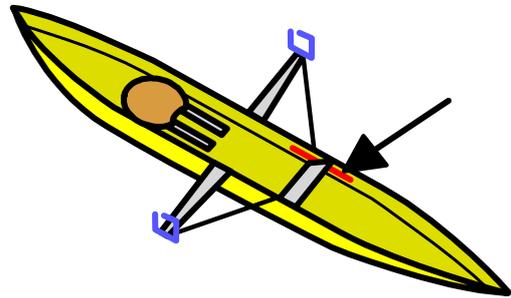
seat



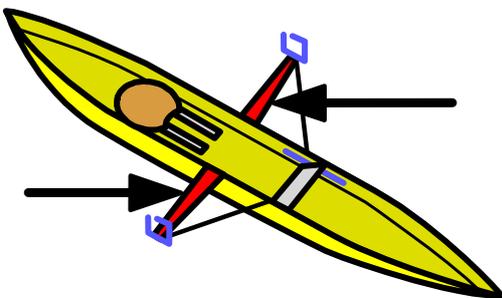
slides



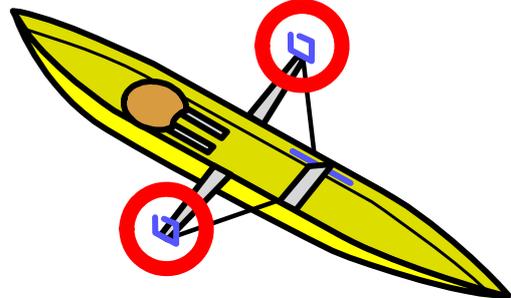
footplate



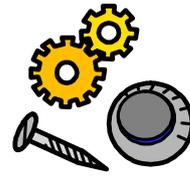
stretcher



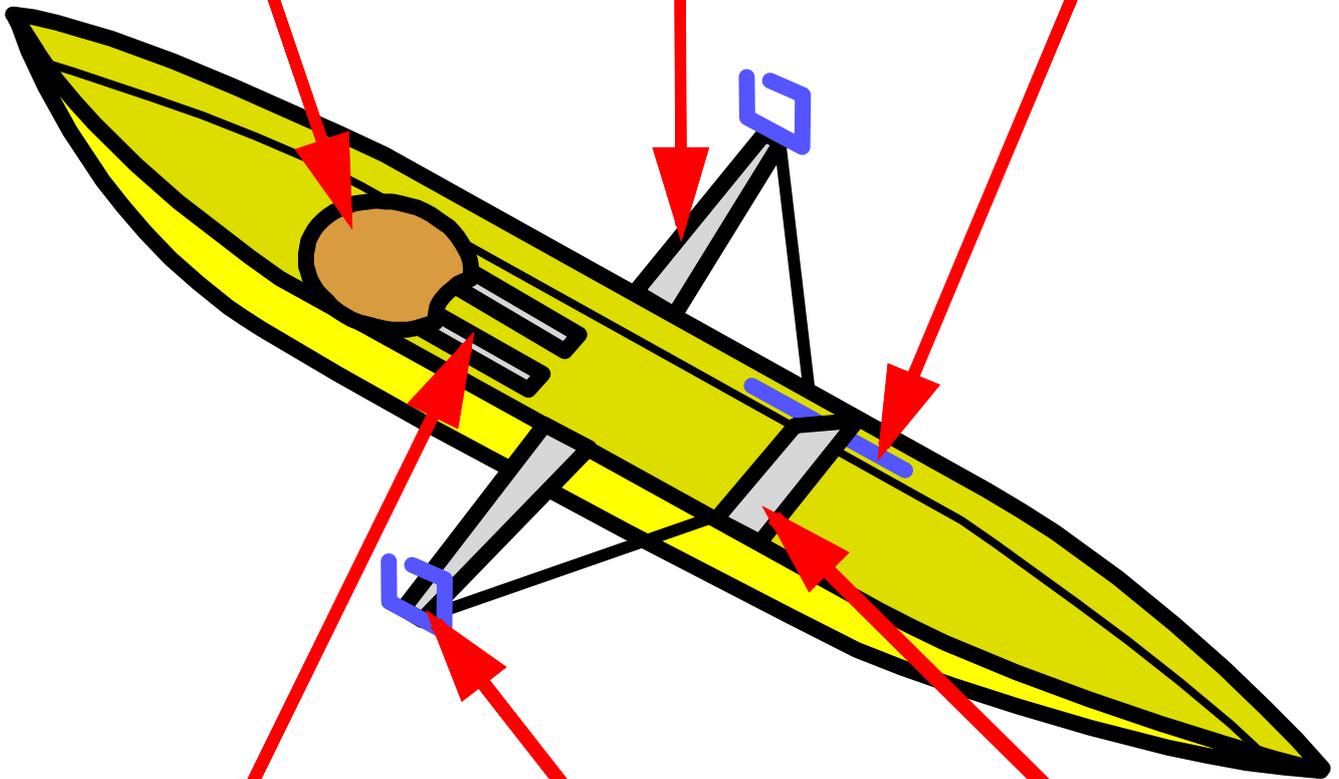
riggers

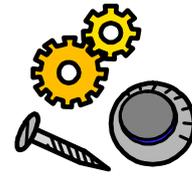


gates

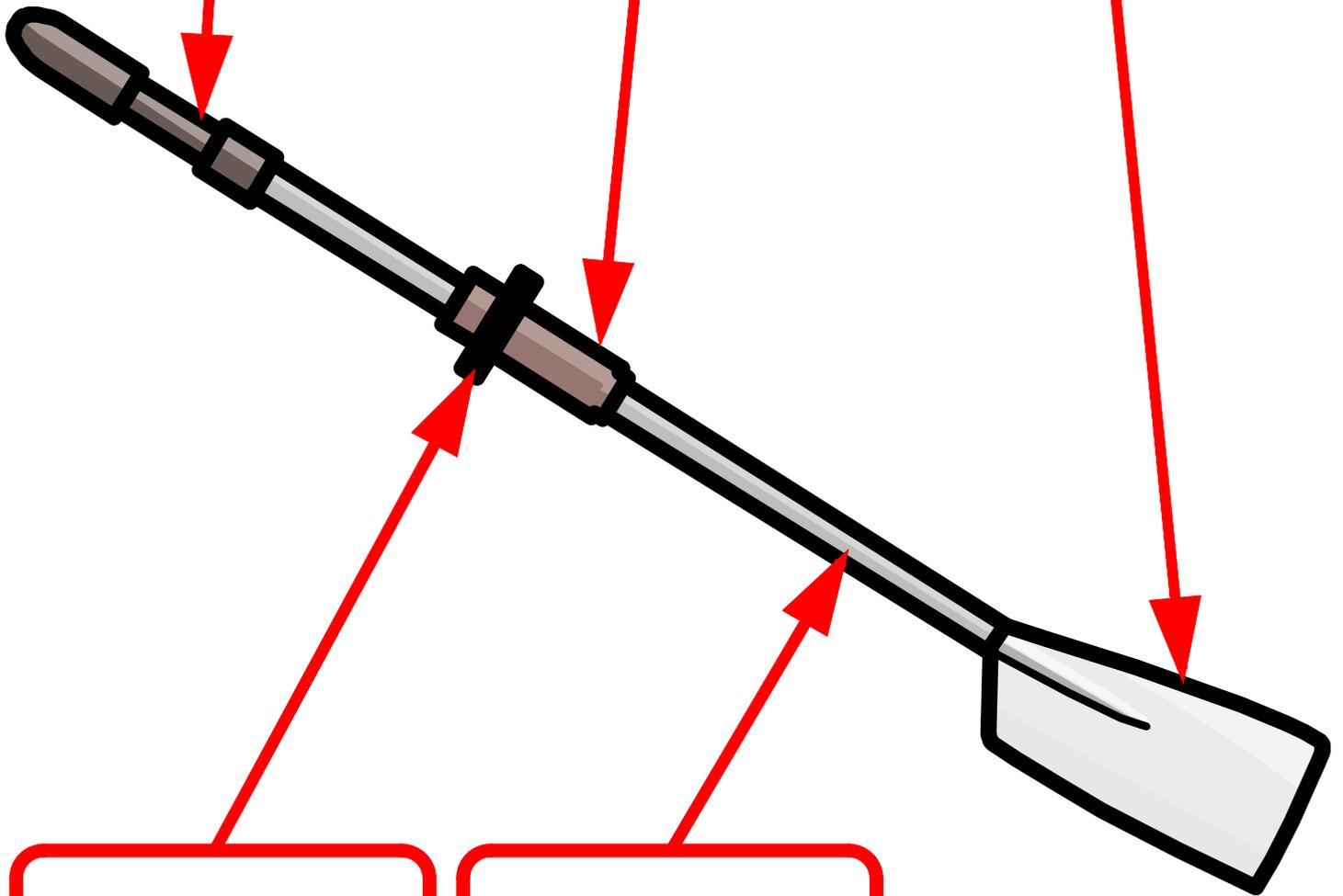


Can you name the parts?



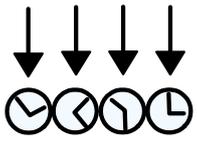


Can you name the parts?





Life jacket



Always

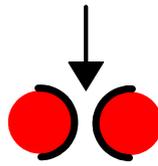


wear

a

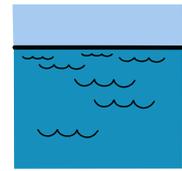


life jacket



near

the



water.



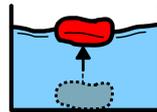
Life jackets

will



help

you

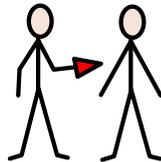


