



#DevonVirtualGames Indoor Rowing Competition

Opens: 10am, Monday 14th September 2020

Closes: 5pm, Monday 23rd November 2020

Welcome to the Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers. This series of events throughout the Autumn term will offer young people the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. The competitions are suitable to do at home, in your backyard or garden or at school. They give you the chance to team up virtually with your classmates, represent your school and compete against other children from across Devon!

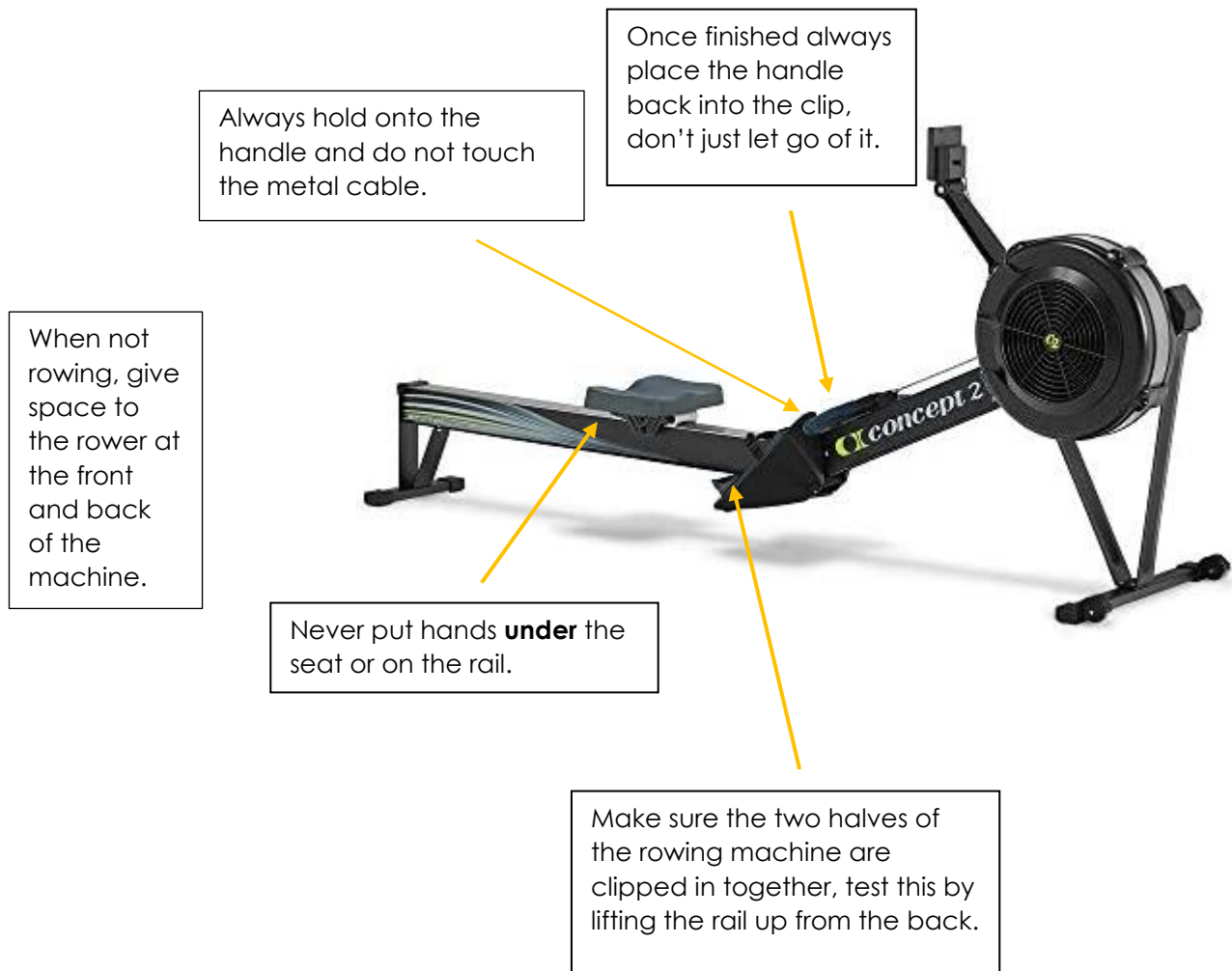
The Autumn term series will run from the 14th September 2020 – 11th December 2020 with six different events for you to enter. Schools and home-schooled individuals will be able to submit their entries via an online link. Each competition will be open for a limited amount of time as detailed below.

You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).

Brief Description of the Event:

Indoor Rowing is a very popular event that uses the same technique as rowing outdoors. It tests your strength as well as stamina. This competition can be done at home (if you have a rowing machine) or in school. Please make sure you are familiar with the technique of rowing and make sure the machine is safe to use.

Safety:



To see the correct technique of rowing, please watch the videos below

https://www.youtube.com/watch?v=H0r_ZPXJLtq

<https://www.concept2.com/indoor-rowers/training/technique-videos>

Before You Start:

You need to make sure you set the rowing machine to the below number of minutes or distances that matches your year group.

- Year 7 – 2 Minutes
- Year 8 - 3 Minutes
- Year 9 – 4 Minutes
- Year 10 – 5 Minutes
- Year 11 – 6 Minutes
- Year 12 &13 – 2000m

Rules for the Event:

- Participants must make sure they understand the technique to avoid causing injury
- Participants must do a light warm up before recording scores, once the teacher is happy then they can start their race
- Participants must stick to the timings above and record their results

Enter Your Results Online and Send Evidence:

School Staff

The entry process will be done via this [online form](#) and full results should be sent directly to your School Games Organiser by **5pm Monday 23rd November 2020**.

Home Schooled and Lockdown Students

The entry process will be done via this [online form](#) and full results should be sent directly to your School Games Organiser by **5pm Monday 23rd November 2020**.

Contacts:

Should you have any questions please contact your local School Games Organiser:

Torbay SGO - Annabel White - annabel.white@paigntonacademy.org

Plymouth SGO - Hayley Jarvis - h.jarvis@sjhcsc.co.uk

Plymouth SGO - J. Gilbert - j.gilbert@sjhcsc.co.uk

South Hams & West Devon SGO - Jeanette Green - jegreen@ivybridge.devon.sch.uk

East Devon SGO - Kevin Moran - kmoran@thekings.devon.sch.uk

Exeter & Mid Devon SGO - Nick Gillard - mr.gillard@st-lukes.devon.sch.uk

North Devon SGO - Steph Colwill - scolwill@gts.devon.sch.uk

South Dartmoor SGO - Tammi Lethbridge - t lethbridge@southdartmoor.devon.sch.uk

Prizes:

- There will be gold, silver and bronze medals and certificates for the top three participants in each year group, split between boys and girls. Everyone who takes part will receive a certificate for participation.

Social Media:

Why not share your achievements with us on social media using the

#DevonVirtualGames:

- Facebook – @schoolgamesdevon
- Twitter – @SGDevon
- Instagram – @sgdevon1

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#). You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).

Scoresheet:

| Participant Name | Participant Year Group | Best Distance (M) |
|------------------|------------------------|-------------------|
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