

CBC Skiff Rowing - New Members Handout.

Welcome to our club. You can have 3 taster sessions before needing to join the club membership, as non-members are not insured to use Boat Club facilities.

Membership information is on the CBC website.

Skiff rowing is fun, but there are a few things to consider first.

- **Clothing:** should be suitable and appropriate to the activity. You can get hot and cold quickly, so suitable layers are a good idea.
- **The slip:** can be slippery at times and you might also need to go into the water – so have suitable footwear that enable you to do this. At times we may do beach landings - so will need to climb out of the boat and into the sea.
- **Life jacket** (with crotch strap) which are manually inflated; These are the ones recommended.

All members take part in launching and landing the boat. We push it down to the water and back up to the shed afterward and we access the boat from the pontoons.

Rowing commands

When in the boat the cox will give these commands:

- Forward to row... (start rowing, always following stroke)
- Easy oars – (stop rowing).
- Hold water. (oars lightly in water to stop boat)
- Stroke pair only... (stern pair row)
- Bow pair only... (bow pair row)
- Mid ships only... (position 2&3 row)
- Back water – reverse rowing.
- Port turn / Starboard turn.
- Together and in... - when coming back in.
- Timing... (get into timing with stroke)
- Light on port/starboard – (less power.)
- Hard on port/starboard – (increase power)
- Watch oars on port/starboard – (obstructions)

Rowing properly is a technique, and there are very good video tutorials on the Scottish Coastal Rowing Association website which we recommend you watch.

Cox:

The cox is responsible for the boat and the crew – they decide where everyone sits, positions, sets the trim of boat.

- Ensures crew are wearing suitable clothing/footwear/life jackets etc.
- Knows how to use a VHF radio
- Gives clear and concise instructions

Session leads:

They are the people who call each session

- It is the session leads decision to whether we take the boat out or not – they keep an eye on tides/weather etc.
- The lead plans the route/journey – taking into consideration tides/weather/local knowledge etc.
- The club leads will talk you through how to row and what to do on the boat, so not to worry as we are there to help you and answer any questions you might have.