

COXSWAIN (COX) SWEEP ROWING

1. Give loud clear instructions. Use a cox box if the boat is fitted for one.
2. Decide who is going to cox before you take the boat out of the shed.
3. Make sure there is an even balance of people around the boat before you lift it.
CALL: Lift, Push runners in, carry at waist height down the centre of the shed.
4. Watch for pedestrians and bike riders between the shed and the pontoon.
5. To turn the boat over
CALL: lift, turn, hold inside the boat
6. To place in the water. stand at the rudder end, hold the boat and make sure the crew does not bend the fin when they put the boat in the water.
CALL: All rowers to one side of the boat.
Walk forward - place one foot on the edge of the pontoon .
When the boat is parallel to the edge of the pontoon
CALL: Lean out, Place in the water
7. When all pontoon side oars are securely in their gates hold one of these oars with both hands next to the gate while the waterside rowers get into the boat.
8. When these oars are secure and while **still holding an oar** tell the pontoon side rowers to get into the boat
9. When the crew is in and settled, check that they have all put their oars in correctly and that they have checked the nuts on the foot stretchers.
10. Get into the cox seat
CALL: number off when ready . They should call bow, two, three, stroke.
11. When the boat is clear of the pontoon
CALL : Come forward, blades squared and buried, GO.
12. If you wish to stop the crew rowing
CALL: easy, let it run. They should hold their oars feathered above the water until you
CALL: drop.
13. If you wish to stop quickly
CALL: check. They should drop a squared blade in the water immediately
14. Hold the balls on the rudder strings lightly. You do not need to pull the rudder far to change the direction of the boat. If you push the right hand ball forward the boat will turn to the right. If you push the left hand ball forward the boat will turn to the left
15. Turning by square blade.
CALL: square on stroke side or square on bow side. If you square on the bow side the boat turns to stroke side. If you square on the stroke side boat turns to bow side.

16. Turning by tapping.

The boat will turn in the opposite direction from the tap.

CALL: Tap the boat on Stroke side or Tap the boat on Bow side. For a faster turn square the blades on the opposite side to the tapping side.

17. Turning on the spot.

CALL: Stroke and three back on stroke side, bow and two tap on bow side.

18. Returning to the pontoon. **BOW FIRST**

Some way out from the pontoon

CALL: Row lightly. You may even just get bow pair (bow and two) or stroke pair (stroke and three) to row. Come into the pontoon SLOWLY.

19. Note the wind direction. You need to bring the boat in so that the wind will help you. Line up the boat some way out on the lake about 2 metre from the side of the pontoon you wish to land on. If it is very windy you will need at least 3 metres. Come in slowly just using a single rower if you wish. When you are close to the pontoon

CALL: Lean away

20. Returning to the pontoon **STERN FIRST**

Check the wind direction. Line the boat up parallel to the shore.

CALL: Check on Stroke side, when the boat has turned

CALL: back on stroke side . This will turn the boat so that you are facing the shore. From this point help the person in stroke seat to steer the boat into the landing with backing strokes. Only use stroke and one other person to back the boat in.

21. Cox gets out of the boat first and holds an oar next to the gate while the crew get out. You may like to call the getting out routine.

CALL: Pontoon side out

Hold oar next to gate.

Waterside undo gates remove oar, do up gates

step out rotate oar above your head, place oar at the end of the pontoon.

Pontoon side, undo gate, place oar at the end of the pontoon.

Shoes on

22. Have all crew lined up evenly along one side of the boat.

CALL: hands on When all crew have a tight hand hold inside the boat and knees fully bent.

CALL: lift

23. Organise the crew so there are people opposite each other along each side of the boat.

CALL: lift

then

CALL: turn making sure you have the wind on the hull

Carry the boat into the shed stern first (rudder end) walk down the centre of the shed. Lift and place on runners making sure no rigging is on a runner.

24. **CALL: collect oars .** Check that everything is put away.

25. When you have coxed a few times use the exercise sheets to get your crew working on specific details.

