



RULES of ROWING

1. The RP/coxswain is responsible for the boat from and to the boatshed.
2. Procedure for lifting boat on and off of trailer. RP/Coxswain will issue instructions. Care must be taken to ensure that there are adequate hands and that the boat is lifted clear of the trailer supports.
3. The role of RP/coxswain is essential for the safety of the crew. Their role and instructions given must be taken seriously and respected.
4. Life jackets must be worn by everyone in the boat.
5. Life jackets must be stored neatly in the boatshed.
6. In the event of the boat capsizing or other major problem, all crew members must stay together with the boat, even if it is capsized, unless the coxswain decides otherwise.
7. The coxswain should be aware of crew members who cannot swim and allocate a crew member who will be responsible for each non-swimmer.
8. There must be at least two means of efficiently bailing the boat
9. There must be a length of rope securely attached to a strong point in the bow of the boat and capable of being used to tow the boat with the crew
10. There must be an anchor and suitable length of rope in the boat.
11. The VHF radio must be with the RP/coxswain who will be qualified to operate it.
12. All rowers must be adequately clothed for the expected weather conditions.
13. Rowers must get into and out of the boat in an organised and efficient manner as directed by the RP/coxswain.
14. Rowers must step as far into the boat as possible onto the floorboards.
15. At least one of the crew should hold the boat when rowers are getting in and out.
16. Each rower must check their oar and pin immediately once seated.

Useful nautical terms:

Stern – rear of boat where the rudder is positioned

Bow – front of boat

Port – left side of boat as seen by the coxswain who faces the bow

Starboard – right side of boat as seen by the coxswain who faces the bow

Coxswain – skipper of boat, sits in the stern, steers, and issues the rowing orders

Rowing Positions:

Stroke - sits facing the coxswain and sets the stroke (rhythm) of the oars for the other rowers to follow

No. 3 Rower - sits directly behind the stroke

No. 2 Rower - sits directly behind No. 3 Rower

Bow - sits in the bow directly behind No. 2 Rower

Rowing Orders: (may be issued to all rowers, or to 'port' or 'starboard' side only)

Come forward to row, and Row

Hold water, to stop or slow the boat

Let it run, to gently glide to a stop

Prepare to turn and turn,

Oars inboard, instructions given to specific rowers

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