A picture containing text, underpants

Description automatically generatedTudor Sailing Club – Rowing Section Preferred Coxing Terms

Any questions please contact the Rowing Captain in the first instance. Rowers and Cox should make themselves familiar with these terms to ensure strong communication, teamwork, and effective rowing.

**Used to identify each side of the boat when carrying out a manoeuvre**

**Stroke Side** – port side with the rower in the Stroke position, closest to Stern/Cox.

**Bow Side** – starboard side with the rower in the Bow position, closest to the Bow/Front.

**General Instructions:**

**Ready to Row** - Is the crew ready – footrests, gloves, oars etc. Coxes can ask for a verbal ‘yes’ from each crew.

**Oars Out** - Push your oars out over the water ready to row.

**Come Forward** - Lean forward, arms stretched out, blades over the water - ready to take a stroke.

**Row or Pull** - Make-way by rowing in time with the stroke, purposefully and strong.

**Row Firm** - Increase pressure through the stroke to make the boat go faster.

**Row Light** – Reduce pressure through the stroke to make the boat slow down but keep moving.

**Easy Oars or Stop** - Stop rowing (but keep oars ready to row again when asked). Can also apply to individual or pairs of oars.

**For Manoeuvring -** before the command say **All, Stroke Side or Bow Side.**

**Back Down** - Using the back of the blade to make the boat go backwards; all or just one side if turning around.

**Row On** - After a manoeuvre, instructing rowing forward for the crew.

**Hold Water** - Putting the brakes. Oars in water and hold to stop the boat – can be LIGHT slowing under control or HARD! If an obstruction presents itself.