

Safety Alert - Care when Indoor Rowing

There are very few harmful incidents with indoor rowing machines but recently some have been life-threatening. In the last five months there have been three reported incidents where indoor rowers have suffered cardiac arrhythmias. All were treated with CPR and AED but sadly one person died.

The health and fitness benefits of indoor rowing are significant and well recognised but the risks are not so well understood.

The probability life threatening incidents is low but the severity is extremely high. The risk is therefore considerable. However, there are simple measures that can help to reduce the risk.

Risks can be reduced by rowers exercising more control. Try to make indoor rowing an exercise in mental control as well as a physical exercise. This has the added advantage of making the training more effective.

British Rowing has published extensive guidance on the development of training plans. These are available [here](#), or simply use the QR code opposite. Please take care to read the message at the bottom of the Training Plans page.



Overexertion can be a problem, so coaches and others should give levels of encouragement that are appropriate to the experience and competence of the rower. They should think carefully before shouting at people using indoor rowing machines.

If you are using an indoor rowing machine then please remember the advice for people who are taking exercise:-

- If you do not feel well then do not exercise.
- If something is making you feel unwell then stop doing it.
- If you have any concerns about the effect that exercise may have on your health then seek advice from your doctor and follow the advice given.

Stay safe - Develop your training plan and work to your plan.

Stephen Worley
Honorary Rowing Safety Adviser
safety@britishrowing.org

February 2020

[This Safety Alert is a safety guidance document. Please read our safety message and disclaimer in RowSafe.](#)