

Strenuous Exercise

Students who attend rowing camp will be required to participate in strenuous exercise during the camp. They will be required to do at least three sessions of training per day. The intensity and duration of sessions will also be dependent upon the age and background of the rower. Clearly, coxswains are not required to exercise on the water, as they steer the boats; however, normally do the dry-land training with the boys. If your son suffers from any medical condition, in particular heart problems, high / low blood pressure you must discuss the situation with Mr Eaton or Ms Slattery. Boys will be exercising at near max heart rate levels during some sessions.

If a boy is experiencing stress during exercise at high heart rate levels and his recovery post exercise is poor then he may be required to undertake an exercise ECG Stress Test at the parent's expense and get a medical clearance before participating in further training. The recommendation would be that the student be required to wear a heart rate monitor to every training session. The parent would be required to purchase the monitor.

Weather

Boys will also be exposed to a range of weather conditions; however, in the event of extreme heat sessions may be moved to a cooler time of the day (at the discretion of the Director of Coaching) It is vital your son comes well prepared for both heat (hats/ rashie) and cold (thermals)

Sun Protection

Your son is responsible for his own sun protection. He must apply the sunscreen and take personal responsibility for his sun protection. Coaches DO NOT apply sunscreen to the boys. Boys are required to wear a cap / hat at all times outside; however, coaches / staff do not place the cap or hat on the boys head. Your son is required to bring sunscreen and sunscreen, which may contain nanoparticles, is supplied by us and available at the camp.

Please ensure your son packs early for rowing camp and brings items on the checklist.

Ms Julie Slattery

TIC Rowing

