

Evaluation of the 'Community Get Rowing' Programme



Prepared by
Sligo Sport and Recreation Partnership
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1.0 Introduction:

Sligo Sport and Recreation Partnership (SSRP) supports opportunities for participation in sport and physical activity throughout the lifecycle by working in partnership with community and statutory organisations. A range of programmes promoting increased physical activity are implemented on an ongoing basis. In an effort to engage inactive men who are over the age of 35 from rural areas in physical activity, SSRP facilitated a pilot Community Get Rowing programme in 2018.

Arising from a successful application to Sligo County Council under the LCDC Healthy Ireland programme SSRP received funding to implement a new Community Get Rowing pilot programme. Collaboration with Rowing Ireland and local community organisations was central to initiating the programme.

The Community Get Rowing programme is an 8-week twice-weekly community based physical activity programme aimed at men over the age of 35 who are currently inactive. The core components of the indoor rowing fitness class is a 1 hour format set to music and combines indoor rowing with strength and mobility based exercises. The programme is adaptable in order to meet the individual needs of each participant regardless of current fitness levels or age, and delivered by suitably qualified instructors. The pilot programme was implemented in two rural communities. Key outcomes sought from the programme included increasing physical activity and physical fitness, building social networks and promoting a sense of health and wellbeing.

An end of programme evaluation to assess the impact of the programme on participants and a review of the model of delivery was planned.

2.0 Context:

The strategic context for the funding to LCDC's is the 'Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025, the national framework for action to improve the health and wellbeing of Ireland'. The funding guidelines outlined the primary aim of the initiative "as to support innovative, cross-sectoral, evidence-based projects and initiatives that support the implementation of key national policies in areas such as obesity, smoking, alcohol, physical activity and sexual health."

The Community Get Rowing programme is aligned to the National Physical Activity Plan for Ireland (NPAP), Get Ireland Active plan. Specifically the programme contributes to the achievement of Action Area Six of the NPAP - Sport and physical activity in the community. Actions realised through the pilot programme include:

Ref 41: Continue to support the Community Sport and Physical Activity Hubs in disadvantaged areas.

Ref 42: Include actions that promote increased levels of physical activity in all Local Economic and Community Plans.

Ref 44 Implement and support participation programmes with a focus on disadvantaged communities

Ref 47: Continue to support the work of the National Governing Bodies of Sport in implementing programmes to promote physical activity.

Ref: 48 Develop programmes to address transitions and drop out from physical activity and sport

The programme was informed by Sport Ireland and Rowing Ireland's strategies for recreational sport and locally by County Sligo County Council's Local Economic and Community Plan and SSRP's Strategy Sport and Recreation A Way of Life in Sligo.

3.0 The Community Get Rowing Programme

3.1 Aim:

The overall aim of the programme was to provide an opportunity for participation in physical activity for adult men in rural communities

3.2 Objectives:

Key objectives identified to achieve the overall aim included:

- To improve physical fitness and wellbeing for men over 35 in rural areas
- To enhance social networking for men in isolated rural areas
- To pilot and evaluate an indoor rowing programme
- To work in partnership with key stakeholders
- To build capacity in communities to facilitate the programme

3.3 Model of Delivery:

Funding confirmation was received from Sligo County Council under the LCDC Healthy Ireland fund in November 2017. The timeframe for delivery was short with an end date of 31st March 2018. The funding received enabled three programmes to be facilitated across two community sites with equipment purchased and funding awarded towards instructor fees. The funding enabled programmes to be offered at an affordable rate. At the outset SSRP had decided to pilot the programme at two rural sites with the communities of Geevagh and Ballintogher selected. The choice of sites was influenced by expressions of interest to SSRP for physical activity programmes in these two communities while both communities also had a tradition of lake rowing in their communities in the past. The model of delivery applied followed the steps outlined:

3.3.1 Community Consultation:

The initiative involved meeting with the local communities to gauge interest in an indoor community rowing programme. This included talking to personnel from community organisations, local school, local sports clubs and a Men's Shed. From these meetings it was strongly suggested to pitch the programme at men only. The rationale put forward for a men only programme was that men were much more likely to come forward and participate if the programme was a targeted programme for men. Also, local knowledge indicated that physical activity opportunities already existed for women in both communities and hence the greatest gap was lack of opportunities to participate in physical activity for men.

3.3.2 Establishing links with Rowing Ireland:

The importance and value of linking with Rowing Ireland was recognised from the outset. Sharing their knowledge on how the Rowing Ireland existing programme 'Get Going Get Rowing' operated was helpful in shaping the programme, while expertise in relation to the training of instructors, purchase of the most appropriate ergometers and general programme advice was invaluable.

