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Voga&Share Vademecum

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Project Introduction



The Voga&Share project is a collaborative partnership, co-financed by the Erasmus+ program for sport from the European Commission. The project leader is the University Sports Center of Palermo and the partners are the University of Murcia (Spain), MSV Basket (Italy), SSOI Rijeka (Croatia), Ffaviron (France), and Institutul National de Cercetare pentru Sport (Romania). Each organization introduced and coached a sample of boys aged 14-18 (50-50 gender balance) with the aim of participating in the Venetian Vogalonga on 28/05/2023. The

Croatian partner in a social inclusion perspective carried out the same activities with a sample of participants with medium to mild cognitive disabilities. But Voga&Share is much more than that, in fact the project included an important research phase that led to the drafting and publication of three innovative manuals on rowing practice. Institutul National de Cercetare pentru Sport produced the manual Voga&Train on the technical part of rowing; the University of Murcia produced the manual Voga&Care on the health benefits of rowing. SSOI Rijeka produced the manual Voga&SaveThePlanet on the connection between rowing and environmental protection. During the project, a transnational meeting was held in each of the project partner countries with a view to coordination and exchange of best practices. As of 5/28/2023, the Voga&Share team participated in the Vogalonga with 10 boats, specifically 2 dragonboats and 8 English-style rowing boats of 4 +timers (GIG and Coastal Rowing) and 74 participants. This document represents the design intent to encourage and facilitate participation in the practice of rowing and the Venetian Vogalonga. In fact, it is meant to be a useful tool for any entity that decides to participate in the next editions of the Vogalonga. Here you will find several useful tips on logistics that can enhance your experience in the event.

Our Vogalonga

Our Vogalonga has been prepared for about a year. In addition to the technical preparation, training workshops were organized for the young participants. They covered knowledge of the Erasmus+ program, environmental issues of safeguarding the planet, the history of the Venetian Vogalonga, knowledge of the city of Venice, and history and trivia about rowing. Once the teams were selected with a focus on gender balance, with a view to social inclusion and mutual exchange, the partnership organizations with their participants met in Rijeka as early as 05/24/2023. In the three days leading up to the event, preparatory group activities were held that gave the participants the opportunity to experience the European dimension of sports and to establish themselves as a team with young people from other nations. Day 5/27/2023 we moved from Rijeka to Venice all together by bus and there, once we checked into the host facility (AO Hostel Venezia Mestre), we divided into two groups. One group went to the race materials pick-up point designated by the Vogalonga organization, while the other group went on the water to transfer

the boats from the Venice Mestre storage facility to the Giudecca storage facility. Finally, on day 27/05/2023 we all had dinner together and went to bed early. Day 28/05/2023 the alarm went off at 5:00 a.m. as it is necessary to be on the water before 8:00 a.m. So, we had already planned a packed breakfast and at 6:00 we boarded the bus that took us to the Tronchetto location where we took the Ferry boat to Giudecca. When we arrived at Giudecca at about 7:00 a.m., we arranged the boats and got on the boat going to the starting point at St. Mark's waiting for the cannon to fire. The participants in our project who took part in the event with the dragonboat opted for a shortened course of about 17 km, while all the participants who took part in the event with the English rowing boats finished the full course with times from 4 to 6 hours depending on the level of the participants. After the event was over, everyone did not eat together because of the different arrival times, but almost all of us opted for a quick lunch near the boathouses. The return home depending on the nations and the relative availability of flights was done either on the 28th evening or day 29 more conveniently.

Why participate in the Vogalonga

The Vogalonga is primarily a great celebration of those who love rowing, paddling or rowing, but it is also an opportunity to admire the wonders of Venice from a unique perspective. About 2,000 rowing boats and 8,000 participants from all over the world attend the event each year. Even the most experienced rowers on this occasion will find themselves admiring types of boats unknown to them. Before, during and after the event pure bonds are created that only sport "can give" with so many athletes and sportsmen participating in the event/festival. The course is certainly challenging, not because of speed but because of the duration to which one must be accustomed in terms of the endurance of sitting on the cart and the use of hip and knee joints, but once finished it leaves joy and satisfaction inside. Telling an anecdote from our experience, right after the end of the event several kids said, "I don't want to row anymore, it was never ending." A few hours later they asked, "Why don't we participate again next year?"



