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| 1. Introducing Dulsie & Esther
 | * Remove the cover
* Tour of the boat terminology – position pins, cushions and rudder as you go
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| 1. Dry Run out front of the Compound
 | * Sit in the skiff (Maximum of two)
* Position oars & Footrests
* Get a feel for basic row action – need someone to be the water!
 |
| 1. Roles
 | * Cox(swain)
* Oars (including Stroke)
* Shore Contact
 |
| 1. Safety Equipment & Session Log
 | * Lifejackets – fitting and checking
* Safety bag
* Radios – with Cox & Shore contact
* Session log book
 |
| 1. Coxes Briefing & Warmup
 | * Water conditions and wind
* Who will sit where (1(Bow), 2,3,4(stroke)
* Pick up from pontoon if multiple outings required
 |
| 1. Slipway Launch
 | * Walk boat to slipway
* Use of ropes to guide, turn & hold (incl. Practice throwing rope)
* Safe way to get into the skiff & set up for departure (Footrests, oars)
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| 1. River Channel Row
 | * Run through basic commands (ready to row, row, easy oars, hold water, pick up stroke, back row)
* Have a bit of fun, trying things out
 |
| 1. Swap crew at pontoon/Recover the Skiff
 | * Cox instruction
 |
| 1. Putting the Skiff to Bed
 | * Wash, wipe and pump
* Remove and store safety equipment
* Cover skiff
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| 1. Session Closeout Blether
 | * How it go, complete Session log
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| 1. Signing up for Rows
 | * Members area on Web site
* Tides and Wind Info
* Subscribing to Brown Bear Calendar
* Adding name to Session
* WhatsApp Group
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