

10 TIPS FOR ROWERS WHO FIND THEMSELVES IN THE COXSWAIN SEAT

- 1) KNOW THE ANACOSTIA RIVER'S TRAFFIC PATTERN AND PROPER ARCH USAGE - STAY OUT OF THE MIDDLE OF THE RIVER.
- 2) CHECK THE POWER ON YOUR COX BOX AND TEST IT WITH THE MIC BEFORE LEAVING THE DOCK.
- 3) BRING A WHISTLE WITH ATTACHED TOOLS AND GLOW STICK.
- 4) LIGHTS: IF IT'S DARK, OR TURNS TO DARK, WHEN YOU ARE ROWING, TURN THE BOAT LIGHTS ON BEFORE LEAVING THE BOATHOUSE OR DOCK.
- 5) KNOW WHICH DIRECTION YOU ARE GOING FOR PRACTICE & ESTABLISH A PLACE TO WAIT AND MEET UP WITH YOUR COACH
- 6) TURNING YOUR BOAT:
HOLDING THE RUDDER LINE WITH BOTH HANDS
RIGHT HAND TURN = RIGHT HAND MOVES FORWARD
LEFT HAND TURN = LEFT HAND MOVES FORWARD
MAKE YOUR TURN ADJUSTMENTS VERY SLIGHT
DRAMATIC USE OF THE RUDDER LINE LEADS TO POOR STEERING
- 7) STEER FIRST - TALK SECOND: SAFE STEERING IS THE MOST IMPORTANT ISSUE. ONCE YOU ARE SUCCESSFUL WITH YOUR STEERING THEN YOU CAN BEGIN TALKING AND ENCOURAGING YOUR CREW.
- 8) HEAD UP - EYES FORWARD - EARS OPEN - ALWAYS BE ON THE LOOK-OUT FOR OTHER BOAT TRAFFIC
AND DON'T FORGET TO LOOK BEHIND YOU - ASK YOUR STROKE OR BOW SEAT TO ALERT YOU TO BOAT TRAFFIC APPROACHING FROM BEHIND YOUR VESSEL.
- 9) COMMUNICATING TO YOUR CREW: BE CLEAR, SPEAK FIRMLY AND CONFIRM THE CREW CAN HEAR YOU AND THEY ARE READY TO EXECUTE YOUR COMMAND.
- 10) IF YOU DON'T KNOW WHAT TO DO, ASK AND ALWAYS PUT THE SAFETY OF YOUR CREW AND BOAT FIRST!

