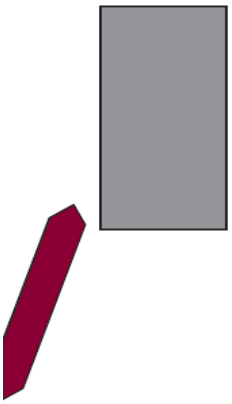
ON THE WATER

- Shove off dock at cox/bow command - 'one hand on the dock, ready to shove, and shove'
    - rowers should have dock-side hand on dock
    - while sculling, both oars should be in water-side hand
    - rowers should lean away from dock slightly (to keep riggers clear) while shoving
- bow (or called by cox) to push off dock with blade in feather position
- listen to cox or bow seat, no talking in the boat
- adjusting footstretchers (done on water unless boat is last out)
    - remove feet from shoes, place legs on gunnels with feet outside boat
    - loosen two side nuts beside shoes and one between heels
    - one hand should grab top of footplate
    - slip fingers in a V position underneath metal near screw between heels
    - lift entire footstretcher directly up towards the sky and slide over grooves toward bow/stern
        - toward bow if oar handles are hitting center of body
        - toward stern if oar handles are passing sides of body
    - rock footstretcher slightly to be sure it sits down in grooves
    - tighten all three nuts
    - replace feet in shoes and tie in
- line boats up outside motorboat dock waiting for all boats to launch
    - stack boats in two or three lines rather than side-by-side into middle of river
    - smaller boats near shore side with larger boats toward middle
    - while waiting for other boats to launch, do not keep inching up stream, maneuver only to keep your boat in the same position or allow space for other boats
- **STAY OUT OF THE MIDDLE OF THE RIVER!!!**
    - never row on the wrong traffic side
- after warm up, reassemble boats and wait past the monster (upstream of the I-79 bridge)
    - stack boats in two or three lines rather than side-by-side
    - smaller boats near shore, faster boats near middle of river
    - while waiting for other boats to get in place, do not keep inching up stream, maneuver only to keep your boat in the same position or allow space for other boats
- see chart with explanation of basic drills
- spinning boats
    - cox/bow should check both up and downstream before taking action to spin boat
    - never spin boat in front of another moving boat
    - never spin boat near (especially upstream of) bridge piers or buoys
    - hold water with port stern blades and row (arms only) with bow starboard blades to turn toward the opposite shore, stop at 90 degrees
    - row <u>straight across</u> river minimizing time spent in the middle for safety precautions
    - ***do not*** row the boat around in a big curve or diagonal
    - repeat hold with stern/row with bow another 90 degrees to end up with boat facing in opposite direction
- buoys and hazards
    - red buoy downstream before the Neville Island Bridge is close to the middle of the river
- wakes
    - cox/bow should turn boat into a parallel position with wake approaching
    - rowers should lean slightly away to keep wake from breaking over gunnel
    - stay loose and relaxed, let wake raise blades feathered on water then roll underneath boat
    - resume rowing when safe

RETURNING TO BOATHOUSE

- docking
    - see example drawing on next page
    - boats should approach dock at a 45 degree angle
    - aim bow ball about 10 feet past the end of the dock
    - as bow ball nears dock, lean away for starboard riggers to clear dock and boat to change angle
    - boat will straighten and allow current to push stern into a parallel position with dock
- lean-away when instructed by cox/bow
    - pay attention to dock-side oar and lift blade slightly as needed
    - turn blade over facing down to avoid scratching off paint on the dock
- dock-side hand out and ready to catch/push away/walk boat down dock
    - keep boat pushed away from dock to avoid scraping side of boat while walking it down allowing other boats to dock
    - for sculling, both oars should be in water-side hand
- feet out
- one foot on strip in front of seat – ***not in footwell***
- one foot on dock, stand up
- it may be easier to put both feet on the strip to stand straight up and then step out onto the dock
- once all rowers are on the dock, bring water-side oar across to dock
- take water-side oar out by stepping on strip in front of seat
- take dock-side oar out last (again, stabilizing the boat at the dock)
- put shoes on
- at hands-on, reach one hand across boat to water-side gunnel, depending on which way you need to be facing
    - left hand across will face you downstream
    - right hand across will face you upstream
    - all rowers should face same direction
- large boats up & overhead, show sides, split to shoulders at cox/bow call
    - remember to bunch up on the ends of the boat so it will be easier to lift out of the water and carry
    - 1x and 2x should be lifted from position about halfway between boat end and seat/rigger area
- return boats stern-first into boathouse
- one/two persons call drying boat, others go for oars
- return oars to rack placing all sets from boat together
    - place starboard (green stripe) oar handle on left side of rack for best storage
- remove launch from water with motor locked in up position
- return safety items, cushions, plug, gas container to boathouse
- coaching talk afterwards

Docking

Line up the boat at a 45 degree angle as you approach the dock. As you get closer, begin to slow the boat down by decreasing rower pressure. Next, glide carefully into the dock and have rowers lean away to avoid hitting riggers against the dock.