



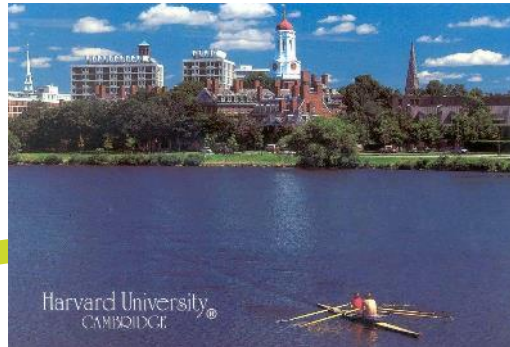
Coaching Adaptive Rowers

Bruce Lynn
Marlow Rowing Club

Bruce Lynn



Uni Rowing – Harvard Uni, Boston USA



Uni Sculling – Riverside BC, Boston USA



Junior Coaching – 10 yrs J14 and programme chair, Sir William Borlase's Grammar School



Adaptive Coaching – 10 yrs Marlow RC, 40 squad members



UK Adaptive Support – webmaster www.AdaptiveRowingUK.com, Community Adaptive Group founder



Para Coaching – 4 Paralympians (Tokyo, Paris)



Benefits - Individual

“I went out on a boat and that was magical, it felt like I learnt how to walk on water, a sense of peace and calmness on the water would become my new found addiction and passion.”

Kingsley Ijomah, Paralympian

- **Competition**
 - within appropriate groupings (e.g. age, gender)
- **Fitness**
 - often more challenging for disabled
 - sometimes an extension of physiotherapy
- **Recreation**
 - camaraderie
 - aesthetics (outdoors, movement)
- **Breadth of Feasibility**
 - conventional rowing accommodates athletes of all ages, sizes and ability
 - “whole body sport” which means that if one or more parts of the body don’t work...one can simply use the other parts of the body

Benefits - Club

“Rowing one-handed with Kirsty has been one of the most educational things I have done rowing and has benefited my regular rowing hugely. You have to disregard all the conventional wisdom you have been taught about rowing over the years and really re-examine what makes the boat move from the ground up.”

Steve Pickin, Marlow RC, Vets E rower

- Community Outreach / Involvement
- Membership Growth
- Pride and Reputation
- Potential Funding Streams
- Shared Equipment
- Insights



Classifications

DESCRIPTION	ADAPTATIONS	Para	Adaptive	Indoor	Invictus
Arms and Shoulders	safety floats req, upright seat	PR1	AR1	IAR1, IAR2	IR1, IR2
No leg use	safety floats opt (AR), flat fixed set	PR2	AR2	IAR2	IR4, IR7
Visual impairment	Guiding for 1x	PR3-VI	AR3-VI	--	
General physical impairment	safety floats opt (AR), various aids (e.g. grip)	PR3-PI	AR3-PI	IAR3, IAR5	IR3, IR6, IR7
Learning impairment	support rower, support person	--	AR3-LI	IAR6	IR5
Open / Self-declaration		--	AR-O	IAR6	IR6
				IAR7	

International Mixed Ability Sport (IMAS) – no classifications

- Non-permanent impairments (e.g. recovering from injury, illness)
- Non-classified impairments (eg. HI, ND)
- Able-bodied individuals looking for a different rowing experience

Impairments



- **Sensory**
 - Visual
 - Hearing
- **Neurological**
 - Brain Injury
 - Stroke
 - Cerebral Palsy
 - Cognitive Impairment
 - Learning Impairment
 - Autism
- **Limb**
 - Amputation
 - Deformity

Equipment



Floats
£300 (90%)



Grip Aids
£80 (5%)



Foam
£20 (5%)



**Fixed Seats +
smaller angle riggers +
plus shorter blades**
£1,000 (10%)

Engagement

- **Useful words**
 - “impairment”
 - “wheelchair user”
- **Useful phrases**
 - “If there is anything we can do to help, just shout.”



Supported Doubles/Pairs

- **Visually Impaired** – support rower steers
- **Learning Impaired** – support rower steers
- **Arm Impairments**
 - Sweep necessitated (easier with pontoons and/or wide double)
 - “Scull Pairs” – each rower ‘sculls’ with one sculling blade in sweep fashion
- **Severe Impairments** – support rower provides extra power
- **Crew Rowing** – format enables adaptives to row with a broader group of people



Competing

- **54 Rowing competitions**
- **8 Indoor Rowing competitions**
- **Time Handicap Racing**
 - Head starts provided based on individual PBs (like golf handicaps)



Support Resources

- **86 Clubs, 10 Universities**
- **British Rowing**
 - Guide to Adaptive Rowing
- **Community Adaptive Group**
 - Share experience
 - Session visit
- **AdaptiveRowinguk.com**
- **Rowability Facebook Group**