3.3.3 Host Organisations:

Host organisations for the programme were identified in both communities which ensured local ownership of the programmes. In Geevagh the local Community Lough Arrow Social Project (CLASP) was the programme lead organisation while in Ballintogher St. Michaels GAA Club adopted a similar role. As host organisations their roles included identifying and booking suitable venues, taking responsibility for programme logistics, for example, opening and closing the facilities, programme promotion, participant recruitment and hosting a registration night. CLASP agreed to insure the programmes. In addition the host organisations provided support in arranging for space to be identified for storing the ergometers in the community halls. Ergometers are easy to store and take up very little space and hence were ideal for usage and storage in small community halls.

3.3.4 Programme Design:

The 8 week indoor fitness programme was designed by expertise in the fitness area within SSRP. The programme was tailored to accommodate all ability ranges and was progressive in nature to build fitness levels over the 8 week period. There was a 2 kilometre row test built in to measure impact of the

programme on fitness from week one to week eight. Also incorporated into the programme was a mindfulness workshop to look at motivation and mental health and a nutrition workshop to focus on eating habits.

The class format was designed to have three participants for every ergometer available. Hence with six available ergometers per site there were 18 participants in any class per one instructor thereby ensuring quality coaching and a positive experience for each participant. Aside from work on ergometers participant also did strength work and mobility work all of which was designed in a circuit class format. All the exercises are functional movements and correct technique was emphasised by the instructor. The exercises can be adapted for all fitness levels.

It is also noteworthy that an unintended outcome of the programme is that it has been a catalyst for the re establishment of Lough Arrow Rowing Club which has resulted in participation in lake rowing.

3.3.5 Capacity Building for Instructors:

The importance of specific training for programme instructors was identified and Rowing Ireland provided support in this area through the provision of a workshop which included coaching on rowing techniques and using ergometers to improve fitness. Qualified fitness instructors were identified from the SSRP Community Coach Database to attend the workshop with six instructors in attendance. From this two male instructors were recruited to deliver the programme. Instructors who had a recognised fitness qualification were engaged for the programme as they were seen to have the ability to adapt exercises and deal with common issues of inactive persons such as limited mobility, and health issues such as heart conditions/diabetes etc. Following on from the Rowing Ireland workshop further one to one training was done with the two instructors around the programme format and content by the SSRP officer.

3.3.6 Equipment Purchase:

Twelve Concept 2 indoor rowing ergometers were purchased and provided on loan to the communities for the duration of the programme. The exercises for strength and mobility were seen as key elements for improving the men's overall health and improving rowing technique. Aside from the ergometers mats for the exercises and light bands were used for some resistance work.

3.3.7 Promotion:

The promotion of the programme used community notes, parish notes, social media, local print media and a poster campaign targeted at men only. Promotion targeted community organisations, Men's Shed group, local schools and local GAA clubs, Significantly, some local men in each community did some on the ground work to encourage participation and to promote the message that the programme was for inactive men.

3.3.8 Information Evening:

An information evening was facilitated at each site at which those attending could received information on the programme format and content. An opportunity to register on the night was available and 54 men registered for the programme thereby filling the classes, with 18 participants per class. Also, participants completed a ParQ and anybody presenting with health related conditions were advised to get medical clearance from their doctor. A waiting list was established for those who could not be accommodated on the programme.

4.0 Evaluation Method

Programme evaluation was built into the programme at the outset and focussed on the following:

1. What impact had the Community Get Rowing programme on the participants in relation to physical activity levels, fitness levels and sense of wellbeing?
2. What motivated the men to participate in the programme initially and to sustain participation throughout the programme?
3. What were the critical success factors and challenges in the programme design and implementation?

The method of data collection included pre and post programme questionnaires. Three one-to-one participant interviews and focus groups were conducted on the last week of the programme. A stakeholder

interview was conducted with one of the host organisations while interviews were also facilitated with the two instructors. To measure impact on fitness participants completed a pre and post programme standard 2k row test. (Appendix 1)

5.0 Programme Outputs and Impact

Arising from this programme evaluation many positive outcomes and impacts were evident and are discussed under a number the themes outlined below (Appendix 2).

5.1 Increased Participation:

The programme was fully subscribed on registration night with the three classes filled and a number of people on a waiting list. As each class had a capacity for 18 participants it resulted in 54 men involved in a structured physical activity programme twice weekly for an eight week period. The age profile of participants ranged from 35 to 72 years. A review of attendance registers indicates consistent attendance over the 8 weeks. There was a 78% attendance rate across the programme. This was calculated by the number of absences of total classes available (864 total class places with 194 class absences). Drop out rate was very low with one individual withdrawing from the programme due to an injury received outside of the class time. The profile of men involved reflected all fitness levels ranging from those who had not been regularly active to those who have just retired from competitive sport. One participant decided to opt out of the programme in week two as he already had a high fitness level and his place was taken by a person on the waiting list which suggests that the classes were pitched at a lower fitness level which was the intended target group for SSRP.

