

Warrington Youth Rowing

Information, Advice and Guidance

This unique schools' rowing project was launched in Warrington in 2016 to give disadvantaged students from the town's ten secondary schools the opportunity to row at their local rowing club during the school day. The model is a simple one: it combines the need for clubs to make better use of boathouses that often sit empty during the day and school leaders wanting to engage students outside of the classroom who might otherwise not have access to the sport of rowing. In 2022 the programme will have four hubs across the NW.



- Launched in 2016, Warrington Youth Rowing (WYR) now has 300 Year 8 students from disadvantaged backgrounds across 30 High Schools rowing at Warrington Rowing Club, Northwich Rowing Club and Liverpool Victoria Rowing Club during the school day for a single 2-hour session every week.
- Since 2016, we have grown our original Warrington hub to now include Mersey Youth Rowing (MYR) and Northwich Youth Rowing (NYR).
- Henley Royal Regatta Charitable Trust (**HRRCT**), help to fund our programme, keeping the cost to schools and academies to an absolute minimum.

What do you need to know? Frequently Asked Questions

- Two BR Level 2 Rowing Coaches are required to deliver the programme at each session. The hub rowing club provides all the necessary resources for the project including all boats, launches, safety equipment and indoor rowing machines when the weather is poor.
- Ten Year 8 students from each school are allocated a weekly 2-hour outdoor rowing session at the rowing club once all consent and risk assessment documentation has been completed.

- Approximately 30 weekly sessions from September 2022 to June 2023 are delivered across the academic year and culminate in an Inter-Schools Regatta in July at Warrington Rowing Club.
- The cost per student is £150 for the year.
- £100 is passed on to the rowing club for each student, to cover their essential staffing and equipment obsolescence costs. A club supporting a hub of 10 schools and 100 students will receive £10,000 for the year.
- £50 is ring-fenced for the student kit bundle so that they are ready for all weathers! The kit comprises a fleece top, polo shirt, top thermal skin and legging thermal skin. The fleece and polo shirt each come with the school's embossed logo. We have sourced the kit at cost rates to keep the school contribution at £50. The kit is a red line for us as we recognise the importance of students feeling part of something special. Having the right team kit is integral to this.
- The schools are required to identify a School Rowing Lead (**SRL**) who will ideally be a strong member of the PE faculty, pastoral team for Year 8 or any member of staff with a keen interest in motivating students through sport participation.
- The **SRL** will be responsible for transporting students to and from the host rowing club and will remain with the students out on the water for the duration of the session with the coaching staff in one of the two launches.
- With a maximum of **15** session slots available for the week, we always approach 15 schools when opening up a new hub. Accepting that some schools will not be able to participate in the programme for whatever reason, there is always the opportunity for a **school** to have more than one year group timetabled across the week for those sessions not assigned.
- All 15 invited schools are usually within 20-miles of the hub rowing club involving no more than a 25-minute journey to get from school to the club.
- The **SLR** will have an opportunity to be enrolled on a **British Rowing Level 2 Coach Education** course and an **RYA Powerboat (Launch) Driving** course. This is part of the project's growth and sustainability strategy with WYR looking to be less reliant on external funding and move in time to school staff becoming part of our ever-expanding coaching team. The charity meets all costs for this.
- This is also a fabulous recruitment lever for schools!

How do you get started once the funding is in place?

- Once a school has agreed to participate in the programme, the **SRL** will identify 5 boys and 5 girls from the school's Year 8 pupil premium cohort. In the case of an all-Girl or all-Boy school, 10 boys or girls would be chosen.
- The Planning Team (Warrington Youth Rowing staff) then liaise with all **SRLs** and produce a timetable allocating either a 9am–11am, 11am–1pm, or 1pm–3pm weekly session.
- Each school is required to complete in partnership with the Planning Team all

risk assessment and parent consent forms.

- The **Coach Education Rowing Course and Launch Driving** courses will be delivered outside of school hours. The purpose of this is to ensure the sustainability of the project beyond 2025. The intention is that should the initial funding no longer be available, the **SRL** will be able to transport, coach and supervise the students themselves.
- The annual cost per student of **£150** is likely to be met from the school's Pupil Premium allocation.
- Once the students have been chosen, a kit order form is submitted in the first week of the Autumn Term.
- Students are usually invited to participate from those schools closest to the rowing club and with higher deprivation indicators such as FSM (Free School Meal), SEND (Special Educational Needs & Disability) and EAL (English as an Additional Language) – see anonymised examples below:

School	Postcode	Distance from Rowing Club in miles (Sat Nav Time)	Selected Cohorts (%)		
			FSM (Ever-6)	SEND	EAL
School 1	M50	1.0 (4-minutes)	60.5	18.3	42.1
School 2	M32	1.6 (11-minutes)	41.7	14.7	62.0
School 3	M6	2.7 (11-minutes)	66.9	18.1	39.9
School 4	M15	2.7 (11-minutes)	88.8	100	3.4
School 5	M15	3.1 (13-minutes)	37.0	6.3	44.8
School 6	M14	3.7 (16-minutes)	66.4	8.3	57.5
School 7	M21	3.9 (18-minutes)	30.3	15.7	21.0
School 8	M30	4.0 (12-minutes)	33.7	13.8	19.9
School 9	M16	4.5 (16-minutes)	48.7	6.5	71.6
School 10	M16	4.6 (16-minutes)	37.4	10.1	58.8

Richard Sinnott (Chair of Trustees) and Ben Dunne (Trustee) are available to discuss the operational details in more depth and answer any questions you might have. Contact details for Richard and Ben are:

Richard Sinnott richard@warringtonyouthrowing.org.uk **mobile:** 07970 796917

Ben Dunne ben@warringtonyouthrowing.org.uk **mobile:** 07843 286745