float.



Life jackets

keep



you



safe.



Can

you



put on

the

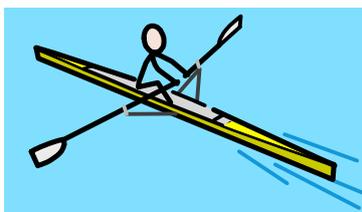


life jacket

with

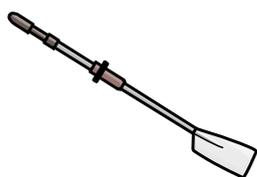


no help?



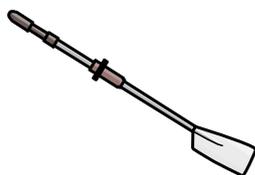
## Rowing on the water

1

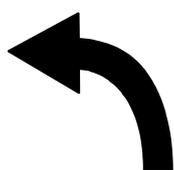
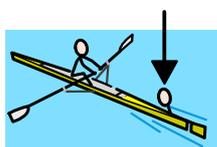


Using one oar is called rowing.

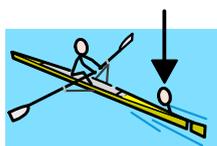
2



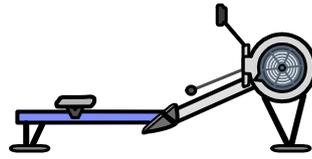
Using two oars is called sculling.



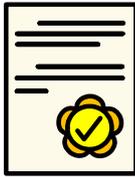
The coxswain steers using a rudder.



The coxswain uses a megaphone.

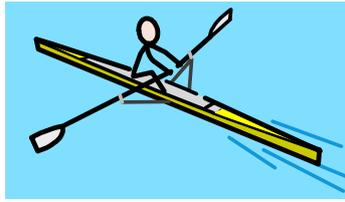


## Indoor rowing



My

certificates:

## Rowing on water



My



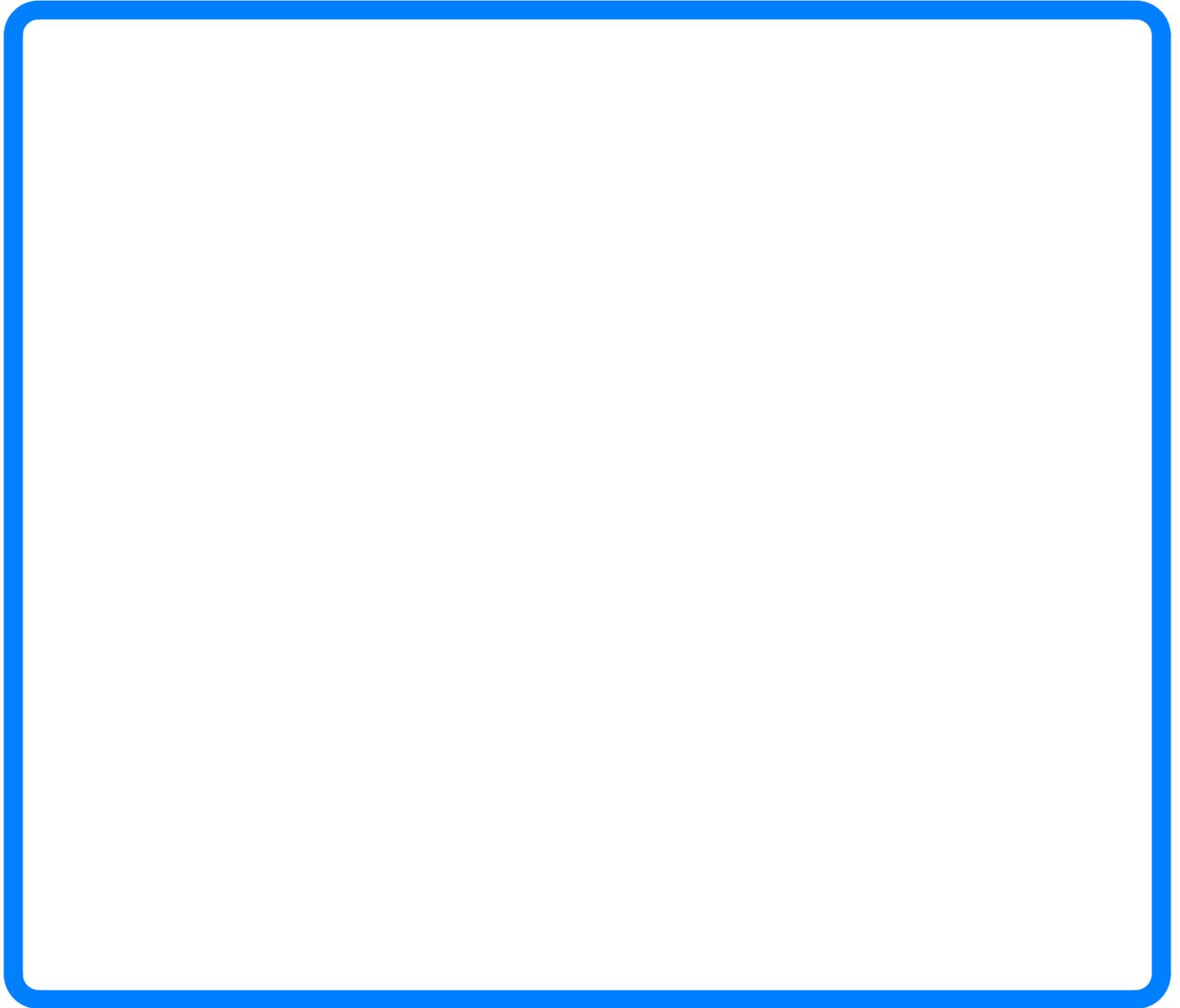
certificates:




**My**



**pictures**



**Me**



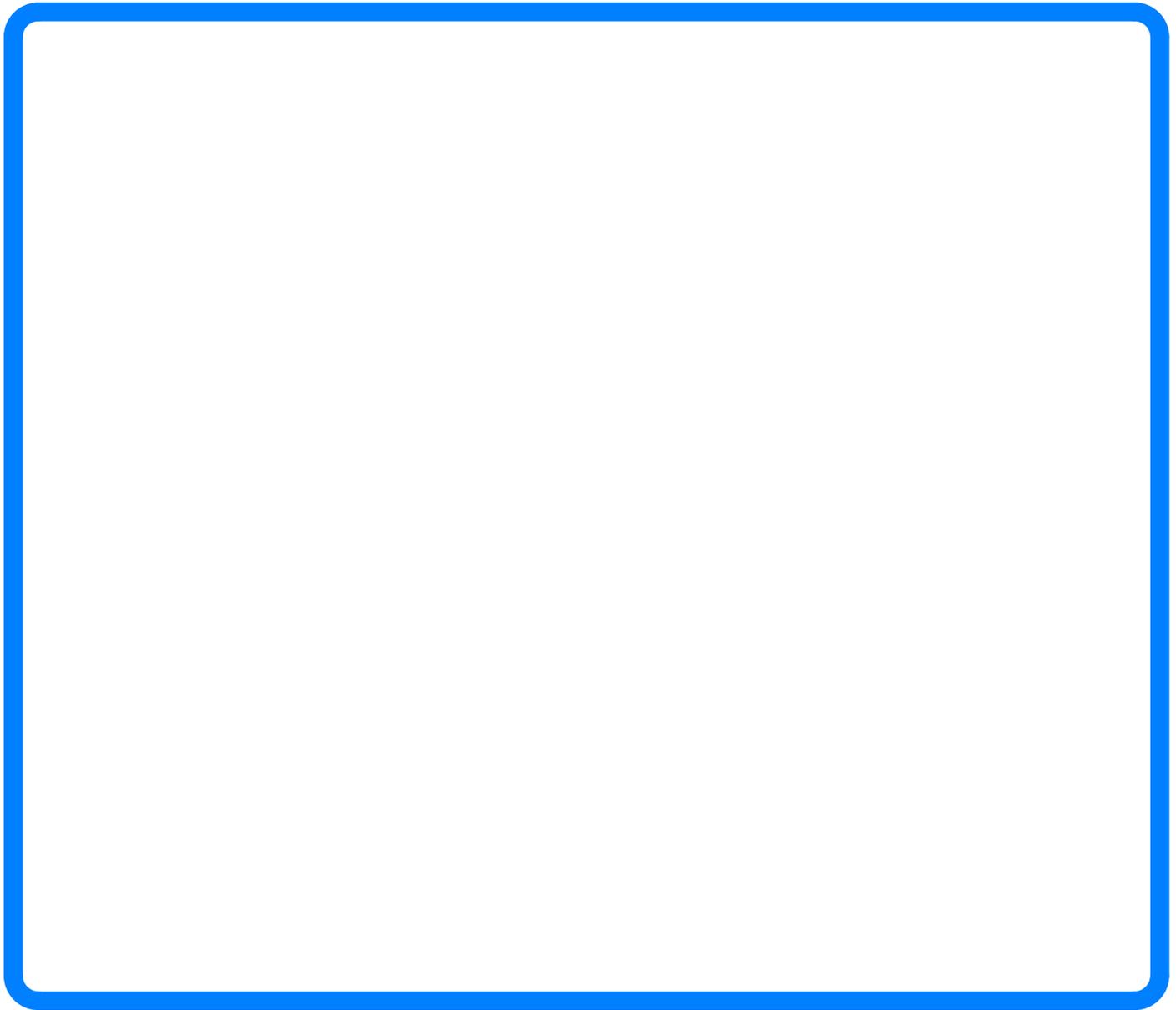
**stretching.**



**My**



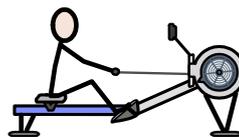
**pictures**



**Me**



**indoor**



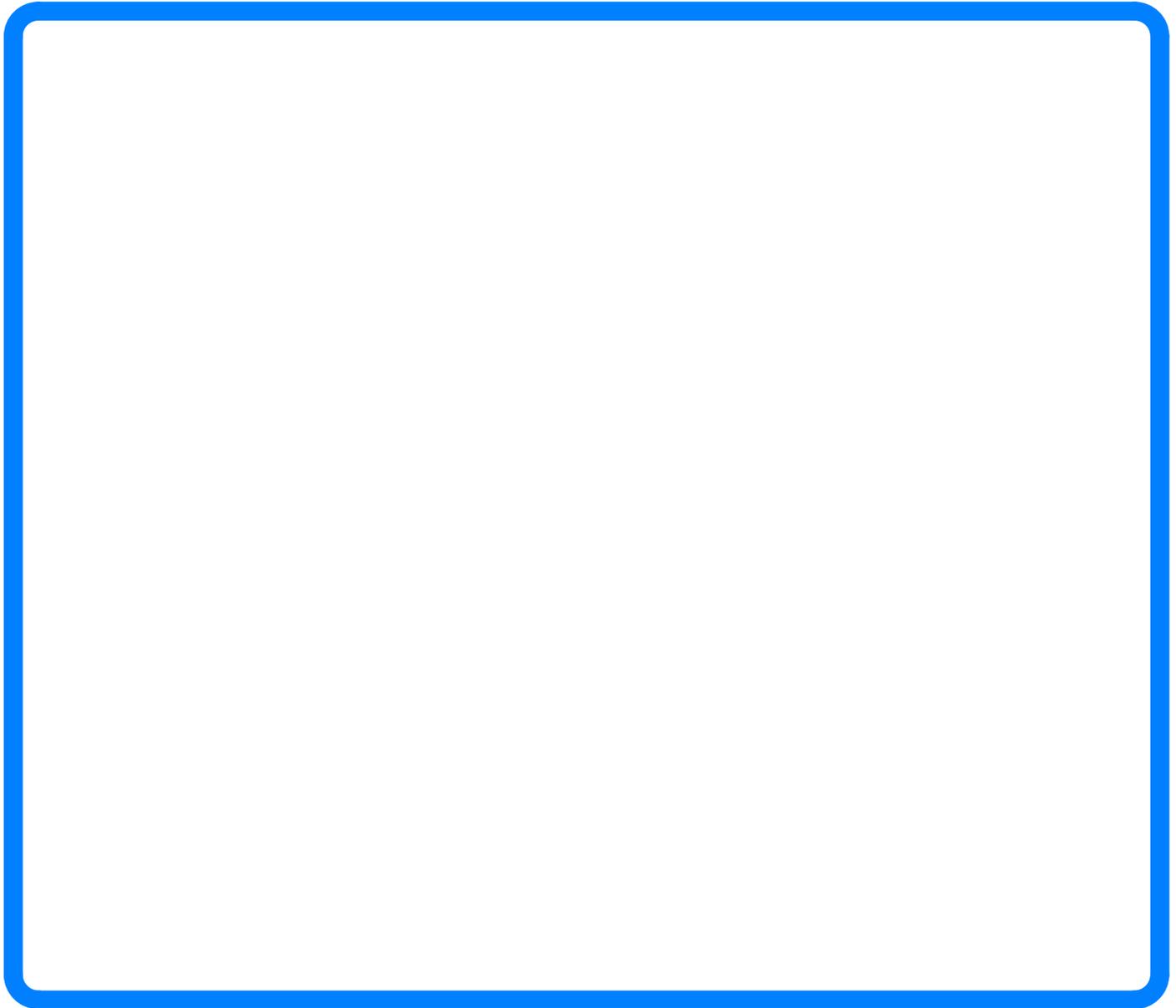
**rowing.**



**My**



**pictures**



**Me**



**wearing**

**a**



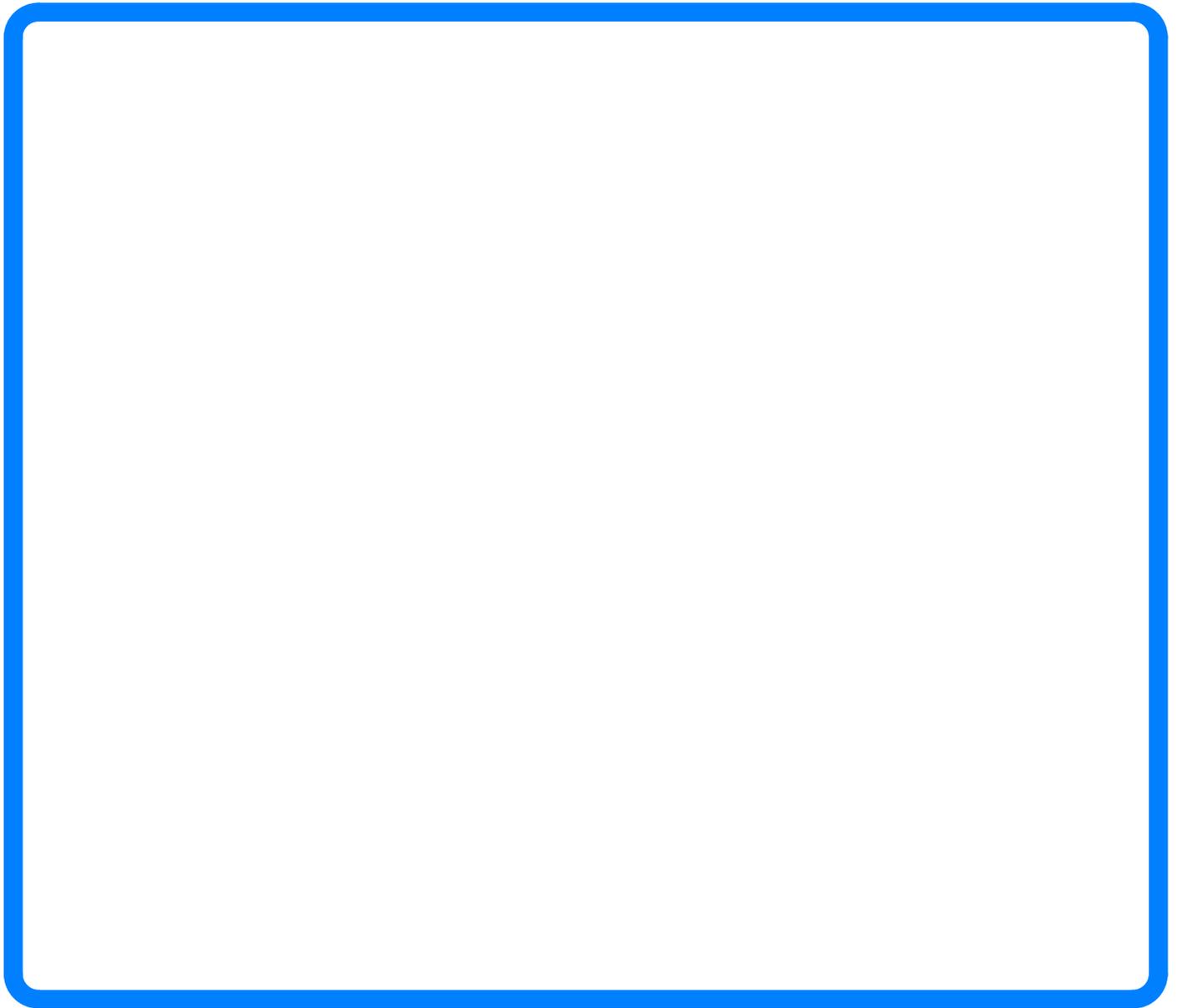
**life jacket.**



**My**



**pictures**

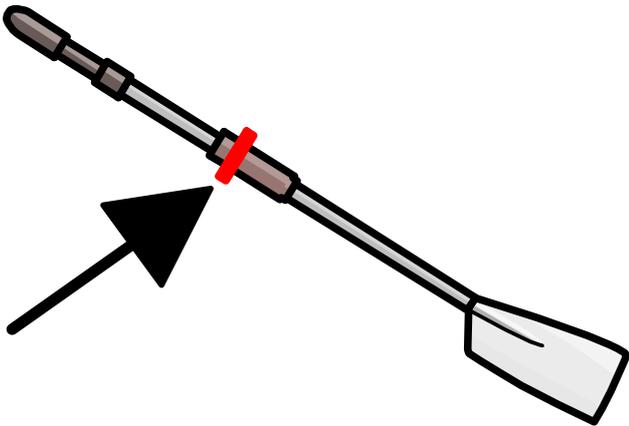


