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| --- | --- | --- |
| Name |  | |
| Relevant Experience  (Sailing/kayaking/rowing, etc) |  | |
| Completion Date |  | |
| **Overview of the Coxwain Role** | | |
| The Cox:   * Commands the boat * Is responsible for the safety of boat and crew * Assesses the conditions and with the crew plans the session or cancels it - if you are wondering if the weather is too bad, it probably is * Needs to know the tide, the forecast and the strengths of the crew | | |
| Skills required by the Cox:-   * Ability to assess the weather, and how it may change * Local knowledge of the rowing area * Ability to assess the experience and strength of a crew * Launch and recover in different conditions * Steer and move a boat in and out of piers and beaches * Know how a boat moves in wind and waves * Know how to keep out of trouble * Know where the shelter is, and emergency landing places * Know how to contact help if needed. | | |
| The Following Development Plan sets out in detail the skills, knowledge and practical experience that will set you up to be a safe and responsible Coxswain and give you the confidence to lead rowing sessions. It will take time to work through, so this is intended to help you manage your own training and keep track of your progress. | | |
| **Session Leadership Skills** | | **Comments** |
| Arrive before the crew and assess conditions in terms of   * Wind direction and strength * Tide and sea state (swell and breaking waves) which will determine slipway vs beach launch and whether and where to go out, if at all. * Allowances for any changes expected during session | |  |
| Determine a plan for the Session   * Launch site, route and duration * Adjust for crew experience and fitness | |  |
| Run through plan and session checklist with Crew   * Skiff safety gear, life jackets, safety bag etc. * Conduct radio check with shore contact/skiff * Ensure Session log sheet completed (can delegate) | |  |
| Brief crew on their role and any crew change over   * Assign positions for a balanced crew * Assign roles for launch | |  |
| **Session Leadership Skills contd** | | **Comments** |
| Take skiff to launch site (slipway or beach) | |  |
| Supervise slipway launch as per current club protocol | |  |
| Supervise beach launch as per current club protocol | |  |
| Follow agreed session plan   * General use of radio with shore or skiff * Coach on technique & commands as required | |  |
| Recover skiff via slipway as per current club protocol, wash down and return of skiff to the yard | |  |
| Recover skiff on beach as per current club protocol, wash down and return of skiff to the yard | |  |
| Debrief crew, note any concerns with kit/ breakages and sign off session log | |  |
| Lock up yard and report any breakages/damage to Bosun | |  |
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| **Practical Exercises** | | **Comments** |
| Use of commands and rudder to maneuver and control skiff | |  |
| Assessing sea,river & wind conditions; predicting and understanding how a skiff performs especially in rough conditions at Nairn - Group exercise with support vessel | |  |
| Slipway launch - Group exercise | |  |
| Beach launch - Group exercise | |  |
| VHF Radio Operation - Group Exercise/One on One | |  |
| Emergency Protocol including MayDay radio protocol and deployment of PLB - Group Exercise/One on One | |  |
| Breakages/losses while rowing (Oars/ pins/ rudder/ seats/ footrests etc) - Group Discussion of “What if” scenarios | |  |
| Injuries/ Illness while rowing /Coping with reduced crew abilities - alternative Cox role?  - Group Discussion of “What if” scenarios | |  |
| Man Overboard/ Swamping – Group exercise | |  |
| Deployment of anchor and droge – Group Exercise | |  |
| Being Towed – Group Exercise | |  |
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