

## **Boat Etiquette**

These are all things that can generally make rowing more enjoyable for all concerned (including those in charge of care and maintenance of equipment)

**Boat care** - as you are all aware they are expensive and vital to our club therefore need to be looked after.

1. When lifting/moving the boats, appoint one person in charge and follow their instructions (this is normally the coxswain - the one with the loud voice!).
2. If you do not know what you are doing then ask don't guess.

**Boat Moving** - all crew members play a part in towing the boat to the quay

1. on the front bogies you are in charge of steering and placement on the road and assisting in pulling the boat forward.
2. on the sides of the boat ALL MEMBERS MUST PUSH the boat FORWARDS, you also need to keep the boat balanced by lifting/the sides accordingly.
3. on the back bogies you are to help push the boat forward and assist with the steering.

**Oar care** - the oars that we use to row cost around £500 each and can be easily damaged through misuse.

1. Assist each other to lift/lower oars as required, always placing the blade to the bow (away from the coxswains head!).
2. When getting ready to row lift oar onto leather between pins DO NOT DROP OR SLIDE into place (it damages them!).
3. When "easy-up" out on the river place handle under seat in-front (but keep 1 hand on it as it can jump out).
4. DO NOT row off the leather section of the oar, it is there to protect the wood of the oar.

**Broken Pins or other boat parts** - these all cost the club money, but we understand they are in some cases meant to break

1. If you break a pin whilst out rowing, the club members are to make a donation of £2 towards the replacement. A collection tin is located in the shed for this.

*Pin payment was agreed in the early days of the club and has become lapse of recent, feel free to remind others/new members of the club to do this. (taster/junior rowers are exempt).*

2. if you break any other parts of the gig it is up to your discretion to pay any donations towards the repair.

**Preparing boat before row/ changing stretchers/launching the gig.**

1. If you are in the first crew out try to place your stretcher into the correct position before the boat is placed on the water,
2. If you choose to wear wellies be prepared to fill them with water!, ALL members should assist with lifting the boat on and off the bogies to prevent damage to the boats or peoples backs!
3. Remove any unwanted items of clothing before getting into the boat (a further chance will be given to do this later but not until in the middle of the river).
4. Once in your seat pick up oar immediately and be ready to row! DO NOT spend time playing with stretchers here unless permission given by coxswain.
5. An opportunity to adjust your position/clothing will be given once the boat is away from the dangers/hazards of the quay.
6. When placing stretcher into position DO NOT CROSS POSITION IT, always ensure there are equal numbers of slots on both sides as crossing it can cause damage to stretcher and boat.
7. Loosen seat straps after row

**Rowing Terms** - Listed are the most common terms used in the boat that all should be familiar with.

**Come forward** - oar and hands in forward position ready to take stroke

**Ready to row** - chance for all rowers to gather their heads

**Row** - Begin rowing following the timing of the 6 rower pulling the oar up to your chest through the water.

**Easy up** - stop rowing

**Hold Water** - stop rowing and hold oar in water to act as a break.

**Ship you blades** - Lift oars to vertical position and support it there.

**Back water/Back me down** - reverse strokes starting with the oar at your chest pushing it away from you through the water

**Stroke side turn** - boat to turn using the power of the stroke side rowers(2,4,6)

**Bow side turn** - boat to turn using power of bow side rowers (1,3,5)

**3/4 strokes** - shorter strokes, normally arms only with a slight lean back.

**All of these can be preceded by another instruction indicating when to carry out instruction or which rower should carry out instruction**

**This list is not a complete list and other terms are used in addition to these see list on website under members resources. If unsure ask what is meant.**

**Regards**

**Jo Ward**

**Membership Secretary**