

ALL ABOUT ROWING

Rowing has a highly beneficial impact on your health. It strengthens the muscle power, endurance, agility and coordination. Rowing is suitable for any age group because the rowing movements are kind on the joints and therefore the risk of injuries is low. Being on the water and connected with nature has also a calming impact and is good for body and soul.

Clothing

I recommend trainers or boat shoes and tightly fitting functional sports clothing. Depending on the weather, a water- or windproof jacket (without pockets), a sun cap or a warm cap, sunglasses and sun cream might be sensible. Thin gloves are also very useful as protection for your hands while rowing. A changing room is provided if you need to change.

In the boat

As rowing is an outdoor water sports activity make sure you take only necessary items, protected in a small waterproof bag, into the boat.

Security

For security reasons it is important that the participants are able to swim over a distance of about 300m in the open water.

Life jackets will be provided by the rowing school.

Insurance

Urban Athletics GmbH does not accept liability for accidents or damage to the boat during the lessons.

It is recommendable that the participants check beforehand if a liability insurance covers for damages to the boat.