

SWEEP ROWING

Listen to your coach or coxswain (cox)

Ensure your clothing is appropriate to weather conditions. Water bottle, cap, sunnies, socks.

Slide the boat out on the supporting runners.

Look at the fin. Is it straight?

Is there a bow ball fitted?

Have an equal number of people evenly distributed along each side of the boat.

Lift the boat a couple centimeters,

Step towards the centre of the shed.

Carry the boat down the centre of the shed.



On the pontoon the coach or cox calls instructions.

Lift the boat with the hull against the wind. When the boat is up above your knees turn the boat over.



Get a secure hold on a fitting inside the boat.
Do not hold foot stretchers or seat.

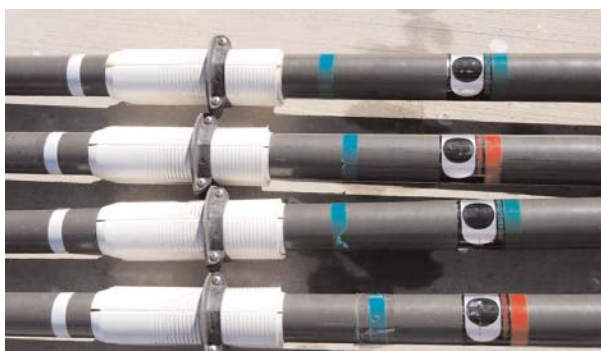
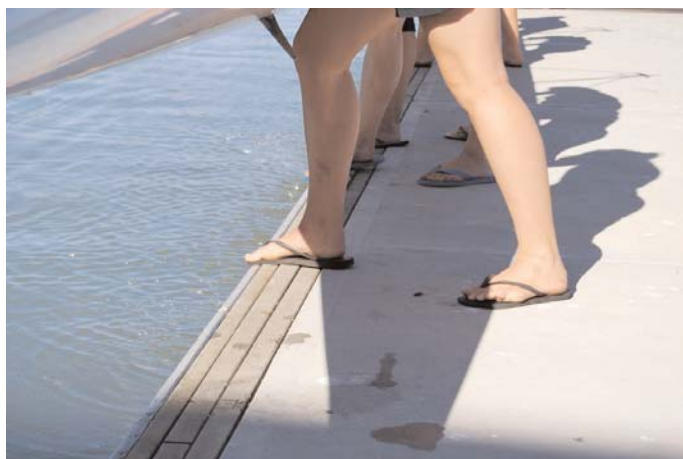


Cox or Coach calls half the crew to hold one side of the boat.

The other crew members go around the boat so that everyone is holding on one side.

Stand on the pontoon with the toes of one foot over the edge.
Place the boat in the water.

Make sure you do not catch the fin or the rudder on the pontoon



Look at your oar. Are all the oars all from the same set?
Sets of oars will have matching coloured stripes.