5.2 Physical Fitness Levels:

To measure the men’s fitness a 2 kilometre row test was completed at the start of the 8 weeks and then on the final night of the programme. The mean (average) time for completion of the 2k in the first test was 8 mins 55 secs. In the retest after the completion of the programme the mean time dropped to 8 mins 8 secs. This shows on average an improvement of 47 secs. This improvement can be attributed to a combination of increased fitness levels and improved rowing technique. (Appendix 2)

Perceived fitness levels was also captured in the pre and post participant questionnaires. From Figure 1 it can be seen that 34.38% of the respondents rated their fitness as very low (1) / low (2) in the pre questionnaire, while after the programme there is a movement of 15.03% out of this rating moving up into average or higher and 3.23% now placing themselves as having a high level of fitness.

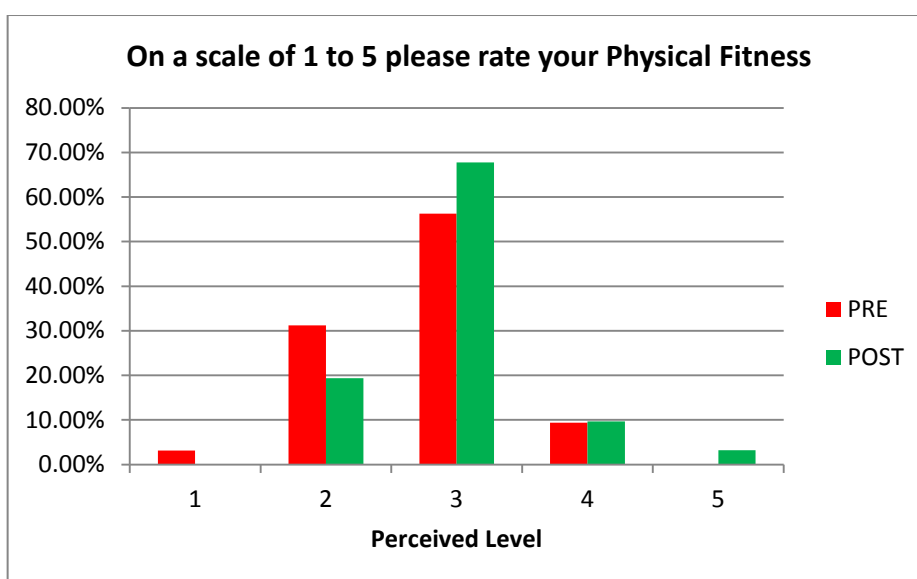


Figure 1

The positive impact of the programme on fitness levels was reflected in the comments of one participant: *“I got involved because of the rowing and secondly I had been walking but years ago I used to do long distance running maybe 35 years ago and wanted to get back to being fit again. The programme gets more*

difficult as it goes along. I am a lot fitter, moving easier, a lot more agile shall I say, I have movement now in joints where I didn't think I had joints. I never would have stretched, I had a back problem for years and I am meant to stretch but I don't. But now I do them at home myself."

5.3 Improved Health:

The inclusive nature of rowing and the adaptability of the programme design enabled three participants recovering from cardiac issues and one person with diabetes to take part. The experience of the qualified instructors was a further factor in enabling their participation.

A participant stated the health gain he experienced as a result of participating on the programme as follows:

"You use every part of your body, it helps my back, my legs, my arms. Everything that was going to sleep I woke them up. It can be hard to commit to the 2 days, but you get the tracks suits on and you get that buzz. I have lost 9lb in weight, without trying just from this programme. The stretches the instructor does are brilliant he doesn't force you, in time they come easier. If I could tell people how much is worth to them, I would have this room full, it helps you in every way. breathing, wellbeing, everyday."

The appropriateness of rowing as an inclusive and beneficial form of exercise for health benefits was noted by the oldest participant who was 72 years of age:

"As the oldest member, I couldn't recommend it enough. Rowing is extraordinary, not easy, you have to keep at it, the coach was great. What you do find is when you bend down it's not as severe as it was before. Couldn't recommend it enough."

