

Coxing/Steering

'The Perfect Stroke' - Sweep

Certificate

Level 1 Course

Learning Sessions

- Session 1 The rights, roles and responsibilities of the cox
- Session 1 Safety and risk management
- Session 2 Lifting, launching and landing
- Session 3 Steering and manoeuvring
- Session 4 Commands and communication
- Session 5 British Rowing Technique for coxes

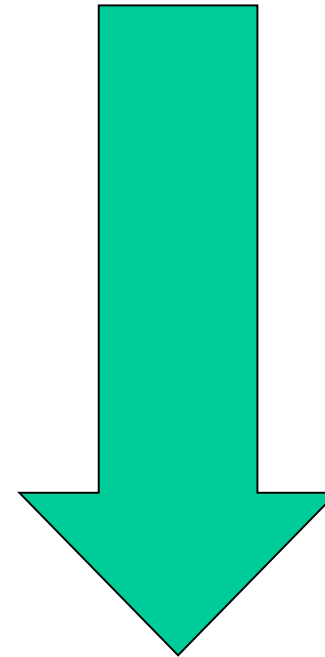
Session 1

Rights roles and responsibilities
Safety and risk management



The role and responsibilities of the cox/steersman

1. **Safety**
2. Steering
3. Commands
4. Coaching
5. Communication
6. Positive motivation
7. Strategy



Order of
coaching
of a cox

Developing coxes

- Coxes may have had little initial training or subsequent coaching
 - Coxes should demand coaching
 - Coaches should coach coxes too!
- Does your club have too many coxes?
- Are your clubs' coxes valued and appreciated?
- Clubs get the coxes they deserve!



Rights; The Cox's Charter

Coxes have as many rights as rowers and scullers;

- To enjoy the sport
- To be kept safe
- Not to be perfect every time
- To improve
- To receive quality coaching

- To be treated fairly
- To be given responsibility
- To be praised
- To have rights
- To eat!

Rights; Weights of coxes

- Misguided comments on weight can have serious consequences!
- The minimum weight is to encourage heavier not lighter racing coxes!
- Good coxing is about more than weight!
 - The effect of an additional 1kg weight is small
 - What difference will this make at your level?
 - Are there other more significant factors?
- If you are considering cox weight what about the effect of additional crew weight?

