

# RUMSBC Coxing Booklet-Level 1

## Basics

In the boat you refer to the rowers by their position rather than the names, e.g. in an eight:

**Bow**

**2**

**3**

**4**

**5**

**6**

**7**

**Stroke**

**Cox**

## Rules of the river

The Tideway (where we row) is broken into two different lanes.

**Inshore zone:** area between river bank and buoys (can be on the Middlesex (our boathouse) side or the Surrey side). Buoys are red on Surrey side and green on Middlesex side.

When travelling against the stream you travel in the inshore zone.

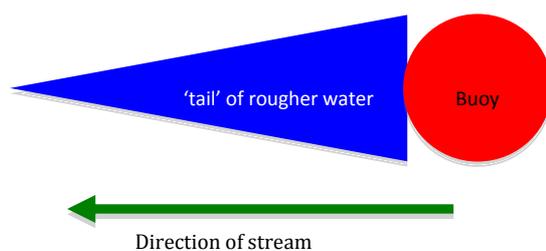
**Fairway:** deep part in the middle of the river

When travelling with the stream you travel in the fairway

On a non-tidal river the rules are simple, stay on the right-hand side. If you are very unsure, stick to the right hand side

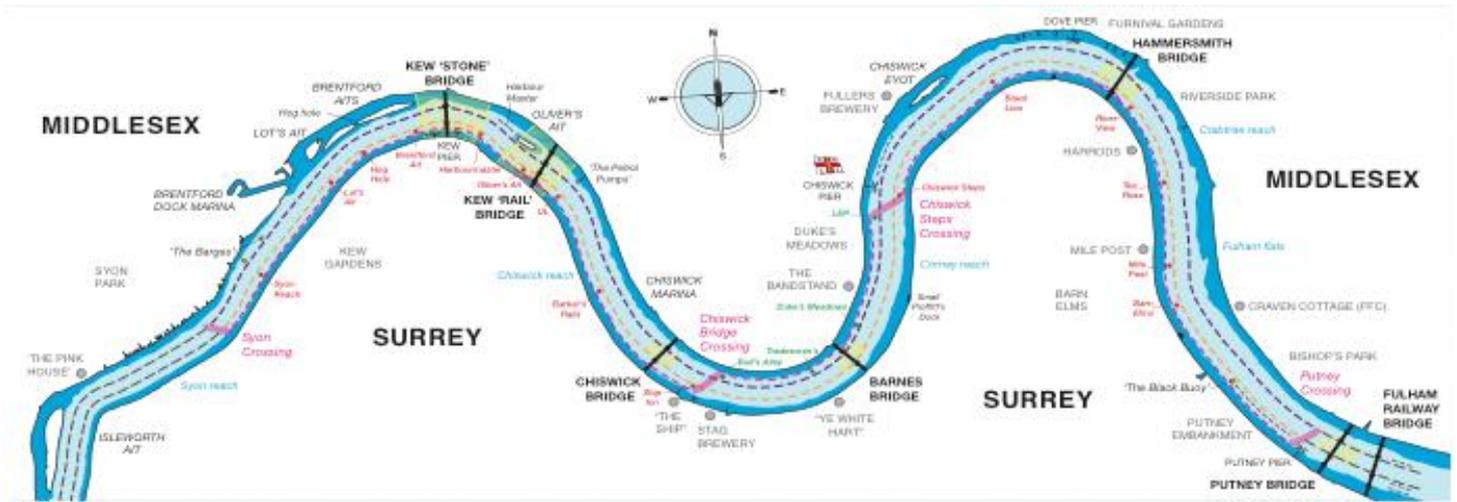
### Knowing what the tide is doing:

- Look at other people on the river
- Ask someone in the boat club (me or another cox)
- Look at a buoy and see which way the tail is pointing



- If you are in the boat and unsure of the stream direction, put your oars square in the water and the boat will move in same direction as stream (unless strong wind)
- When the tide is about to change the stream looks 'dead' or slack

We boat from the University of London Boat House, which is between Chiswick and Kew Rail Bridge on the Middlesex side.



