Debate

Learning: Protecting the marine environment

6 Environment

① **Before**: What are the biggest threats to your local waterways? What changes have happened in your parents lifetime

② **After**: In developing countries 70% of industrial waste is dumped into clean water. Discuss.

③ **Action**: What are you going to do differently after today?

More
Links to OVEP tool

The fundamentals of the Olympic Values Education

Please share your ideas through the Get Going Get Rowing Facebook

Rowing
Reflect on the amount of water bottles that are left around after rowing and general sporting events.

ENVIRONMENT
Respecting and valuing differences in yourself, others and the environment

For full definition visit:
www.olympic.org/olympic-values-and-education-programme

Get going Get rowing

ROWING IRELAND

world rowing

YOUTH SPORT TRUST INTERNATIONAL

Water challenge

Learning: Respecting and valuing each other and the environment

1. This is a relay challenge and intervals should be equally shared. Select teams based on the number of machines available.
2. The objective of this game is to promote the concept of conserving water. We do this by using a water bottle which is placed on the slide and the aim is to avoid knocking it off when the rower slides forward (this encourages controlling the slide)
3. Use a plastic water bottle filled with a little water to weigh it down slightly but do not fill it to the top.
4. Place the water bottle on the slide at the full slide position. Each rower must row and avoid knocking the bottle off. Select an observer in each team to count the number of times the bottle falls off the machine.
5. The winner of this is the team who completes the challenge and 'conserved' the most water i.e. knocked the bottle of the slide the least.
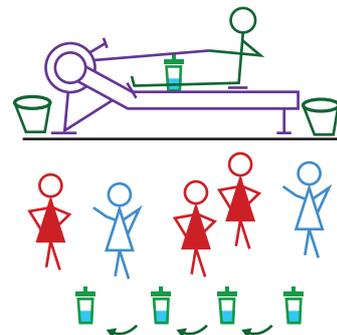
Top tips
You may need to row 1/2 or 3/4 slide in order not to spill the water.
Involve as many people in the task as possible.

Equipment
2 buckets per team
1 water bottle per team
1 ergometer per team

Indoor
Be aware of safety as there will be water spillages; perhaps have paper towels to hand