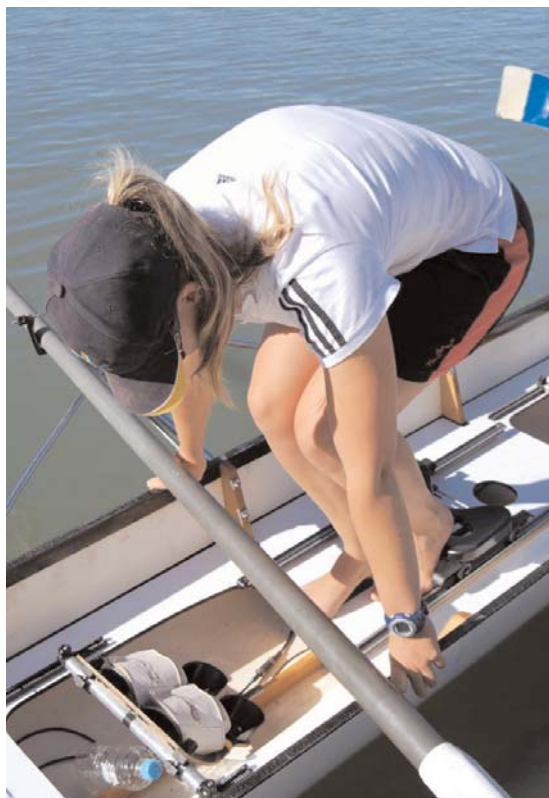
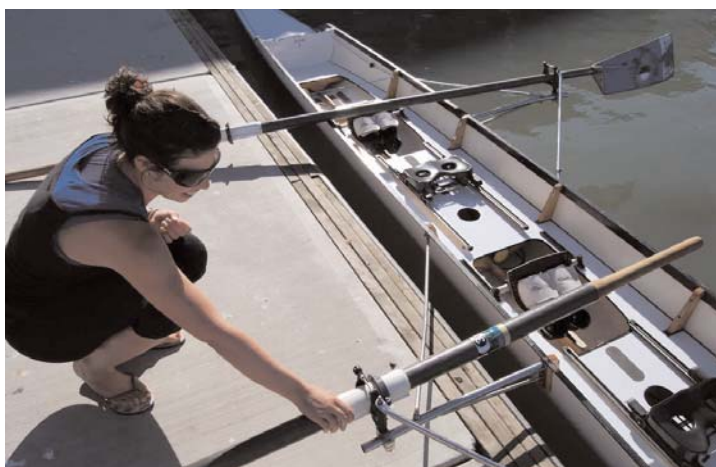
All oars have a red stripe or a green stripe.

The red stripe oar goes into the gate on the right hand side of the boat
when you are looking towards the cox seat.

Place the appropriate oars in the pontoon side gates
with the button on the boat side of the gate.

Do up the gates

**Always look to see if the oars on the pontoon
side are being held close to the gate with a
locked oar, to stabilize the boat
before you get in.**



Water side rowers place
an oar across the boat
and get into the boat
behind the oar.

Stand on the board on which
the seat slides and sit down.

Immediately do up the far gates
Put your feet into the foot stretcher and close the Velcro straps.



Always hold the handle of the oar between your tummy and your knees when making foot stretcher adjustments.

The foot stretcher has three nuts.

If you need to move it;

undo them all and carefully move the whole stretcher in a straight line.

If you move it on an angle it will get stuck.

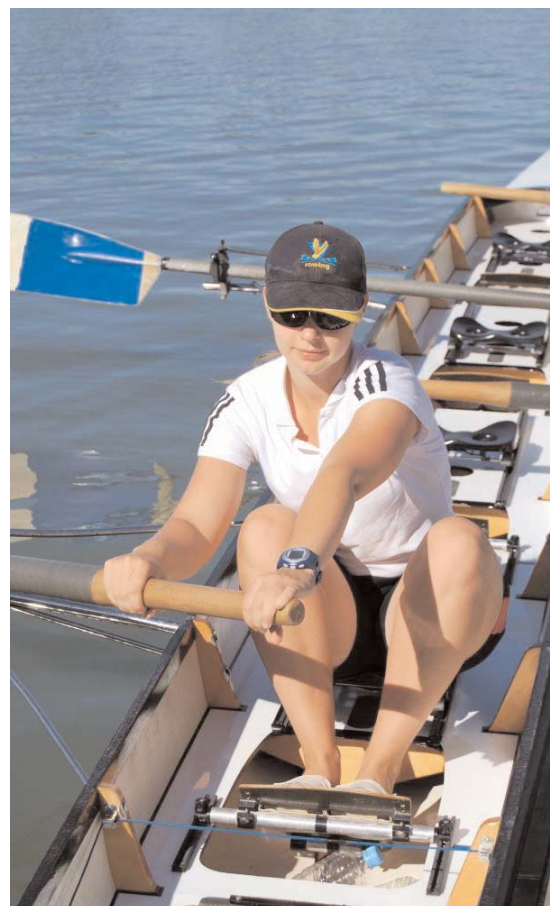
To find the correct place for the foot stretcher.

