

Exmouth Rowing Club

New Starter Checklist

12 October 2015

Membership <ul style="list-style-type: none">• New starters must complete a New Starter Form before using any equipment• New starters are entitled to 3 free rows then they must join as a full member• The club has various categories of membership and payment options• New starters must declare their general level of fitness and ability to swim
Club details <ul style="list-style-type: none">• ERC are affiliated to British Rowing and WEARA• The club has a website exmouthrowingclub.co.uk we are on Facebook
Types of boats <ul style="list-style-type: none">• Coastal: Five coxed quad sculls (three Saffrans, two Rushworths) one double scull and two single sculls• Fine quad
Boathouse <ul style="list-style-type: none">• 3 Club Notice Boards SAFETY ADMIN and EVENTS on the 1st floor of the boathouse• The club Committee members are listed on the notice board• Sign in the Log Book whenever you visit the boathouse to row or to use the ergos.• Use the Out of Hours Log Book when using boats outside Club hours of Tues & Thurs 6-8, Sun 10-12)• Ergos (rowing machines)• Last one out locks boathouse and gate
Coastal quad layout and equipment including: Key locations on a boat and fixed equipment <ul style="list-style-type: none">• bow and stern• positions : Bow, 2, 3, Stroke• rigger / swivel pin / gate (include red/green markings and correct orientation of rigger gate towards the stern)• foot stretcher, heel traps and strap adjustment• slide Added equipment: <ul style="list-style-type: none">• bung• rudder (match the rudder number with the rudder slot and always place the rope around the cox's seat)• yellow flare container (placed on the boat behind the cox)• oar components are the blade, loom (shaft), sleeve, button (collar) and handle• oars are colour coded red and green / two types of blades "<i>Cleaver</i>" and "<i>Macon</i>" (spoon)• blue handles are normal size, yellow handles are small• yellow tapes on oars reserved for the racing Rushworths• seats (including the orientation and the importance of keeping the runners clean)• lifejackets (including how and where to secure with bungees)• THE COX MUST CARRY A MOBILE PHONE OR VHF IN A WATERPROOF POUCH• Report any defective equipment
Clothing <ul style="list-style-type: none">• close fitting top (to avoid catching oar handles when rowing)• warm clothing in cold conditions (several layers)• cap or hat plus water in hot weather• spray jacket in wet weather• neoprene rowing shoes or trainers
Life Jacket – <ul style="list-style-type: none">• if using an inflatable type demonstrate ensure you know how to put on and how to inflate• JUNIORS, NON-SWIMMERS, COXES & SAFETY BOAT CREW MUST WEAR A LIFE JACKET

	<p>Initial rowing technique instruction on Ergo</p> <ul style="list-style-type: none"> • Fixed seat rowing at back stops with arms only • Add body swing • ¼ slide • ½ slide • ¾ slide • Full slide
	<p>Transferring boat to the beach</p> <ul style="list-style-type: none"> • lead person checks for traffic when crossing the road with the boat • boat to be kept under control when descending the slipway
	<p>Initial rowing technique instruction in a boat on the beach</p> <ul style="list-style-type: none"> • explain the seat orientation and runners • determine foot stretcher adjustment (to allow 4" gap between the ends of the blade handles at back stops and a fist clearance between the hands and stomach) • Grip (the thumbs over the end of the handle and not too tight) • Left hand over right hand • Front stops / back stops • Fixed seat square blade rowing at back stops with arms only • Add body swing / ¼ slide / ½ slide / ¾ slide / full slide • Feathering technique (explain this will be introduced later after some initial square blade rowing) • Step in the centre of the boat to keep the boat stable and not on the sides • Emergency stop on <i>Hold the boat</i> command : bury oars with blade horizontal then turn to square as the speed of the boat decreases
	<p>Rules of the boat</p> <ul style="list-style-type: none"> • ONLY AUTHORISED COXES MAY COX BOATS • The crew must follow the cox's instructions. • LIFEJACKETS MUST BE WORN BY JUNIORS AND NON SWIMMERS • In the event of a capsized always STAY WITH THE BOAT AND GET ON TOP OF IT ASAP
	<p>Common Cox Commands</p> <ul style="list-style-type: none"> • Backstops, Frontstops, Come forward to row, Ready, Row / Go. Next stroke paddle light / firm / half pressure / easy oars, Drop or Ship your oars., Port / red side / strokeside, Starboard / green side / bowside.
	<p>Launch procedure</p> <ul style="list-style-type: none"> • Boat positioned on trailer near water's edge and boat rigged • Foot stretchers adjusted by each rower to their setting • Cox completes final check of boat equipment and set up prior to launch • Trailer pushed to water's edge and slide boat into the water with the cox holding the bow line • No. 2 and 3 remove the trailer up the beach above anticipated tide levels • In conditions with breaking waves point the boat into the waves • Bow steps in the boat first followed by No. 2, then No. 3 then Stroke • Cox gives the instruction for Bow and 2 to row the boat off the beach • When in a safe position off the beach the Cox instructs "Easy Oars" to allow the crew to fasten footstraps
	<p>Landing and Retrieval procedure</p> <ul style="list-style-type: none"> • Cox assesses the wind / tide conditions and decides how he/she intends to approach the beach and informs the crew • Cox approaches the beach and 1-2 boat lengths off the beach instructs the crew "On the next stroke – Easy Oars" at which the crew must stop rowing after that stroke and "ship" (bring in) their oars. • In rough conditions with breaking waves the boat should be brought straight into the beach in the direction of the waves. In calm conditions the boat can be brought in parallel to the beach, preferably pointing into the tide. • Crew gets out of the boat when shallow enough to do so safely • In rough conditions step out of the boat on the <u>seaward</u> side where possible to avoid being struck by the boat which may be buffeted by the waves