5.4 Increased Social Networking:

One of the most powerful impacts of the programme has been the social networking generated resulting in engaging men who have limited social outlets in rural parts of the county. On the first night of the programme participants were asked what elements influenced them to *join* the programme and this was compared with the post survey question of what influenced them to *stay* involved in the programme. The elements were rated between 1 (not important) and 5 (very important). While most elements stayed similar in score such as time, location, healthy lifestyle, the two that had the biggest change were 'Peer/Group Support' and the 'social aspect' of the programme. In the pre questionnaire approximately one quarter (24%) rated peer/ group support as important/ very important reason in joining while in the post programme questionnaire 80% of participants rated their response in this category (Figure 2).

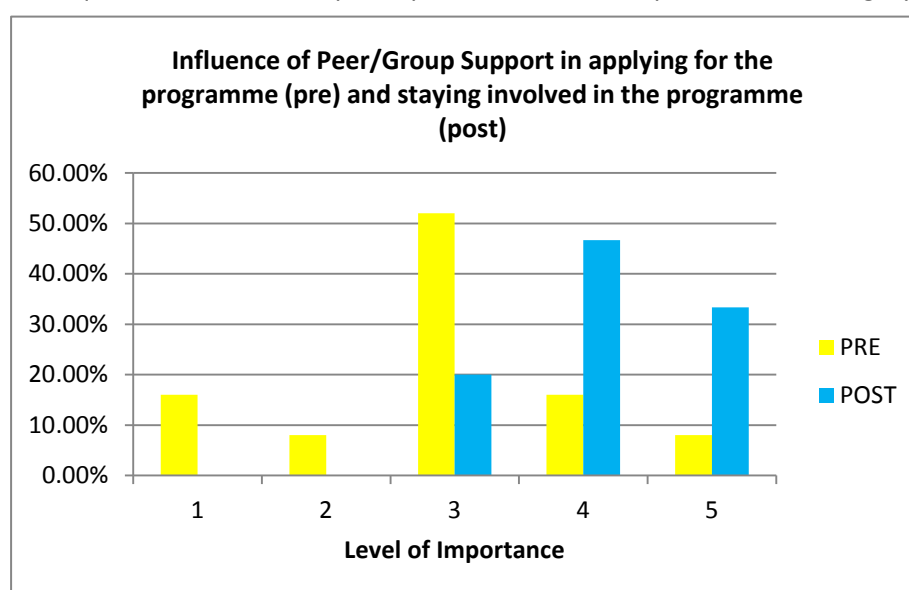


Figure 2

Regarding the social aspect of the programme its importance was scored 55% in important (4) / very important (5) categories in the pre programme questionnaire while this had increased to 87% in the post

questionnaire (Figure 3). This indicates that the social element created has a strong influence on the men’s continued participation, much more so than they themselves thought at the outset.

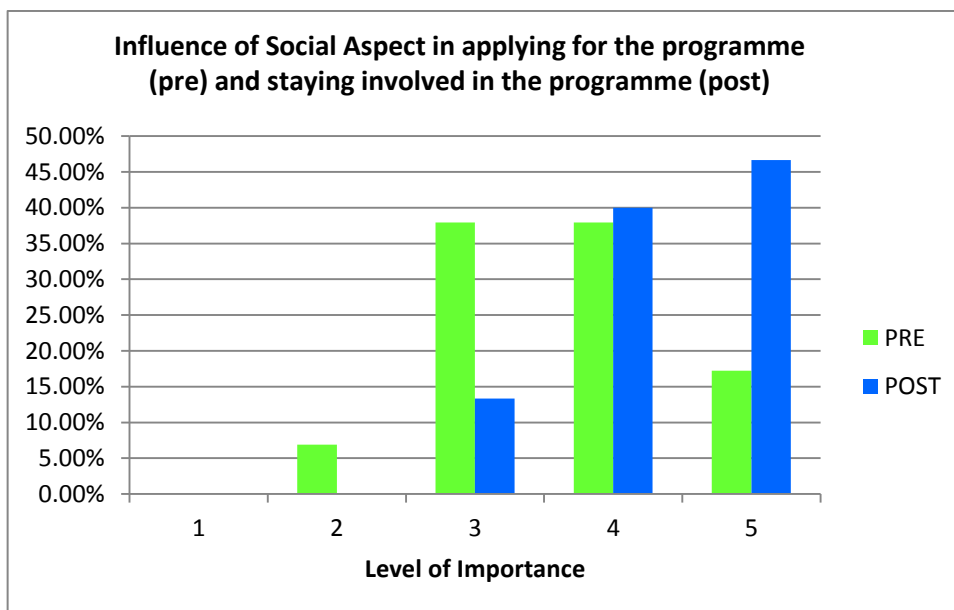


Figure 3

A participant comment also reinforced the positive social networking aspect of the programme:

“It’s great to meet all the fellas, I be looking forward to it, a lot of them are my neighbours and I be looking forward to chatting to them.”

