



Clwb Rhwyfo Mor Cymru  
Conwy Sea Rowing Club



# Inclusivity in Rowing Clubs

## Conwy Sea Rowing Club



"We are a friendly bunch and operate an all-inclusive policy meaning anybody with an interest can come along and have a go no matter what their ability or disability"

**Club:** Conwy Sea Rowing Club

**Contact:** Jo and Simon Owens

**Discipline:** Coastal Rowing

### Background

The club was established in 2012 after receiving Sport Wales and SPLASH funding

Our club is based on the North West coast and our sessions will give people the opportunity to see their communities from a whole new angle. Some sessions we will use the Llyn Padarn Lake in Llanberis.

Our son does not have the upper body strength to row but he makes a great cox! We want people to think outside the box, to integrate, to challenge people's perceptions/judgements and to involve all of our community in these objectives.

Not only will the club be a social and physical activity at a recreational level but there will also be opportunity for those following a competitive pathway to compete in the Welsh WSRA league and various non-league events.

### Aim

"Our aim as a club will be to break down barriers; disability can be so isolating and the Celtic rowing boats take four rowers and a cox so it lends itself to most disabilities"

## Why does the club work so well?

Simon and Jo are inclusive by nature. This inclusivity gives anyone the opportunity to take part in rowing. This has been achieved showing the community that there is more Ability in disability than is sometimes thought. Here are just a few examples

- Individuals who need adaptations in order to row are given them. Adaptions such as upright seats in boats to support the back of individuals.
- Using people's strengths to their advantage; if a rower is weak on one side, coastal rowing is ideal as they can row on their stronger side.
- Safety is paramount to all rowing activities and full first aid kits are taken with boats. All rowers have PFD's and safety bags complete with all necessary equipment; flares, ropes, VHF, medical information etc is taken with them. All disabled rowers who are weak swimmers have a strong swimmer who would match up with them if the boat was to capsize.



*-A picture of some of the safety equipment they take with them*

- All members of the club feel valued and respected therefore continually spread word of the club to others in the community. They are also more than willing to volunteer extra time at the club and to do far more than just row.
- They are willing to help other clubs if needing advice on inclusive rowing. To create as many opportunities as possible to get people rowing.