

Roles and Responsibilities of a Coxswain

What is a Coxswain?

- * Responsibilities of a coxswain
 - * Safety
 - * Communication
 - * On the water coaching
- * Skills needed
 - * Good communication
 - * Alertness
 - * Confidence

Off the water safety

- * Communicate loudly and clearly
 - * Give command “In two”
 - * E.g. “In two raise up over heads”
- * Be aware of your surroundings
 - * Make sure your boat remains intact
 - * Have someone spot your stern/bow
- * Go SLOWLY
- * Make sure you have a PFD on

On the water safety

- * Listen to your coach at all times
- * Raise your hand to acknowledge that you heard an instruction
- * Don't be afraid to ask for clarification!
- * Stay within eyesight of the coach unless your boat is safety certified
- * Anticipate turns and stops
- * Be aware of landmarks and passing zones

Commands

- * Hands on – Rowers get ready to lift
- * To shoulders – Lift boat onto shoulders
- * Over heads – Lift boat over heads, elbows locked
- * Show heads – Rowers tilt heads left or right
- * Heads up – Watch out
- * Sit ready – Rowers sit at catch or finish
- * Ready all, row – Begin to row
- * Way enough – Stop
- * Check it down – Blades squared in water to stop
- * Let it run – Stop with blades up off water
- * Set it up – Reminder to set the boat

Commands

- * Be calm and confident!
 - * Even if you're not, fake it
- * Think before you speak, the rowers aren't going anywhere
- * If you make a mistake, simply stop and fix it
- * Count strokes and give commands at the catch
- * Prepare crew for command with, "in two" or "on this one"
- * The tone of your voice sets the tone for the crew

Getting the Boat From Boathouse

- * Hands on
- * Lift up and inch and walk it out SLOWLY
 - * Make sure riggers don't scratch the top of the boat
- * If on a lower rack, every other person around to the other side
- * Up/split to shoulders
- * One side down to waist
- * Walk it out slowly
- * Once out of the boathouse, all up to shoulders
- * Walk toward river, stern swings towards water so bow goes first
- * When parallel to bulkhead, up over heads
- * Walk down SLOWLY
- * One foot to edge, roll down and in
 - * Watch the stern, make sure the skeg doesn't touch the dock

Launching

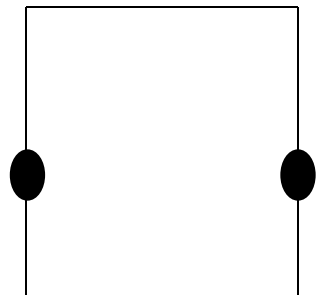
- * Have one side get oars, one side get oarlocks
- * Count down when ready
- * Run the oars
- * Ports “one foot in and down”, then starboards
 - * Have everyone keep one hand on oar, one on the dock
- * Get in
 - * Plug in and check the coxbox while everyone is getting oars

Maneuvering the Boat

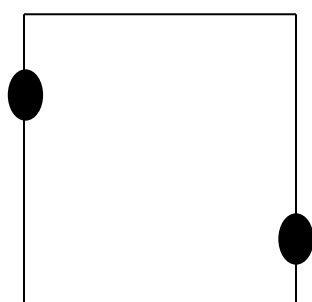
- * Steering a straight course
- * Spinning the boat
- * Backing and maneuvering
- * Waiting in a passing zone
- * Docking

Steering a Straight Course

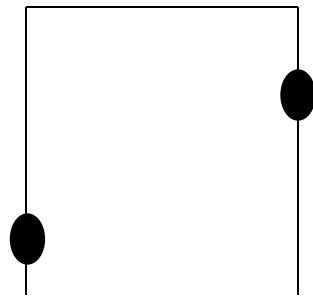
- * Choose a point far away and point your bow there
 - * Use bow pair to adjust
- * Make **SMALL** adjustments using the toggles
 - * Push left toggle forward to move to port
 - * Push right toggle forward to move to starboard