### Right of Way:

**Power** gives way to **Oar**.

**Oar** gives way to **Sail**.

Launches should get out of your way but you will need to stop for sailing boats.

Being safe is more important than being right when it comes to navigation.

This rule only applies to small boats, **larger vessels** need to use the deepest parts of the river so you must **get out of their way**.

### Sound Signals:

Large vessels may use their horns to communicate with you:

- **One short blast** – I'm turning to **starboard** (right)
- **Two short blasts** – I'm turning to **port** (left)
- **Three short blasts** – I'm about to **reverse**
- **Five short blasts** – I have no idea what you're doing
- **One long blast** – I can't see fully where I'm going

### Bridges:

They have special rules that you need to know.

When travelling in the **inshore zone** you should only use the **inner arch**, however if the tide is very low you may use the middle arch (only ever do this if you have a launch to check it is clear).

When travelling in the **Fairway** you should use the **middle arch**.

If a bridge has a red triangle marked at each corner with red circles then the bridge has been closed by the PLA.

### Restricted zones:

- Around all the bridges and crossing points and between Kew Road and Rail Bridges.
- Considered to be dangerous areas, you cannot stop, do slow exercises or overtake in these zones.

### **Crossing Zones:**

- Crossing the river is necessary when the inshore zone moves to the other side of the river and you are rowing against the tide.
- Crossing must be expedited as quickly and as safely as possible
- Do not cross in **restricted zones**
- Do not cross in front of oncoming traffic
- Crossing boats must always give way to boats proceeding along the fairway

There are four crossing zones that you need to be aware of:

1. Syon Crossing
2. Chiswick Bridge
3. Chiswick Steps
4. Putney Crossing

When you cross make sure you stay within the buoys, (you'll cross from a red buoy over to a green buoy or vice versa)

Past **Putney Crossing** and **Syon Crossing** the **right hand rule applies**, at these points just stick to the **starboard side of the river** not the fairway/inshore zone.

### **Stopping and Turning:**

- Don't stop or turn in a restricted or crossing zone
- If stationary keep the boat parallel to the bank
- Keep close to the bank in the inshore Zone or close to the edge of the Fairway when stationary

### **Overtaking:**

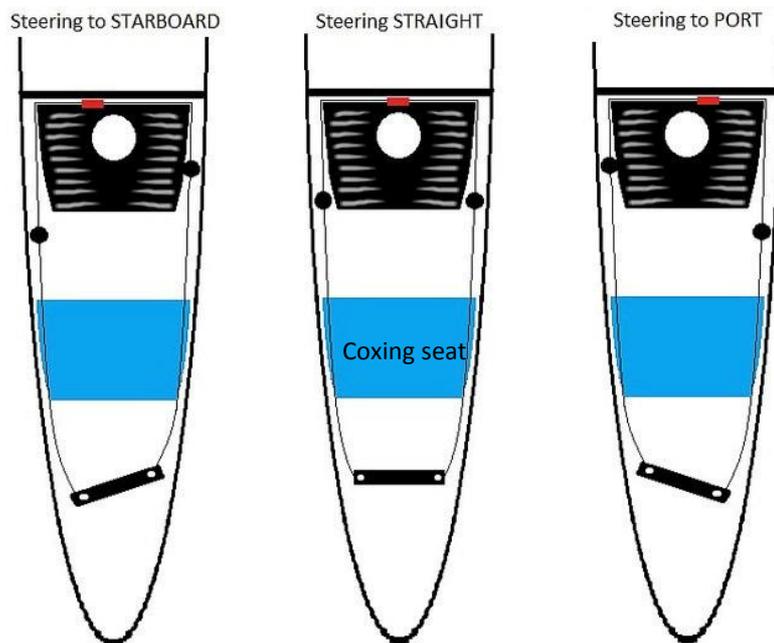
- Overtaking should in general be on the outside (in the faster tidal stream).
- The overtaking crew does not have right of way
- Both crews involved should maintain their course and speed until the overtaking crew has safely passed
- Do not overtake in the Restricted Zones
- Do not overtake if there is oncoming traffic

## Steering

### Strings/Lever:

To turn left (port) push your left hand forward, to turn right (starboard) push your right hand forward.