Recommended manuals

The purpose of Voga&Share has not only been to promote the Vogalonga and give tati kids the opportunity to participate in it, but deeper down the main goal has been to promote and spread



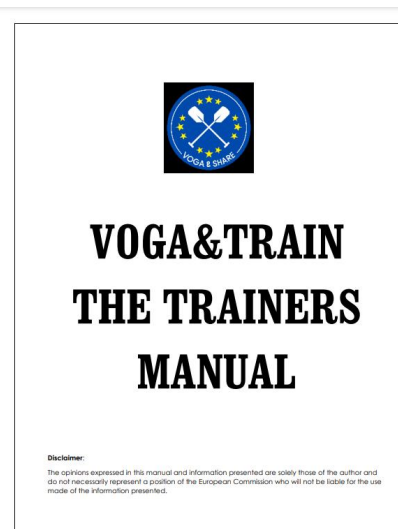
rowing sports, doing education and creating reference literature on them. In this regard, as already mentioned, three manuals on rowing have been compiled, which together take the form of a large rowing white paper. The manual on the technical part is called "Voga and Train" and was produced by Institutul National de Cercetare pentru Sport (Romania). The target audience of this manual is primarily instructors or aspiring instructors of rowing, or rowing sports more generally. The handbook on the health benefits of rowing is "Voga and Care" and was produced by the University of Murcia. The main target audience for this manual is students, athletes, sports associations, sports physicians, researchers, and university professors. The handbook on the connection between environmental protection and the practice of rowing sports is "Rowing and Save the Planet" and was produced by SSOI Rijeka (Croatia). It is certainly aimed at third sector entities and organizations, students, professors and more generally at any stakeholders of environmental protection. These three texts are available for free download at <https://vogandshare.com/>, in the web platform section.

Athletic and technical preparation required

Technical and athletic preparation certainly does not include a competitive level of a top athlete, but it is necessary to be prepared for a slow and long rowing. The final time is a result of the level of all crew members, and for this reason there should be elements in the boat, boys or girls it does not matter, capable of rowing the same way with the same strength for at least 4 hours. Boats are not always as adjustable as the new Olympic boats, and this poses a subtle danger over the long haul: for if an imperfect adjustment affects joints very little in a single 2000-meter race, quite different is the effect of an inadequate adjustment on joints engaged in rowing for 4 hours. For example the hip flexors and knees are put under stress by the adjustment of the footplate, the pelvic bones must bear the load on the buttocks, and wrists and hands are engaged by the adjustment of the oars and the type of support of the handles. A footplate that is too high could be compensated for by the use of a rubberized support to be put on top of the carriage, which would also help to compensate for the stress on the ischial bones under the buttocks: there are now on the market of various materials and various thicknesses, while a footplate that is too low can be adjusted with shims are the heels that could be made of small pieces of rubber; for those who are not used to or for those who are used to different oar grip supports, e.g. knurled vs. smooth, the use of previously used ball guard gloves at home so that they take on the anatomical shape of the hand can be helpful.



Also to be factored in are the miles to travel to get the boat from Mestre to Giudecca on the outward journey, and from the arrival back to Mestre. The latter can represent a not inconsiderable additional effort because it is a treacherous route due to the presence of shoals. In this regard it becomes very useful to have a



meeting with the coxswains and rowers before the race to explain how and where to cross the canals the day before the race and to avoid running into unpleasant passages where the presence of motor boats creates dangerous wave motion for any rowing boat, and for the direction to take to get to Giudecca and back to Mestre to avoid the presence of shoals that block even rowing boats.

Having a map in the boat is useful and important.

Finally, two other pieces of advice are to have an adequate number of totally watertight bags in the boat where you can store cameras or cell phones to capture the best moments of sailing, or document and money holders in case you cannot leave them at the start; and to have with you food suitable for this kind of non-competitive long-duration competition, water and mineral salts, slow-release caloric supplements, maltodextrin or similar.

At the halfway point it is possible, with proper mastery, to pull over to concrete piers, and disembark for a few minutes' rest.

We propose workouts to start rowing beginners

12 rowings sessions for total autonomy on the Voga Longa

Session 1 : Theory and materials



Discovery of rowing equipment, explanations of the different technical terms to introduce young people to a vocabulary which will be used automatically by themselves later.

- Starboard and port broadside / red and green
- Oar, spoon, Button
- Rowlock, forepeak

Test on individual boats. Demonstration for exterior image and results of an action on the boat.

Objectives :

- Coordination of lower limbs/chest/arms
- Succeed in U-turn

- Start of learning in a small area of development

Session 2 : Maneuver

Review the achievements and shortcomings of the previous session, and encourage more maneuvers.

Objectives :

- Succeed in stopping

- Succeed in turning
- Succeed in backing up
- Successfully return to the pontoon and leave without help

Session 3 : Rhythm and flat of the spoon

Like the previous session, review achievements and shortcomings.

