



# Alliance Rowing Club of Illinois

## Learn To Row Protocol & Safety Requirements

### Overview

The ARC Learn to Row is the starting point for any new rower, regardless of age and is a low-cost approach to discovering if rowing is a good fit for the candidate rower. It consists of 4 sessions that include both Studio Dryland on a rowing machine and Sculling technique on the water in a Quad (4 person sculling boat). Sweep rowing technique is reserved for high school and physically mature athletes. As a general rule, Sculling is the accepted starting point for beginners as it is a symmetrical body movement that teaches the basics for proper balance, body sequencing, oar control and blade work.

### Requirements

Candidates should be in generally good health, divulge existing injuries/physical limitations and be proficient at swimming for safety's sake. While highly unlikely, in the event of the boat tipping over, all participants must be able to handle themselves in a safe and proper fashion. Flotation devices are available and required many situations, especially LTR students, and conditions that make sense for the individual. **Safety is the number one priority on the water for all rowers and coaches.**

All candidates must fill out the proper liability release form(s) and they must be signed by a parent or guardian for minors. Access to the rowing aspect of this program will be denied in the absence of this basic paperwork.

The first of four sessions, known as the Discovery Session, takes place in the Studio using a rowing machine. Proper form, technique and tempo are taught using videos, hands-on participation and videography with corrective feedback. A basic core fitness and flexibility assessment are optional as a means of determining the potential for proper form and anatomically correct posture. The Discovery session prepares candidates for the initial rowing session and typically a candidate is ready to row after this initial, if not the second session. Occasionally, candidates are asked to complete a third dryland session to ensure a safe and fulfilling rowing session for themselves and the others in the boat. ALL candidates are allowed a quick "refresher" session right before they row for the first or subsequent rowing sessions if they arrive before the shuttle departs. Because Sculling technique is fun and enjoyable as a life-long recreation, the mandatory Dryland Studio sessions prepare the candidate for the best possible outcome for their rowing experience both short and long-term.

### Costs

Fees are based on the current grade-level a candidate is entering in the Fall of the current calendar year. Those entering their Freshman year of high school (or older) pay \$189 for the 5 session package and younger candidates pay \$164. Rowers must be entering 6<sup>th</sup> grade in the fall as a general rule, although parents and older siblings participating allow for younger candidates to participate at the discretion of the Coaching staff based on the outcome of the Discovery Session. *ALL ARC Programs, Terms, Conditions and Prices are subject to change.*

### Coaching Staff

All Coaches are under certification of U.S. Rowing Coaching Level II or III, have basic safety training with ongoing continuing education and are still actively rowing recreationally and/or competitively. All coaches must be graduated from High School and at least 18 years old. All coaches have participated in competitive Crew programs and can relate to and empathize with new and developing rowers.

## Safety Measures & Requirements

Safety and enjoyment of Rowing are the only priorities when working with newly developing rowers of ANY age group. ALL new rowers will wear a Personal Inflation Device (PFD) throughout the LTR curriculum. After which, all 8th grade rowers and younger will wear PFDs without exception. Once an 8th grader is graduated, with written parental permission, they may opt out of wearing a PFD. ALL rowers in ARC, regardless of age or skill-level may be required to wear a PFD in low temperatures, high winds, strong currents and/or when rowing single and two-seat boats. Refusal to adhere to the PFD policy or violation of Safety Manual Policies is grounds for dismissal with NO refund.

I hereby certify myself and or my child(ren) are able to tread water for 5 mins continuously and swim 4 lengths of a 25m pool without rest or assistance.

Adult/Parent Initials: \_\_\_\_\_ Date: \_\_\_\_\_ / \_\_\_\_\_ / 20\_\_\_\_\_

## Order of Sessions & Progression

**Studio 1:** Watch Sculling Video, Learn rowing Body Sequence & Tempo, Videography Analysis

**Studio 2:** Review Session 1, Learn ARC Core Routine and watch USRowing Safety Video

**DRC 3:** Boat orientation, Discuss Water Safety, Learn Basic commands, Launch a boat

*Studio 4:* Revisit rowing machine, Review ARC Core Routine *plus* 3 Strength Moves for rowing

**Finale:** DRC-Review Session 3, Launch and Scull 50 minutes, Review Water Safety

Note\*: Session 4 is optional. Assuming rower(s) are continuing after LTR, this will be covered as a regular protocol in the Dryland Studio sessions. *Athletes with postural, flexibility, coordination or other challenges may require extra LTR for a per-session fee before moving to the general rowing population.*

Recommended time-frame for completing LTR is typically within 10 days, 14 maximum. It is optimal that continuity be maintained and sessions be completed relatively close together to improve retention, quality of experience and results. REFUNDS: Sessions 2 & 3 are eligible for a cancellation refund, in which case a pro-rated refund will be given minus the completed sessions billed at \$48 per session. Studio sessions are 50-75 minutes in length based on number of participants. DRC sessions are 75 minutes in length and could be 90 minutes or longer as rowers progress and gain endurance and strength.

## Continuing after LTR, ARC Membership

After graduating LTR, next step options are numerous and flexible. 8th Graders who aspire to row in High School may join ARC's Tryout Preparation track as well our Elite Rowing Strength & Power Dryland classes. We offer access to NorthShore Fitness Studio, Personal Training, a Club High School Team for rowers from any school, Master's Recreational & Competitive rowing and year-round Fitness programs for 6th grade through age 99.

Joining ARC by paying Member Fleet Dues will guarantee the lowest price-points and result in the greatest value and priority moving forward. While not required, Members quickly recoup these funds.

Annual Masters: \$500    H.S. Juniors: \$350    Development 6-8th: \$175    Summer Only: \$125

## Code of Conduct

ARC is an ALL inclusive Community Club serving the entire Northshore Rowing Community. Our Code of Conduct (ofC) is on our website under Forms/Documents. Please review this important part of our program. Blatant CofC infractions could be cause for immediate *dismissal without a refund*.