

# SESSION TIMETABLE



SCOTTISH  
ROWING

The timetable you choose to run by will be individual to each club dependent on: water access, tide (if you row on a tidal stretch of water), sunlight and daylight hours, time of year.

It is also important to consider when is best to run a Learn 2 Row (L2R) Course and 'Come and Try' sessions at your club - e.g., April - June may not be the best time during competition season due to coaching and volunteer availability. You can also take into consideration when the opportunities are for L2R participants to race, and the availability of your volunteers.

Below is a guide of how you could plan each L2R session.

## L2R SESSION TIMETABLE (EXAMPLE)

TIME	ACTIVITY/CHECKLIST OF COMPETENCIES FOCUS	INDIVIDUALS LEADING THE SESSION	VOLUNTEER ROTA (COACHES AND OTHER HELPERS PRESENT)
9:00am	All participants arrive at boathouse steps	Coach 2	
9:05am	Tour around facilities	Coach 2	
9:15am	All participants in appropriate clothing and safety wear and ready for session	Coach 1	
9:17am	Participants shown how to carry boat effectively and safely to and from water	Coach 1	
Etc.	Etc.	Etc.	

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