

GBWR COMMUNITY WEEK

A week of webinars to support and inspire
our wheelchair rugby family

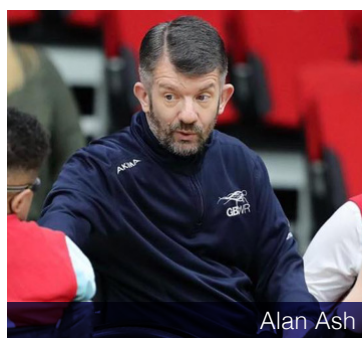
1-5 February 2021



Basic mechanics: maintaining your rugby chair

**Delivered by GB Mechanic Jonathan Roach
and former GB athlete and Talent Coach Alan Ash**

Tuesday 2nd February 2021 7pm to 9pm



Chair maintenance with Jon and Alan

We will be launching a new resource for the GBWR website, which is a series of videos demonstrating some of the tasks involved in the basic maintenance of a rugby chair. We will be showing clips from these videos and Jon and Alan will talk through the various tasks, highlighting the techniques and the equipment needed. They will also be available to answer questions and talk through issues and offer advice.