- Move toggles 1 or 2 inches only
- Be patient – it takes 2 strokes to have any effect and you have to be moving
- When stationary you can only steer the boat using rowers, typically bow pair
- You can also steer the boat by asking one side of the bow to row harder



### Collision Avoidance:

Be aware of blind spots – always check them

Drastic steering to avoid collisions – use the rowers –hold it up all 8/bowside/strokeside

## Equipment

Before each outing make sure you have:

1. Lifejacket
2. Coxbox
3. Rigger Jigger/Spanner
4. High Visibility Jackets (if either the cox or rowers are novices e.g. have less than 30 hours experience)

It's very important to check your coxbox works with the boat your taking and has battery charge.

Low visibility outings (after 3:30pm in winter or bad weather):

1. Flashing light fitted to your bow and constant light to your stern

## Coxing out of the boat house

1. Get the blades out
2. Make sure the trestles are out
3. Hands On
4. Lifting Off the Rack in 3..2..1, Go!
5. Down on Stroke/Bow side (away from the rack), Go!
6. Walk Out of the Boathouse
7. (Watch the Riggers)
8. Lifting to shoulders, Go!

Putting on the trestles as she floats (from shoulders making sure the trestles are on one side of the boat):

1. Lifting to heads, Go!
2. Roll it on gently, Go!

Putting on the trestles as she sinks (from shoulders making sure the trestles are directly below the boat):

1. Lowering onto the trestles, Go!

## Coxing on to the water

**We always boat and land against the stream!**

Starting from trestles as she floats:

1. Hands on (all rowers should be on the same side)
2. Lifting to waists, Go!
3. Lifting to heads in 3..2..1..Go! (they rock with the counts to make it easier)
4. Split, Go! (rowers split to avoid the riggers and the boat is lowered to shoulders)
5. Bows to Kew/Chiswick (turn so that you are boating against the stream)
6. Walk Her to the Water
7. Walking into the Water
8. Lifting to Heads, Go!

9. Middle Six Get the Blades
10. Middle Six Getting In (Bow and Stroke hold the boat)
11. Get yourself in
12. Numbering Off (checks crew is ready)
13. Look around you for boats
14. Bow and Stroke Pushing Off, Go!

Starting from trestles as she sinks:

1. Hands on (4 rowers on each side)
2. Lifting to shoulders, Go!
3. Continue from step 5.

To put the boat away we run through this in reverse (this will make sense in practice)

## Commands

- After nearly every command used, we say **“Go!”**. This helps to synchronize the boat.
- When it comes to commands for the boat its easiest to use these simple 3 steps:

### 1. WHO

Bow pair, stern 4, stern 6, all 8

### 2. WHAT

Sit at back stops/front stops, Rowing On, Backing it Down

### 3. WHEN

On the next stroke, GO! (Call Go at the catch)

E.g. **“Bow side, Hard pressure, Go!”**

- If you need to move backwards you can as a pair to back it down, e.g. **“Stroke Pair, Backing Down, Go”**
- To stop the boat we use **“Easy There”**, it’s useful to give the rowers a stroke to process the information so **“On the Next Stroke, Easy There”**
- However if you need to stop suddenly say **“Hold It Up”**, it will take 1-3 boat lengths to stop via this method so look ahead

- To spin the boat have “**Stroke and 6 Squaring their Blades**” and then “**Bow and 3 Rowing On**” or “**5 and 7 Squaring their Blades**” and then “**2 and 4 Rowing On**” depending on which way you need to spin (this will become clear when in the boat)
- For a tighter spin you may need to have Stroke and 6 or 5 and 7 backing it down but this will become clear with practice!

