

Croeso I / Welcome to
Mumbles Amateur Rowing Club



Sea rowing

Personal Progress Record - Celtic, Erg, Yole, Environment, Safety



Name:

Rowing/ Water skills and training goals record

An informal training record in which to record your progress on and off the water at Mumbles Rowing Club. Members to initial check box once aim is achieved.

Ergometer Targets and Goals.

500 Metres	<input type="checkbox"/>	2000Metres	<input type="checkbox"/>
5000 Metres	<input type="checkbox"/>	10000 Metres	<input type="checkbox"/>
20 rated 30 (30 minutes at no more than 20 spm)			<input type="checkbox"/>
2000 Metres feet out (engages core)			<input type="checkbox"/>
1K break down – Hands, body lean, quarter, half, 3 quarter, full			<input type="checkbox"/>
500 Metres – tyre tilt on erg.			<input type="checkbox"/>
Intervals – 250-500-750-1k-750-500-250, various rest periods.			<input type="checkbox"/>
4 x 2k – 3 minute rest periods			<input type="checkbox"/>

Longboat Water Skills, knowledge and Targets.

Swig Buoy	<input type="checkbox"/>	Outer Fairway	<input type="checkbox"/>				
Mixen Buoy	<input type="checkbox"/>	Pyramids 15-20-30-20-15	<input type="checkbox"/>				
1Km session	<input type="checkbox"/>	2 Km session	<input type="checkbox"/>				
5 Km session	<input type="checkbox"/>	10 Km session	<input type="checkbox"/>				
Manoeuvring and boat turning at Verdi slip			<input type="checkbox"/>				
Knowledge of Boat/Parts/ Blades			<input type="checkbox"/>				
Knowledge of relevant seasonal clothing & kit			<input type="checkbox"/>				
Calls, positions (backing down, safe, backstops, ready to row, holding up)			<input type="checkbox"/>				
3 stroke rowing	<input type="checkbox"/>	'Half slide'	<input type="checkbox"/>	Racing start	<input type="checkbox"/>		
Swansea Bay	<input type="checkbox"/>	Langland	<input type="checkbox"/>	Caswell	<input type="checkbox"/>	Pwll Du	<input type="checkbox"/>

Yole

1Km session

2 Km session

5 Km session

10 Km session

Swig Buoy

Outer Fairway

Manoeuvring and boat turning at Verdi slip

Launching

Recovery

Knowledge of Boat/Parts/ Blades

Stroke

Steered at bow

Raced invitational

Raced competition

1Km Break-down of stroke - Hands, BL, quart, half, 3Q, Full

Coxing

Launch Long Slip

Recovery Long Slip

Launch Verdi

Recovery Verdi

Pre-Launch safety check

Safety Bag check

Coast Guard Comms & number

Surf rowing launch

Water Safety

Man Over Board drill

Tides, current, wind.

Safety Bag contents and check

Flares application

Throw Line - application & purpose

First Aid / CPR

Unpacking/ re-packing Life Jacket (both Types)

Basic navigation/ knowledge of landmarks/ landmark distances.

Club Safety

Fire exits, extinguisher positions

Designated first aiders and location of first aiders

RNLI safety session

Emergency comms

