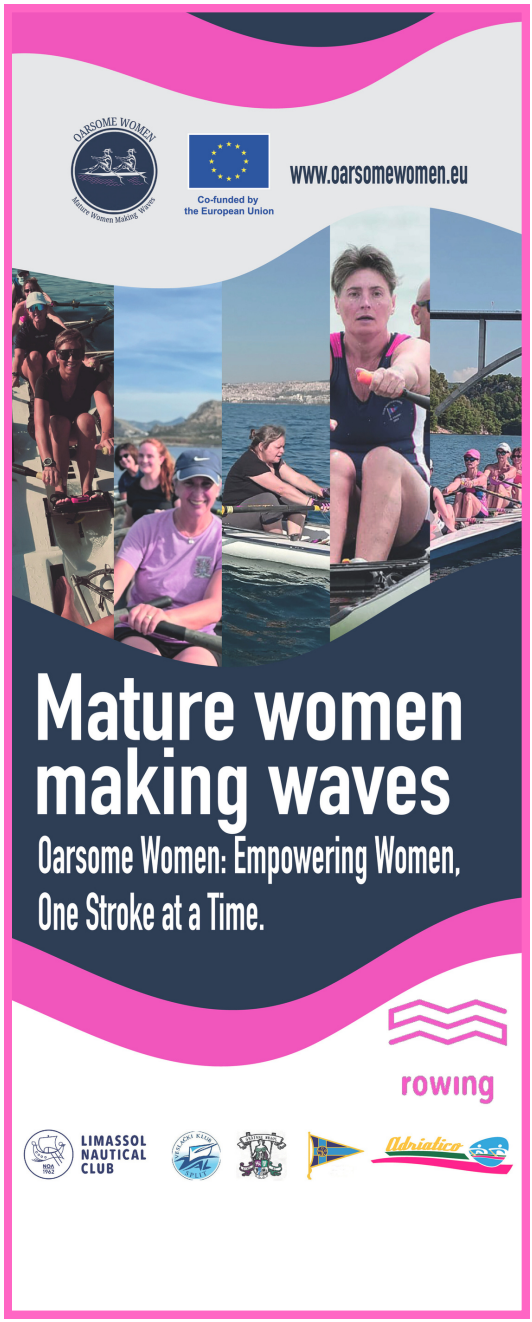
OARSOME WOMEN ROW LOG

Co-funded by the European Union

Row Smart,
Row Safe,
Row Well





Welcome to your Row Log !

Welcome to your Row Log! It helps you track your rowing progress, challenges, and achievements, celebrating every small step as you grow stronger and more confident. Every improvement counts, and rowing is conquered step by step. Keep rowing with passion, keep learning, and have fun.
You are Oarsome!

What to bring to your first Learn to Row sessions:

- Completed club sign-in form with your details, medical info, and emergency contact.
- Water bottle to stay hydrated.
- Towel and change of clothing (especially for coastal rowing).
- Fitted rowing attire (snug t-shirt and leggings/shorts; avoid loose clothing and hoodies).
- Weather-appropriate lightweight layers.
- Trainers or running shoes/watershoes with a slim heel.
- Hat for warm/cool weather.
- Sunscreen and sunglasses.
- Tie back long hair securely.

Always follow your coxswains' and coaches' guidance for your learning and safety. Enjoy the experience and take pride in developing your rowing skills—every stroke brings you closer to new horizons.
– **Your Oarsome Women Team**

Rowing Jargon

- ***Feather:*** *Turning the oar so the blade is flat (parallel to the water).*
- ***Square:*** *Positioning the oar blade perpendicular (90 degrees) to the water.*
- ***Bow:*** *The front of the boat (to the direction of travel).*
- ***Stern:*** *The back of the boat (to the direction of travel).*
- ***Catch:*** *The moment the oar blade enters the water at the start of the stroke.*
- ***Drive:*** *The part of the stroke where the rower pushes the oar through the water.*
- ***Finish:*** *The end of the drive, just before the blade leaves the water.*
- ***Recovery:*** *The movement of the rower returning to the start position for the next stroke.*
- ***Coxswain:*** *The person who steers the boat and gives commands to the rowers.*



Types of Sliding Seat Rowing

Sliding seat rowing encompasses several forms, each defined by equipment, technique, and purpose. Below are the primary categories:

1. Sculling (Two Oars per Rower)

In sculling, each rower uses two oars—one in each hand.

