

Coxing 101

BIAC Coxswain's Guide

May 27, 2006

Table of Contents

- **BIAC Practice Course**
 - Channel and Channel Markers
 - High/Low Tide Navigation
 - Right-of-Way
- **Coxing Commands/Boat Handling**
 - Land Commands
 - Low Tide/Steep Ramp
 - Low Light
 - Water Commands
 - Low Tide
 - Low Light
 - Rudder-based Steering – Considerations for the Intrepid, S&T, Sandpiper, Horstmann
 - Rowing-based Steering
 - Lessons Learned

BIAC Practice Course

- Channel and Channel Markers
 - Channel – A narrow and deep stretch of waterway that is maintained by the county/city
 - Channel Markers – Set of markers in reds and greens used to designate the channel in between them
 - Always stay in between the red and green markers during practices
 - Stay on your side of the channel, i.e.,
 - Keep to the LEFT of the Green markers on the way out into the bay
 - Keep to the LEFT of the Red markers on the way back in from the bay
- High/Low Tide Navigation
 - ALWAYS stay within markers during low tide
 - Avoid going outside the channel markers during high tide – submerged branches and rocks
 - Watch out for trouble spots during low tide:
 - First bend off the dock – Always stay closer to the far shore (opposite of boat house) during low tide
 - Mud flats around the Diving Pelican entrance and apartment complex
 - **Do NOT take an eight or four out when the low tide is below 0.6!!!**

BIAC Practice Course

- Right-of-Way

Priorities are based on how maneuverable a boat is on the water. The less maneuverability a boat is, the higher priority it has!

- Eights – Top Priority
- Quads/Fours – Second Priority
- Doubles/Pairs – Third Priority
- Singles – Fourth Priority
- Motor Boats/Launches – Fifth Priority (Of course, we lose when we run into them so be careful!)

- Always yield to racing boats
- Steer toward shores to get away from other boats, if possible

Coxing Commands

- All coxswains' commands are called in two or three parts:
 - Description of action to be done
 - Actual command to act
- For example,
 - Up to your waist!
 - Ready?
 - Up!
- Always check to see if the rowers are ready before calling out the Action command
- Do NOT ever call a two/three-part command out in one breath! Give rowers time to respond!

Coxing Commands

- On Land
 - Always walk behind a boat – Rowers can not see behind them!
 - Have slings ready when carrying boats to/from the water
 - Watch out for obstacles such as dock railings, lamp posts, other shells on dry land, other boats' riggers, etc.

 - Hands on the <boat name>
 - Up an inch! Ready? Up!
 - Walk it out of the racks!
 - Side step to the water/street (as necessary)
 - Walk it forward!
 - Swing the bow/stern
 - Way enough

Coxing Commands

- On the Dock
 - For eights, use the straight dock
 - For fours/quads, pairs/doubles, and singles, use the angled dock
 - Watch out for shoes, water bottles, other boats' oars on the dock
 - When it's dark out, remember to use bow and stern lights

Launching:

- Take the <right/left> side of the <straight/angled> dock!
- Weigh/way enough!
- Toes to the edge!
- Up over your heads! Ready? Up!
- Roll it down into the water! GENTLY!!!
- Ports to Oars! Starboards to Oarlocks! (Or vice versa)
- <Port/Starboard> Oars out!
- All <eight/four> one foot in! And down!
- All <eight/four> hold for the coxswain!
- Hold onto the dock!
- Count down when ready!
- Lean away from <port/starboard> and walk it down!
- Bow seat, let me know when the bow is clear!

Coxing Commands

- On Water
 - First responsibility: Steer the boat! Avoid obstacles!
 - Steer by pushing the rudder line in the direction you want the boat to go!
 - Push the right line forward to move toward starboard
 - Push the left line forward to move toward port
 - Steer by using rowers
 - Ask rowers on the opposite side of your desired direction to row to move the boat (Starboard rowers to row to steer toward port)
 - Ask rowers on the opposite side of your desired direction to increase the pressure (Starboard rowers to pull harder to steer toward port)

Turning a Boat:

- Weigh/way enough!
- All <eight/four/ports/starboards> check it down!
- <Ports/Starboards> to back (to turn the boat in that direction!)
- <Starboards/Ports> to row (to turn the boat in the opposite direction!)
- Remember to back and row in alternate motions!

