



Leaving the Dock: 7 and 8 to back with equal pressure. If bow is turning into the dock, only back with rower whose oar is away from the dock. When clear of dock do a spin left.

Left Turn: left hand forward, starboard pressure

Hard Left Turn: add 8 (and 6) to drag

Spin Left: 1 (and 3) forward, 8 (and 6) backing

Right Turn: right hand forward, port pressure

Hard Right Turn: add 7 (and 5) to drag

Spin Right: 2 (and 4) forward, 7 (and 5) backing

Returning to the Dock

Take note of the wind direction, even if it is a light wind, choose the side where the wind will blow you into the dock.

Get aligned far away from the dock and drop out all rowers aside from 7 and 8 who should bring you slowly to the dock an minimum pressure.

Approach at an angle of approximately 15 degrees. To straighten out when you are close to the dock, have the rower in the stern pair (7 or 8) whose oar is away from the dock hold water until the boat is parallel to the dock.

Tell all rowers to lean away from the dock so the dockside riggers don't get caught and tell those rowers whose oars are dockside to drop their hands so their blade lifts up and clears the dock.

If the bow is ever in danger of crashing into the dock be prepared to call all eight to hold water.

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Warm-up

Once safely away from the dock you will want to start the warm-up. Start with half of the crew with the other half setting the boat.

The sequence is 1) arms only, 2) add in the backs, 3) quarter slide, 4) half slide, 5) three quarter slide, 5) full slide on the square 6) full slide feathered, each for about 30 seconds.

Focus the crew on proper stroke sequence and ratio for the next minute. Then do a power ten at a low rating and then paddle it out.

Running a Practice

The most critical thing when coxing is safety.

Always be mindful of obstacles, be they other boats, submerged logs, buoys, etc. There are blind spots in the boat and you can always ask the rowers in the bow pair to look behind them.

If in danger, be ready to call “weigh enough, hold water” immediately. In addition to the words, a change your tone will indicate to rowers that this is not an “in two” command.

Always follow the directions from the session manager on where to take your boat, when to weigh enough, when to change power, etc. They will usually direct you in a way to stay in close proximity of the safety launch and other shells, be aware of this and stay a step ahead.

If something happens:

1. Do a head count for all rowers
2. Radio the safety launch for assistance
3. Stay with the boat

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Starting a Practice

A session manager and launch driver must be identified before a practice can start.

It is the coxswain's responsibility to get their boat out on the water. Once a boat is full, instruct rowers to take oars down and you should get a cox box, microphone, radio, key and wrench.

Remember every command should begin with "In two." This starts with "Let's get hands on. Ready to lift in two ... one, two."

Always move a boat slowly and in small increments, e.g. lift just an inch off the racks. You have to be mindful of riggers, racks, people and anything the shell can swing into. Stay with the bow of the boat when taking it to the dock.

Always be ready to call "weigh enough" if you sense trouble and keep your rowers quiet so they can hear commands. You are the boss.

When loading, rowers with dockside riggers always stay with the boat. Rowers with lakeside riggers get oars and they will run out their oars and load first. The coxswain loads last

Before shoving:

1. Double check plugs are in
2. Test communication with session manager
3. Ensure safety launch is manned
4. Test that cox box is working
5. Count down from bow when ready

On the water, remember to point the way you want to turn, e.g. left hand forward to turn left.

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