Work on rhythm: more replacement time = more recovery = less rapid fatigue.

Objectives :

- Make it clear that the boat continues to slide between two strokes
- Start to integrate a rhythm that will be the same used in a collective boat
- Increase physical autonomy

At the end of the session, work on the flattening by explaining the balance that this will bring on a collective boat.

Session 4 : Discovery Collective boat

Explanations on good reflexes for safe use for rowers and the boat. Introduction to the role of Coxswain: leader of the boat.

Bring the idea that clear and effective communication = good functioning.

If everyone talks, important information does not emerge, so it is not very effective.

Work on the collective rhythm by stopping at each stroke.

Objectives :

- Bring about efficient collective functioning
- Bring out the different profiles more comfortable on "important" positions such as swimming (regular rhythm), coxswain (leadership)
- Succeed in phasing out stops
- Understand that once the boat is launched, just a maintenance of speed and not a physical revival at each stroke -> perspective of hiking, endurance and not maximum speed

Session 5 : Collective boat maneuvering and collective coordination

Work on simple maneuvers acquired in an individual boat. Succeed in coordinating yourself by following the instructions given by the helmsman.



Regularity work:

→ The objective here is to solicit the crews orally by making them think and that they manage to keep the rhythm together (Example: Who will win between Bayern Munich and Manchester City?)

Situation 1 : Question for a champion

First, ask specific questions about this or that rower in order to get everyone involved and then ask the questions to the whole crew.

Direct objective :

- Stay in rhythm with your bowman by listening and engaging in a reflection other than that on the current movement

Situation 2 : Wireless phone

Give a sentence to memorize to the coxswain so that he transmits it to the rower in front of him who will also transmit it to the rower behind him and so on. Manage to keep the sentence precise. Everything is done while the rowers move the boat forward, only the rower who transmits and the one who receives the sentence stop. This causes rowers to keep pace with someone by having "barriers" between them and their cue.

Direct objective :

- Working on cohesion and rhythm
- Stop without disturbing the person in front and/or behind you
- Manage to resume movement in rhythm with the rest of the crew after an interruption
- For rowers in the middle : manage to switch between the role of swimming and follower rower
- For rowers on head of the boat : manage to row in rhythm with a person far in front of you

Session 6 and 7 : Rhythm work and intensity management

Use all the knowledge gained from previous sessions to try to go further in terms of distance sailed.

Objectives :

- Start getting used to a long period of practice
- Succeed in staying in sync for a long time

Session 8 and 9 : Rhythm work and intensity management over long distances

Same as previous sessions.

Objectives :

- Deal with the problems of long practice (pain, water, landmarks, etc.)
- Get closer to a distance that is easier to compare to the final objective





Session 10 : More precise maneuvering work

Work of maneuver :

Situation 1 :

The crew will try to touch a fixed buoy with :

- The front point against the wind
- The back point against the wind

At first, work against the wind will help the crew and encourages it to perform good maneuver. In a second time, they'll try to touch the buoy with the wind to bring another level of difficulty.

Objectives of this situation :

- Work on the maneuver as a team on a fixed objective
- Make it clear through the exercise that you have to know how to listen to your coxswain and therefore promote clear communication
- Understand the different ways to make the boat react in a small area

→ During the Voga Longa, they may have to maneuver in small areas between neighboring boats.

Situation 2 :

The crew will try to pick up a mobile ball or buoy. We can offer different levels of difficulty, for example that only rower n°3 can pick it up and only on the starboard side.

Objectives of this situation :

- Work on the maneuver as a team on a moving target
- Further reduce the work area and promote cohesion and mutual aid

→ During the Voga Longa, they may have to recover floating objects.

Session 11 : Independent management over long distance with security

Give reference points on the practice pool.

The objective is to go further than usual, the two boats must stay together, manage each other's break times when they are necessary and get used to the absence of help from the coach.

It's security that announces the U-turn.

Session 12 : Collective boat / Managing a given time to achieve an objective independently

Same thing as the previous session but independently.

Give a time limit and a destination to reach.

Check autonomy on important equipment (watch, etc.) and study the route before leaving.

Completely independent travel.

Registration

Registration procedures for the Vogalonga should be done exclusively on the official website <http://www.vogalonga.com/>, according to the procedures indicated on the website. The only advice we feel we should add in this vademecum is related to timing. In that once the organization reaches 2,000 registered boats it closes registration, for that reason we recommend that you keep an eye on when the site opens the opportunity to register and do it as soon as possible, as the risk is to be excluded if you proceed to formal registration too late.