Straight



To Port



To Starboard

Steering a Straight Course

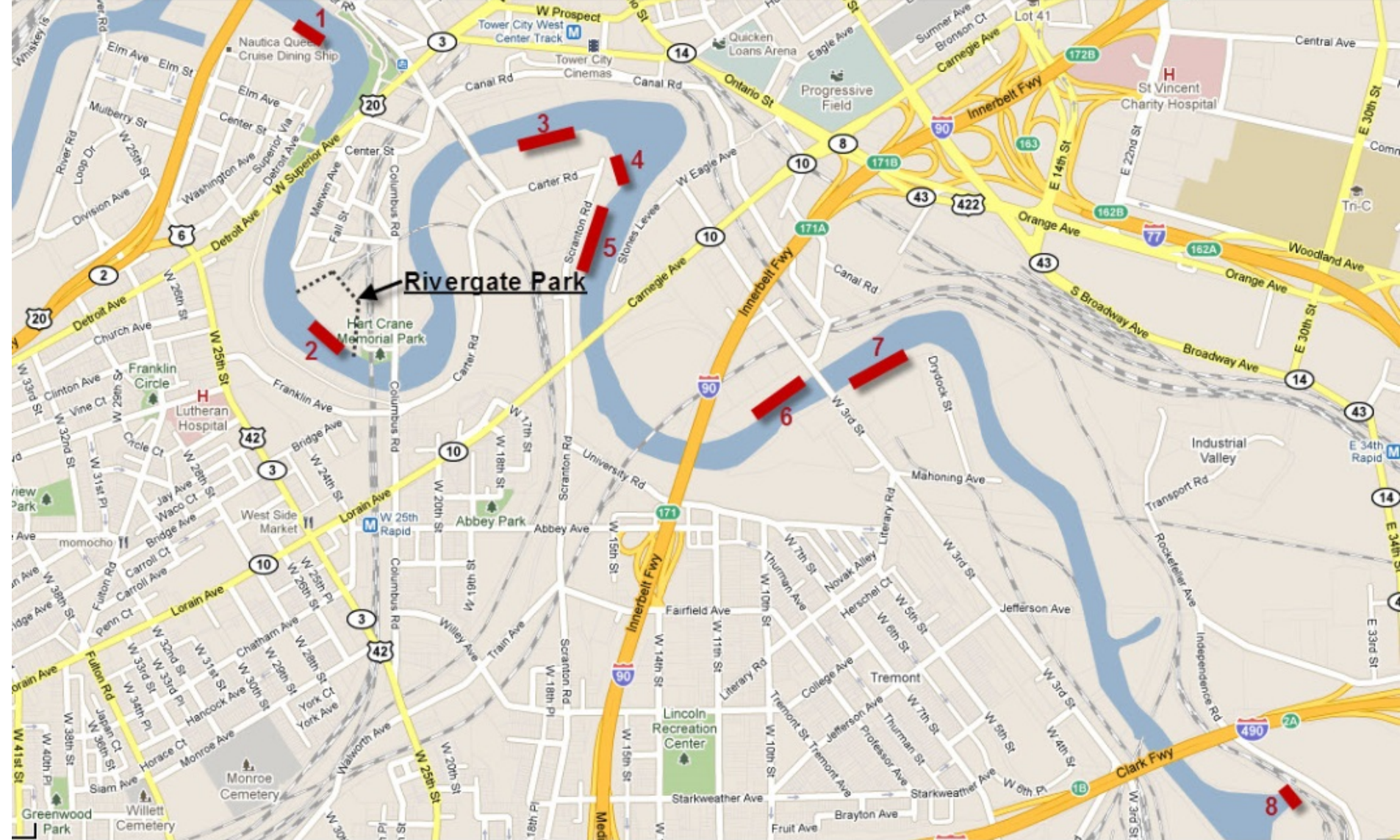
- * Remember that the boat will continue to turn for a stroke or two after you return the toggles to center
- * Try to turn when oars are in the water, unless making a sharper turn
- * Use pressure from your port or starboard rowers
 - * Pressure from port to turn to starboard
 - * Pressure from starboard to turn to port
- * Do NOT lean to “help” turning.

Spinning the Boat

- * Usually turn to port, across the river
- * Have ports back, starboards row one at a time
 - * Start with backing
- * Arms and back ONLY
- * Oars should be on the water when not in use
- * To make a tighter turn use 1 and 3 to row, 6 and 8 to back (2 oars instead of 4)

CRF Passing Zones

- * Nautica docks on West side
- * Rivergate Park docks
- * Forest City Enterprises Wharf on West side
- * Fire House at Collision Bend on inside of turn (2 shells)
- * 100 yds upstream of Collision Bend on West side
- * 50 yds downstream of W. 3rd St. Bridge of Rivergate Side
- * Between W. 3rd St. Bridge and Marathon Turn on West side
- * In the Turning Basin



Cleveland Rowing Foundation - Safety Zones

1 - Nautica Queen Dock (WS)

2 - Rivergate Park (RS)

3 - Forest City Enterprise Wharf (WS)

4 - Fireboat Wharf (WS)

5 - Upriver from Eagle Street Bridge (WS)

6 - Downstream from W. 3rd Bridge (RS)

7 - Upstream from W. 3rd Bridge (WS)

