

EAST MIDLANDS REGIONAL PLAN

Building Our Future

Growing And Succeeding

'new participants through new partnerships'
'rowing for life through well-resourced clubs'
'inspiration through success on the world stage'

EAST MIDLANDS REGIONAL ROWING COUNCIL

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1. INTRODUCTION

- The East Midlands Regional Rowing Council Forward Plan has been compiled in line with the national Plan for Sport, ARA Whole Sport Plan and the Regional Plan for Sport.
- Since the last forward plan (2001-2005) the region has seen a number of successes. Through Project Oarsome junior numbers have increased along with general growth in all clubs.
- In 2002 the region hosted the Commonwealth Regatta and FISU (international Universities) Regatta. It has also hosted the annual J16 France- Brit Match, National Championships, National Schools, BUSA head and Regatta.
- The region has seen notable success from athletes on the international stage. Tom Kay of NCRA won a Silver medal at the senior world championships in 2003.
- At the Under 23 World Championships Jo Cook of NCRA won a bronze medal.
- A Number of juniors have represented the region at the France- Brit, Coupe de la Jeunesse and Junior World Championships.
- The regional rowing council has had a long period of dormancy and has thus not been as effective as it could have been in delivering programmes- in particular Coach Education has been minimal and organised by the regional ARA Coaching and Development Officer (CDO)
- The Council has been reformed with a group of dynamic individuals who will be taking forth the forward plan throughout the region.
- The Current roles and responsibilities of each Council member are outlined below:

Chairman:

Responsible for convening EMRC meetings and calling all general and executive meetings.

Chairman of the Regional Grants Panel

Liaison with the regional ARA Coaching and Development Officer

Representative on the National Development Committee.

Treasurer:

Controls regional finances and produces end of year reports and accounts

Secretary:

Responsible for updating the action plan in consultation with EMRRC

Circulates agenda and produces minutes for quarterly meetings and the AGM.

Chairman of the Coaching Commission:

Responsible for the Regional Coach Education programme and regional training days in liaison with the regional ARA coaching and Development Officer.

Representative on the National Coaching Commission.

Representative on the Regional Grants Panel.

Chairman of the Umpires Commission:

Responsible for coordinating the Umpires Commission who officiate at all regional regattas.

Recruits and trains new umpires

Representative on the National Umpires Commission.

Junior Representative:

Responsible for coordinating all junior activities within the region and appointing managers for the Inter- regional team.

Responsible for coordinating the regional J16 camp.

Representative on the National Junior Commission.

Regional Safety Adviser

Responsible for advising all event and club safety advisers on compliance with the ARA water safety code.

Reporting incidents and accidents to the EMRRC and the ARA.

Representative on the National Water Safety Sub- Committee.

Regional events Manger

Responsible for delivering and coordinating the 'Big 'Ead' event

Adaptive representative

Responsible for coordinating all adaptive activities within the region.

This forward plan is intended to be a working document that can be adapted as and when needed during the course of its' four year life.

For a list of the clubs and map of the region please see appendix A. This map also outlines which clubs are CASC registered, Clubmark approved or working towards Clubmark and other useful details.

There are currently five clubs which have completed their Clubmark packs and are awaiting accreditation. These are Burton Leander, Trent Rowing Club, Nottingham BC, NSRA and Newark. Loughborough is working towards Clubmark.

A large percentage of the clubs in the region are linked to other partners. A list of these can be found below.

