



Portsoy Coastal Rowing Club 2018/19

Website: <http://portsoycoastalrowing.wixsite.com/pcrc>

Welcome to the Portsoy Coastal Rowing Club. In order to help new rowers, this document is designed to provide information on the club's activities, on and off the water, including boat maintenance, fundraising, participation in regattas and other activities.

It also explains some of the terminology and the procedures all our rowers must follow to safely enjoy their rowing.

Getting on the water....

Clothing: must be weather appropriate and comfortable

Leggings, shorts or tracksuit bottoms

T shirt, sweat shirt, track suit top, fleece - layers to adjust to temperature

Wet suit boots, trainers, wellies, sandals

Waterproof, gloves, hat, scarf, cowl

Water and sunscreen



*Spare dry clothes should be kept on shore in case of getting wet through- hypothermia can be a real issue especially in winter.

★ **Lifejackets** : never go out in the boat without one; even in the harbour.



Lifejackets: All crew must be wearing a correctly fitted lifejacket before boarding. This must be worn on top of all other clothing. If you go into the water this will inflate automatically; if not, pull the red toggle at the side to manually inflate.

Club lifejackets are serviced annually and have a sticker on the back to indicate when the next service is due. The cox will check that all lifejackets are 'in date' before allowing boarding. If you have your own lifejacket which is out of date, or if there is no date, you will have to wear a club lifejacket. If you need to wear a club lifejacket, please remember to adjust it to fit your particular size.

Crew

There are a minimum of 5 people required to take the skiff onto the water.



The Cox:-takes the tiller and steers the boat, is in complete 'command' and directs the crew using specific instructions. The cox

is responsible for carrying the radio, notifying the local coastguard of the planned rowing area before launch and for notifying the coastguard of the safe return after rowing.

- The Cox boards first, sits in the stern facing the bow and is also responsible for:
- organising the rowing positions
- deciding on the rowing area - depending on tide, wind and swell and competence of the crew
- the safety of the boat and its crew
- giving explanations, instructions and commands

Rowers 4, also known as the '**Stroke**', is the second to board and sits facing the Cox on the * **Port** side. The Stroke is responsible for setting the pace and rhythm as required by the Cox. All the other rowers take their lead from the Stroke. *(In some clubs the stroke sits on the starboard side).

Rowers 3 boards next and sits behind the Stroke on the **Starboard** side.

Rowers 2 boards next and sits on the **Port** side.

Rowers 1 (also known as 'Bow') boards next and sits in the bow on the **Starboard** side. While the others are boarding, the 'Bow' is responsible for holding the skiff upright and keeps the skiff at right angles to the shore. When the Cox gives the command for the 'Bow' to board, they must do so quickly taking the painter and stowing it neatly in its place in the bow.

Footrest:-before you sit, make sure the cushion is securely fastened and in the correct position. Place yourself at the front edge of your seat and, before strapping your feet firmly into the **toe straps**, adjust your footrest so that when you sit up straight, your knees are slightly bent.

Oars: pick up the correct oar for your seat. The number is marked on the leather of each oar. Carefully place the oar in the rowlock, making sure the flat side of the oar blade is facing towards the stern. Secure the oar in the rowlock with the wooden pin and fasten the snap shackle to the fitting on the gunwale.

Commands: There are specific commands the Cox will use to get an experienced crew to work together to move and to stop the boat. When you are a rowing beginner, the Cox will first give an explanation of the manoeuvre and the command and will talk the crew through it. As each crew becomes more experienced, it is expected to remember the commands. These commands vary from club to club and at PCRC they are as follows:

‘Hold Water’: the crew puts the blades of the oars into the water to stop the boat or to hold it steady while stationary.

‘Oars’: the crew brings the oars out of the water, holds them at the same height at right angles to the gunwale.

‘Give way’: the crew pushes the oar handle forward ready to start rowing.

‘Together’: the crew puts the blade in the water towards the bow, to start the rowing stroke - moving the boat forward.

‘Back row/backwards row’: crew brings the oar handle to the chest and puts the blade in the water towards to stern using a paddling stroke to move the boat backwards (as when leaving the beach).

Crew responsibilities: to check weather forecasts, tide tables and Swell Map before arrival so as to be prepared to discuss the rowing area with the cox.

To tell the cox of any physical difficulties (chronic or temporary) you may have which might affect your ability to carry out full crew duties.

To tell the cox before you leave if you have any doubts about going afloat given the prevailing conditions – even if everyone else is happy

To tell the cox immediately you become in any way uncomfortable while on the water. The cox will then return to shore immediately.

