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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
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