5.5 Enhanced Sense of Well Being:

Figure 4 shows participants reported enhanced confidence to participate in a physical activity class at the end of the programme. In the pre questionnaire almost 40% rated themselves in the very low to average range (1-3) in relation to confidence to take part in physical activity, however in the post questionnaire this had dropped to 22%, thereby indicating an increase in confidence (Figure 4). Increased confidence to participate in fitness classes can lead to a long term positive impact on health.

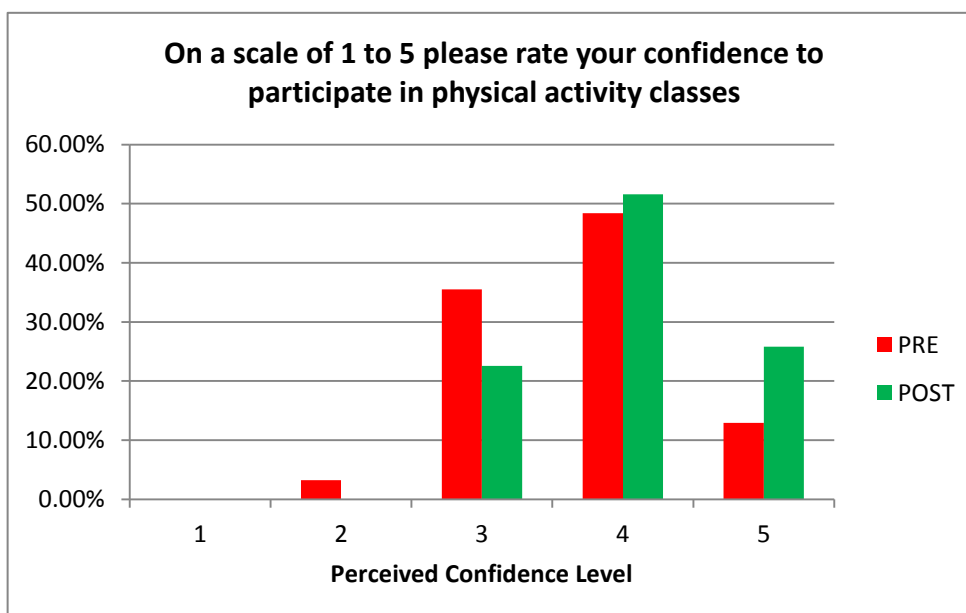


Figure 4

The sense of wellbeing and ‘feel good’ factor associated with being involved in the programme was captured in the comment expressed by a participant:

"I look forward to coming down to it, my wife said to me one day I can't believe you're looking forward to going to a fitness class. I was pretty unfit even though I was walking, I never pushed myself. I hadn't ran for 30 years and last weekend when I was recovering from the flu I started jogging again. It was the first time in 25/30 years I had actually jogged, I hadn't been able to prior to this."

5.6 Enjoyment:

Enjoyment appeared to be central to the success of this programme and was a common thread throughout all the feedback from the participants themselves and from the observations of the coaches and feedback from the host organisations. It follows that if participants are enjoying physical activity they will stick with it and this was the case for the Community Get Rowing programme.

A participant summed up this sentiment as follows:

"The programme was fantastic, the structure, meeting my neighbours. I haven't trained physically for about 20 years so I said I'd give it a go and I really really enjoyed it. I had never done indoor rowing but I had rowed on the lake."

6.0 Critical Success Factors

Based on recurring messages in the evaluation the following critical success factors emerged in relation to the programme design and implementation:

6.1 Community Link:

Linking with the local community proved to be extremely beneficial and important at programme design stage. This bottom up approach had a direct influence on how the programme was designed and promoted. Initially SSRP planned to offer this programme to both men and women but local consultation indicated that if this were to happen women would take part and most likely the number of men participating would be very low. Also, arising from the consultations it was stated locally that if the programme were to be rolled out for all fitness levels then the classes would need to be promoted at two levels 'beginner level' and 'improver level'. SSRP took this valuable feedback on board and as men were the key target group it was decided to promote the programme as 'men only' and have a class at beginner and improver level. This approach proved to be successful resulting in a great response from the men across all ages and fitness levels in the communities.

6.2 National governing Body Link:

From the perspective of SSRP the link established with Rowing Ireland at the outset was very important. The 'buy in' from the NGB to the pilot programme was fundamental to its success with support in areas including sports specific advice, training for instructors, advice on equipment purchase and ongoing support for SSRP staff. This partnership approach assisted greatly in facilitating a successful pilot programme.