- Single Scull (1x) – One rower, two oars
- Double Scull (2x) – Two rowers, each with two oars
- Quadruple Scull (4x) – Four rowers, each with two oars
- Octuple Scull (8x) – Eight rowers, each with two oars (rare, typically for juniors or exhibitions)

2. Sweep Rowing (One Oar per Rower)

In sweep rowing, each rower uses only one oar, alternating sides (port or starboard).

- Pair (2-) – Two rowers, each with one oar (with or without coxswain)
- Four (4-) – Four rowers, each with one oar (with or without coxswain)
- Eight (8+) – Eight rowers, each with one oar, almost always with a coxswain for steering and commands

3. Coastal Rowing

Designed for open water and rougher conditions, using wider, more stable boats.

- Coastal Sculling – Two oars per rower; similar to flatwater sculling but adapted for surf and swell
- Coastal Sweep Rowing – One oar per rower; follows traditional sweep techniques in coastal boats

4. Adaptive/Para Rowing

Tailored for athletes with physical impairments, with variations in mobility and equipment.

- PR1 (Arms & Shoulders) – Fixed seat; power comes from arms and shoulders; often uses a sliding rigger
- PR2 (Trunk & Arms) – Limited seat movement; rower uses trunk and arms
- PR3 (Legs, Trunk & Arms) – Full use of sliding seat; technique closely resembles standard rowing



5. Indoor Rowing

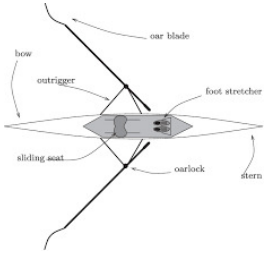
Simulates rowing mechanics on land using ergometers (rowing machines).

- Dynamic Ergometer Rowing – Features a sliding seat and moving footplate to better mimic on-water motion
- Standard Ergometer Rowing – Traditional rowing machine with a sliding seat and fixed footplate

6. Types of Boats (names of parts and positions)

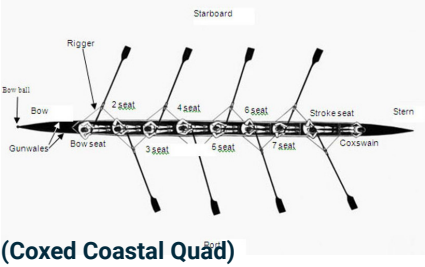
1+ (Single Scull)

A long, narrow racing boat with 1 rower—using 2 oars.



8+ (Coxed Sweep Racing Shell)

A long, narrow racing boat with eight rowers—each using one oar—and a coxswain who steers and directs the crew.



C4x+ (Coxed Coastal Quad)

A stable, wider boat designed for open water conditions, with four rowers, each using two oars (sculling), and a coxswain who steers and gives commands. (Launching a Coxed Coastal Quad C4X+)

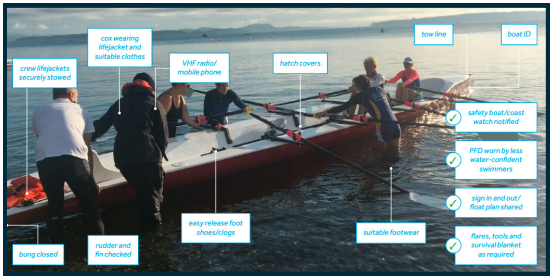


Image Source: World Rowing - Coastal Rowing

ROWING SKILLS

SKILLS CHECKLIST

This checklist is designed to help rowers of all levels track their progress and ensure a safe, confident, and effective development of core rowing skills. Whether you're new to the sport or refining your technique, this tool provides a structured overview of the essential competencies required for flatwater and coastal rowing.
By using this checklist, you'll be able to: Identify skills you've mastered and those still in progress, Reflect on your readiness for more advanced or challenging conditions, support your coaches in tailoring sessions to your development needs. Please review each skill honestly and mark your level of confidence. Use the notes section to record any observations, goals, or areas you want to focus on. This is a living document—return to it regularly as you grow in experience and ability.