Boat Transportation

The Vogalonga is 2000 boats and 8000 participants arriving and leaving at the same time, in a very short timing. During 2 days, at the same time, everyone is doing the same thing. So it's a huge logistical challenge.

Many people try to hire boats on site. It can be surprising but for a large group, it's easier to bring equipment (even if it's a long way away). With the Ligue (Antoine) and MSV (Fabio), it was possible to bring rowing boats on trailers from Nantes and Pescara by road.



Fabio had an excellent contact in San Giuliano for the Dragons Boats and to come and store the rowing boats which made the logistical challenge a success.

The students and coaches prepared the boats for installation on the trailer the day before the start (Tuesday). They returned the following Tuesday to remove the boats from the trailer and store them at the rowing club. Between these two points, the boats travelled 3,000 km in 36 hours (round trip from Nantes).



One of the difficulties in rowing is that you spend a lot of time assembling and dismantling equipment for transport. The students took a very active part in this challenge. It's a very educational aspect of the Voga&Share project, giving the pupils a sense of responsibility. It's part of the challenge to look after



your equipment with care (These boats is for you and those you are about to discover !).

Boat rental on site

Renting the boats on site can be more difficult than expected in case you do not enjoy well-established personal contacts on site in fact, as the event is highly coveted, and there is a lot of demand, the availability of sailing boats in Venice on the day of the Vogalonga is very limited. For this reason in case the chosen solution is to rent the boats on site, we recommend closing the agreement several months before the event.

Accomodations

As is well known, Venice is not a cheap city and during the period of the Vogalonga prices are very high. An economic situation, with a view to large teams, may be to stay in Venice Mestre, as the Voga&Share team did. Of course, it is recommended to sleep in Venice at least the day before the event, as you need to be on the water and wake up very early. Regarding the day of the Vogalonga it is not easy to predict the arrival time, it can vary a lot depending on the type of boats and technical/athletic level of the crew members.

Meals

Considering that at 8:00 a.m. one must necessarily already be in the water, it is advisable to have a big breakfast around 6:30 a.m. Obviously, since we do not know the exact arrival time of each individual boat, it is good to bring fruits and energy snacks and plenty of water in the boat. For lunch, however, it is advisable to plan for packed lunch, as you will possibly be leaving the water between 1:00 and 2:30 p.m., and time to get the boats settled should be considered. It should be taken into consideration that at the end of the event one will be very tired and hungry. The organization of the event, in any case, provides a refreshment point at the halfway point, where fruits are thrown, but it may not be so easy to catch them.

Transportation in Venice

Venice is a very special city in that it is spread over a lagoon, and consequently transportation is different from other cities. To get from one point to another you will need to use the ferry boat, the prices of which are: 1 single €9.50; 24 hours €25; 2 days €35; 3 days €45; 7 days €65. Of course, buses are also available that connect the Mestre area. However, depending on the accommodation you choose, you may have to take cabs where you do not have your own vehicle.

Race equipment pickup

The instructions provided on the official Vogalonga website should clearly be followed for picking up race materials. However, it is useful to point out here that race materials are picked up the day before the event by about 4:00 pm. For this reason, it is obviously necessary to already be in Venice on the morning of the day before the event.

Clothing

As for clothing, it is obviously recommended to wear technical materials suitable for rowing disciplines. It may also be useful to bring a cap with you as if the day should be particularly sunny it may give benefit. The Vogalonga organization, with the race material provides a t-shirt, but this is not technical, so it is not the best solution for participation in the regatta. Also advisable is a windproof and/or rainproof.



The route

The full route of the Vogalonga is about 30km, but the km distance from the boathouse to the starting point and the km distance from the

finishing point to the boathouse should also be considered. For this reason, depending on the boathouse you choose to use the total boat km could become even more than 40. Boats depart from Bacino San Marco, round Sant'Elena and proceed to Burano, past Certosa, le Vignole and San Francesco del Deserto. From there, through the Mazzorbo Canal, they return to Venice, sail along the Cannaregio Canal and parade along the Grand Canal. The finishing point can only be the heart of the city, St. Mark's Basin, right in the presence of St. Mark's Square.



Communication

During the regatta we carried smartphones inside the boats using underwater covers with appropriate lanyards. The course is clearly very impressive both because of the channels through which we pass and because of the large number and many types of boats in the water. So, it is pleasant to take videos or souvenir photos. In any case, the event is broadcast both on several local TV stations and streamed on facebook. After the event is over, by searching for strategic hashtags on social media such as #Vogalonga or #Vogalonga2023, it is possible to find a lot of nice content from the event on the web, beyond that on the official Vogalonga accounts.

