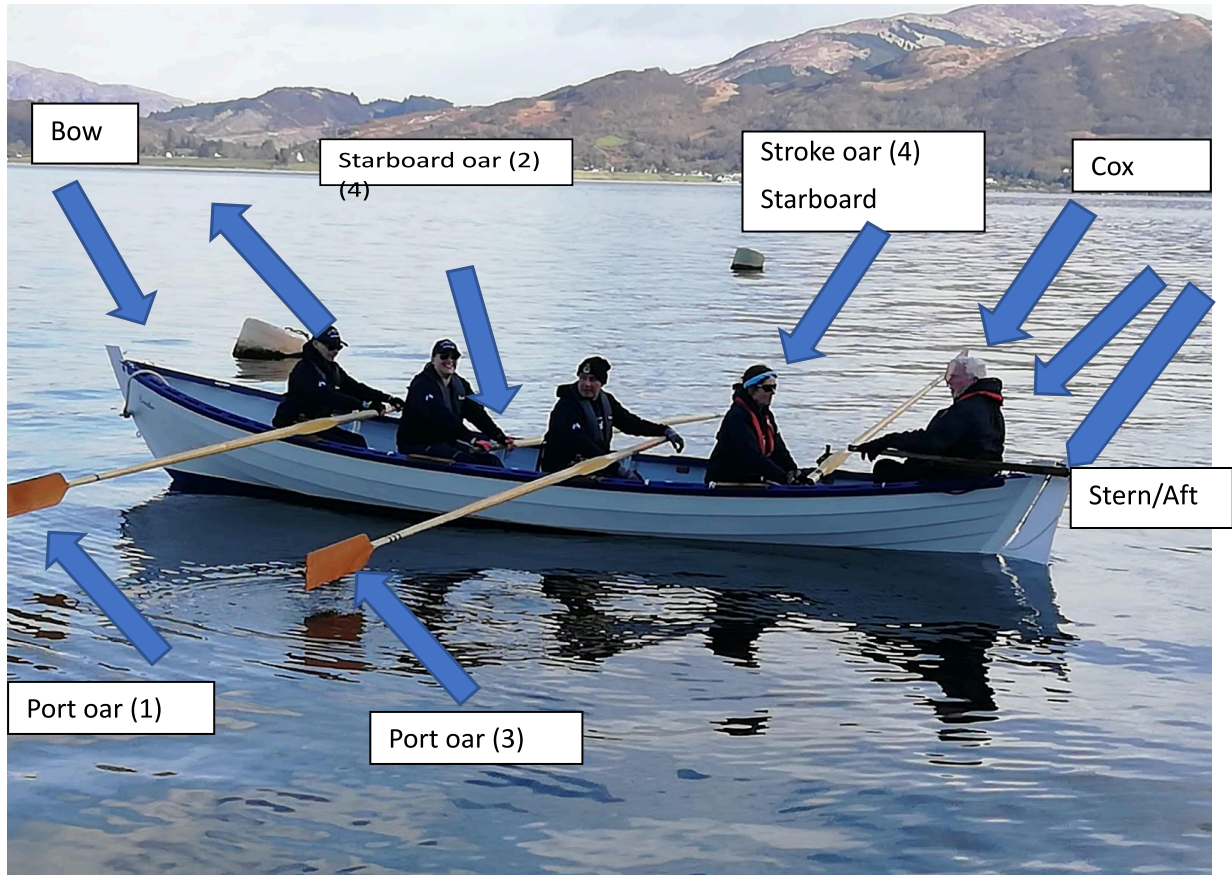


Introduction to Coastal Rowing with Lorn Coastal Rowing club



[SCRA Fixed seat coastal rowing technique YouTube](#)

Enjoy your row

Listen for and follow the Cox's instructions at all times.

- Ensure the launch trolley is left above the high water mark after launch.
- Cox and crew enter the boat (and leave) one at a time
- Once on the water, only one person at a time to move about the boat – all others remain seated

Coxing Commands

All rowers follow the stroke position's movements and tempo. The stroke oar is at number 4 and the stroke is the skipper of the boat and can work closely with the cox.	
Ship oars	Place oar on Thole Pin, hold with blade out of the water
Boat oars	Take oar off the Thole Pin and place lengthways in the boat
Ready to Row	Arms forward, blade tip just touching the water
Feather oars	Keep oars on the thole pin and bring oar alongside the hull
... and Row	Begin to row, following the lead of the 'Stroke' oar
Easy Oars	Stop rowing, hold blade out of the water
Hold Water/ Dig In	Stop rowing, hold blade in the water, used to stop the boat and to hold the boat in position or help turn the boat when applied to Port or Starboard oars only
Back Water	Place blade in water then push handle away from body (opposite to normal rowing stroke). Used to reverse the direction of the boat
Each of these commands can be used to direct specific rower(s) when used with the oar number, or everyone e.g. "easy number 3" or "hold water 4"	
Counting	The Cox may use counting at the pace of the stroke to help rowers keep in time or to give advance notice of a change (ie countdown)

Boat terms

Rudder and tiller	Steering mechanism controlled by the cox
Thwarts	seats
Bottom boards	Removable internal boards that protect the hull and support footrests
Gunwale	Reinforced top edges of the sides of the boat
Thole (oar) pins	Removable wooden pins located in Gunwale on which oars fit when in rowing position

Before You Start

A Lorn CRC cox is in charge of each rowing session and will go through the checklist, and Life jacket check at the start of each session

- At each session there must be a Cox and at least 4 rowers per boat along with. A PLB and VHF radio.
- A Session is not complete until the skiff is returned to its trolley, cleaned and covered and all equipment is returned.

Ready to Go?

- Cox has given the safety briefing and discussed the tide, sea state (if applicable), weather conditions and session format with the crew.
- All names are recorded in a session log.
- Safety bag has been checked and is stowed in the boat along with the bilge pump and bailer
- Oars and paddles are stowed and oar pins are in position
Everyone is wearing a life Jacket with a crotch strap and the safety indicator is green. NEVER wear anything over your life jacket as this can impede inflation.
- Crew are dressed appropriately for the conditions, including closed toe footwear with grippy but soft soles, warm layers, waterproofs and water

For further reading on [The Scottish Coastal Rowing Association](#)