6.3 Indoor Rowing:

The choice of indoor rowing as the medium for physical activity appealed to the target group and the non impact nature of the activity ensured it was suitable for all abilities. Also, the full body workout was popular with the participants.

This was reflected in participant comments including:

"The rowing sold it for me, something different"

"You're not going to hurt yourself off it, you get a bit of legs, upper body the lungs working"

6.4 Programme Design:

Detailed preparation went into the design of the programme by an SSRP staff member with advice from Rowing Ireland and this programme plan was followed by the instructors. The eight week indoor rowing programme with two sessions per week is designed to build fitness progressively over the timeframe of the programme allowing participants to experience achievements each week while also building confidence

and competence in rowing. The 2 kilometre pre and post tests provided a goal to work towards, keeping interest and helping in keeping participation levels high. All exercises were adaptable to all fitness and ability levels. Some positive comments regarding the programme design were reflected in participant comments:

“Start the first 2 weeks were easy, settled you in” and “The progression of it was good” and “There is a great structure to it”

The recruitment process was thorough and targeted the right people and sold the right message through promotion of it as a men only programme for over 35’s who were inactive.

Interestingly, during the focus group the men were also asked what changes they would like to make to the programme and the men reported that the programme should continue, and that they would not make any changes to it.

6.5 Role of the Instructor:

The positive role played by the instructor in the success of the programme was consistently highlighted throughout the evaluation process. When asked to rate how important the instructor was in keeping them in the programme 100% of the participants rated the instructor as very important (Appendix 2). Instructor qualities including empathy with the target group, knowledge of the sport, motivation and organisational skills were highlighted by the participants. In addition, participants remarked on the ability of the coach to adapt each exercise and work with people with health issues.

The role of the instructor was acknowledged through participant comments:

“The coach was a number one, the coach with the technique, I would have gone training before but this coach had the techniques and approaches on how to do it safely and soundly”

At the outset the instructors received training and follow up mentoring and support visits from the SSRP staff member. During the focus group session participants were asked to reflect on whether the programme could continue without the instructor and the answer was ‘very unlikely’ with one participant articulating the general group feeling:

“You have good intentions but the coach is critical”

Having a male coach was a significant factor in the programme appeal to the male participants. The social atmosphere created through the programme design (including rest periods and 2 kilometre test), with the instructor setting the atmosphere for participants to encourage each other and create a supportive environment within the group was effective. This was reflected in participant comments:

“Great social event”

“The men’s club, I haven’t chatted to this man in years, sure my own neighbours I don’t talk to them, social thing.”

The group class structure also worked as a motivating factor in a competitive way. All the men in one focus group reported that there was a competitive edge that kept them pushing themselves to improve their fitness. While the programme was tailored to meet individual needs, all men spoke about how the group class session made the difference for them in terms of attending, enjoying and getting the most out of the programme.

6.6 Location, Time and Affordability:

Classes based in the local community resulted in reduced travel distance and the time of sessions made it accessible to men living in the rural areas. Comments included:

“Local is brilliant, trying to juggle everything it easier to get to and fit it in.”

“Local didn’t have to travel”

Funding accessed by SSRP from Sligo County Council under the LCDC Healthy Ireland fund enabled the programme to be offered at an affordable rate. The pilot programme was offered at a rate of €20 for 16 classes.

In the focus group session many participants remarked on the programme value for money and this was reflected in a participant comment:

“The programme was really affordable, you wouldn’t get that value anywhere in a gym”.

7.0 Challenges

The challenge of identifying a local community organisation in which to anchor the programme on a sustainable long term basis needs further investment of time and effort by SSRP. For the current programme SSRP invested significantly in staff support time, however the challenge for the future is to further build local capacity with a view to taking local ownership of the programme.

Challenges with regard to accessing sufficient instructors with the right inter personal skills and sports specific knowledge will be crucial as the programme develops and expands. Building capacity of instructors to accommodate a consistently changing programme for repeat participants will need to be addressed.

The pilot programme involved an investment of €6,000 in equipment on loan to each site and the challenge going forward is to establish a sustainable funding model for the programme equipment which will require commitment from the local host organisation.

8.0 Conclusions & Recommendations

8.1 Conclusion

The Community Rowing Programme was shown to be an overall success and achieved its aim of providing an opportunity for participation in physical activity for adult men in rural communities. Success was also indicated in achieving specific objectives in relation to improving fitness levels, building social networks and capacity building to enable the programme to be implemented.

In addition, the model of programme delivery which had a strong emphasis on linking with local communities and working in partnership with key agencies and stakeholders proved effective. Critically, the programme worked very well for engaging and sustaining the involvement of inactive men. The programme roll out is particularly suitable in rural areas as it requires limited space for programme delivery and minimal storage space for programme equipment and hence community halls are ideally placed to host this programme.