Club	School links	University links	Local Authority	Clubmark	Development Plan	Additional Comments
Ancholme	Unofficial links with 2 local schools	None	Good links with Local Sports Centre	Expression of interest	No	NJRP
Boston	Unofficial links with 2 local schools	None		Expression of interest	Yes	Club used for national squad long distance trials throughout the year.
Burton Leander	Pingle and Paulet Schools through PO	None	Good links with "Sport Across Staffordshire"	Yes-Complete	Yes	Full time Community Sports Coach with Trent RC. Clubhouse refurbishment through CCDP
Derby	Unofficial links with 2 local schools	Derby University		Expression of interest	Yes	
Derwent					No	
Leicester	None	Leicester and De Montfort Leicester			Yes	
Loughborough	None	L'boro Students Rowing		Not yet complete	Yes	Clubmark is being done online as part fo the Pilot scheme. NJRP club
Newark	Grove, Magnus, Minster and Toot Hill Schools through PO	Unofficially with Lincoln University	Good links with Newark and Sherwood Council	Yes-Complete	Yes	In line for a Nottinghamshire Community Sport Coach with NSRA. Club received PO X-tra in 2004
Nottingham and Union	Partner club with NSRA	None			No	
Nottingham Boat Club	Partner club with NSRA	Nottingham Trent University		Yes-Complete	Yes	

Nottingham Britannia	Partner Club with NSRA				No	
NCRA					No	Elite club within the region
Trent	Pingle and Abbot Beyne Schools		Good links with Sport Across Staffordshire	Yes- complete	Yes	Full time Community Sports Coach with Burton Leander
NSRA	Djanogly and Beckett Schools through PO	No		Yes- Complete	Yes	In line for a Nottinghamshire Community Sport Coach

2.0

THE VISION

- ◇ new participants through new partnerships ◇
- ◇ rowing for life through well-resourced clubs ◇
- ◇ inspiration through success on the world stage ◇

The Region fully supports the development of new participants within clubs. One of the ways this has been done in the past and will continue in the future is through working with partners.

There are three Project Oarsome Clubs in the region- Burton Leander, NSRA and Newark. These have shown how working with Partners such as schools can be beneficial to the growth of participation numbers in their clubs.

Clubs within the region are being encouraged to link to partners as a source for new participants. This does not necessarily just have to be school, but can include health organisations such as the primary care trust, Local Authority and County Sports Partnerships (CSP)

The East Midlands and Nottingham in particular have played host to a number of international events in the past. The National Water Sports Centre in Nottingham hosts national trials for juniors throughout the year. It is also the base for the World Class Start scheme for Nottingham which is producing high quality performance athletes. Monthly camps are organised and run by ARA staff.

The East Midlands continues to produce a steady flow of international athletes at both junior and senior level.

2. VALUES AND PRINCIPLES

The EMRRC supports the values and principles outlined in the national whole sport plan and carries out all of it's work whilst taking these fully into account within any programme throughout the region.

- ❖ Encouraging and developing good practice to provide a transparent and accountable organisation at regional and local level.
- ❖ Providing equal opportunities to participate in rowing regardless of age, gender, disability, faith and ethnic origin.
- ❖ Creating the opportunity for those with the desire and talent to join the ARA Performance pathway and achieve success at an appropriate level
- ❖ Valuing the work of volunteers and providing recognition, support and training
- ❖ Playing an active part in developing rowing as part of the broader sporting and social agenda, and to benefit local communities
- ❖ Providing a welcoming environment and support for participants to enjoy the sport at whatever level they choose to participate

- ❖ Encouraging and developing safe practices in Rowing and the culture of safety in general

3. CONTEXT IN SPORT, AND WORKING IN PARTNERSHIP

**Local Authorities/Primary Care Trusts/LEAs
Schools- Health agenda and Club/School links
County Sports Partnerships: providing support to clubs and volunteers.
County Level SportsCoach UK- supporting coaches
Regional Sport England/Regional Sports Boards- supporting development**

The region is pursuing a number of initiatives in line with national schemes. And will be working closely with a number of partners at regional and local level to achieve objectives and targets. Links with the Regional Sports Board (RSB), SportsCoachUK, English Institute of Sport (EIS) at the NWSC and other agencies such as the Community Club Development Programme (CCDP) which has already been beneficial to one club in the region (Burton Leander). The region also fully supports the roll out of the UK Coaching Certificate, Community Sports Coach Programme and PESSCL. The EMRRC is also committed to the role of rowing and how it can raise the level of fitness in the region in line with the targets set out in the 'Game Plan'.

