



Leander Rowing Experience

Frequently Asked Questions

What does a typical day of the Leander Experience involve?

If you're just joining us for a rowing experience, you'll arrive, be met by your coach and shown to the changing rooms. From there, you'll be taken onto the ergo to be taught the basics of the rowing stroke and then out to the boats for a briefing before embarking on the water.

Can we race the other team on the water?

Weather and water conditions permitting, the coach will usually aim and set up a race over a short distance if there is more than one boat participating.

Will we meet Leander athletes?

Yes, you'll get row alongside high-performance Leander athletes and occasionally there may be Olympians taking part too.

Can we take photos?

Whilst you're rowing, your hands will be on the oars so you won't be able to take pictures or selfies. However, we can arrange for a photographer to be on the launch taking pictures and filming your event.

Will we fall in?

No. None of our corporates have ever fallen in. We typically use 'eights' which are the most stable boat class. The oars act as stabilisers and the experienced Leander athletes and coxes on board will ensure the boat remains upright.

Do all the delegates have to be able to swim?

Yes. You must be able to swim 50 meters comfortably in order to join this event.

Are lifejackets provided?

It is not possible to row effectively in life jackets which is why it is important you can swim.

What is the dress code whilst in the gym and on the water?

We recommend tight fitting gym clothing as opposed to baggy cotton tracksuit bottoms and cotton t-shirts. Loose clothing can get caught in the equipment. Lycra is ideal but not essential. You will need to bring a towel.

What is the dress code for the Clubhouse?

You are asked to wear 'smart casual' clothing in the public areas when not in sports kit.

What's the Ethos behind the Rowing Experience

Total focus and team unity as part of the ultimate team sport; 'pull together as one.'

Do the delegates take anything away from the day?

A day at Leander inspires, always entertains and is sure to leave a lasting impression on all participants

Are there prizes for the winning boat?

Many parties choose to arrange a prize giving and a wide range of suitable goods can be purchased from the shop.

Can we purchase kit for the delegates to wear?

Yes, you can purchase a number of items for your delegates to wear. A particular favourite is for different teams to be given a coloured cap or polo shirt. Pre-ordering is advisable to ensure we have the correct sizes.

Some people can't swim. Can they still take part in some way?

There may be one of two available seats on the launch with the coach. Life jackets being provided . For larger numbers, we recommend hiring a boat from Hobbs. Boats can either be chauffeured or self-drive to follow the group down to Temple Island.

There is also a decking area and space on the tow path for you to watch the delegates get on and off the water.

We'd like to make a day of it and have some team-building meetings before we go rowing, is that possible?

Yes, quite often companies do incorporate the rowing package into their away days. We can help source specialist speakers if required.

Is it possible to stay at Leander?

Yes, we have overnight accommodation with eleven individually designed en-suite bedrooms.

Is it possible to arrange for a someone to talk us through the history of the Club and its ambitions for the future?

Yes, we often arrange motivational speakers, and conduct guided tours.

What are the options for food and dining throughout the day?

We can arrange for breakfast, lunch, dinner and coffee breaks throughout the day at your desired timings. This may be included within a package or prices individually. Please ask the Events Manger.

Are there any risks involved in the Leander Experience?

No activity is risk free, but the level of risk is considered to be low and reasonable. People with specific medical or mobility issues should seek guidance from us beforehand. Full Risk Assessment for the Experience is available on request.

As with any form of exercise, individuals make their own choices for which the club cannot be held responsible: this is our 'challenge by choice' approach.

I already have an injury, may I take part?

Consult your doctor prior to taking part if you are at all concerned..