

Rowing

All rowing commands should be given at the beginning of a stroke and carried out AFTER completing that stroke.

Equipment required for a rowing exercise

Oars, spurs, rudder, bailer, spare oar and spur, anchor, safety equipment depending on range of activity (1st Aid kit, Marine VHF, Flares [2 orange smoke, 2 red parachute, 2 red hand-held], card on how to make distress signals and communicate with aircraft. . .)

Discipline embarking and disembarking

Hands and digits inside the boat, Step in as close to centreline as possible, don't stand on gunwale/thwarts, one moving at a time, bowman holding boat alongside, bowman securing the boat

Bearing off and coming alongside

Close co-ordination of sight spurs, ship spurs, sight oars toss oars, ship oars. Cox's ability to give clear commands, to get the boat away cleanly, safely and under control and to get under-way. They bowman untying and pushing off. Any fenders should be boated. Once the boat is away cleanly the bowman should neatly coil the bowline to have it ready for use before adopting a position facing forward with all appendages inside the boat.

For coming alongside the cox's judgement of the approach is important. Racing in and then holding water is not good unless it is VERY windy. Bowman should be able to fend off easily and step ashore with the bowline. The boat should not bump. Fenders should be shipped BEFORE approach. IT is best to secure the bowline immediately. Make allowance for whatever the tide is doing. (If it's rising, don't tie off to a low ring or rail, if it's falling leave slack) The bowman may be expected

Rounding the buoy

Rounding to Port or Starboard as directed by the examiner. It's not a racing turn but you need to get around without going too wide and without hitting the mark. Use the rudder as well as the oars. Hold water to one side before backing water. The two sides should still be in stroke with each other. When you straighten out and give way together the side which backed-water should pick up the stroke from the other side, regardless of who is stroke.

Trailing oars

Manoeuvre between two buoys

You will be required to pass between two obstacles. These may be buoys, boats, pier walls or whatever. DON'T HIT THEM.

Make the approach as straight as possible. Make sure that you have enough speed to carry the boat through. Trail oars with enough time to go to plan "B" if someone messes up.

The crew need to be able to trail oars efficiently straight from taking a stroke.

Ship oars as soon as possible after clearing the obstacle to regain control of the boat. If there are a series of obstacles it may be necessary to trail oars, ship oars for a couple of strokes and go trail oars again. It may be appropriate only to shorten oars to pass through a narrow gap, for example if it is a long gap. Be careful though as you have far less power and it is much harder for a crew to maintain balanced effort (pulling equally on both sides) with shortened oars. Remember a Skiff is roughly 25' long and 25' wide with oars shipped.

Cox'n

The cox will be assessed on the clarity, accuracy and timeliness of the commands given. The cox will be expected to apply the Col Regs correctly in any situation that might arise in the course of the assessment.

It is up to the cox to ensure that the boat gets cleanly away at the start, making suitable allowance for wind, current, tide and traffic. Similarly it is up to the cox to ensure that the approach is well judged. Remember, approach head to wind if possible. Especially in the case of a down-wind berth it is important to come in at a 45degree angle. This will help the bowman if he needs to deflect the boat on too fast an approach.

The bowman should remain vigilant throughout the exercise and draw the cox's attention to obstacles and hazards that he may not see.

Rowing Style

The crew should row entirely in stroke as though they were fastened together by steel bars. One clunk on shipping spurs, one splash on shipping oars. The cox (or stroke) may count aloud to help maintain stroke. The crew should stretch forward and lie back on each stroke though not as far as if racing. They should keep their eyes inside the boat, that is, not be looking around them.

There is a separate trophy of the rowing. The Gráinne Lavelle memorial trophy is awarded to the crew that obtained the highest marks in the Skiff rowing. Where the same team also win the Fry Cup the GLMT is awarded to the team with the second highest marks in rowing. It's a nice trophy.