The EMRRC will work closely with the Regional Sports Councils and Regional Sports Boards to ensure strategies and policies aid the achievement of regional objectives and targets.

Within the East Midlands the ARA is developing good relationships with the County Sports Partnerships to deliver the Community Sport Coach Scheme. At present there are three full time positions within the region (two in Staffordshire and one in Nottinghamshire). These relationships will continue to develop in order to bring rowing to a wider community within the region.

The EMRRC supports the ongoing development of Project Oarsome, Go-Row and Go-Race, School/ Club links and sees the extension of relationships with schools and Sports Colleges as an important focus within this plan. We have seen the development of the Nottinghamshire Indoor Rowing League and plan to develop this scheme in other counties in the region.

We also believe that we can have a wider impact on community health and social welfare through Indoor Rowing being delivered through local health facilities, and both private and public health and fitness clubs.

5. Our Priorities - Building on Success, Focusing on what has Worked, Further Innovation

Clubs are at the centre of the sport of rowing and are a key factor in both recruiting and retaining people of all ages in the sport. They provide a community identity for their members and, where appropriate levels of investment and support for both volunteers and facilities have been made, have proved to be highly successful in delivering sustainable, long-term participation in sport.

The East Midlands Region's aim will be to **build the capacity** of a substantial (insert no. and names) number of clubs, by supporting them in modernising and improving **facilities and equipment**, increasing the uptake of **training and education**, and forming lasting and mutually beneficial links with the local community, schools and universities.

There are a number of opportunities within the region to enter the Performance Pathway. Primarily the World Class Start system deals with potential in the Nottingham area but is also able to accommodate athletes from other areas of the region.

Selection for the Junior and Senior Inter-regionals is open to all clubs and clubs are encouraged to take part in both.

High quality J15/ J16 athletes are able to access the regional J16 camp which in turn can lead to selection for the national J16 camp for the top athletes.

People of all ages are attracted to rowing for its proven health benefits. Recreational rowing, indoor rowing (using rowing ergometers), and innovative IT technology provide an **unprecedented opportunity** for rowing to contribute significantly to the broader sporting agenda, which aims to increase participation rates of the population in regular physical activity to 70% by 2020. The EMRRC has identified a number of clubs to develop both recreational and indoor rowing

The East Midlands Region believes that **with the appropriate investment, we can deliver ambitious targets to develop rowing and to make a significant contribution to the wider sporting agenda.**

6. AIMS, OBJECTIVES AND OUTCOMES

1. Organisational Effectiveness

A well organised, effective Regional Rowing Council, with robust, policies and administration, and succession planning providing a strong infrastructure for the sport, to represent the interests of its members and rowing in the region, and with the capacity to deliver a broad range of services to its members, to substantially increase participation.

AIMS	Objectives and Outcomes
To keep policies and practices under review to reflect legislation national advice.	<ul style="list-style-type: none"> ➤ Constitution ➤ Water Safety ➤ Participant Welfare and Child Protection ➤ Safety Disciplinary and Grievance Procedures