8.2 Recommendations:

8.2.1 Model of Delivery:

The model of delivery has been appropriate and successful in making the programme work well. The partnership approach promoted by SSRP which engaged Local Authority LCDC, Health, NGB and community sector worked well. Linking with the local community to establish the need for the programme, working with a host community organisation to empower them to facilitate and sustain the programme and working at a strategic level with statutory agencies and the NGB should be continued as the model of delivery. The time investment by SSRP required in overseeing the programme development and implementation is significant and needs to be planned for in scheduling future programmes.

8.2.2 Targeted approach:

A targeted approach involving the promotion of a men only programme proved very effective in engaging men and this approach should continue to be adopted. Clarity and consistency around the message of the

programme regarding targeting of inactive men of all ages and all fitness levels with a focus on enjoyment and social interaction should continue to be highlighted. However, the programme has equally got the potential to engage women in physical activity should this be the target group for the programme organisers.

8.2.3 Maintaining a Quality Programme:

The quality of the pilot Community Rowing Programme was evident and this should be maintained. This will require adhering to the maximum number of participants per class. The pilot programme involved no more than three participants per ergometer and a maximum of 18 people per instructor. The instructor is key to the programme success and selecting an instructor who has the ability to motivate and encourage inactive people is important while on going training and support for the instructor is required. Scheduling classes between October to April was deemed an ideal timeframe by the men as many participants were involved in farming and were unlikely to commit to the programme in the May to August period.

8.2.4 Programme Funding:

Key programme costs include the purchase of equipment, instructor fees and hall hire. The funding received by SSRP under the LCDC Healthy Ireland initiative enabled the purchase of ergometers and part funding towards the instructor and hall hire. In order to ensure cost effectiveness in the long term roll out of the programme, further work needs to be undertaken by SSRP in conjunction with local stakeholders to establish a sustainable funding model. The key challenge to overcome is to identify funding avenues that enables each site to have a set of ergometers.

8.2.5 Health message:

This evaluation has an important public health message for men and for all stakeholders promoting health and wellbeing, namely that a quality physical activity programme based in a local community is effective in mobilising men to increase their physical activity levels, support social networking and improve their overall quality of life. Opportunities exist for health messages/ initiatives to be linked to the programme and captive audience, for instance this informal setting could lend itself as an option for health check up, nutritional information, smoking cessation messages, wellbeing talks etc as an alternative to a health service setting.

8.2.6 Replication:

The pilot programme has demonstrated it is effective in getting inactive men involved in physical activity and it has the potential to be transferred and replicated with other target groups in community settings. The programme has the potential to mobilise inactive people thereby contributing to the realisation of Sport Ireland goals and the Healthy Ireland National Physical Activity Plan aim of increasing physical activity levels.

9.0 Reference List

¹ Department of Health, 2016. *Healthy Ireland; Get Ireland Active; National physical activity plan*, Ireland: Department of Health.

² Sport Ireland, 2016. *Sport Ireland Interim Strategic Plan*, Ireland: Sport Ireland.

³ Rowing Ireland, 2016. *Rowing Ireland Strategic Plan Summary 2017 - 2021*, Ireland: Rowing Ireland.

⁴ Sligo County Council, 2016. *County Sligo Local Economic and Community Plan*, Sligo, Ireland: Sligo County Council.

⁵ Sligo Sport and Recreation Partnership, 2013. *Strategic Plan Sport and Recreation A Way of Life in Sligo*, Sligo, Ireland: Sligo Sport and Recreation Partnership.

Appendix 1:

Research Methods

Research Question	Data Collection Tool	Indicators
1. What impact had the Community Get Rowing programme on the participants in relation to physical activity levels, fitness levels and sense of wellbeing?	<ul style="list-style-type: none"> • 2K Row test Pre and Post Programme • Class attendance register • Questionnaire (before and after) • Focus group and Participant Interviews 	Mean difference in times % of maximum participation Sense of well-being measures Perceived benefits of the programme
2. What motivated the men to participate in the programme initially and to sustain participation throughout the programme?	<ul style="list-style-type: none"> • Questionnaire (before and after) • Focus Group and Participant interviews 	Motivational Factors (before and after) Perceived motivators and enablers to participation
3. What were the critical success factors and challenges in the programme design and implementation?	<ul style="list-style-type: none"> • Focus Group • Instructor Interviews • Stakeholder review 	Perceived success Factors & challenges

Attendance records were taken for each class to record participation levels. A 2 Kilometre rowing test was performed on the first night and after 8 weeks. The times were recorded and the difference in times was calculated. The mean difference between participants' times was calculated.

