

Introduction to Coastal Rowing in Nairn

Before You Start

- ✓ *A NRCR Cox is in charge of each rowing session and will go through the checklist, completes the Session log and Life jacket check at the start of each session*
- ✓ *Rowers over 16 are responsible for their own safety and row at their own risk. They are to have completed the induction, wear authorised life jackets and must report any concerns to the Cox.*
- ✓ *At each session there must be a Cox and at least 4 rowers per boat along with one shore crew, who keeps radio contact with the boat as well as a mobile No for contact.*
- ✓ *A Session is not complete until the skiff is returned to its trolley, cleaned and covered and all equipment is returned to its storage location.*

Ready to Go?

- ✓ Cox has given the safety briefing and discussed the tide, sea state, weather conditions and session format with the crew.
- ✓ All names are recorded in the session log.
- ✓ Safety bag has been checked and is stowed in the boat along with the bilge pump and bailer
- ✓ Oars and paddles are stowed and oar pins are in position
- ✓ Everyone is wearing a life Jacket with a crotch strap and the safety indicator is green. NEVER wear anything over your life jacket as this can impede inflation.
- ✓ Crew are dressed appropriately for the conditions, including closed toe footwear with grippy but soft soles.
- ✓ The boat and shore radios are set to Channel 8 and a radio check conducted.

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Enjoy Your Row

Listen for and follow the Cox's instructions at all times.

Ensure the launch trolley is left above the high water mark after launch.



- ✓ Cox and crew enter (and leave) the boat one at a time
- ✓ Before setting off, the crew adjust their footrests and sets oars on the *Thole* pins according to their position. It is much easier and safer for the crew to place their oar on to the pin if the boat is not moving.
- ✓ Once on the water, only one person at a time to move about the boat - all others must remain seated.

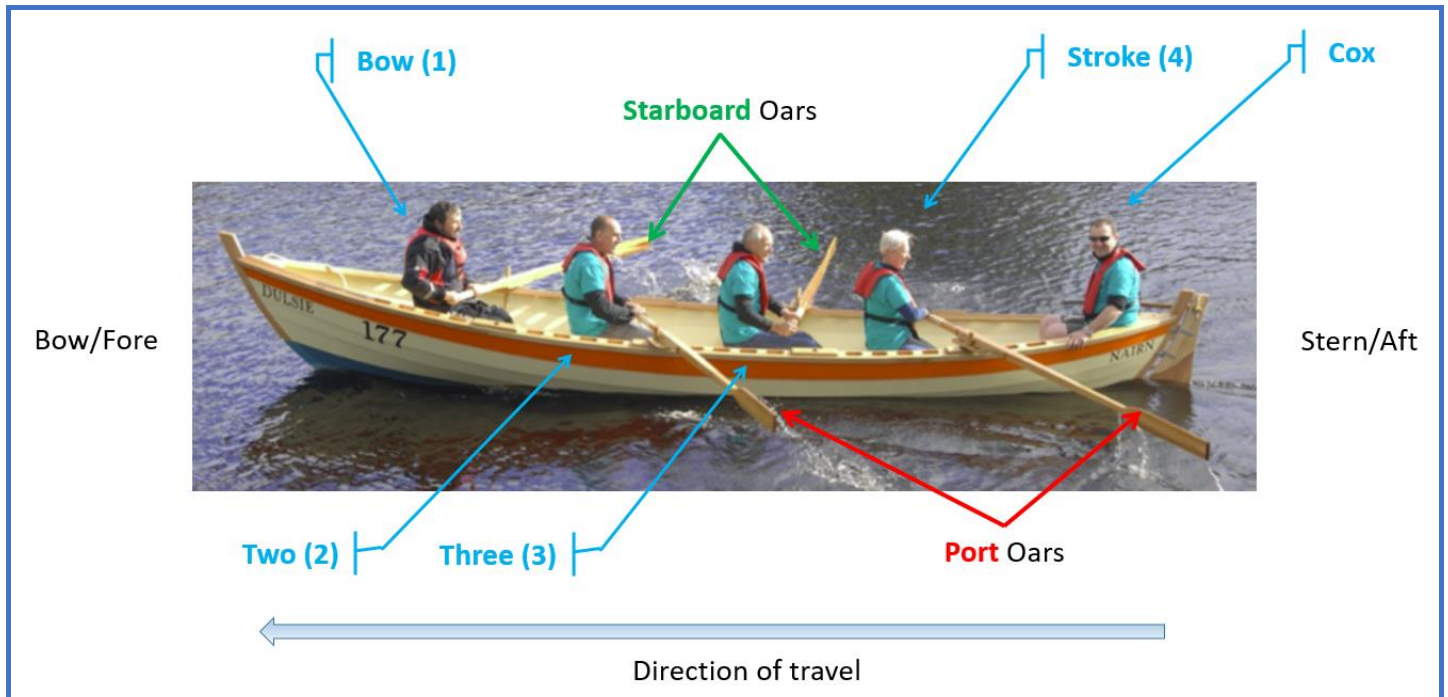
Before You Head Home

The final session of the day is responsible for cleaning and storing the boat and equipment. If a row team doesn't turn up then the last crew on the water puts the boat away.

- ✓ Remove and store Safety Bag and club life jackets
- ✓ Put radios on charge
- ✓ Hose down the boat and make sure all the sand and water is removed.
- ✓ Lift bottom boards and replace oars length-ways in boat
- ✓ Check for and report any damage before covering the boat
- ✓ Cox completes and signs the session log entry

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Terminology



Verbal Commands

All rowers follow the <i>stroke</i> position's movements and tempo	
Ship oars	Place oar on <i>Thole Pin</i> , hold with blade out of the water
Boat oars	Take oar off the <i>Thole Pin</i> and place lengthways in the boat
Ready to Row...	Arms forward, blade tip just touching the water
... and Row	Begin to row, following the lead of the 'Stroke' oar
Easy Oars	Stop rowing, hold blade out of the water
Hold Water/ Dig In	Stop rowing, hold blade in the water used to stop the boat and to hold the boat in position or help turn the boat when applied to Port or Starboard oars only
Back Water	Place blade in water then push handle away from body (opposite to normal rowing stroke). Used to reverse the direction of the boat
Each of these commands can be used to direct specific rower(s) when used with the oar number, or everyone e.g. "easy number 3" or "hold water 4"	
Counting	The Cox may use counting at the pace of the stroke to help rowers keep in time or to give advance notice of a change (ie countdown)

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Useful Boat Terms

Rudder & Tiller	Steering mechanism controlled by the Cox
Thwarts	Seats
Bottom Boards	Removable internal boards that protect the hull and support footrests
Gunwale	The reinforced top edges of the sides of the boat
Thole (Oar) Pins	Removable wooden pins located in Gunwale on which the oars fit when in rowing position