This is done generally a week (sometimes more) in advance. Naturally, all rowing sessions are dependent on several things; the weather, the sea state, the availability of competent coxes and enough crew (minimum of five) turning up. If there are more than five names listed in the calendar, you can still put your name down. The cox will ensure everyone gets on the water.

Date		Time		Location		Notes		
Day	Month	Year	Time	Location	Notes	Day	Month	Year
1	1	2018	10:00	10:00	10:00	10:00	10:00	10:00
2	2	2018	10:00	10:00	10:00	10:00	10:00	10:00
3	3	2018	10:00	10:00	10:00	10:00	10:00	10:00
4	4	2018	10:00	10:00	10:00	10:00	10:00	10:00
5	5	2018	10:00	10:00	10:00	10:00	10:00	10:00
6	6	2018	10:00	10:00	10:00	10:00	10:00	10:00
7	7	2018	10:00	10:00	10:00	10:00	10:00	10:00
8	8	2018	10:00	10:00	10:00	10:00	10:00	10:00
9	9	2018	10:00	10:00	10:00	10:00	10:00	10:00
10	10	2018	10:00	10:00	10:00	10:00	10:00	10:00
11	11	2018	10:00	10:00	10:00	10:00	10:00	10:00
12	12	2018	10:00	10:00	10:00	10:00	10:00	10:00
13	13	2018	10:00	10:00	10:00	10:00	10:00	10:00
14	14	2018	10:00	10:00	10:00	10:00	10:00	10:00
15	15	2018	10:00	10:00	10:00	10:00	10:00	10:00
16	16	2018	10:00	10:00	10:00	10:00	10:00	10:00
17	17	2018	10:00	10:00	10:00	10:00	10:00	10:00
18	18	2018	10:00	10:00	10:00	10:00	10:00	10:00
19	19	2018	10:00	10:00	10:00	10:00	10:00	10:00
20	20	2018	10:00	10:00	10:00	10:00	10:00	10:00
21	21	2018	10:00	10:00	10:00	10:00	10:00	10:00
22	22	2018	10:00	10:00	10:00	10:00	10:00	10:00
23	23	2018	10:00	10:00	10:00	10:00	10:00	10:00
24	24	2018	10:00	10:00	10:00	10:00	10:00	10:00
25	25	2018	10:00	10:00	10:00	10:00	10:00	10:00
26	26	2018	10:00	10:00	10:00	10:00	10:00	10:00
27	27	2018	10:00	10:00	10:00	10:00	10:00	10:00
28	28	2018	10:00	10:00	10:00	10:00	10:00	10:00
29	29	2018	10:00	10:00	10:00	10:00	10:00	10:00
30	30	2018	10:00	10:00	10:00	10:00	10:00	10:00
31	31	2018	10:00	10:00	10:00	10:00	10:00	10:00

*If rows are to be cancelled for any reason, the cox will make the changes on the calendar at least an hour before the advertised time so be sure to check it before leaving home; NB not everyone is on 'What's App'.

Regatta Training: rowers wishing to take part in regattas can opt to put their names down for the regatta training programme. These are

both on and off the water sessions and are aimed at improving fitness, rowing technique and team working for crews taking part in sprints, 2K races and longer endurance races (as in Castle to Crane - 13k). They are extremely intensive sessions. If the weather precludes getting on the water at the advertised time, crews will spend that session in the gym directed by the Coach.

Even if you cannot commit to a full training programme you can still go to the gym to increase your fitness.

A bit of nautical lingo.....

Parts of the skiff

Keel: The ridge running along the centre of the **hull** on the outside from **bow** to **stern** to which the **ribs** are attached at right angles.

Hull: the main body of a boat made up of **planks** attached to the ribs.

