

# Rowing for Disabled People in Scotland

This fact sheet provides an overview of adaptive rowing in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills in rowing or to coach disabled people in rowing.



## Scottish Rowing

Whether it's just the sensation of getting out on the water on a quiet morning or the thrill of the race, Rowing is a sport that requires fitness, commitment and discipline. In Scotland there are 27 affiliated clubs with an estimated total membership of around 2,500. Scottish Rowing represents rowing's interests with British Rowing, sportscotland, government and nongovernmental organisations. As the governing body, Scottish Rowing also:

- Provide racing licences to allow participants to compete in events;
- Run Strathclyde Park Regatta, the Scottish Rowing Championships and the Scottish Indoor Rowing Championships;
- Help clubs develop and grow their membership;
- Provide access to coach education and volunteer training;
- Support aspiring performance athletes on the GB pathway through partnerships with sportscotland and the Scottish Institute for Sport.

Scottish Rowing's vision is to drive and inspire people to take part and achieve their potential in rowing, making rowing Scotland's water sport of choice. For more details on

how they aim to achieve this, their strategic plan for the four years from 2013-2017 is available to download on the Scottish Rowing website.

The Scottish Rowing Centre at Strathclyde Country Park is the main centre for adaptive rowing, offering regular coached sessions as well as opportunities to come and try the sport. For more information about getting involved, contact Sophie Warburton on 01698 250206 or email [sophie.warburton@scottish-rowing.org.uk](mailto:sophie.warburton@scottish-rowing.org.uk).

## Para-rowing and the Paralympic Games

FISA, the international governing body for rowing, recently agreed to rename adaptive rowing as Para -rowing.

Scottish Rowing use the term Adaptive Rowing for all rowing for disabled people and Para-rowing for disabled athletes on the performance pathway.

Adaptive rowing provides opportunities for people with a physical, sensory or learning disability to participate in rowing. Para-rowing events were added to the World Rowing Championships in 2002 and to the 2008 Summer Paralympic Games in Beijing, China. Since rowing's inclusion to the Paralympic programme, the GB Rowing



Team has won gold medals in Beijing and in London and are now training towards Rio.

The Summer Paralympic Games take place once every four years and it is an elite, multi-sport event for athletes with physical impairments including those with mobility issues, amputations, blindness, and Cerebral Palsy. The Paralympics are a direct parallel to the Olympic Games - hence the name.

## The FISA Classifications

Scottish Rowing welcome people with all abilities to try and take up rowing, whether they would be classifiable under FISA classification rules or not.

Under FISA rules there are three categories for para-rowers:

- LTA - Legs, Trunk, Arms: Use of at least one leg, trunk and arms. Also for those with visual and intellectual impairments. Rowed with standard boats and sliding seats;
- TA - Trunk and Arms: Only use of trunk muscles. Boat has fixed seat;
- AS - Arms and Shoulders: Limited trunk control. Boat has fixed seat and rower is strapped at upper chest level to only allow shoulder and arm movements.

At FISA events there are five boat events (standard nomenclature is used):

- 4+ Mixed LTA
- 2x Mixed LTA (not a Paralympic event)
- 2x Mixed TA
- 1x Men AS
- 1x Women AS

Racing is held over 1,000 m (rather than the standard 2,000 m). In mixed events half the crew must be male and other half female (coxswain may be of either gender and may be able bodied). Single shells for the Arms and Shoulders category must have stabilising pontoons attached to the riggers.

## Coach Education

UKCC endorsement for a sport means that the coach education programme meets a set of agreed industry wide standards. Rowing offers a Level 2 and Level 3 coaching award. Level 4 is currently under development.

More information on these courses can be found at:

For Level 2: <http://www.scottish-rowing.org.uk/.../coaching/ukcccoachingcourses>

For Level 3: <http://www.britishrowing.org/education-training/coaching/level-3>

## Helpful Resources

Para-rowing YouTube case study:

[www.youtube.com/watch?v=px8F8dlwgkk](http://www.youtube.com/watch?v=px8F8dlwgkk)

## Facts & Figures

- FISA, the first international sports federation, was founded in 1892.
- Rowers with a visual impairment race wearing black-out goggles.
- Rowing is the only sport where competitors cross the finish line backwards.
- Physiologists claim that rowing a 2,000-meter race is equal to playing back-to-back basketball games.



## GB Rowing Team

At London 2012 the GB mixed coxed four of Pam Relph, Naomi Riches, David Smith, James Roe and cox Lily van den Broecke won gold, while four-times World Rowing Champion Tom Aggar and the mixed double scull of Nick Beighton and Sam Scowen finished just outside the medals in fourth.

Aggar and women's single sculler Helene Raynsford both won gold in Beijing 2008 where Naomi Riches also won a bronze in the mixed coxed four- the only member of the crew to go on and compete at London 2012.

The GB Rowing Team's Para-Rowing squad hold trials three times a year. For more information on attending trials, or if you think you have potential to represent Great Britain in this sport, please contact Hannah Lawton: [hannah.lawton@gbrowingteam.org.uk](mailto:hannah.lawton@gbrowingteam.org.uk).

## **Scottish Rowing Head Office**

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## **Key Contacts**

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## **Key Websites**

Scottish Rowing

[www.scottish-rowing.org.uk](http://www.scottish-rowing.org.uk)

British Rowing

[www.britishrowing.org](http://www.britishrowing.org)

World Rowing

[www.worldrowing.com/rowing/para-rowing](http://www.worldrowing.com/rowing/para-rowing)

Para-Sport

[parasport.org.uk](http://parasport.org.uk)

IPC

[www.paralympic.org](http://www.paralympic.org)

Concept 2

[www.concept2.co.uk](http://www.concept2.co.uk)