<p>To ensure the decision making processes are appropriate to delivery of regional and local objectives</p>	<ul style="list-style-type: none"> ➤ Selection Policy-JIRCs & SIRCs ➤ Continue to review the role of RRC committees and commissions ➤ Incorporate succession planning into EMRRC meetings ➤ Ensure that RRC Grants Assessment Panel is empowered ➤ Encourage and support clubs in fulfilling their responsibilities ➤ Encourage clubs to implement effective and streamlined management systems appropriate to delivery of their development plans ➤ Ensure individuals are empowered to deliver their roles, within procedures that ensure accountability.
<p>To involve key stake-holders in the development, implementation and monitoring of the Region's Plan and strategy</p>	<ul style="list-style-type: none"> ➤ Continue consultation and develop effective monitoring procedures for the Forward Plan through regular meetings ➤ Work with C&DT to create effective links with key partners, RSBs/CSPs/SSPs
<p>Ensure that Region has a marketing plan which dovetails into ARA's national plans</p>	<ul style="list-style-type: none"> ➤ Promote rowing in businesses, educational establishments and the private/public health sector ➤ Promote the ARA's web-based IT system ➤ Promote the use of the OARA system for events
<p>Design and implement an effective regional strategy for communication to members(individuals, clubs and events) and also RSB, Local Authorities, CSPs, schools and other relevant organisations.</p>	<ul style="list-style-type: none"> ➤ Find new ways of communicating the success of rowing as a sport to members, non-members and the wider public ➤ Update club contact list on a bi-annual basis
<p>To ensure that equal opportunities are provided at all levels of participation within the region.</p>	<ul style="list-style-type: none"> ➤ Support the implementation of the new Equity Standard for rowing ➤ Ensure equity is considered as an integral part of all ARA programmes

<p>1.7 Support the work of the Regional Sports Board</p>	<p>at regional and local level</p> <ul style="list-style-type: none"> ➤ Promote equity training for volunteers ➤ Encourage consultation with juniors at club and regional level
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2. Coaching and Technical Education

To ensure that all participants receive the coaching they need to perform to their optimum level, enjoy their rowing and improve their health. This will be achieved by improving the skill base of coaches at all levels through high quality coach education, and by defining excellent career pathways for both the paid and unpaid workforce.

Our regional programme will support x? active coaches
(total across all regions of 3500)

<p>To increase the quality and number of qualified and currently active coaches</p>	<ul style="list-style-type: none"> ➤ Region to be self-sufficient to deliver qualifications at level 2 UKCC and the Dry Instructors Award by end of 2007. ➤ Develop an active and efficient Regional Coaching Commission ➤ Develop annual (Sept-August) regional coaching plan. Promoting coaching courses and identifying individuals to become coaches and coach educators (course leaders, tutors, assessors) ➤ Support talented coaches capable of delivering at a high performance level with tailored education and training packages ➤ Develop a supportive environment for coaches at all levels, through coach mentoring and buddy mentoring delivered at a local level ➤ Identify and co-ordinate the funding sources to support the development
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	of coaches at local and regional levels.
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3. Clubs and Members

Accredited rowing programmes,
 Accredited junior clubs,
 Accredited adult learn to row programmes
 Accredited university clubs
 Accredited recreational clubs
 (Current total clubs nationally is 530, of which 50 are accredited)

To increase the capacity of the Sport to provide high quality rowing opportunities through well resourced and supported clubs, by implementing accredited rowing programmes, with the result of increasing the number of registered ARA members in the region by 20%. (Current registered members _____, plus a further _____ estimated club and active rowers)

The region will support at least ___ accredited junior clubs, at least ___ accredited adult learn to row programmes, at least ___ accredited university clubs, ___ accredited recreational clubs, and cascade the ‘best practice’ and experience gained to other clubs. (Current National total clubs 530, of which 50 are accredited)