**Me**

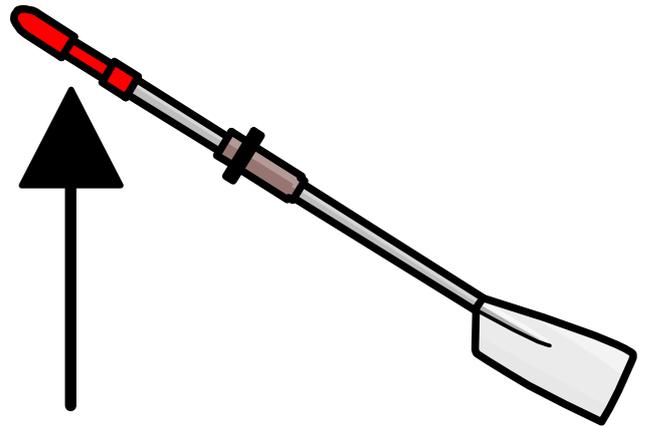


**sculling.**

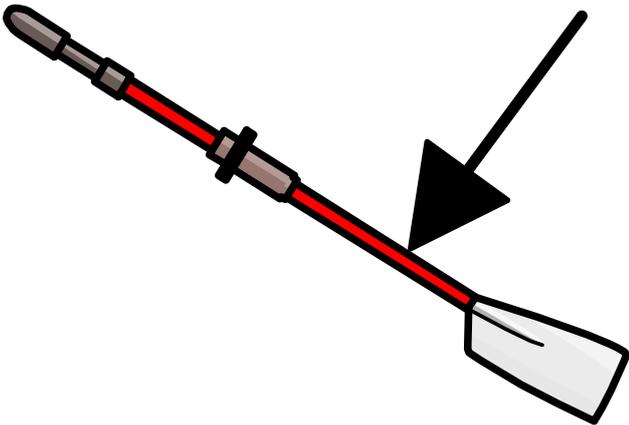
# Symbol Appendix



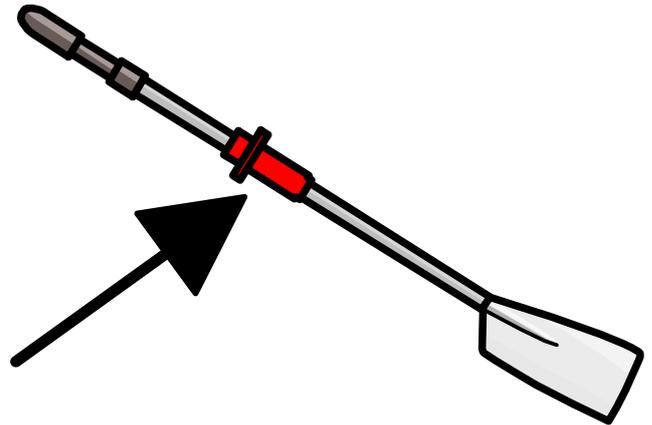
oar button



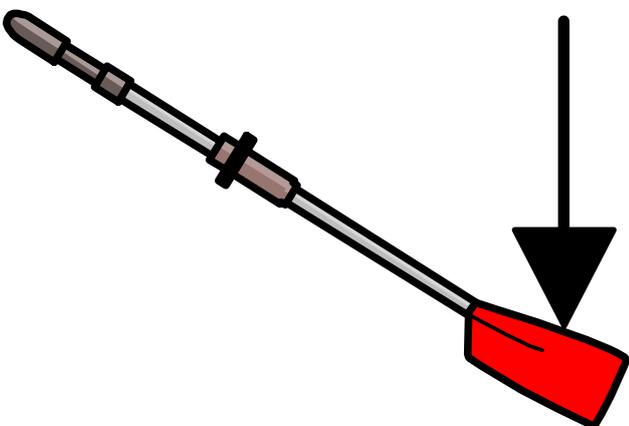
oar handle



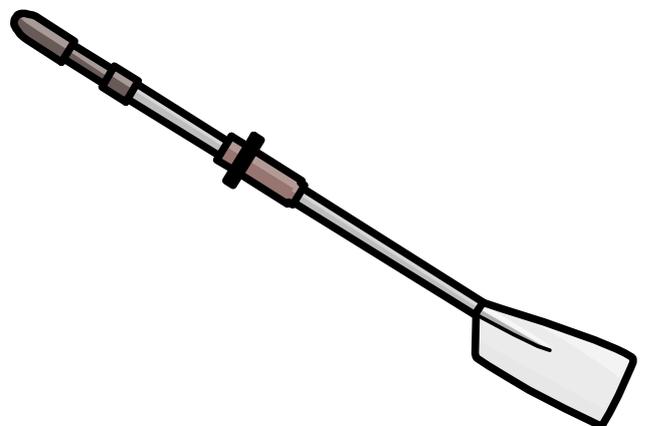
oar loom



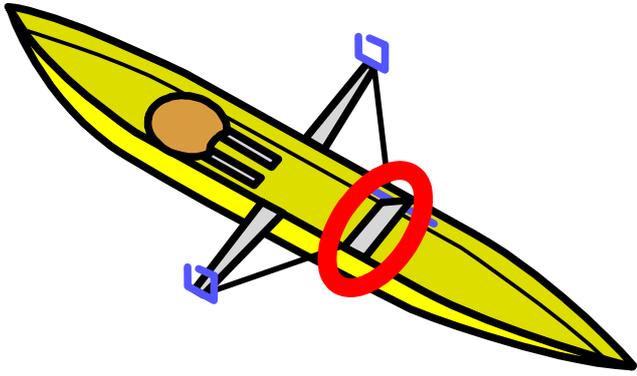
oar sleeve



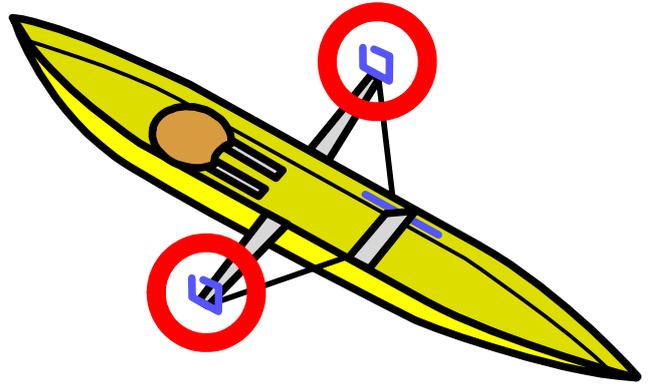
oar spoon



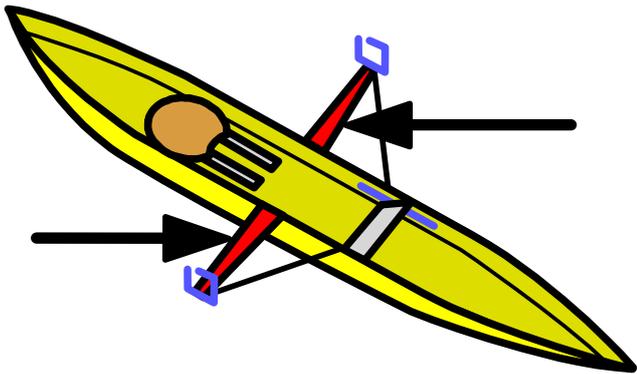
oar



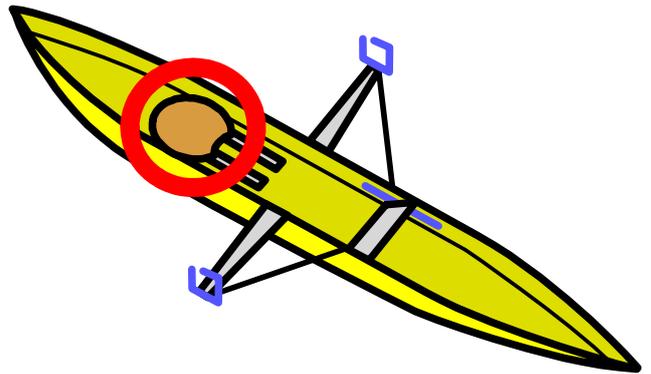
