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| 1. Introducing Dulsie & Esther | | * Remove the cover * Tour of the boat terminology – position pins, cushions and rudder as you go |
| 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) |
| 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 |
| 1. Session Closeout Blether | | * How it go, complete Session log |
| 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 |