<p>To support the ARA quality assurance framework for accrediting clubs, and to work with local and regional strategic partners to achieve joint targets</p>	<ul style="list-style-type: none"> ➤ Encourage clubs to clearly define their aims and objectives, and to support them in delivering high quality rowing programmes. (Base line established through Club Survey – Interim Plan) ➤ Increase the number of Clubmark clubs to 10. ➤ Introduce an adult Learn-to-Row programme in 3 clubs within 2 years and to use this example of good practice to cascade the scheme to all rowing clubs in the region by 2009. ➤ Encourage clubs to work with the Adult and Continuing Education Sector, particularly FE colleges and post 16 skills development, to provide training and participation programmes ➤ Work with local BUSA reps to implement a system of ‘accreditation’ to 20 Higher Education clubs, which will build infrastructure, and set a minimum operating standard.
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<p>Support clubs and volunteers in streamlining administration and reducing bureaucracy.</p> <p>To use the ARA Club Survey to help prioritise the facility needs of clubs and embark on a programme of modernisation and improvement, including facilities for adaptive rowers, and club boats and equipment</p>	<ul style="list-style-type: none"> ➤ Promote the ARA web-based club administration kit ➤ Provide information and advice to clubs through a variety of media including email and SMS. ➤ Provide advice and support to clubs in developing excellent sports development plans. ➤ Work with strategic partners, RSBs, CSPs, LAs to undertake major modernisation of club premises and through other sources of national, regional and local funding ➤ Work with strategic partners (as above) to develop new sites for rowing, providing both water and land facilities. ➤ Support applications for buildings, revenue costs, boats and equipment, within the context of the club, regional and national development strategies.
<p>To provide training and support for club volunteers</p>	<ul style="list-style-type: none"> ➤ RRC to work with the CDOs to produce an annual programme of volunteer education, training and support ➤ Disseminate good practice through the website, CD Rom, communications, posters etc.
<p>To support the role of the regional and club water safety adviser</p>	<ul style="list-style-type: none"> ➤ Support the provision of seminars and training days for club safety advisers ➤ Continue providing regular education and training programmes for regional water safety advisers ➤ Work with navigation authorities and other agencies to develop safe practice and a good rowing environment ➤ Encourage all involved in rowing to respect the environment and other water users.
<p>Support the implementation of the ARA membership review</p>	<ul style="list-style-type: none"> ➤

4. Competition

To encourage people to stay in the sport by implementing the results of the ARA competitions Review and throughout the year, to promote long-term participation in the sport at all levels

<p>Ensure that a wide range of clubs, schools and universities utilise the impact of the 2006 World Rowing Championships to increase participation</p> <p>To train umpires and race officials</p>	<ul style="list-style-type: none"> ➤ Seek all possible opportunities to maximize the impact and provide a ongoing legacy for rowing at national level and for the local communities ➤ Utilise events at NWSC to promote the sport within the region. ➤ Health benefits of rowing ➤ Implement changes agreed following the Competition Review ➤ Produce an annual competition calendar providing quality opportunities for a range of target groups ➤ Support the implementation of the national training scheme for umpires to be piloted from October 2004/05
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4. Increased Participation through Further Innovation

To substantially increase the number of participants in the sport by providing new opportunities for people of all ages to participate in rowing on and off the water, thus promoting long term participation, and to promote healthy living.

<p>To develop new opportunities for recreational and touring rowing.</p> <p>To seek new opportunities to increase participation from under-represented groups, particularly in urban areas.</p> <p>To develop Indoor Rowing as a sport.</p>	<ul style="list-style-type: none"> ➤ Develop recreational rowing schemes in 2 rowing clubs. ➤ Support links with local communities, healthy living centres, GP referral schemes, to encourage rowing for health benefits. ➤ Identify partners within key cities to establish rowing programmes eg Leicester ➤ Promote the Development of Indoor Rowing as a sport, both competitive and non-competitive. ➤ Support the continuation of the Nottingham City Indoor Rowing League
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5. Young People

Increase the number of Young People starting rowing and provide a broad based range of activities to encourage long-term participation in the sport at levels of performance development.