footplate



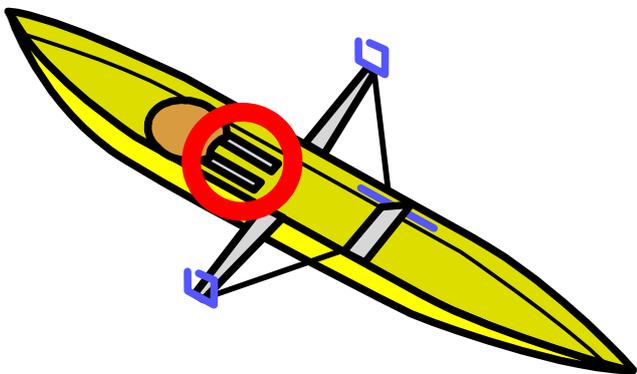
gates



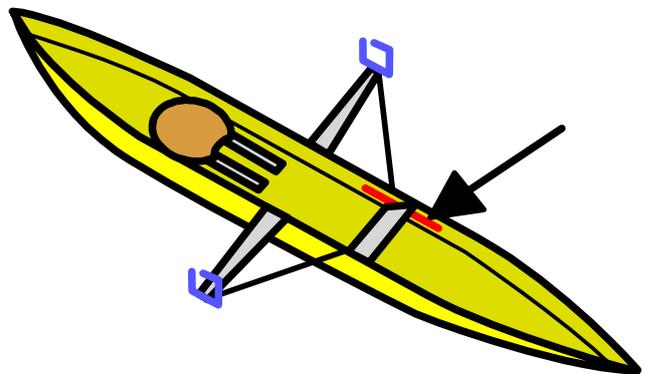
riggers



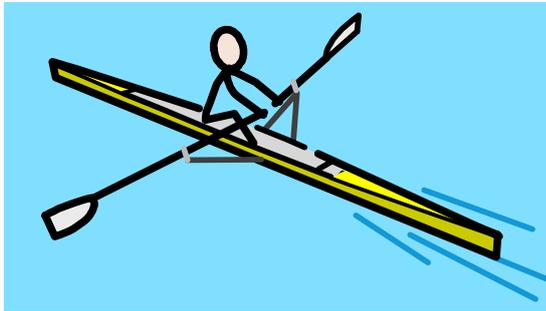
seat



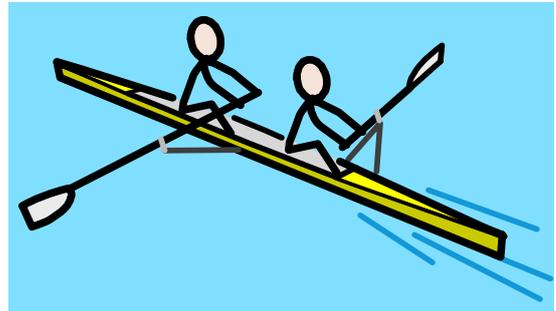
slides



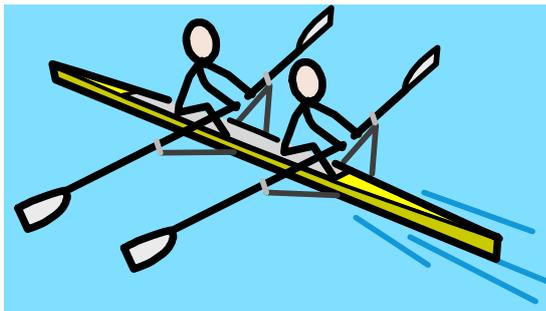
stretcher



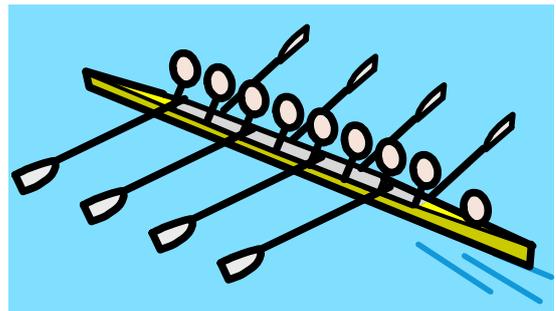
**sculling**



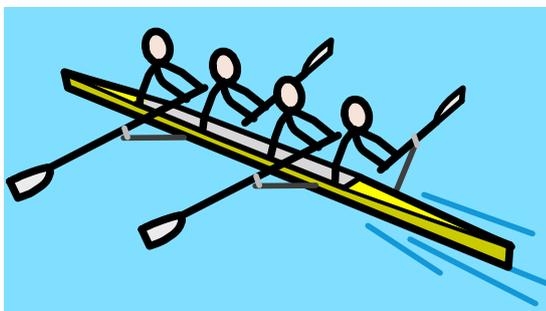
**coxless pair**



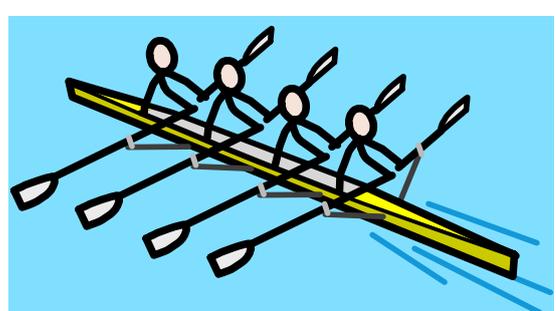
