

Rowing ACT Statement on Training at Home During COVID-19

During the COVID-19 pandemic, Rowing ACT will support people to continue training at home. Staying active is a key component to maintaining your physical and mental health over these difficult times. There are, however, risks associated with training unsupervised at home, particularly when athletes are used to training in squads with a coach. Now is not the time for risky training, rather athletes should prioritise safe and smart training regimes. Rowing ACT also recognises that in training at home, athletes may not have access to the equipment they would normally use, and as such may try new methods of training with which they are unfamiliar.

Rowing ACT makes the following recommendations for athletes who are training at home. The following guidance and opportunities can be applied to levels at all ages and levels of experience (including Juniors, Club rowers, U21, U23, Elite and Masters rowers):

- All athletes should as a first option, follow a training regime put together individually for them by their coach. Your coach should be your first point of contact for any change in program.
- A particular emphasis should be placed by athletes on completing warmups and warm downs, inclusive of stretching and foam rolling post exercise. These can have highly positive effects on the training that is completed, as well as your body's adaptation to training.
- Caution is recommended when trying a new sport or training exercise. Appropriate warmups and warm downs will also assist with minimising risk of injury.
- Consistency of training is key. There's no need to do any extreme training regimes. The most basic exercises are the exercises which will provide the best adaptations to training.
- The best performance outcomes come from ensuring training loads and intensities remain consistent. Doing the basics better will lead to stronger results.
- If completing at home strength and conditioning the following should be considered:
 - It is recommended that no loaded heavy weights sessions should be completed unsupervised, unless under the guidance of a qualified strength and conditioning coach. If not under the guidance of a qualified strength and conditioning coach, a rower may be able to complete body weight exercises that enhance core strength or mobility.
 - Mobility and core work can be especially beneficial for Masters rowers.
 - Only athletes who have previously completed weights training should attempt at home weights training.
 - If you have pain or discomfort which makes you concerned that there is an injury present, do not conduct any strength and conditioning and seek guidance from a medical professional.
- For athletes who do not currently have a coach they can reach out to, they are invited to complete the rowing ergo step test protocol released by Rowing ACT which can be found on our website. By sending the results of this test to the Head Coach of Rowing ACT, Dave Fraumano at headcoach@rowingact.org.au, Dave will then forward you a tailored ergo program for you to complete in your own time. Any questions about this test (or training generally) should be directed to Dave.