

# QUEENSFERRY ROWING CLUB : TRAINING SCHEDULE

## 1. Boat and Equipment

*Crew* – Familiar with the names of all the parts of the boat and the equipment needed to take the boat rowing.

*Cox* – Able to check the boat and all the items of gear and equipment are in place and in working order. Able to report defects verbally and in writing.

*Skipper* – Able to instruct on the names and use.

## 2. Launch & Recovery (practical)

*Crew* – Familiar with the procedure for launching and recovering the boat from the slip and for coming alongside.

*Cox* - Able to direct the launch and recovery procedure and be aware of risks and preventative or corrective actions.

*Skipper* – as above

## 3. Rowing Technique and Dynamics

*Crew* – Able to row efficiently and keep pace with the stroke. Understand the mechanics and the physical requirements.

*Cox* - Understand and utilise the 'bias' to starboard, the forward and back stroke capabilities of each and all oars, and the effect of wind and tide.

*Skipper* – as above

## 4. Rowing Orders

*Crew* – Understand and carry out all the orders required to control the boat.

*Cox* – Able to maintain command by issuing orders necessary to manoeuvre the boat safely, in a timely manner.

*Skipper* – Able to take over command if considered necessary.

## 5. Tides

*Crew* – N/A

*Cox* – Understand the cause of and pattern of high and low, spring and neap tides and able to read the tide tables.

*Skipper* – Know how to predict tidal heights and flow rates and how to obtain information on tidal direction and constants.

## 6. Weather

*Crew* – Able to decide on the appropriate clothing to suit the conditions on the water, for the duration.

*Cox* – Able to obtain local weather information and by observation make decisions based on prevailing and possible future conditions. Understand and use the Beaufort scale to communicate information. Recognise a lee shore.

*Skipper* – Understand and recognise weather patterns and the effects of low and high pressure and frontal systems. Know the meaning of terms used in weather forecasts.

## 7. Local Knowledge

*Crew* – N/A

*Cox* – Tide: Understand the likely tidal direction and rate of flow at any part of the rowing area and the possible sea state. Weather: Understand the effect of wind and weather on the sea state and the boat's capabilities, in any part of the rowing area. Hazards: Know places to avoid and areas where careful

navigation is required. (shipping channels, rocks, sandbanks, lee shores, etc). Understand distances between points on the shores and across the river.  
*Skipper* - Know the coastline and likely sea-bed for anchoring.

## **8. Knots and Bends**

*Crew* – Able to tie a 'figure of eight', 'reef knot', 'clove hitch', 'round turn and two half-hitches', and 'bowline'. Understand their uses and terminology. Able to coil and flake-out a rope.

*Cox* - Also able to tie a 'sheet-bend', 'anchor-bend' and 'rolling-hitch'. Know their uses. Recognise different materials and types of rope and their characteristics.

*Skipper* – Able to instruct others in the making and use of knots.

## **9. VHF Radio**

*Crew* – N/A

*Cox* – Understand the workings of a radio, the specific use of Ch 16 and the usual channels used by QRC. Able to send and receive messages under the direction of a licence holder or in an emergency.

*Skipper* – Pass a recognised exam and hold a current VHF certificate. Able to use the phonetic alphabet.

## **10. Safety**

*Crew* – Understand the function of a lifejacket. Understand the significance of 'cold-water shock'.

*Cox* – Build awareness of all the potential risks associated with boat/rowing operations. Know the contents of the 'grab-bag' and how to use them.

*Skipper* – Able to recognise and advise on all potential risks and preventative or corrective measures.

## **11. Rules of the Road**

*Crew* – N/A

*Cox* – Know the International Regulation for the Prevention of Collision and Sea and how to apply them.

*Skipper* – Understand the rules for sailing boats and be able to anticipate possible movements afloat.

## **12. Man overboard procedure**

*Crew* – Understand the procedure by participating in a man overboard exercise as a crew member.

*Cox* – Able to direct a man overboard procedure being aware of sea state, wind and tide.

*Skipper* – Able to direct a man overboard procedure and explain the reasons for certain actions, and what to avoid.

## **13. Anchor work**

*Crew* – Understand the process of laying and lifting the grapnel anchor.

*Cox* – Able to direct the laying and lifting of the grapnel anchor and manoeuvre the boat accordingly. Recognise the different types of anchor.

*Skipper* – As above and able to determine the length of chain/rope required, explain the reasons for certain actions and safety issues.

## **14. Towing and being Towed (practical)**

*Crew* – Understand the procedure for picking up a tow.

*Cox* – Able to direct the preparation and execution of the operation safely.

*Skipper* – N/A

### **15. Manoeuvring (practical)**

*Crew* – Able to row efficiently and respond correctly to orders.

*Cox* – Able to direct the movement of the boat in open water and confined spaces safely with regard to sea state, wind and tide and other water users.

*Skipper* – N/A

### **16. Passage Planning**

*Crew* – N/A

*Cox* – N/A

*Skipper* – Able to understand and implement the requirements of an effective passage plan. Recognise the information required and where to obtain it and how to communicate the plan to others.

### **17. Chartwork**

*Crew* – N/A

*Cox* – Know what information is available on charts and local handbooks.

*Skipper* – Able to interpret and use information on charts, etc, to inform decision-making when considering making any passage, manoeuvring or anchoring. Able to fix a compass position. Recognise channel and other navigation marks.

### **18. Command**

*Crew* – N/A

*Cox* – Understand the benefits of a positive, friendly and authoritative manner.

*Skipper* – Able to explain the benefits.

### **19. Racing Rules and Tactics**

*Crew* – Able to execute a racing start and turn.

*Cox* – Able to maintain position during a start and avoid potential dangerous situations throughout the race. Know the reason for, and be able to establish and keep a transit. Understand the SCRA Rules of Racing. Understand simple tactics. Able to direct and motivate the crew and give clear information or instruction.

*Skipper* – N/A.