**double scull**



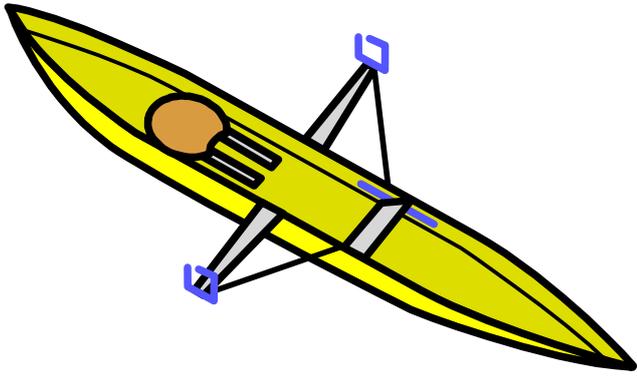
**eight with coxswain**



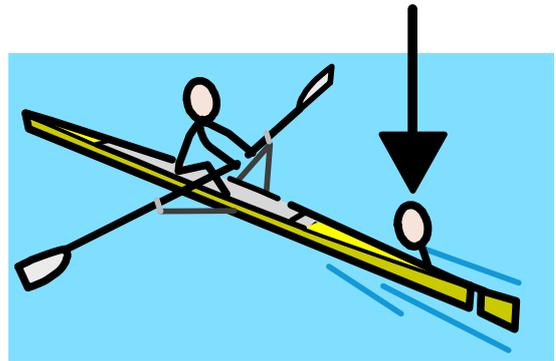
**four without coxswain**



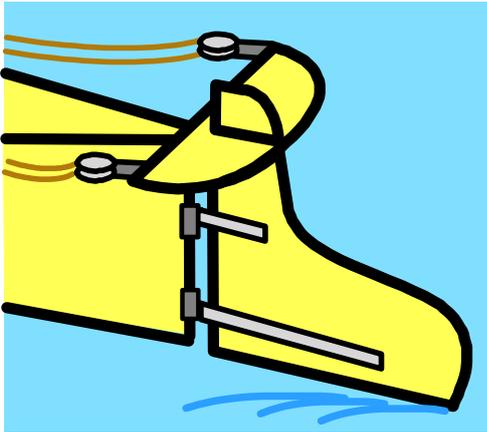
**quadruple sculls without coxswain**



rowing boat



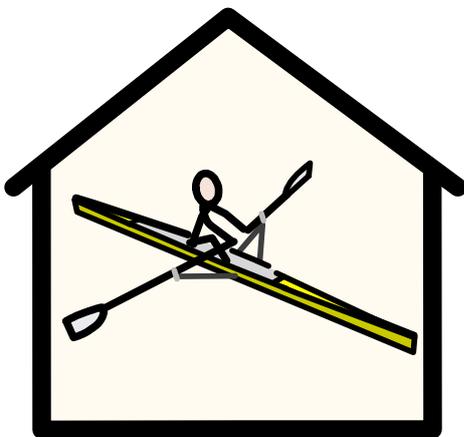
coxswain



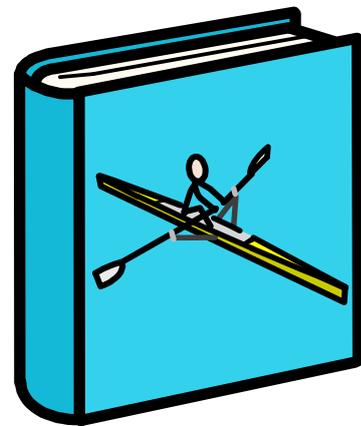
rudder



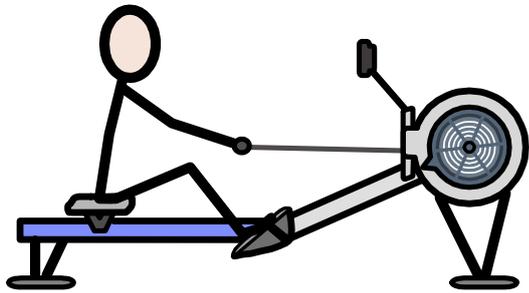
megaphone



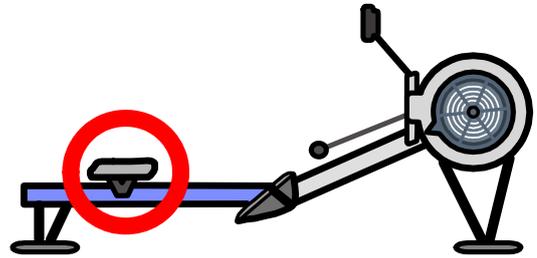