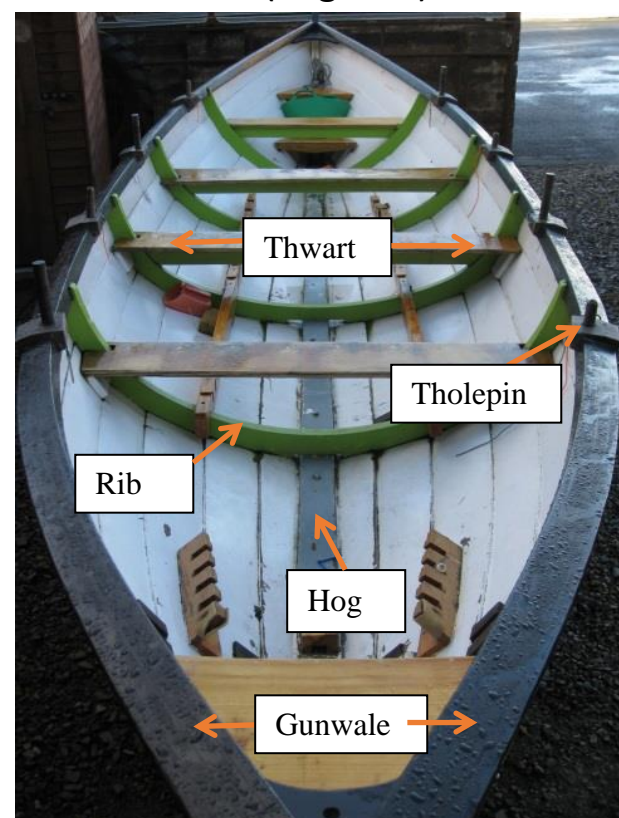
Ribs: the 'u' shaped pieces of wood (in green) inside the **hull** to which the planks (in white) are attached.

Thwart: seat for rowing crew.

Tholepin: one of 4 pins in the **gunwale** that hold the **rowlocks** fixed to the gunwale.

Hog: Inside the **hull**, the raised grey centre part which is the only part that should be walked on.

Gunwale: (pronounced gunnel) - the upper edge of the skiff at the top of the planking (in black).



Bungs: (not visible here), there are two screw-in bungs set into the bottom of the planking near the **hog** at the **bow** and **stern** of the skiff to drain away any water the skiff has taken in.



Stern: the narrow part at the back of a boat where the cox sits.

Bow: the narrow part at the front of a boat where the crew boards.

Painter: rope tied to the bow used for tying to a

launching trolley, or a mooring or pontoon in harbour. On the water it should, like all other removable equipment, be stowed securely in the bow.

1. Tiller: the detachable handle which fixes to the **rudder** and allows the Cox to steer the boat.

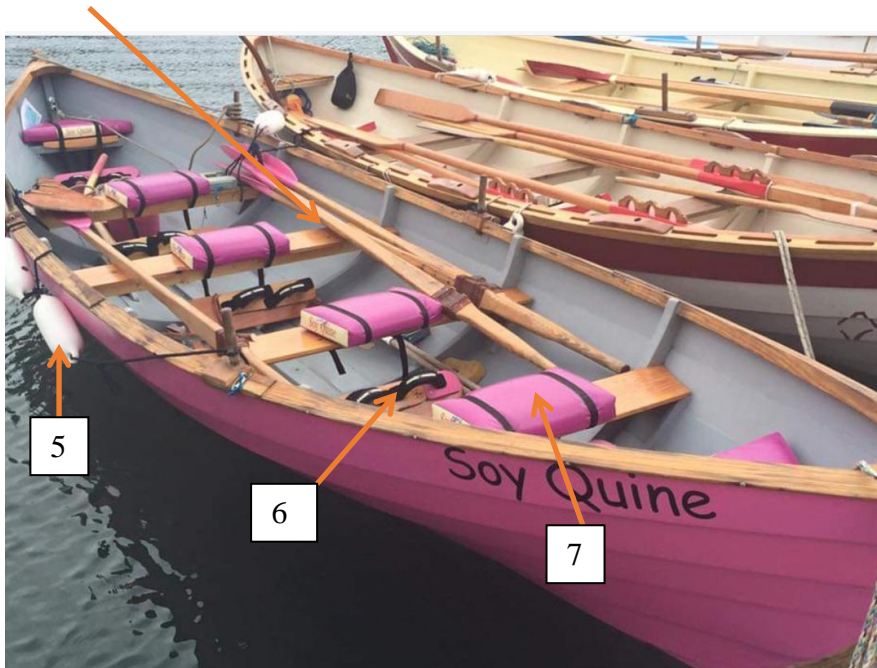
2. Rudder: used for steering the boat. It is detachable and fixes to the **stern** post.

3. Rowlocks:



(rollocks), 4 U shaped wooden fixtures that sit over the tholepins to hold the **oars** in place.

4. Oars: blade and handle, powered by the crew, as directed by the



cox, provide movement of the skiff through the water. The number of the seat is marked on the leather piece of each **oar handle**. The wide part, the **blade** goes into the water, the flat side facing the stern.

5. Fenders: these are tied to the bow or along the beam (side) to protect the hull from damage when tied up near other boats etc.

