Roles and Responsibilities of a Coxswain
What is a Coxswain?

* Responsibilities of a coxswain
  * Safety
  * Communication
  * On the water coaching
* Skills needed
  * Good communication
  * Alertness
  * Confidence
Off the water safety

- Communicate loudly and clearly
  - Give command “In two”
  - E.g. “In two raise up over heads”
- Be aware of your surroundings
  - Make sure your boat remains intact
  - Have someone spot your stern/bow
- Go SLOWLY
- Make sure you have a PFD on
On the water safety

* Listen to your coach at all times
* Raise your hand to acknowledge that you heard an instruction
* Don’t be afraid to ask for clarification!
* Stay within eyesight of the coach unless your boat is safety certified
* Anticipate turns and stops
* Be aware of landmarks and passing zones
Commands

* Hands on – Rowers get ready to lift
* To shoulders – Lift boat onto shoulders
* Over heads – Lift boat over heads, elbows locked
* Show heads – Rowers tilt heads left or right
* Heads up – Watch out
* Sit ready – Rowers sit at catch or finish
* Ready all, row – Begin to row
* Way enough – Stop
* Check it down – Blades squared in water to stop
* Let it run – Stop with blades up off water
* Set it up – Reminder to set the boat
Commands

- Be calm and confident!
  - Even if you’re not, fake it
- Think before you speak, the rowers aren’t going anywhere
- If you make a mistake, simply stop and fix it
- Count strokes and give commands at the catch
- Prepare crew for command with, “in two” or “on this one”
- The tone of your voice sets the tone for the crew
Getting the Boat From Boathouse

- Hands on
- Lift up and inch and walk it out SLOWLY
  - Make sure riggers don’t scratch the top of the boat
- If on a lower rack, every other person around to the other side
- Up/split to shoulders
- One side down to waist
- Walk it out slowly
- Once out of the boathouse, all up to shoulders
- Walk toward river, stern swings towards water so bow goes first
- When parallel to bulkhead, up over heads
- Walk down SLOWLY
- One foot to edge, roll down and in
  - Watch the stern, make sure the skeg doesn’t touch the dock
Launching

* Have one side get oars, one side get oarlocks
* Count down when ready
* Run the oars
* Ports “one foot in and down”, then starboards
  * Have everyone keep one hand on oar, one on the dock
* Get in
  * Plug in and check the coxbox while everyone is getting oars
Maneuvering the Boat

- Steering a straight course
- Spinning the boat
- Backing and maneuvering
- Waiting in a passing zone
- Docking
Steering a Straight Course

* Choose a point far away and point your bow there
  * Use bow pair to adjust
* Make SMALL adjustments using the toggles
  * Push left toggle forward to move to port
  * Push right toggle forward to move to starboard
Steering a Straight Course

- Remember that the boat will continue to turn for a stroke or two after you return the toggles to center.
- Try to turn when oars are in the water, unless making a sharper turn.
- Use pressure from your port or starboard rowers.
  - Pressure from port to turn to starboard.
  - Pressure from starboard to turn to port.
- Do NOT lean to “help” turning.
Spinning the Boat

* Usually turn to port, across the river
* Have ports back, starboards row one at a time
  * Start with backing
* Arms and back ONLY
* Oars should be on the water when not in use
* To make a tighter turn use 1 and 3 to row, 6 and 8 to back (2 oars instead of 4)
CRF Passing Zones

- Nautica docks on West side
- Rivergate Park docks
- Forest City Enterprises Wharf on West side
- Fire House at Collision Bend on inside of turn (2 shells)
- 100 yds upstream of Collision Bend on West side
- 50 yds downstream of W. 3rd St. Bridge of Rivergate Side
- Between W. 3rd St. Bridge and Marathon Turn on West side
- In the Turning Basin
Cleveland Rowing Foundation - Safety Zones

1 - Nautica Queen Dock (WS)
2 - Rivergate Park (RS)
3 - Forest City Enterprise Wharf (WS)
4 - Fireboat Wharf (WS)
5 - Upriver from Eagle Street Bridge (WS)
6 - Downstream from W. 3rd Bridge (RS)
7 - Upstream from W. 3rd Bridge (WS)
8 - Turning Basin (RS)

RS = Rivergate Side  WS = West Side
Passing Zones

* Boat is pointing in the opposite direction that the vessel is traveling
* Bow points away from the bulkhead at a 10-30° angle
* Oars are feathered on the water
* Use bow pair to maneuver
Bridges from Mouth to Turning Basin

- Norfolk Southern RR Bridge 1 (NS1)
- Center Street (Rotating)
- Columbus Road
- Carter Road
- Eagle Street (always up)
- West 3rd St.
- HOTC Course
A Few Bridge Pictures

Columbus Road

Carter Road
More Bridges

Eagle Street

W. 3rd Street
Docking

- Approach the dock at a 15° by pairs (stern pair)
- Check and adjust for wind
- Have starboards lift their oars over the dock but try not to lean away
- Approach until 7 seat’s blade is almost on top of the dock
- Glide it in and lean away to lift riggers over dock
- Coxswain always gets out first
Putting Boat Away

- Get out
- Starboards “one foot up and out”, then ports
- Have one side get oars, one side get oarlocks
- Hands on, lift up and out
  - Watch skeg
- Walk up ramp SLOWLY, keeping parallel to bulkhead
- Show heads
- Split to shoulders
Putting the Boat Away

* Stern swings towards boathouse
* When close, one side down to waist
* Walk boat in slowly
* Up to shoulders OR down to waist and four run around (depends on rack)
* Walk in to rack, watch riggers on top
* Set down carefully
* Make sure boat is not resting on any riggers
* Rowers maintain hands on until given the all clear
Resources

* www.coxie.com
* www.concept2.com
* www.coxswainnation.com
* www.9thseat.com