Pre intervention and post questionnaires were developed by the programme team. The questionnaire was analysed by comparing percentages before and after programme for corresponding questions. Two focus groups were conducted. The focus groups were conducted by SSRP staff. The comments were recorded by hand/ audio recorders. Participants were invited to participate in the focus group which were conducted on the evening of the second last class. 25 participants participated in the focus group. The comments were transcribed and read by an SSRP staff member and sorted into key emerging themes.

Ethical Issues

When participants signed up for the programme they received a form to consent to participate in the evaluation. The purpose of the evaluation was explained and they were informed that their participation in the programme was not dependent on their participation in the evaluation. All comments were anonymised.

Appendix 2:

2k Rowing Test					
Participant	Test 1 Time	Test 2 Time	Participant	Test 1 Time	Test 2 Time
1	8:11	7:21.8	18	9:23.9	8:15.5
2	8:53	7:33	19	8:50.5	8:20.5
3	8:09	7:44.1	20 (1000m)	6:55.5	5:57
4	8:22	7:47.1	21	9:34.2	8:26.6
5	13:24	11:30.8	22	8:18.3	7:49.5
6	7:53	7:28.8	23	8:34.1	7:59.5
7	9:22	8:30	24	7:48.3	7:35.5
8	8:37	7:44.5	25	8:48.9	8:19.3
9	8:37	7:53	26	9:33.8	8:50.5
10	9:05	7:44.6	27	8:46	8:07.9
11	9:09	7:32	28	9:13.3	8:10.5
12	10:46	9:40	29	7:54.5	7:41.8
13	9:30.9	9:00	30	10:08.6	9:25.6
14	9:54.5	9:30.9	31	9:30.9	8:27.2
15	9:02.6	8:19.8	32 (1000m)	5:45.5	5:47.6
16	8:38	7:59.2	33	9:07	7:44
17	9:43.2	8:54.3	34	7:54.2	7:32.4

* (Pre programme survey) Please rate the elements which influenced you to apply for this programme * (Post programme survey) Please rate the elements which influenced you to stay in this programme		1 Not Important	2	3	4	5 Very Important
Peer/Group Support	PRE	16.00%	8.00%	52.00%	16.00%	8.00%
	POST	0.00%	0.00%	20.00%	46.67%	33.33%
Something New	PRE	3.57%	3.57%	21.43%	50.00%	21.43%
	POST	0.00%	0.00%	20.69%	51.72%	27.59%
Weight Loss	PRE	6.90%	17.24%	20.69%	27.59%	27.59%
	POST	3.45%	10.34%	24.14%	41.38%	20.69%
Healthy Lifestyle	PRE	3.45%	0.00%	10.34%	41.38%	44.83%
	POST	0.00%	0.00%	6.45%	35.48%	58.06%
Social Aspect	PRE	0.00%	6.90%	37.93%	37.93%	17.24%
	POST	0.00%	0.00%	13.33%	40.00%	46.67%
Cost	PRE	17.86%	17.86%	32.14%	21.43%	10.71%
	POST	10.00%	10.00%	26.67%	16.67%	36.67%
Location	PRE	6.25%	3.13%	6.25%	37.50%	46.88%
	POST	3.23%	3.23%	12.90%	22.58%	58.06%
Time	PRE	3.45%	3.45%	17.24%	44.83%	31.03%
	POST	0.00%	0.00%	26.67%	33.33%	40.00%
The Coach	PRE	---	---	---	---	---
	POST	0.00%	0.00%	0.00%	0.00%	100%

On a scale of 1 to 5 please rate the following		1 (Low)	2	3	4	5 (High)
My Physical fitness level	PRE	3.13%	31.25%	56.25%	9.38%	0.00%
	POST	0.00%	19.35%	67.74%	9.68%	3.23%
My confidence to participate in physical activity classes	PRE	0.00%	3.23%	35.48%	48.39%	12.90%
	POST	0.00%	0.00%	22.58%	51.61%	25.81%
My general health	PRE	0.00%	0.00%	21.88%	53.13%	25.00%
	POST	0.00%	0.00%	19.35%	61.29%	19.35%
My energy levels	PRE	0.00%	6.25%	34.38%	50.00%	9.38%
	POST	0.00%	3.23%	25.81%	61.29%	9.68%
My motivation to participate in physical activity	PRE	0.00%	0.00%	15.63%	62.50%	21.88%
	POST	0.00%	0.00%	19.35%	54.84%	25.81%
My Sleep quality	PRE	0.00%	0.00%	21.88%	50.00%	28.13%
	POST	0.00%	3.23%	19.35%	41.94%	35.48%