<p>Ensure that young people can participate in rowing at all levels in a safe, child friendly environment</p>	<ul style="list-style-type: none"> ➤ Encourage all regional clubs with a junior section to become accredited through the Clubmark scheme ➤ Support ARA National developments to build a network to support Child Welfare officers in clubs ➤ Encourage consultation with young people at all levels in relevant regional matters
<p>Develop the technical, physical and leadership skills of young rowers, and ensure an effective performance pathway for talented athletes</p>	<ul style="list-style-type: none"> ➤ Continue to promote the Go-Row programme aimed at 11-14 year olds ➤ Promote the Go-RACE Decathlon Programme ➤ Annually organise 1 regional training day for juniors ➤ Introduce the Junior Rowing Leadership Scheme in 4 clubs ➤ Support the delivery the ARA World Class Start Programme ➤ Support the organisation of 4 indoor rowing competitions annually including an East Midlands Junior event
<p>Competition pathways for Indoor Rowing</p>	<ul style="list-style-type: none"> ➤ Ensure 200 club and school juniors are represented on the national indoor rowing league.
<p>Human and Capital Resources in clubs</p>	<ul style="list-style-type: none"> ➤ Support at least 5 'Clubmark' clubs (and associated volunteers) with their young peoples programmes
<p>School Sport Partnerships (SSPs) and County Sports Partnerships (CSPs)</p>	<ul style="list-style-type: none"> ➤ Support Project Oarsome Xtra grants for a total of 1 club ➤ Communicate with and provide appropriate support to County Sport Partnerships (Staffordshire, Derbyshire, Lincolnshire, Nottinghamshire and Leicestershire) (and their LAs) by 2007 ➤ Directly involve a total of 12 schools in ARA junior rowing programmes. ➤ Identify and provide appropriate

<p>Supporting coaches</p> <p>Working with partners</p>	<p>support to a further 15 schools across a range of School Sport Partnerships in key areas</p> <ul style="list-style-type: none"> ➤ Support the develop at least 4 young leaders each year through ARA ➤ Provide training to 4 teachers in the region annually ➤ Promote swimming and water safety in 20 schools ➤ Support 10 coaches working to deliver Club/School links ➤ Support the employment of 2 coaches across at least 2 CSPs <p>➤ Build on work with local and regional Health, Education and Regeneration agencies</p> <p>Eg _____</p>
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6. Volunteers

To increase, retain and support volunteers in the sport. This will be a critical success factor in delivering our Regional Plan. The region will aim to increase the numbers of active volunteers, and track their long term participation in rowing.

7. Athlete Development

<p>Ensure the ARA Sequential Training Model (STM) is introduced in all clubs</p>	<p>Provide support for individuals to acquire the skills and knowledge required at different levels of development</p>
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8. Regional Action Plan

Action	By Whom	List of Partners	By When
Increase the number of Clubmark clubs to 10		ARA, SE	
Introduce adult learn to row courses at 3 clubs		ARA, Clubs	
Work with strategic partners, RSBs, CSPs and Las re facility development		ARA, RSB, CSP & LAs	
Develop recreational rowing schemes in 2 clubs		ARA, Clubs	
Identify partners in key cities to establish rowing programmes eg Leicester		ARA, LA, CSP	
Promote indoor rowing both competitive and non competitive		ARA, C2,	
Encourage more clubs to become accredited through the Clubmark scheme		ARA, SE	
Build a network to support club welfare officers in clubs		ARA, SCUUK,	
Select team for JIRCS	JRC	JRC, ARA, Junior Clubs	
Review role of RRC committees and commissions	EMRRC Chair	EMRRC, ARA	
Incorporate succession planning into EMRRC meetings	EMRRC chair	EMRRC, Club reps	
Empower regional grants panel		EMRRC	
Promote use of OARA system for events	Bernie	ARA	
Update club contact list on a bi annual basis	Secretary	EM Clubs	
Region to be self sufficient to deliver level2 UKCC & DI by end of 2007	Coaching commission rep	ARA, SCUUK, EMRRC, Tutors and Assessors	
Develop active and efficient Coaching Commission	Coaching Commission rep	ARA, EM Tutors and Assessors,	
Develop annual coaching plan	Coaching commission rep	ARA, EM Tutors and Assessors	