Sit with the legs flat, body upright and the arms outstretched

the oars should be at right angles to the boat.

At the beginning of your stroke drop your outside knee to the outward side of the boat and let your outside hand holding the oar come forward between your legs.

Chin up, arms fully forward, knees bent.



Hold the oar with one hand at the end of the handle (outside hand) and the other hand about 15cms along the handle (inside hand)



Kick back with arms locked.

When you feel the pressure on your blade change pull your arms towards you.

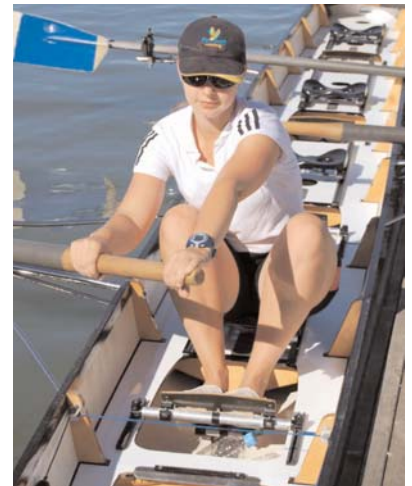
Continue to look ahead with chin up. Make sure your knees are down and your hands are traveling in a straight line towards your body.

Do not let your arms go in a curve over your knees



At the end of your stroke lean back a little, then without moving your body tap down with the outside hand.

Quickly turn the handle with your inside hand fingers to feather your oar and push your hands away.



Slowly return up the slide with feathered oars until your hands are about halfway along your legs. At this point, square your oar by rotating it with your fingers, then in a separate movement drop the blade in to the water.

Backing the boat

Sit with your legs straight pull your hands into your body.

Turn the blade over, square the blade in the water and push your hands away.

Make small circular square blade strokes, do not feather the blade.



If you back on stroke side the boat will turn to bow side.

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Turning by checking the blade

Cox calls "easy", keep your blade above the water then when cox calls "check on left (bow), or check on right (stroke)" square your blade in the water on the side called. The boat will swing around.

Turning by tapping

Make small circular square blade strokes with the oar in time with the other person on your side of the boat. Bow side or Stroke side. Do not feather the blade. If you tap on the right (stroke side) the boat will turn to the left if you tap on the left (bow side) the boat will turn to the right.

Turning in a tight circle

Bow and two tap with their left hand. Stroke and three back with their right hand. This will turn the boat to the left. Reverse for a right hand turn.

Landing

Check the direction of the wind. Will it blow you away from the pontoon or towards the pontoon?

If you are coming in bow first slow the boat down well before the pontoon and listen attentively to the cox.

If you do not follow the cox's instructions the boat will go in a different direction and landing will be difficult. It is best to bring the boat in at a 35 degree angle and as the boat approaches the pontoon the crew should lean away from the pontoon.

Getting out of the boat.

Cox gets out and holds an oar next to the gate. Pontoon side rowers get out hold an oar and stabilise the boat.

The two rowers on the waterside undo their gates, remove their oars, give them to the cox who will put them at the end of the pontoon. Close up the gates then stand up and step out.



Pontoon side rowers remove their oars. Place them at the end of the pontoon with the rest of the set.



Removing the boat from the water. Whole crew stands at even intervals along the edge of the boat holding a fitting inside the boat **not a foot stretcher or a seat.**

On coach's or cox's command lift the boat out of the water.



Half the crew go to the far side of the boat and stand opposite someone.

Lift then turn with the hull against the wind.

Carry the boat down the middle of the shed, stern first. (rudder end)



Pull out the runners and lift the boat just above them.



Make sure none of the riggers are sitting on the runners.

Collect your oars, carry them blade first and put them away in a set



Never let go of your oars when in the boat, at the pontoon or on the water.

Always have your blades feathered on the water if you are not rowing.

Oars stop the boat from overturning, they increase the width of the boat 8 times.

Rowing is for fun as well as for competition.

Enjoy your row.

Enjoy working with everyone as a team.

Learn to cox.