

VIRTUAL INDOOR ROWING COMPETITION

Yr 9-11 & Yr 12-13 EQUALITY (Individual & Team)

KS3 ENGAGE / EXCEL (Individual & Team)

KS4 ENGAGE / EXCEL (Individual & Team)

KS5 ENGAGE / EXCEL (Individual & Team)

ENTRY OPENS: Monday 2 November 2020

ENTRY CLOSES: Friday 4 December 2020

Entries are submitted via email (see below)

The Kent School Games programme is incredibly pleased to add this inaugural virtual event into the competition calendar, as part of our #ReframeCompetition work. Our Virtual Indoor Rowing competition includes both School Games area level competition and countywide competition.

PLEASE NOTE: that this Virtual Indoor Rowing Competition does replace the Rowing Qualifier Events normally held by Kent School Games during December in East Kent (Herne Bay High) and West Kent (Greenacre Academy). A decision will be made in early January 2021 as to whether the Kent School Games Indoor Rowing Finals will go ahead at Medway Park in February 2021 with social distancing measures in place and the top virtual indoor rowing teams will be invited to compete, or whether the Kent School Games Indoor Rowing Finals will be a virtual final.

COMPETITION FORMAT

Schools should submit results from four students into as many of the following categories as possible:

Year 9-11 Equality (Female)	Year 9-11 Equality (Male)	Year 12/13 Equality (Female)	Year 12/13 Equality (Male)
Year 9-11 Equality (Mixed Team – minimum 1 female student)		Year 12/13 Equality (Mixed Team – minimum 1 female student)	
Year 7 Engage (Female)	Year 7 Engage (Male)	Year 7 Excel (Female)	Year 7 Excel (Male)
Year 8 Engage (Female)	Year 8 Engage (Male)	Year 8 Excel (Female)	Year 8 Excel (Male)
Year 9 Engage (Female)	Year 9 Engage (Male)	Year 9 Excel (Female)	Year 9 Excel (Male)
Year 10 Engage (Female)	Year 10 Engage (Male)	Year 10 Excel (Female)	Year 10 Excel (Male)
Year 11 Engage (Female)	Year 11 Engage (Male)	Year 11 Excel (Female)	Year 11 Excel (Male)
Year 12/13 Engage (Female)	Year 12/13 Engage (Male)	Year 12/13 Excel (Female)	Year 12/13 Excel (Male)
Year 12/13 Engage (Mixed Team – minimum 1 female student)		Year 12/13 Excel (Mixed Team – minimum 1 female student)	

Equality: for beginning indoor rowers who do not belong to a community rowing club, and who have a SEND – Learning Disability, Emotional Behavioural Difficulties, Autism or Aspergers. Rowers must be able to row independently.

Engage: for beginning indoor rowers who do not belong to a community rowing club.

Excel: for indoor rowers who belong to a community rowing club.

Our virtual competition is open to any male or female student attending a school in Kent that is eligible for involvement in the Kent School Games programme.

The four students will compete individually with all distances combined to create an overall team distance, and as part of a team relay. If a school submits less than four results in a category, the school cannot be entered into the Team competition, unless this is in the Excel category where team results can be topped up by the top rowers in a school's Engage category results in the same age group.

Top teams in each category above may be invited to compete in person or virtually at the Kent School Games Finals.

RACE DISTANCES / TIMES

Both the Year 9-11 Equality and the Year 12/13 Equality race will be over a period of two minutes.

The Year 7-11 individual races will be over a period of time with their individual distance being recorded.
The Year 12/13 individual race will be over 2000 metres with the time being recorded.

- Year 7 – 2 minutes (British Rowing Gold Medal Target: Boys 510m – Girls 490m)
- Year 8 – 3 minutes (British Rowing Gold Medal Target: Boys 810m – Girls 750m)
- Year 9 – 4 minutes (British Rowing Gold Medal Target: Boys 1125m – Girls 1020m)
- Year 10 – 5 minutes (British Rowing Gold Medal Target: Boys 1430m – Girls 1275m)
- Year 11 – 6 minutes (British Rowing Gold Medal Target: Boys 1720m – Girls 1540m)
- Year 12/13 – 2000m (British Rowing Gold Medal Target: Boys 07:00.0 – Girls 07:45.0)

COMPETITION PROCESS

INTRA-SCHOOL INDOOR ROWING COMPETITION

Entries welcome from both curriculum lessons and extra-curricular indoor rowing clubs. It is our suggestion that every school organises its own Intra-School competition to find its top four indoor rowers in each category. We advise that your Intra-School competition should be organised well in advance of the entry open and close period.