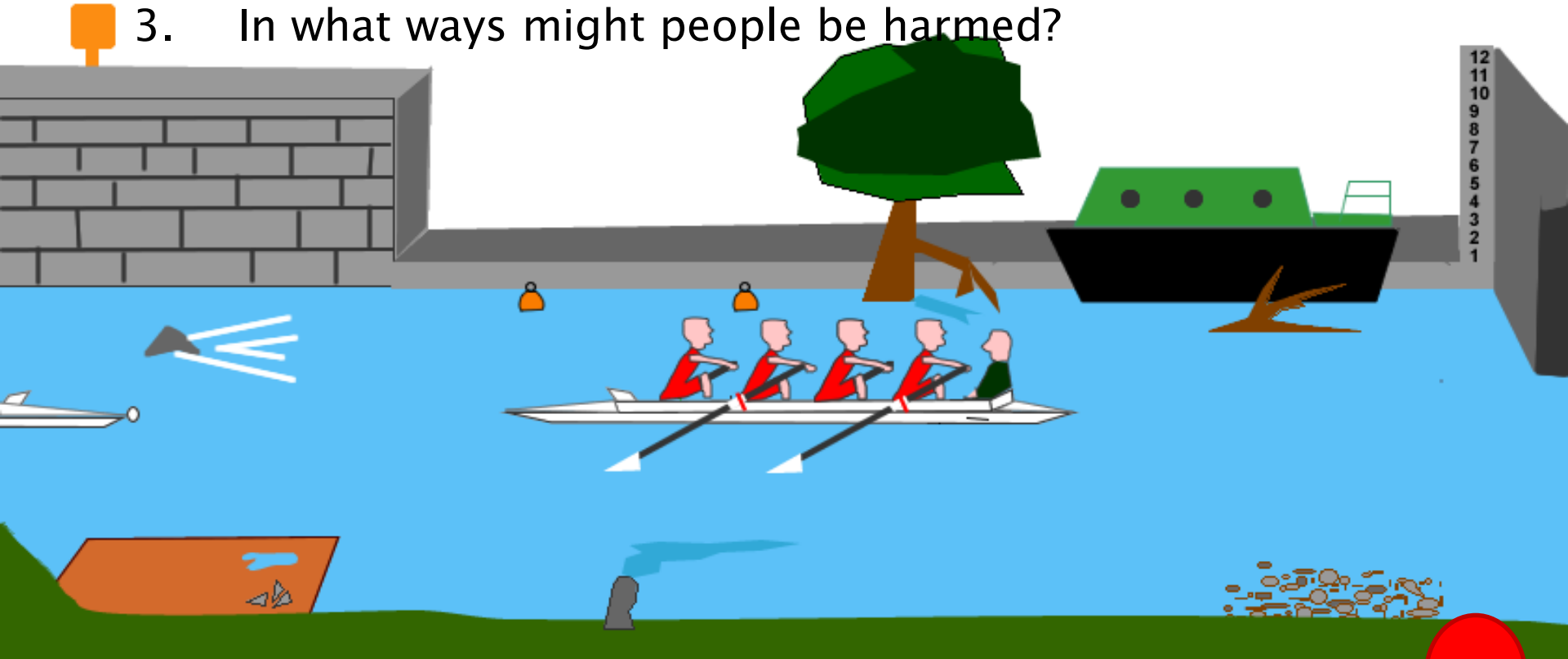


What is risk assessment and risk management?

- **Risk assessment**
 - Thinking what might do wrong and taking it into account
- **Risk management**
 - Doing something to reduce risks to an acceptable level, not to eliminate them!
 - Taking action to reduce the likelihood of an incident, or the consequences, if one occurs.

Risk Assessment

1. What hazards/risk factors can you think of when coxing/steering? (off water and on water!)
2. Who might be harmed?
3. In what ways might people be harmed?



1. Examples of hazards

- Boat type/stability
- Level of ability of crew
- Water
 - Cold water immersion
 - Flow/Tide/Currents
 - Waves
 - Debris
- Weather;
 - heat, snow, fog, rain, wind etc
 - Wind speed/direction
 - Check the forecast!



2. Examples of individuals who might be harmed

- Coxes
- Participants
- Other water users?
- People on the bank

2. Examples of ways in which people might be harmed

- Illness
- Injury
- Death

Do you know all the types of boats?



Check your equipment!

- Identify different parts of the boat



1. What safety checks should be carried out on equipment prior to each outing?
2. What checks should be carried out after each outing?

Understanding boat equipment checks

- Why do we carry out the following checks?
 - Buoyancy/deck hatches
 - Heel restraints
 - Bow ball
- What should you do if you find that equipment is damaged or missing?







Clothing and equipment for cox and crew

- What clothing should coxes and crew wear
 - In hot weather?
 - In cold weather?
- Give an example of a common item of clothing which you shouldn't wear
- What equipment should coxes have?
- What equipment should crew members have?

Personal flotation devices (PFDs)

- What is the difference between a buoyancy aid and a lifejacket?
- What different types of PFDs are there in your club?
- PFDs must be regularly checked and maintained!
- They must be worn properly!

	<p>Buoyancy aid 50 <u>Standard Application</u> Swimmers only, sheltered waters Help at hand Warning: This is not a lifejacket Relevant European Standard EN393:1993</p>
	<p>Lifejacket 100 <u>Standard Application</u> Sheltered waters Children under 40kg Relevant European Standard EN395:1993</p>
	<p>Lifejacket 150 <u>Standard Application</u> Offshore Foul weather clothing Relevant European Standard EN396:1993</p>
	<p>Lifejacket 275 <u>Standard Application</u> Offshore, extreme conditions Heavy protective clothing Relevant European Standard EN399:1993</p>

PFDs

Swimming ability

- What is the British Rowing guidance on swimming ability for participants and coxes?
- Complete the capsized and immersion training!

Hazards: Know your boathouse

- Look in and around your boathouse
- What hazards are there?
- Where are the following?
 1. First aid kit
 2. Throwlines
 3. Buoyancy aids
 4. Nearest telephone
 5. Fire Extinguisher
 6. Safety noticeboard
 7. Incident report book

Hazards: Know your local waterway

- Get a copy of the map of your local waterway
 - (It is a British Rowing requirement that one is displayed at your club)
- Identify the local circulation pattern
- Annotate it to identify the usual hazards
 - Are there any unusual hazards at this time?
- Where are the emergency access points?
- What local safety regulations are there?

Recognising Mild Hypothermia

- **Symptoms of Mild Hypothermia (35 C degrees and below)**
 - Complaints of feeling cold and tired
 - Shivering
 - Confusion
 - Poor comprehension
 - Disorientation
 - Poor concentration
 - Pale
 - Blue lips and nails
 - Rapid breathing
 - Wheezing or cough
 - Fast pulse
 - Slurred speech
 - Irrational behaviour
 - Violent outbursts

Moderate to Severe Hypothermia

- Shivering stops rigid; lack of voluntary motion
- Muscles become
- Very slow and shallow breathing
- Pulse slow/irregular
- Lack of responsiveness

Hypothermia

- What steps can you take to reduce the likelihood of hypothermia occurring?
- Coxes?
- Crew?

Cold Water immersion

- Immersion in cold water can present a risk due to;
 1. Cold water shock
 2. Swim failure
 3. Hypothermia from immersion
 4. Circumrescue collapse

Know what to do in an emergency!