rowing club



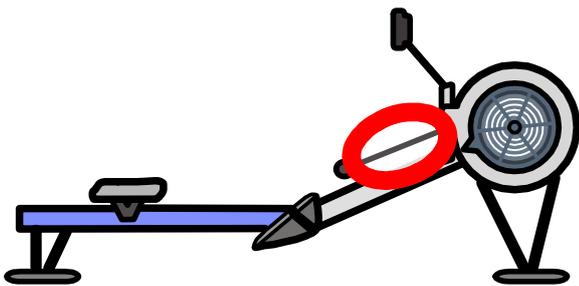
rowing logbook



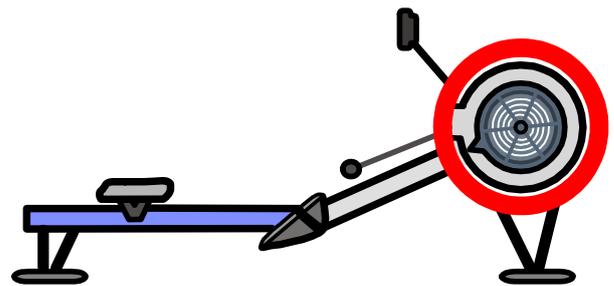
rowing



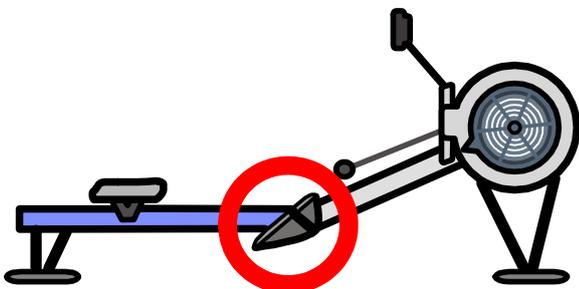
seat



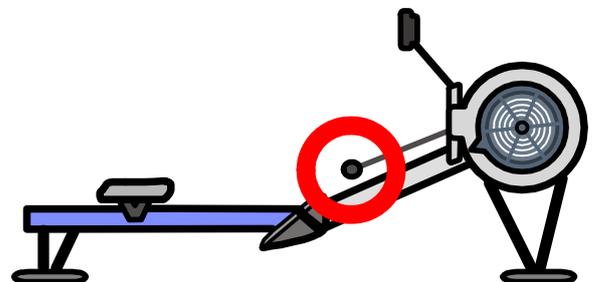
chain



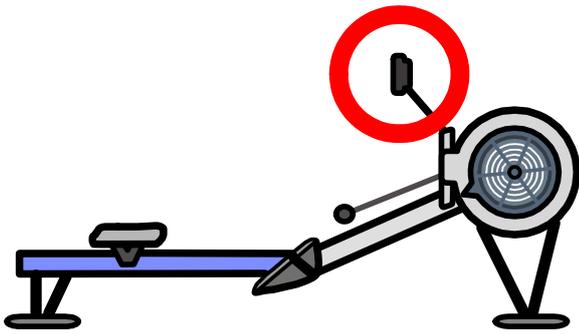
fan cage



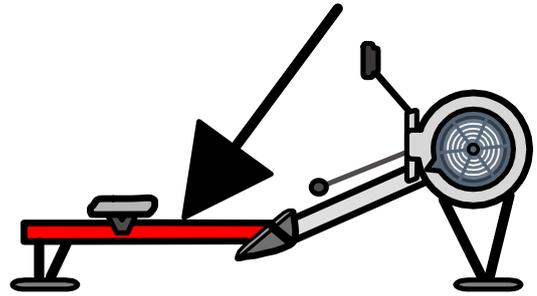
foot rest



handle



monitor



slide



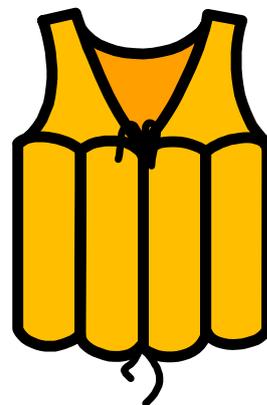
boat house



equipment



rescue boat



life jacket