



# INDOOR ROWING

## Safety Guide

Sports Recreation

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Checklist Items

**KEY BENEFITS**

**Cardiovascular Health**

Exceptional aerobic workout that strengthens the heart and improves overall cardiovascular endurance efficiently.

**Full-Body Workout**

Engages legs, core, back, and arms in every stroke for comprehensive muscular development and toning.

**Low Impact**

Gentle on joints while delivering high-intensity exercise, ideal for rehabilitation and all fitness levels.

**Calorie Burning**

Burns 400-800 calories per hour depending on intensity, supporting weight management goals effectively.

**Mental Focus**

Requires concentration on rhythm and technique, providing meditative benefits and stress relief.

**Measurable Progress**

Ergometer monitors provide instant feedback on pace, distance, and power for tracking improvement.

**KEY HAZARDS & CONTROL MEASURES****Poor Rowing Technique**

- ✓ Provide mandatory technique induction for new users
- ✓ Train staff to identify and correct poor form
- ✓ Display proper technique posters near equipment
- ✓ Encourage gradual progression of intensity

**Equipment Malfunction**

- ✓ Implement daily pre-use equipment checks
- ✓ Remove faulty machines from use immediately
- ✓ Schedule regular professional maintenance
- ✓ Keep maintenance logs and records

**Overexertion**

- ✓ Screen participants for health conditions
- ✓ Ensure adequate hydration is available
- ✓ Encourage appropriate pacing and rest periods
- ✓ Train staff to recognise signs of distress

**Hand Blisters & Grip Issues**

- ✓ Teach proper relaxed grip technique
- ✓ Ensure handle grips are clean and in good condition
- ✓ Make rowing gloves available
- ✓ Advise gradual volume increases for new rowers

**Foot Strap Entrapment**

- ✓ Demonstrate proper strap adjustment
- ✓ Ensure users can release straps independently
- ✓ Inspect straps for wear and damage
- ✓ Replace worn or frayed straps promptly

**Environmental Conditions**

- ✓ Maintain adequate ventilation and air conditioning
- ✓ Keep water readily accessible
- ✓ Provide fans for additional air circulation
- ✓ Monitor room temperature during classes

**PRE-SESSION SAFETY CHECKLIST****Risk Assessment**

- |  |   |
|--|---|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures |   |

**Equipment Checks**

- |   |  |
|---|--|
| <input type="checkbox"/> Seat slides smoothly on rail | <input type="checkbox"/> Chain moves freely without noise  |
| <input type="checkbox"/> Handle grip is secure        | <input type="checkbox"/> Foot straps are in good condition |
| <input type="checkbox"/> Monitor displays correctly   | <input type="checkbox"/> Damper lever functions properly   |

**User Preparation**

- |   |   |
|---|---|
| <input type="checkbox"/> Health screening completed | <input type="checkbox"/> Technique induction provided |
| <input type="checkbox"/> Appropriate footwear worn  | <input type="checkbox"/> Water bottle available       |
| <input type="checkbox"/> Warm-up completed          | <input type="checkbox"/> Contraindications checked    |

**Facility Checks**

- |  |   |
|--|---|
| <input type="checkbox"/> Adequate machine spacing maintained | <input type="checkbox"/> Ventilation functioning      |
| <input type="checkbox"/> Floor area clear of obstacles       | <input type="checkbox"/> First aid kit accessible     |
| <input type="checkbox"/> Emergency exits clear               | <input type="checkbox"/> Qualified instructor present |



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