CHECKLIST	SCORING		
	Yes	No	In progress
I can explain and demonstrate the basic sequence of the rowing stroke in a boat and on a rowing machine (ergometer)	X		
I can get in and out of the boat correctly from a dock or beach	X		
I can feather and square my oars effectively			
I am aware of the local safety hazards both on the water and in the Clubhouse of which I am a member			
I know the local river / coastal navigation rules for my local waterbody			
I know what to do in the event of a boat capsize			
I can swim 100m with my clothes on in open water			
I am physically very active and have good/very good mobility			
I know the proper technique for getting the boat from the rack to the water			
I know how to stop a boat correctly and effectively			
I can effectively turn a boat a full 360 degrees with my own oars			
I have the proper grip during the rowing stroke			
I understand general boat set up and rigging			
I am fully aware of the FISA Requirements for Safe Practice (Bow Ball, Quick Release, Heel Restraints, Bouyancy)			
I have prior experience competing in racing events at the Junior, Varsity, and Masters levels			
I have prior offshore rowing experience in a coastal boat, in either a touring or competitive event			
I know the Club Safety Policy and Emergency Action Plan			

SESSION PREPARATION

RISK ASSESSMENT

This Session Preparation is designed to help all rowers plan and execute safe, enjoyable sessions on both the sea and flatwater. Before each session, it's essential to assess the conditions, identify potential hazards, and ensure that all necessary precautions are in place. Use this log to record key details such as weather forecasts, water conditions, boat checks, and safety measures. Whether you're on open water or a calm lake, this log book will guide you through the process of preparing for a successful outing, ensuring both safety and performance are prioritized. Remember, planning ahead is crucial for minimizing risks and maximizing the benefits of your rowing experience.

DYNAMIC RISK ASSESSMENT	RISK RATING			Mitigation Measures
	Low	Medium	High	
Environment: Check forecast for Wind Speed & Direction. Tidal movement and currents. Check for weather warning forecasts.	○	○	○	Adjust course; postpone session if necessary
Water / Sea State: Wave Height, Wave Frequency, Marine Life, Navigation Hazards and onshore Wave Dumping	○	○	○	Use appropriate boats; limit to experienced crews.
Visibility: Check for fog, rain, or low light conditions. Check local Lake / River / Sea Area Forecast. Check sunrise, sunset hours.	○	○	○	Use navigation lights; delay session until visibility improves.
Boat / Rig / Oar Condition: Inspect for damage or wear and tear that might hinder safe passage.	○	○	○	Repair or replace damaged equipment before use.
Safety Equipment: Ensure availability of life jackets, First Aid, bailers, throwline, knife, navigation lights, and communication devices.	○	○	○	Equip all boats with safety equpment.
Navigation Aids (offshore specifically): Check functionality of GPS, compass, and digital and physical charts.	○	○	○	Repair or replace faulty navigation aids.
	Novice	Inter	Senior	
Crew Readiness: Evaluate crew's experience with coastal conditions and general competency.	○	○	○	Assign roles accordingly; provide additional supervision for novices.
	Excellent	Good	Poor	
Physical Condition: Assess crew's health and fitness levels.	○	○	○	Ensure all crew members are fit to row; replace unfit members.
	Yes	No	Unsure	
Safety Briefing Attendance: Confirm all crew attended safety briefing and understand local navigation rules and potential hazards on land or water.	○	○	○	Conduct additional briefing if necessary.
Emergency Preparedness: Review emergency response plan and procedures. Disucss a Float Plan in the event of capsize.	○	○	○	Update plan; conduct drills if needed.
Communication: Test communication devices (VHF radios, working phones).	○	○	○	Repair or replace faulty devices.
Emergency Contacts: Verify availability of emergency contact information; Coastguard Contact and the local Emergency Services. Confirm a Designated Shore Safety Person (DSP).	○	○	○	Ensure all crew have access to contact info.

OARSOME WOMEN ROW LOG

Full Name	
Date of Birth	
Gender	
Rowing Start Date	
Current Rowing Club	
Country of Residence	
Rowing Federation ID No.	
Next of kin (Full Name and Mobile Number)	
Medical Conditions/Allergies	
Coach Name: Signature	
Date / Club Stamp (Crest)	

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