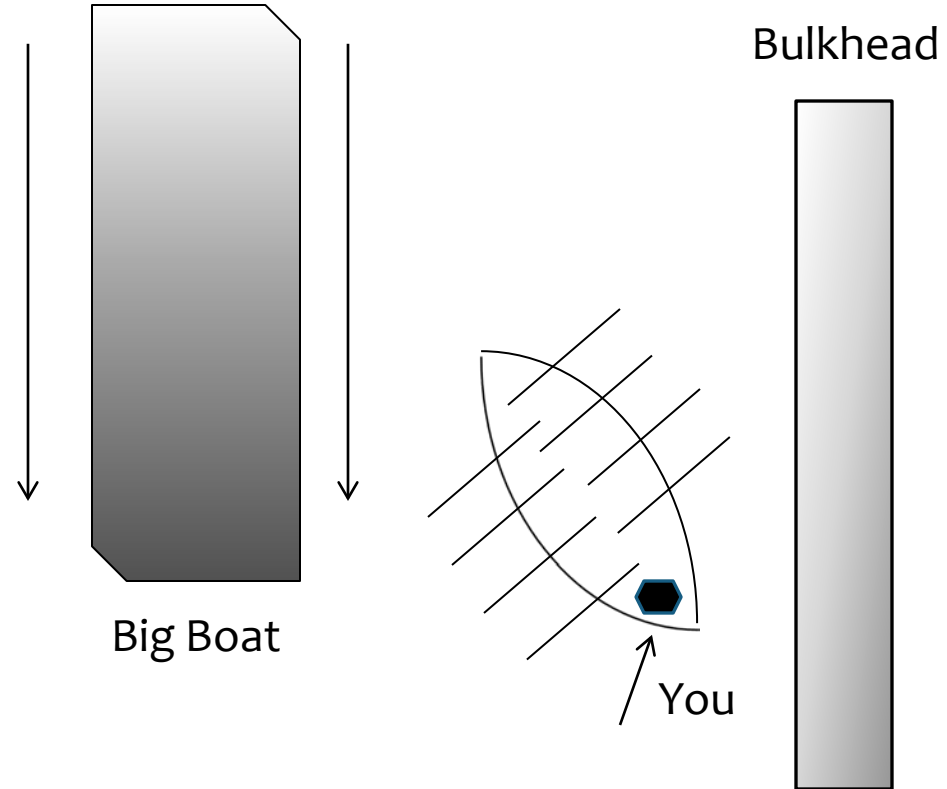
8 - Turning Basin (RS)

RS = Rivergate Side

WS = West Side

Passing Zones

- * Boat is pointing in the opposite direction that the vessel is traveling
- * Bow points away from the bulkhead at a 10-30° angle
- * Oars are feathered on the water
- * Use bow pair to maneuver



Bridges from Mouth to Turning Basin

- * Norfolk Southern RR Bridge 1 (NS1)
- * Center Street (Rotating)
- * Columbus Road
- * Carter Road
- * Eagle Street (always up)
- * West 3rd St.

- * HOTC Course

A Few Bridge Pictures

Columbus Road



Carter Road



More Bridges

Eagle Street

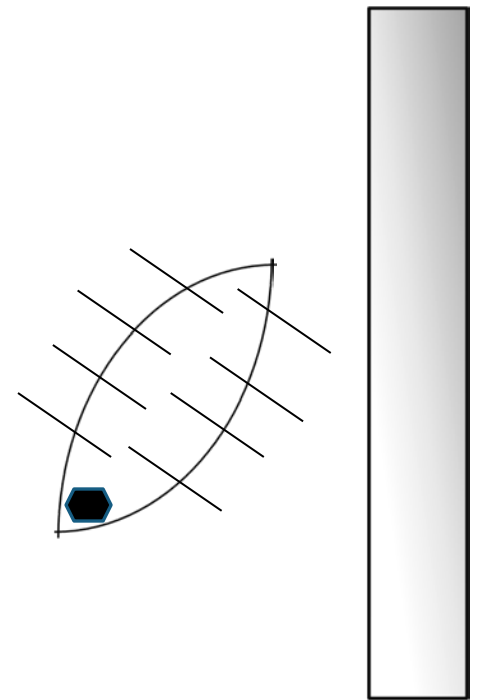


W. 3rd Street



Docking

- * Approach the dock at a 15° by pairs (stern pair)
- * Check and adjust for wind
- * Have starboards lift their oars over the dock but try not to lean away
- * Approach until 7 seat's blade is almost on top of the dock
- * Glide it in and lean away to lift riggers over dock
- * Coxswain always gets out first



Putting Boat Away

- * Get out
- * Starboards “one foot up and out”, then ports
- * Have one side get oars, one side get oarlocks
- * Hands on, lift up and out
 - * Watch skeg
- * Walk up ramp SLOWLY, keeping parallel to bulkhead
- * Show heads
- * Split to shoulders

Putting the Boat Away

- * Stern swings towards boathouse
- * When close, one side down to waist
- * Walk boat in slowly
- * Up to shoulders OR down to waist and four run around (depends on rack)
- * Walk in to rack, watch riggers on top
- * Set down carefully
- * Make sure boat is not resting on any riggers
- * Rowers maintain hands on until given the all clear

Resources

- * www.coxie.com
- * www.concept2.com
- * www.coxswainnation.com
- * www.9thseat.com