- What would you do if.....
 - Hypothermia!
 - Man overboard!
 - Capsize!
 - Collision!
- At different locations on your waterway?
- Devise some possible scenarios and your emergency action plan

Session 3

Lifting, launching, and landing



Safe lifting technique

Make sure participants;

- Have a wide stance
- Are standing on a stable base of support
- Keep their backs straight when lifting
- Use their legs to lift

Give clear instructions beforehand

Give clear commands

Lifting and exiting the boathouse

- Look at the example boathouse given in ACTIVITY 6
 1. Where would you position the crew initially?
 2. Who would move where, when?
 3. When lifting, where would you stand?
 4. What commands would you give?
- What is your local boathouse like?
- Which boats are the easiest to get in and out?
- Which boats are the most difficult? Why?

Lifting and exiting the boathouse (practical)

- In your group practice lifting the boat off racks and exiting/entering the boathouse,
- Concentrate on;
 - Safety
 - Commands?
 - Encouraging safe lifting
 - Where to stand?

Carrying the boat to and from the water (practical)

- Practice putting the boat on and off the water
 - Commands?
 - Placing the boat on the water
 - Lifting the boat off the water
 - Where to stand?



Launching

- How would you launch from your location?
- What hazards are there when launching?
- What factors might influence the direction in which you launch?



Landing

Get ready to land!

1. Slow down well in advance using less rowers or less pressure; Speeding up again is easier than slowing down!
2. Approach at a 45 deg angle
3. Easy the crew
4. Alert bankside rowers to lift their blades
5. Manoeuvre with rudder alone
6. Use stern, water side rowers to back down if necessary to bring stern towards bank

Session 3

Steering and manoeuvring



Steering and manoeuvring

- Lookout!
 - Ahead and behind
- Maintain an awareness of course and others
- Actions to avoid a collision?
 - Emergency stops; hold it up!
 - slap bury and turn
- Getting onto a stakeboat
 - Passing oars forward to row sideways
 - “Scratching”



Factors to consider when steering/manoeuvring

- Rudder – works when moving
- Options
 - Using less or more pressure
 - Using fewer crew members
 - Rowing on and backing down
- Water
 - Stream
 - Currents
 - Waves
 - Wash from boats
 - Direction of travel; upstream/downstream
- Wind
 - Head
 - Tail
 - Cross

Steering; when to steer

- Oars –to manoeuvre the boat at low speeds
- Rudder – when the spoons are in the water, the rudder is less effective but has less effect on the
 - Balance
 - Rhythm
 - Comfort of the crew
 - Speed of the boat

Steering; how much to steer

- Steer little and often
- Move the strings or toggles 5cm in each direction
- Account for the apparent delay between applying the rudder and the boat changing course
- Avoid repeatedly oversteering and correcting

Examples of different rudders



Steering and manoeuvring (practical)

- Steer a designated course
- Command some different methods to turn the boat
- Turn in different directions
- Back down onto a “stakeboat”

Using the stream to turn/manoeuvre

Turning from facing upstream to facing downstream

- Start near bank away from the stream
- Turn the bows into stream
- Stream will continue taking bows around
- Good coxes will turn 180' in <30seconds

Session 4

Commands and communication



Commands

- Commands should be
 - Understood!
 - Clear
 - Concise
 - Consistent
 - Firm
 - Simple
- What do cox and crew understand words and commands to mean?



Commands (what you say)

- Look at the resource of coxing commands,
- Are there any other ones that you can think of?



Communication

Communication is made up of

- What you say
- How you say it
- When you say it
- How much you say!



Communication; be positive!

- What is the effect of positive instructions (do's rather than don'ts) vs negative instructions?
- What positive instructions can you give?

Communication (how you say it!)

- Be confident
- Sound confident
- Give clear concise commands
- Project your voice
- Take command of the crew

Communication (how you say it!)

Paralanguage,

- Tone, pitch, pace, conveyed emotion?
- The 'sound' of the word
- The delivery of the word / phrase
- Meaning of a word / phrase
 - Same word, different meanings
 - Same meaning, different effects

Communication (when you say it!)

- Correct timings lead to better transitions and rowing
 - Use “go”, “now”, “change”
 - At the catch, call;
 - changes in slide length
 - changes to/from square blades
 - At the finish, call;
 - changes in pressure



Communication (practical)

- Get some recordings of coxes, e.g. off the internet
- Analyse their communication
- Record yourself coxing during your next outing

Communicating with a coach

- Coaches and coxes should communicate!
- Before the outing
 - Communicate on the plan and goals, and the coxing /technical points to improve
- During the outing;
 - Work with each other
 - allow time for the cox to cox and the coach to coach
- After the outing
 - Cox feeds back to the coach
 - Coach feeds back to the cox



British Rowing Technique for coxes

British Rowing Technique for coxes

Use your senses

- What can you see?
- What can you hear?
- What can you feel?

**See the BRT
for Coxes
resource**



Resources

- Videos
 - Coxing the tideway
 - Steering the tideway heads
- Books
 - Coxing; surviving the wilderness years Tom Hooper.