6. Footrest and Toe Straps: one for each rower and are adjustable for leg length. An adjustable toe strap is attached for security.

7. Cushions: are adjustable and positioned as directed by the Cox.

Anchor+ chain and rope: this is stowed in a soft plastic trug in the bow, with the rope at the bottom and the anchor and chain securely laid on top. The end of the rope not attached to the chain and anchor should be tied to a cleat on the stem post in the bow.

Safety Bag: contains knife, flares, foil blanket, whistle, compass, torch, emergency procedure sheet and spare bungs. It is stowed in the bow.

Bailer and Sponge: used at sea for getting rid of small amounts of water in the hull. On shore, the water can be drained by removing the bungs from the drainage holes in the bow and stern.

VHF Radio: (carried by the Cox), the charge should be checked before and after rowing.



Launching Trolley: used to walk a boat to the launching spot; designed to be pushed into the water so the boat can be floated off and on easily. The *front wheel swivels and should be aligned forward for going downhill. It is not suitable for transporting a boat on public highway.

Road Trailer:

Designed for towing a boat behind a vehicle on the public highway

When used for launching boats, it should be kept clear of the water.



Skiff Storage:

Paul's Yard: this area is not owned by the club; skiffs should be stored neatly as far to the right of the yard as possible without impeding access to the shed. This area should be kept tidy and litter free at all times.



Shed: the club lifejackets and most of the equipment for the skiffs are stored here. The shed can be accessed by a combination padlock and should be relocked before taking a skiff to the water.

Tidiness: Please store club lifejackets on hangars, and the equipment marked either pink or green for each skiff separately and tidily. While getting the skiff ready to row, the crew should be sure to wax the rowlocks for ease of movement and to give a squirt of WD 40 to both axles of the launching trolley. Although the trolley is galvanized, the axles will eventually suffer from immersion in salt water if not treated. Tins of wax and WD 40 are in the shed by the door.

If you notice any damage to the boats or equipment either before or after rowing, please tell the cox who will notify the Maintenance Officer, Jim Perry.

Oar Racks: attached to the wall behind the shed. The oars are stored in sets of 4 and are clearly marked on the side of the rack as to the purpose, eg '*Social oars*'. Care should be taken when handling oars so no one gets hit and they should never be slid across the gunwales into the boat because this causes damage to the paintwork.

Box Step: is stored near the shed and should be used to reach into the skiff to set the footrests or screw in the bungs. Never stand on the launching trolley if you cannot reach, and **never, ever** get into the skiff unless it is floating in the water.

Black Container:



A work in progress, this is situated behind Barclay's yard at the far right. When completed, it will be used for the storage of boats and equipment. It should only be accessed via the grassy area.

Cars should never be parked anywhere in the area of Barclay's Yard. When moving the skiffs to and from the harbour, care should be taken not to impede the lorries being

driven in and out of the yard - this is private space and they have complete right of way.

Coxes and coxing: - There are currently 9 club members who are fully Competent Coxes for the club rows; 3 of those are also experienced Racing Coxes. In addition, there are a number of Novice Coxes who have taken part in the in-house cox training and who now need time on the water to build their experience, skills and self-confidence. The coxes willingly give their time so that members can get on the water, the club could not function without them and they are not all available all the time. They do what they can, when they can so PCRC encourages all rowers to have a go at coxing when they can as this is the only way we can enlarge the pool of coxes.

What else is happening at the club?

As well as rowing sessions, training sessions, regattas, social events, fundraising events, beach cleaning and maintenance sessions are all listed on the website and advertised on the calendar on the PCRC website. <http://portsoycoastalrowing.wixsite.com/pcrc>

Regattas: these are listed on the calendar as soon as we are aware of the dates. Members who are interested in rowing at these should put their names on the calendar and email the PCRC committee 'Chair'. Accommodation at popular regattas always gets booked up well in advance so be sure to indicate your interest early.

Maintenance: there is always something needing doing. The club is heavily reliant on members turning out to help with maintenance, and there is an expectation that members help with major or minor jobs on the skiffs and other equipment eg, the container, jobs like scraping, sanding, painting, fixing damage etc.

Paying for help is expensive and doing the work ourselves helps keep the annual subscriptions as low as they are.