Inclusion of individuals with disabilities

When we talk about the inclusion, sport is an area that provides ideal conditions for the inclusion of people with disabilities and / or developmental disabilities in the world of countless activities of recreational character.

Whether it is rowing, sailing, diving, or some other water or "marine" sport, the advantage of the 21st century is that technology is progressing day by day at the speed of light, which allows the conditions for vessels, appropriate equipment and necessary special aids to be fully adapted to individuals with varying degrees of physical disability.



Sports and recreational facilities at sea are an excellent way to build character, social skills and generally create a good feeling and team spirit among users. In addition, given that each of these sports is to some extent characterized by an adrenaline character, sea sports, provided that they are performed in accordance with safety regulations, are an excellent tool in the process of developing self-confidence in people who feel insecure due to their physical condition or have recently experienced trauma and have difficulty accepting the new physical disability. Water sports can provide an opportunity for people with disabilities to experience something new and exciting, which can ultimately contribute to discovering new interests and hobbies, and help shape a positive outlook and an optimistic perspective on life.

When we talk about physical activities, water sports such as rowing, swimming, and diving help to strengthen muscles and improve general physical fitness, and regular exercise improves blood circulation and reduces the risk of cardiovascular disease. Moving in water can help reduce stress and anxiety and increase concentration, focus, and feelings of peace and relaxation.

In the context of social competences, water sports can help develop social, emotional and cognitive skills and behaviors necessary to successfully navigate different social situations, then

create new social connections and even friendships. All of the above is of great importance for people with disabilities who often feel isolated or insufficiently included in society and community.

Project partners participated at Voga Longa 2023, where rowing as an inclusive sport has proven to be an excellent tool for achieving the well-being of people with mental and physical disabilities.

We can conclude that recreation is a key factor when it comes to the inclusion of people with disabilities in everyday, health-related activities.

Safety on water

Safety is the concern of every crew member and so should be during the VogaLonga Marathon!

Respecting safety on the water is a responsibility that extends to everyone in the boat. It's about safeguarding lives, promoting a culture of responsibility, adhering to legal requirements, and contributing to the well-being of individuals, communities and the environment.



Respecting safety on the water is essential for several compelling reasons:

- **Preserve Lives:** The foremost reason for respecting safety on the water is to prevent loss of life. Drowning and accidents are real threats, and adhering to safety measures significantly reduces these risks.
- **Protect Loved Ones:** Whether you're with family or friends, their safety is paramount. Respecting water safety guidelines ensures that your loved ones can enjoy water activities without unnecessary dangers.
- **Legal Compliance:** Venice region has strict regulations regarding water safety. Failing to adhere to these rules can result in fines or legal consequences.
- **Emergency Preparedness:** Accidents can happen despite our best efforts. Following safety protocols ensures that everyone is better prepared to handle emergencies and minimize their impact.
- **Minimize Risk:** Water environments can be unpredictable. Respecting safety guidelines reduces the likelihood of accidents caused by factors such as changing weather, strong currents, and unexpected hazards.
- **Encourage Responsible Behavior:** Demonstrating a commitment to safety sets an example for others. When everyone follows safety measures, it creates a culture of responsibility and consideration for others.

- **Resource Conservation:** Proper safety practices prevent accidents that could lead to the deployment of search and rescue teams, medical personnel, and emergency responders. Respecting safety on the water helps conserve public resources and reduces associated costs.
 - **Positive Experiences:** When you and others feel safe while engaging in water activities, the experience is more enjoyable. Respect for safety promotes positive memories and prevents unnecessary stress.
 - **Long-Term Enjoyment:** Respecting safety measures ensures that water activities remain enjoyable for the long term. By preventing accidents and negative experiences, you're contributing to the sustainability of these activities.
- Swimming

The Standard Required. Ideally, all rowers should be able to swim at least 50 meters, but as a minimum, they must be water competent in cold and moving water and when dressed in light clothing, that is, racing dress (shorts and vest) plus waterproof top and trousers and light footwear (trainers, flip flops or similar footwear).

- Safety on embarkation

Boat Balance. Before leaving the embarking area, the Boat Captain should ensure that the boat is well balanced. That is, that each pair of racers are of similar weight or height and that, generally, the heavier pairs are seated in the boat's middle section. The Boat Captain should know the number of people in the boat.



- Steadying the Boat

A boat will feel 'tippy' especially if the crew is out of balance or moving about in an uncoordinated manner. To steady the boat in such circumstances (and when sideways on to the wind or wave pattern) the crew should be instructed by the Helm to slightly lean out over the side of the boat and place their paddle blades flat on the water, at arms length. With all of the paddles on the water in this manner, boat is effectively stabilized. This is called a paddle brace and the Helm's command should be 'Brace the Boat'.

