



Ayle of Quinte Skiff Club

Cox Commands and Description of Rows April 2022

What's New

In order to standardize commands, eliminate confusion and keep us safe in an urgent situation, in 2020 the board agreed to use the standard boating terms of **port** and **starboard**.

When on board, and facing the bow, the red stripe on the left side denotes **port**, the green stripe on the right denotes **starboard**. The stroke oar has a green and yellow stripe.

Stroke is only used when referring specifically to the stroke oar. Bow is only used when referring specifically to the bow oar (the rower in the bow).

The two rowers in the bow are referred to as the bow pair. The two rowers in the stern are referred to as the stern pair.

The only other rower able to **change positions** with the Cox, when at sea, will be seated in the stroke position.

The Cox will follow the **type of row as posted** – description below.

If there is an equipment **malfunction or damage** occurs, the Cox will report the problem to a board member immediately.

Rowing Commands

All forward- sets the correct position of the rowers

Ready to row- indicate light, half or full pressure

Row

Row on – keep on rowing. Rowers only stop rowing when indicated by the Cox.

Back it down – reverse the oar direction. The Cox should specify which oars should back the boat. The boat will turn in the direction of the side backing the boat and turns within a boat length.

Join in- the other oars begin rowing

Hold the boat- used to stop the boat

Hold the boat hard – used in an urgent situation. The rowers, designated by the Cox, for example all four, or starboard side, lean forward on the oar place half of the oar blade in the water and hold until directed otherwise. Doing otherwise runs the risk of catching a crab.

Easy Oars- stop rowing



Ayle of Quinte Skiff Club

Launching the boat

The Cox is master of the boat and always responsible for crew and boat safety even if not seated in the Cox position. There must be a working communication device in the boat, typically a mobile phone with adequate service. In the event of a medical or other emergency dial * 16 when on the water, 911 on land

Before leaving the dock the Cox:

1. Collaborates with other Coxes to consider crew ability and ensure that all boats going out are evenly balanced relative to the skill level and experience of the crew at hand.
2. Records the crew names, date, and health status on the forms provided, for the HPE Health Department. All crew must have had at least one Covid-19 vaccination.
3. Ensures all crew sanitize their hands before every row
4. Ensures that the crew will be able to pull the boat out of the water or arranges for helpers to be present.
5. Assesses the weather and water conditions, consulting with others as needed. Cancels the row if necessary
6. Determines which route to take based on the weather and water conditions and skill level and experience of the crew
7. Places crew appropriately in their position in the boat.
8. Seats new rowers in the boat close to their mentor and reviews the basic rowing commands with the crew
9. Is alert to any crew requiring accommodation or assistance.
10. Confirms that the boat and equipment are placed appropriately and in good working order – foot stretchers, bumper etc
11. Explains the plan to leave the dock to the crew

Rows – Detailed Description

Recreational

Keep in sync and choose the amount of exertion right for you. Have a chat while you row or focus on your breathing and meditate to the soothing sound of the water. This type of row is suitable for introducing potential new members (one per boat in position #3), or simply enjoying the day.

Energetic Row

Ideal for those who wish to push themselves a bit more. The Cox will encourage the crew to refine technique and maximize power. There may be specific exercises to build stamina or develop skills, like turns around buoys.

Training Row



Ayle of Quinte Skiff Club

Generally intended for a team that is training for a competition or specific skills development, such as Cox training, that will be scheduled for certain members.

Technique or Refresh Row

This is an excellent row for newer members or those who want a technique refresh. It will be led by a trainer sitting in the passenger seat, sometimes the Cox and possibly a small boat, with a trainer, coming alongside.

Row Using Carbon Fibre Oars

Carbon fibre oars are lighter and may involve using a feathering technique. They can be fun and require practice as rowers are seated differently in the boat.

Adventure Row

Usually involves transporting the boats to a different launching site to explore new waters. This is usually a half day or full day excursion.

Social Event

These are often beginning, middle or end of season parties, the AGM or work parties to clean the boats or other maintenance chores. There are frequent events that include a row followed by a pub night.