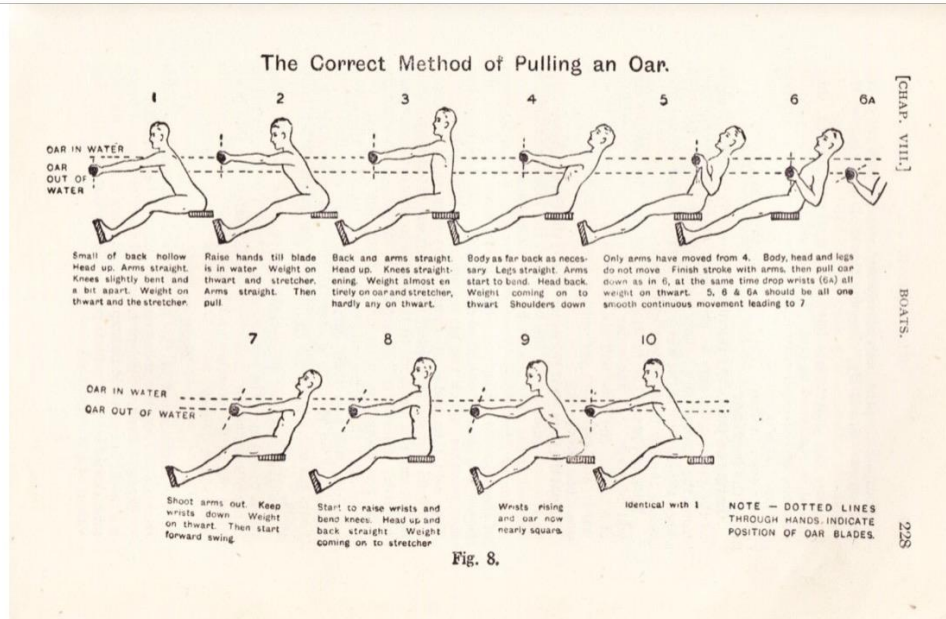
Fundraising: bag packing at Tesco, Row and Rolls, Bingo evenings, quiz nights etc. all help to raise the money to keep the club going and as with the maintenance, we rely heavily on our members organising, helping and supporting these efforts. They provide home bakes and raffle prizes, sell tickets for discos, make soup, source donations and otherwise contribute in whatever ways they can.

Local businesses are also very supportive of the club and we are always grateful for their continued support via donations. The committee is always looking to raise money to ensure the club remains viable and would greatly appreciate any suggestions from club members as to new ways to do this.

Rowing is generally a sociable event anyway and fundraisers are also a good way for club members to get to know one another so most of what could be termed '*Social events*' are built round these. The club has a Christmas or New Year Pot Luck Supper and party and a Pot Luck Supper after the Annual General Meeting in November. Events are listed on the calendar and on the '*What's On*' page on the PCRC website: <http://portsoycoastalrowing.wixsite.com/pcrc>

Technical Extras: - see the next page for a reminder of the rowing stroke taught at PCRC.

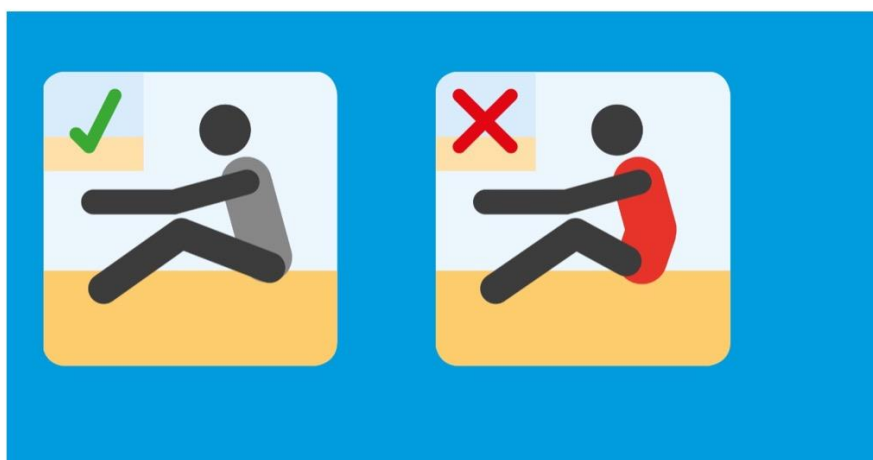
The Rowing Stroke: as taught at PCRC



Fixed Seat Rowing

Fixed Seat Rowing Technique: Diagram from SCRA website

Posture: Set footrests to give a small flex of the knees when feet are flat. Sit tall and comfortably upright on the edge of your seat on your sit bones. Shoulders should be down and chest open.



Keep the lower back slightly concave, and lean forward from the hips. Poor posture is when the rower has a convex back and is sitting on the soft part of the buttocks:- see X above