- Stopping the Boat

When maneuvering, turning or racing the boat it may be necessary to stop the boat suddenly, say to avoid a collision with another vessel. It is important that the crew reacts quickly but safely. The quickest way to stop a boat is for the crew to do a reverse paddle stroke, that is, everyone takes a backwards stroke with their paddle instead of a forward stroke..

The initial command should be 'Stop Paddling' followed immediately by 'Brace the Boat' if the boat is unstable and there is no immediate danger of a collision. If there is a danger of a collision the command

- Circulation rules

Rowers (and scullers) don't face the direction of travel. This makes keeping to the agreed circulation pattern vital in order to avoid accidents. If in doubt about the agreed circulation pattern consult the chart on Safety Notice Board

Environmental protection

The Vongalonga Regatta stands for environmental protection and an environmentally friendly way of moving on the water. Regattas are held in traditional wooden boats that are powered only by oars, without the use of engines or other fossil fuels. This reduces the emission of harmful gases and other pollutants that can harm the environment, raises awareness of the importance of preserving the environment and promotes an environmentally friendly lifestyle. A series of events and activities aimed at preserving the environment are organized, such as cleaning beaches, raising awareness of waste and recycling, and promoting the use of renewable energy sources.



The Vongalonga Regatta also supports sustainable fisheries and the conservation of marine ecosystems. Regatta participants often visit and explore protected nature areas, such as national parks or nature reserves, to promote the importance of nature conservation and biodiversity.

Club culture expresses one community's commitment and highlights its values. When we talk about club culture in water sports, there are several main principles that determine the club's

commitment to preserving nature and the environment, and we can divide them into internal and external:

Internal principles in terms of awareness of the importance of preserving the environment and the responsibility to carry out club activities in an environmentally responsible manner, are determined by club management by rules or conditions for membership, and may include certain rules of conduct such as:

- Choosing a material for jerseys that is environmentally friendly and does not release microplastics into the environment.
- Printing promo materials on recycled, biodegradable paper
- Frequent posts, i.e. promotion of environmental topics and responsible behavior on platforms (websites, social networks) of the club
- Supporting and promoting organized transport of the club to various events (instead of individual travel of members by car)
- Environmental education that is occasionally carried out as part of club activities with the aim of raising awareness and encouraging members to behave environmentally responsible in nature
- Clearly elaborated rules of conduct of members when engaging in sports activities with special emphasis on the responsibility to leave nature intact and clean and that animals are in no case unnecessarily or intentionally disturbed.

External principles refer to the values promoted by the club by organizing or participating in sports competitions, gatherings of a recreational character and similar events of a public character. There are countless environmental guidelines that show us how to organize a particular public sporting event. Here we highlight the fundamental ones, which we will then clarify more closely in the following chapters:

- Organizing events in accordance with the concept of "zero waste"
- Working with other stakeholders in the community
- Involvement in the environmental activities of your region

Environmental protection in terms of cleansing actions can be a great tool for inclusion considering that participation in this actions is a type of activity that, in addition to recreational, has a social dimension connecting different participants in order to jointly do something good for the environment. The possibility of participation of persons with disabilities in cleaning the coastal and marine environment is much simpler compared to land actions, given that instead of often inaccessible terrain, they move on the sea, which opens up a whole range of possible tasks that people with disabilities can perform, e.g. accepting collected waste from the sea from divers and dragging it to the shore.



If you are not the biggest fan of sports competitions and club gatherings, but water sports you choose more for a break than crowds and socializing with nature "one on one", we bring you tips on how to contribute to the preservation of the marine environment through such activities:

1. I avoid carrying single-use plastic packaging to nature

The future is shaped by our own actions. Due to the fact that the world's seas are floating islands of garbage, composed mostly of plastic packaging, it is our duty to think daily about what we buy,



what amount of waste we create and most importantly, not to leave the waste we have created in the sea or coastal area.

Food, snacks and fruits that we carry on a rowing trip will be taken in a box, cloth bag or reusable wrapper that we will definitely bring home with us!

2. If I am able, I will pick up the waste I found: in the sea We are aware that there will always be some irresponsible individual among us who does not understand the consequences of his actions and leaves behind waste. This waste with the first breeze can end up in the sea and thus disrupt the idyll of the underwater world.

By our own example, let's show others that it does not take much effort to pick up a plastic bag from the sea and start a wave of positive change in our environment.

3. When paddling, surfing or sailing, I do not disturb or bring sea creatures to the surface

The sea is a very sensitive ecosystem, immensely rich in beautiful and fragile marine animals. Let's show them care and respect by watching them without disturbing them in any way.

