

COMMANDS
(Lincoln Park Specific)

Getting Boat out of House and into Water

Stand Aside

Hands On

Ready to Lift

(Ready) less 'Readys' are needed for experienced rowers

Lift

Into the Aisle

Down Opposite Your Rigger

(Ready)

Down

Zoo side (Water Side, Starboard, Port) to the Waist (Shoulder) take one side down or up so the boat is slanted to go out the doors

(Ready)

Down (Up)

Walk it Out of the House the cox always stays with the end of the boat that comes out of the house last

Weigh Enough when boat clears door

Zoo Side (etc.) to the Shoulder (Waist) even the boat out to shoulder height

(Ready)

Up (Down)

Walk it to the Water

Weigh Enough give time to take shoes off, etc.

Up and Over the Head

Ready

Up

Grab Handholds (Hands Inside)

Ready to Roll to the Waist

Ready

Roll

Step Down when necessary

Into the Water Together cox stands at the stern to protect the rudder and the skeg (fin)

Getting Rowers and Boat Onto the Water

Starboard to boat Port to Oars (or vice versa) one side gets oars while the other holds onto the boat

Count Down From Bow When Ready cox gets in boat after count is completed

Oars Out

One Foot In Center

Ready To Shove

Shove

(Lean Out) inexperienced rowers must be reminded to lean out away from the dock

Sit when oars have cleared the dock

Bow Pair Ready Row you might need just bow to take a few strokes before Two joins in

Weigh Enough when away from dock but not obstructing traffic

Tie in and Count Off From Bow When Ready

All 8 (Sit Up) At The Catch can start at finish

Ready to Row at a Paddle (Half Power, etc.)

(Ready)

Row

Turn-around Commands

The shell should always be turned with the stern closest to the wall because the cox can see that end the best. Because we always travel on the right side of the lagoon the usual procedure would be to have Port to back and Starboard to row.

Port to Back

Starboard to Row

Port Begin

Misc. Commands

Let it Run command usually given instead of 'Weigh Enough' or as part of a drill, to signify to rowers to stop rowing but keep oars off the water letting the boat glide

Check it (Down) Rowers are to exert pressure on the oar blade against the water to slow the boat down

HOLD WATER! This is an emergency command. The rowers are to place blades vertically in the water to stop the boat quickly.

Hard to Starboard Starboard side rows with more power than Port to curve boat to coxes left

Hard to Port Port side rows with more power than Starboard to curve boat to coxes right

Even All All rowers use equal power to return to a straight course

Getting Rowers and Boat Out of Water and into the House

Starboards (Ports) One Foot In Center

(Ready)

Up and Out the side whose oars are on the dock should get out first

Ports (Starboards) One Foot In Center

(Ready)

Up and Out

Starboards (Ports) Hold the Boat

Ports (Starboards) Take the Oars

Stand Aside

Grab Handholds make sure all step down if necessary

Ready to Lift to the Waist

(Ready)

Lift

Step Up if necessary

Up and Over the Head

Ready

Up

Down Opposite Your Rigger

Ready

Down

Walk it Up

Weigh Enough when opposite door

Zoo Side (Water Side, Starboard, Port) to the Waist (Shoulder)

Ready

Down (Up)

Walk it in cox always stays with end of boat that goes in the house last
Zoo Side (etc.) to the Shoulder (Waist)

Ready

Down (Up) level boat out when all the way into the house

Walk it Into the Racks make sure tape on boat is matched up to racks*

Port to Boat, Starboard to Oars (or vice versa) one side wipes down boat, other side brings in oars, cox makes sure all other equipment (seats, etc.) is put away in the house

the boats ^{must}
* ~~and as~~ weight ~~should~~
be resting on the gunwale
not on the riggers.