## Safety

### Personal Safety:

- You must be able to swim at least 50 meters in light clothing
- If you are not happy with the conditions do not get into the boat
- Dress suitable for the weather, you will get very cold!
- Full waterproofs are essential!
- If you wear wellies (recommended), be ready to take them off in the event of a capsize. They need to be off your feet before you enter the water or they will act as dead weight.
- While in the boat, you are responsible for the safety of your crew
- Never fasten yourself to the boat or other weight
- High visibility jackets are necessary in bad weather for all coxes

### Crew Safety:

Before you boat ensure that:

- You and your crew can get in and out of the boat quickly in an emergency
- The crew knows what to do in the event of a capsize
- You and your crew know how to safely stop a moving boat quickly
- Your crew is competent
- You are happy with the boat’s steering
- The river is in a safe condition
- Novice crews should have a coach present before boating
- If you are unhappy with anything relating to safety then stop!

### Weather:

Potentially dangerous conditions:

- High Wind (anything greater than 15mph)
- Heavy Rain (floods the boat, obscures vision)
- Fog (reduces visibility)
- Snow/Cold (Extra layers!)
- Thunder/Lightning (don’t boat)

Whether you boat or not is initially a judgement call, if you don’t feel safe then do not get into a rowing boat. If you’re unsure talk to the Captain of Coxes, Safety/Welfare Officer or Club President.

In obviously bad conditions, the Captain of Coxes or Safety/Welfare officer will cancel outings as early as possible.

**If you are unsure then ask!**

## Level 1 Commands

“All 8/Bow 4/Stroke 4/Middle 4 etc, Rowing On, Go!”

“All 8/Bow 4 etc, To Backstops, Go!”: Sit at backstops before taking the stroke (ready to start rowing)

“Bow Side/Stroke Side, Harder Pressure, Go!”: Use for steering

**“On the next stroke, Easy There”:** To stop the boat

**“Hold it up!”:** Emergency stop

**“Stroke Pair, Backing it Down, Go!”:** To move the boat backwards

**“All 8, Sit the Boat, Go!”:** Blade feathered/flat on the water, holding the boat steady (an active process)

## Level 1 Vocabulary

### The Basics:

**Bow:** the front of the boat

**Stern:** the back of the boat

**Front Loader:** a boat coxed from the front

**Bow Loader:** a boat coxed from the back

**Port:** Left

**Starboard:** Right

**Bow Pair:** Bow and 2

**Middle Four:** 3,4,5 and 6

**Stroke Pair:** 7 and Stroke

**Stroke Side:** Rowers on your left hand side

**Bow Side:** Rowers on your right hand side (not necessarily the side that bow sits on)

**Spoon:** A Rounded Oar (used for Novices)

**Blade:** A Rectangular Oar

**Cox Box:** Cox's Amplifier/Timer/Rate Meter

**Spinning:** Turning a boat 180 degrees

### Everything Else:

**Backing down:** Doing a reverse stroke to go backwards

**Backstops:** Where you take the finish, legs flat, sitting back

**Bow Rigged:** A boat with the stroke person on bow side

**Catch:** The part of the stroke where the blade is put into the water

**Easy:** Stops rowing, as in “Easy There”. Blade held off water

**Finish:** The part of the stroke where the blade is taken out of the water

**Hard Pressure:** Rowers pulling as hard as possible

**Ghost Pressure:** Rowers should put almost no effort in

**Half Pressure:** In between

**Hold it:** Blades squared in the water to slow or brake the boat

**Hold it hard!:** Emergency stop to avoid crashes

**Rigger:** Metal stays fixed to the side of the boat that carry the blade.

**Row On:** Start paddling until told to stop

**Sit the boat:** Blade feathered/flat on the water, holding the boat steady (an active process)