Let's not pluck, tear or take plant or animal species to the surface because this directly threatens their habitat.

I avoid using plastic bags, they usually end up in the sea

Plastic bags do immense damage to the marine environment. Marine animals are directly threatened by this threat because they are most often eaten thinking that they are food, and in addition, they decompose into microplastic particles, change the long-term quality of the sea and become part of the food chain, thus directly harming us.

Plastic bags don't belong in outdoor rowing sports unless we're going to take waste with us in them. For everything else we will use reusable "dry bags" or similar products.

I don't feed snacks (wild) animals

Factory processed food that we consume most often, is harmful to animals because of the various additives that we can find in its composition, which animals can not digest. That is why it is not a rare sight that a fish, after eating a large amount of chips, most often dies.

Wild animals have their own eating habits that they know how to take care of themselves, so it is extremely important not to feed them, especially not food intended for humans.

I regularly participate in coastal and sea clearance actions

Anything is possible when we are united. By participating in coastal clean-up actions, we best show others how to love and guard their end.

Be the organizer of the cleaning action or join someone else in this intention, by example show love and care for the sea in which you enjoy sailing, sailing or surfing every day.

7. I respect hunting and choose a different type of diet during this period

A tasty fish lunch is one of the healthiest meals, but we must bear in mind that for the sake of the future we must respect the period of regeneration and restoration of fish stocks, otherwise there may easily be a shortage of fish and disruption of the fish ecosystem.

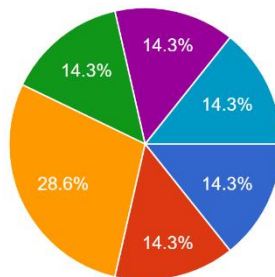
While the hunt lasts, let's plan our meals in a different, vegetable tone, so that the marine ecosystem is restored naturally.

Quality assurance – Voga & Share

In the quality assurance of Vogalonga participated all project partners, as shown below:

Partner organisation

7 responses



- CENTRO UNIVERSITARIO SPORTIVO PALERMO
- APS ASD MARGHERITA SPORT E VITA
- INSTITUTUL NATIONAL DE CERCETARE PENTRU SPORT
- LIGUE AVIRON PAYS DE LA LOIRE
- RIJEKA SPORTS ASSOCIATION FOR PERSONS WITH DISABILITIES
- UNIVERSIDAD DE MURCIA

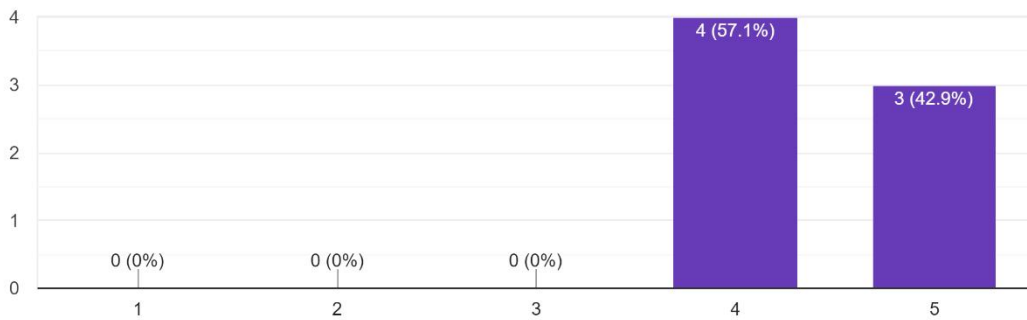




Partners' answers about organization of Vogalonga and shared experience is described below.

How did you find organization of rowing activities in Venice from Project manager side?

7 responses



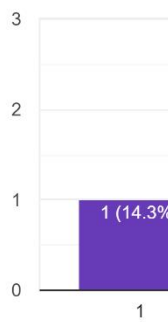
How did your athlete

7 responses



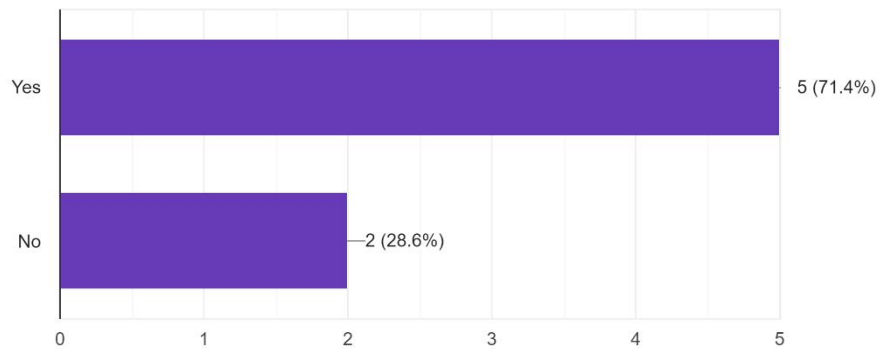
How did your trainee

7 responses



Did you experience any difficulties during Vogalonga?