If schools wish, the provided Excel spreadsheet entitled "[KSG – British Rowing Gold Medal worksheet](#)" can be utilised to compile its Intra-School Indoor Rowing Competition results. These can be compiled by members of the PE Department or Sports Leaders – please ensure that all entries are accurately recorded.

Once the top four student results have been worked out in each category, schools should transfer their top four results only (in each category entered) into the provided Excel spreadsheet entitled "[KSG - British Rowing RowLog Results Sheet](#)". Please ensure that all entries are accurately recorded. This is the Results Spreadsheet that needs to be submitted to enter the Kent School Games Virtual Indoor Rowing Competition.

SCHOOL GAMES AREA INTER-SCHOOL VIRTUAL INDOOR ROWING COMPETITION

By submitting results, a school will automatically be participating in its School Games Area Inter-School Virtual Indoor Rowing Competition. Each School Games Organiser will announce its School Games Area Inter-School Virtual Indoor Rowing Competition results as soon as possible once the results have been collated after the competition deadline.

KENT SCHOOL GAMES COUNTY FINALS – HELD VIRTUALLY OR PHYSICALLY (TBC)

As noted above the top teams in each category above may be invited to compete in person or virtually at the Kent School Games Finals.



EQUALITY	ENCOURAGE
ENGAGE	EXCEL

RESULTS SUBMISSION PROCESS

Entries must be submitted by a member of school staff, who sends a completed official entry form and their school’s overall results Excel spreadsheet (format provided, entitled “[KSG - British Rowing RowLog Results Sheet](#)”) via email to kentschoolgames@kent.gov.uk. Entries will not be accepted without an accompanying official entry form. Entries will only be accepted once and will not be allowed to be updated after submission.

The name and school of indoor rowers of the winning 1st, 2nd and 3rd place entries in each category may be published on the Kent School Games social media channels. If consent is not given, please ensure that this has been acknowledged on the team sheet in the photo consent column.

If the school or PE Department is going to promote its Intra-School competition or winning entries through social media, please do tag in your local School Games Organiser and the Kent School Games channels @KentSchoolGames and use the hashtag #KSGVirtualRowing.

RESULTS

Each SGO will provide certificates for the four students from each school entered into each category. Local recognition may also be provided for each of the category winners within local School Games areas.

Medals and certificates will be awarded for 1st, 2nd and 3rd place in each category at the Kent School Games County Finals – either held physically or virtually.

VIRTUAL COMPETITIONS – SAFEGUARDING CONSIDERATIONS

A ‘Safeguarding Considerations’ document has been created by Kent Sport to ensure the Kent School Games virtual competition programme maintains the safety and wellbeing of children and young people, through offering guidance and good practice to schools regarding the new virtual competitions. Please take time to read the document alongside the Event Specs.

SPIRIT OF THE GAMES

Schools are encouraged to demonstrate the School Games Values and compete in our virtual competitions in the ‘Spirit of the Games’. Teachers and participants are expected to demonstrate honesty and respect and compete within the rules. Schools may be randomly selected to submit video evidence to ensure consistency across scoring methods and to clarify results. Being asked to submit video evidence does not automatically accuse any school of not competing within the Spirit of the Games and teachers are asked to support SGOs if video evidence is requested. If a school has been found to submit false and inaccurate results then, if qualified, the school will not be invited to the Kent School Games final (virtual or physical). The Spirit of the Games Values can be found in the [resources](#) section of the Kent School Games website – just type “spirit of the games” into the ‘find a file’ function.





EQUALITY	ENCOURAGE
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EQUIPMENT

Kent Sport has a number of Concept 2 Indoor Rowing machines available for short-term loan (one week) to Secondary Schools on a first-come-first-serve basis so that they may enter the Kent School Games Virtual Indoor Rowing Competition. If you wish to borrow an Indoor Rowing machine, please contact Jade Dibley via email to kentschoolgames@kent.gov.uk in order to book your slot. Schools will be asked to collect and return the equipment – a Concept 2 Indoor Rowing machine can be split into two sections and will fit into a standard sized car.

If you have any questions, please contact: Jade Dibley
kentschoolgames@kent.gov.uk