Coxing Commands

- Docking
 - The wind is more powerful than the current
 - Always dock with the wind! Let the wind push you toward, not away, from the dock!
 - Rule-of-thumb: Without wind, wait until half of the boat is lined up with the edge of the dock, then turn! Compensate for boat speed and wind and current!
- Docking:
 - Use bow or two-seat to position the boat
 - Use stern pair to row arms and backs only to get the boat in
 - Use more overt rudder line movements to steer the boat when the boat is moving slower
 - Don't be afraid to back out and try again!

Coxing Commands

- At the dock, returning from a row
 - Coxswains get out first
 - Take care not to drop the cox box!
 - Once you are out, hold the boat for the rowers
 - Commands:
 - All <eight/four> hold!
 - Get out first and hold the boat...
 - All <eight/four>, one foot up! And out!
 - <Ports/starboards> to <oars/oarlocks>
 - Get the bow/stern lights (if using them)
 - Open the bow/stern hatch covers
 - While rowers are putting oars away, ask one rower to prepare slings (Optional)

Coxing Commands

- Commands (continuing):
 - All <eight/four> hands on the <boat name>!
 - Up over your head! Ready? Up!
 - Show of heads from the bow! (Wait for rowers to choose sides)
 - Down to shoulders! Ready? Down!
 - Walk it forward!
 - Stay behind the stern...rowers can not see behind them...
 - Keep the boat on shoulders as you go up the ramp!
 - AT LOW TIDES: Leading end of the boat goes down to waist at the TOP of the ramp!
 - AT LOW TIDES: Watch out for the bow and stern balls! Avoid scraping them against the ramp!
 - Swing the bow first, then the stern...
 - Watch out for the stern end hitting the ramp post, shack, boat house walls!

Coxing Commands

- Commands (continuing):
 - Swing the bow/stern to straighten out the boat
 - Get slings under:
 - Two- and seven-seats' riggers on eights
 - Stroke and bow seats' riggers on fours
 - To high waist! Ready? Down!
 - Adjust slings...
 - Into the slings!
 - <Ports/Starboards> to washing the <boat/oars>!
 - Put away the cox box, ensure the recharging red light is on...

Coxing Commands

- Putting the boat away:
 - Put on boat cover, if any...
 - Hands on the <boat name>
 - To shoulders! Ready? Up!
 - <Water/street> side to waist! Ready? Down!
 - Optional to avoid hitting riggers of boats already on racks
 - Walk it forward!
 - Always stay behind the boat – Rowers can not see behind them
 - For waist high racks:
 - Opposite side reach over!
 - Rack-side rowers go under
 - Walk in at high waist!
 - For low head racks:
 - Up over heads! Ready? Up!
 - Walk it in! SLOWLY!

Coxing Commands

- Putting the boat away (Continuing):
 - Ensure that there are at least 2 ribs resting on the racks
 - Ensure that there are NO riggers resting on the racks
 - Tie down...
- For the Intrepid:
 - Slow to respond to rudder steering
 - Will respond to rudder movements within 3-5 strokes
 - Tend to steer toward port if left on neutral
- For the S&T, Sandpiper, Horstmann:
 - No special considerations
- Ensure that the rudder lines are not jammed against the sides of the boat by your body

Table of Contents

- **Cox-Box**
 - Usage
 - Care and Maintenance
- **Drills**
 - Pause Drills
 - Chop Drills
 - Power 10s and 20s
 - Pyramids
- **Coaching as a Cox**
 - Watching the Blades
 - Watching/Listening for Boat Checks at the Catch/Finish
 - Watching/Listening for Catching Together
 - Watching for Skying the Oar
 - Watching/Listening for Rushing
- **Racing**
 - Coxswain's Responsibilities
 - Boat Handling while Traveling
 - Strategies
 - Commands