7 responses





If you answered "Yes", what it was and what would be your suggestion for improvements next time?

- Provide the extra effort to return the boat to storage after arriving at the point of arrival.
- Same hotel for all partners
- Training one day before
- No difficulties were encountered.
- Some difficulties was representing from the logistic part, concerning the mobility bog groups by bus from some partner countries; our suggestion is to rent some minibus where is possible move around the final destination and to have more opportunities for more suitable locations close
- The Vogalonga is a difficult and intense logistical challenge
- Arriving a day earlier could have made the organisation easier
- Mattia (from San Guilano Park) was very helpfull !

In your opinion, how does project improve synergies between clubs and schools?

- I think they were very good. The participation was great.
- Excellent
- Schools will use clubs rowing equipment
- The project can serve as a basis for local authorities to implement rowing in their school curricula, thus enhancing the synergies created through Voga&Share in the long term. In addition, it would allow young students to learn about and practice a sport as beneficial to their health as rowing.
- The club and schools continue further cooperation, and these school will bring a new generation to the club. Excellent cooperation and friendship was reflected.
- MSV with strong collaboration of School Institute "Montefeltro" in Saccorvaro(PU) has permitted an very good synergies between Sport teachers and students growing the strong passion and rowing tradition well organized from Rowing Club Adriatico
- Yes, this project was a very good way to work with middle and high school
- The 2 schools want to stay on and continue working with the club to go further with rowing

We can provide useful advice to new young people and new organizations attending the next event

Local trainings improvement, simulation of the event.

We will continue Voga Longa next year. Project gave us a new perspective on rowing

It may be useful to create a database of clubs and schools that allows for quicker and more efficient information delivery and can serve as a basis for networking and improving synergies between them.

We can carry out additional promotional activities among the clubs and para athletes.

no

That's a first time in big Erasmus Project for us, so it's difficult to have an additional contribution

Conclusions

Quality assurance was led by **MSV Basket (Italy)**, and there were involved all the rest of project partners: **University Sports Center of Palermo** and the partners are **the University of Murcia (Spain)**, **SSOI Rijeka (Croatia)**, **Ffaviron (France)**, and **Institutul National de Cercetare pentru Sport (Romania)**.

Quality assurance included questions regarding management, organizational issues, practical logistics of Voagalonga and practical experience from participants.

As it can be seen from the answers, most of partners were satisfied or very satisfied with the event. However many partners experienced practical difficulties and mostly it was related to logistics and bringing boats to final destination.

Despite of challenges, many partners admitted that project improved synergy among sport clubs and schools and in their opinion schools bring a new generation to the club and the club can bring practical experience to schools in order to prepare new generation at the needed level. In general. During the project excellent cooperation and friendship was reflected and clubs will continue cooperation with schools also after project ends.

Future development possibilities

Future possibilities may include cooperation with several rowing sport clubs within international competition. For each competition could be specific topic, on which all teams and organizers pay special attention. Vogalonga could be example for several competitions, for instance, bringing attention on green thinking, clean water in the rivers and seas, and also clean sport (without doping and anti – match fixing). For instance British Rowing strongly believes in clean sport and works in partnership with UK Anti-Doping (UKAD) and our international federation, World Rowing, to ensure that rowing's integrity is protected.

Besides that there could be also cooperation among schools and sports clubs, initiative to organise an inter-school indoor rowing competition as part of the school games programme and in cooperation with sport clubs. This could bring schools competitions to new level, also including experience from sports clubs, not only local ones but also taking into account international experience.

Rowing both on and off the water is a great way to develop fitness or to stay physically active. However If you are taking up rowing it is important to tell your club or coach about any relevant health problems – you will find that the club can often make provisions to allow you to take part safely. Giving incorrect information could put you and others in danger – ask if you have any



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queries. That's why one more possible future collaboration could be sharing health regulations, best practices how to avoid specific health issues or take into account specific health condition but still be involved in rowing activities.

One more possible cooperation could be among schools and clubs could be for development of guidelines for competitions on responding to major incidents, and for clubs and competitions on dealing with the aftermath of a serious incident. As competitions in the one country are limited, exactly international experience could be bring more expertise In this field.